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Congratulations CARA Award Winners!

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RUSH Physical Therapy is the
Exclusive Physical Therapy
Provider for CARA

2024 Recap

The 2024 Circuit once again featured 15 races throughout the Chicagoland area and continued to highlight a diverse schedule of races, with runners competing on the roads, track, trail, and cross country course. The year also saw a truly historic performance at PUMA's Chi-Town Miles as the first sub 4min. outdoor mile in Chicago was run by Chandler Gibbens on July 27th. It is only fitting that a Circuit race would help produce this amazing achievement!

We appreciate your participation on the Chicago Racing Circuit and steadfast support of CARA's longest running program. We are excited for the future, with even more teams joining the Circuit in 2025 and another great year of challenging races. This program offers an incredible opportunity to promote competition and connect local running clubs, while continuously advocating for high racing standards. Since 1979 CARA has strived to fulfill this mission of the program. Congratulations on a record breaking 2024 season and we will see you on the start line in 2025!

-Tim Bradley, Executive Director



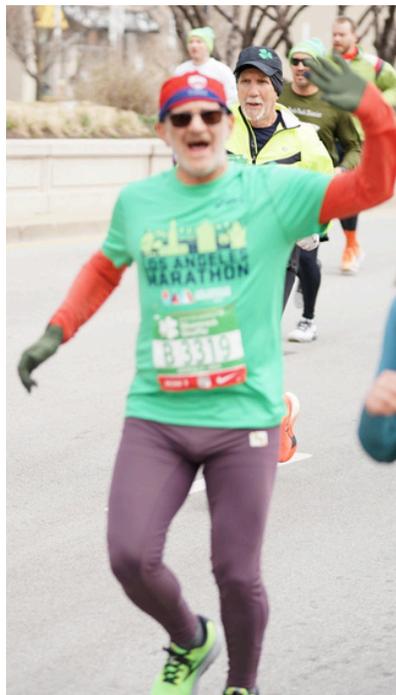
Thank you to our 2024 races!

Bank of America Shamrock Shuffle
CARA Lakefront 10 Miler presented by Fleet Feet
Good Life Race
CARA Spring Trail Chase 10K
Run for the Roses 5k
Bank of America Chicago 13.1
Ricky Byrdsong Race Against Hate
Elmhurst 4 On The 4th

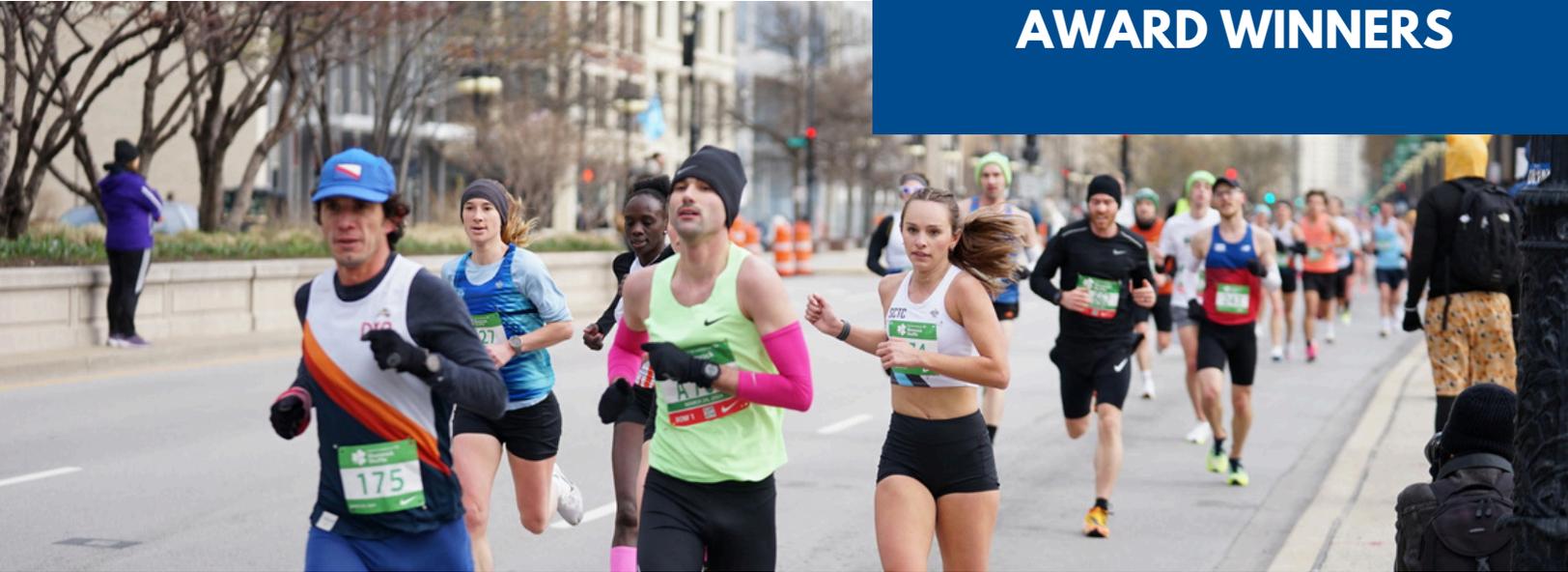
PUMA's Chi-Town Miles
Alpine Races 10 Mile
Hidden Gem Half Marathon
Bank of America Chicago Marathon
Lake Bluff PTO Pumpkin Chase 5k
Fast Track Cross Country Regionals
Lincolnwood Turkey Trot

Updates for the 2025 Chicago Racing Circuit

- **Scoring Changes:** New for 2025, the minimum number of Circuit races required to qualify for individual awards has been reduced from five to three for runners aged 80 and older. The three-race minimum also remains in effect for runners aged 19 and younger.
- **New Teams:** The team competition continues to grow. For 2025, we're excited to welcome Black Chicago Runners Club, Gold Coast Run Club, and Los Lobos to the Division II