

2010 AWARD WINNERS

Congratulations to these excellent runners!

CARA Runners of the Year: Chad Ware and Jean Marinangeli

Junior Runners of the Year: Anthony Arreguin and Mary Blankemeier

Masters Runners of the Year: Tim Conheady and Tammy Lifka

Veteran Runners of the Year: Barry Brandt and Christine Lipa

Senior Runners of the Year: Andrew Suozzo and Nancy Rollins

Super Senior Runners of the Year: Ted Kohn and Doris Schertz

Clydesdale Runners of the Year: Jay Behnke and Mari Jo Hecker

Best Races of the Year: The Race That's Good for Life and Community Bank of Elmhurst 4 on the 4th

2010 CARA Hall of Fame recipients: Christine Lipa, Otto Volkmann, Doug Pearson

CARA OVERALL WINNERS – 2010

Male

1. Chad Ware, Deerfield
2. Mac McCulley, Grayslake
3. Steve Breese, Schaumburg
4. Mark Wehrman, Chicago
5. Tim Hamilton, Grayslake

6. Matthew Jeromin, Roselle
7. Mike Egle, Glenview
8. Michael Martineau, Chicago
9. Dan Scheffler, Oswego
10. Felipe Lopez, Chicago

Female

1. Jean Marinangeli, Arlington Heights
2. Columba Montes, Chicago
3. Stacy Klasen, Rolling Meadows
4. Tammy Lifka, Glen Ellyn
5. Maria Cicero, Elmhurst
6. Stephanie Wagner, Lombard
7. Meg Sullivan, Downers Grove
8. Kristy Howland, Elmhurst
9. Kristin Frey, Schaumburg
10. Elizabeth Bilitz, Chicago

CARA AGE-GRADED CHAMPIONS – 2010

In each race, 15 points were awarded to finisher with the highest age-graded score, 14 for second, etc. Runners were ranked at year-end using points from their 10 best races.

1. Nancy Rollins, Evanston
2. Lois Gilmore, Janesville
3. Doris Schertz, Lombard
4. Tim Conheady, Elmhurst
5. Barry Brandt, Villa Park
6. Jean Marinangeli, Arlington Heights
7. Chad Ware, Deerfield
8. Brian Sweney, Chicago

9. Mike Egle, Glenview
10. Grace Wasielewski, Prospect Heights

CARA AGE GROUP WINNERS – 2010

14 & Under

- | | |
|---------------------------|-------------------------------|
| 1. Paolo Tionson, Skokie | 1. Mary Blankemeier, Oak Park |
| 2. Evan Smith, Long Grove | 2. Abigail Steimel, Aurora |

15-19

1. Anthony Arreguin, Chicago

20-24

- | | |
|------------------------------------|---------------------------------|
| 1. Tim Hamilton, Grayslake | 1. Elizabeth Bilitz, Chicago |
| 2. Mark Wehrman, Chicago | 2. Stephanie Duncan, Long Grove |
| 3. Matthew Thor, Arlington Heights | |

25-29

- | | |
|-----------------------------|--|
| 1. Matthew Jeromin, Roselle | 1. Jean Marinangeli, Arlington Heights |
| 2. Mac McCulley, Grayslake | 2. Maria Cicero, Elmhurst |
| 3. Chad Ware, Deerfield | 3. Kristin Frey, Schaumburg |

30-34

- | | |
|-----------------------------|----------------------------------|
| 1. Steve Breese, Schaumburg | 1. Columba Montes, Chicago |
| 2. Felipe Lopez, Chicago | 2. Stacy Klasen, Rolling Meadows |
| 3. Scott Mangum, Barrington | 3. Meg Sullivan, Downers Grove |

35-39

- | | |
|---------------------------------|------------------------------|
| 1. Michael Martineau, Chicago | 1. Stephanie Wagner, Lombard |
| 2. Jason Moderi, Naperville | |
| 3. Christopher Travis, Evanston | |

40-44

- | | |
|------------------------------|-----------------------------|
| 1. Doug Pearson, Elmhurst | 1. Tammy Lifka, Glen Ellyn |
| 2. Mark Montgomery, Elmhurst | 2. Geri Bensen, Oak Park |
| 3. Dan Scheffler, Oswego | 3. Danielle Steimel, Aurora |

45-49

- | | |
|----------------------------------|----------------------------------|
| 1. Craig Gunby, Palatine | 1. Kristy Howland, Elmhurst |
| 2. Marc Woodcock, Glen Ellyn | 2. Ann Schaefer-Coles, Cary |
| 3. Jim Cassioppi, Willow Springs | 3. Connie Hesslau, Downers Grove |

50-54

1. Tim Conheady, Elmhurst
2. Barry Brandt, Villa Park
3. Brian Sweney, Chicago

1. Christine Lipa, Glen Ellyn
2. Barb McGovern, Bartlett
3. Nancy Owens, Evanston

55-59

1. Eric Burgess, Long Grove
2. Michael Murzyn, Chicago
3. Edward Kichura, Chicago

1. Grace Wasielewski, Prospect Heights
2. Connie Nash, Glenview
3. Maribeth Ward, Chicago

60-64

1. Andrew Suozzo, Chicago
2. John Albanese, McHenry
3. Bob Richards, Villa Park

1. Nancy Rollins, Evanston
2. Isola Metz, Wheaton
3. Delma Bartelme, Chicago

65-69

1. Edward Packel, Lake Forest
2. Adrian Malec, Park Ridge
3. Winston Rasmussen, Warrenville

1. Stacia Taylor, Oak Park
2. Judy Friedes-Craig, Lake Bluff
3. Eileen Malec, Park Ridge

70-74

1. Ted Kohn, Chicago
2. Frank Nicholson, Chicago
3. Kirby Anderson, Cicero

1. Doris Schertz, Lombard
2. Janet Draheim, Arlington Heights
3. Grace Girdwain, Burbank

75-79

1. Otto Volkmann, Huntley
2. Carl Hays, Batavia
3. Wayne Gilmore, Janesville

1. Lois Gilmore, Janesville
2. Helen Meier, Wilmette

80 & over

1. Dick Lamermayer, Aurora
2. Robert Taylor, Oak Park

CARA CLYDESDALE AGE-GRADED DIVISION WINNERS – 2010

A

1. David Dziagwa, Prospect Heights
2. John Kolman, Chicago
3. Stephen Nazaran, Chicago

1. Mari Jo Hecker, Elmhurst

B

1. Michael Roberts, Arlington Heights
2. Jonathan Jennings, Naperville
3. Gregory Smith, Naperville

1. Jean Jankowski, Westchester

C

- | | |
|----------------------------------|-----------------------------|
| 1. Chris Miller, Evanston | 1. Ruth Bonacci, Chesterton |
| 2. Steve Sarowitz, Highland Park | 2. Cheryl Belles , Chicago |

D

- | | |
|-------------------------------|---------------------------|
| 1. Jay Behnke, Marengo | 1. Joyce Ndoria, Winfield |
| 2. Chris Stephenitch, Dixon | |
| 3. Jeffrey West, Carol Stream | |

CARA CLUB CIRCUIT WINNERS – 2010

DICK POND ATHLETICS FAST TRACK RACING TEAM

- Overall Competition – Yellow Category (age graded scoring)
- Men Open Competition – Yellow Category (scored by time)
- Women Open Competition – Yellow Category (scored by time)
- Men Masters Competition – Yellow Category (scored by time)
- Female Masters Competition – Yellow Category (scored by time)

EVANSTON RUNNING CLUB

- Male Open Competition – Green Category (scored by time)
- Male Masters Competition – Green Category (scored by time)
- Male Senior Competition (scored by time)
- Women Open Competition – Green Category (scored by time)
- Female Veteran Competition (scored by time)

NILE WEST OAKTON RUNNERS CLUB

- Overall Competition – Green Category (age graded scoring)

ELMHURST RUNNING CLUB

- Male Veteran Competition (scored by time)
- Female Masters Competition – Green Category (scored by time)

OAK PARK RUNNERS CLUB

- Female Senior Competition (scored by time)

CARA CORPORATE CIRCUIT WINNERS – 2010

1. Molex Incorporated
2. Metra

LONG DISTANCE AWARD WINNERS

Chris Miller, Evanston
Chuck Aron, Chicago
Danielle Steimel, Aurora
David Dziagwa, Prospect Heights
David Schilling, Western Springs
Diane Kellenburger, Portage
Doris Schertz, Lombard
Doug Pearson, Elmhurst
Elizabeth Towle, Chicago
Fritz Gareis, Wilmette
Jaclyn Shepard, Highland Park
Julio Farfan, Waukegan
Luis Plascencia, Berwyn
Lynn Crim, Schaumburg
Mari Jo Hecker, Elmhurst
Maria Hernandez, Schererville
Pete Klaeser, Sauk Village
Ruben Sanchez, Lake Station
Ruth M. Bonacci, Chesterton
Tina Helm, Elmhurst

PARTICIPATION AWARD WINNERS

Barb McGovern, Bartlett
Cheryl Toohey, Woodridge
Chris Miller, Evanston
Chuck Aron, Chicago
Chris Stephenitch, Dixon

Connie Nash, Glenview
Danielle Steimel, Aurora
David Dziagwa, Prospect Heights
David Schilling, Western Springs
Diane Kellenburger, Portage
Dick Lamermayer, Aurora
Donna Wrenn, Chicago
Mari Jo Hecker, Elmhurst
Doris Schertz, Lombard
Doug Pearson, Elmhurst
Fritz Gareis, Wilmette
Geri Bensen, Oak Park
Gerry Smith, Chicago
Jaclyn Shepard, Highland Park
Jeffrey West, Carol Stream
Jerry Marcec, Geneva
John Kolman, Chicago
Jonathan Jennings, Naperville
Judy Friedes-Craig, Lake Bluff
Karen D. Davis, Chicago
Kelly McGovern, Bartlett
Kim Henry, River Forest
Lori Ford, Chicago
Lynn Crim, Schaumburg
Maria Hernandez, Schererville
Maribeth Ward, Chicago
Marsha Komosa, Chicago
Marti Steele, Naperville
Nicolas Bensen, Oak Park
Pete Klaeser, Sauk Village
Robert Greenspoon, Chicago
Ruth M. Bonacci, Chesterton
Stephanie Duncan, Long Grove

Stephen Nazaran, Chicago

Timothy Dressel, Chicago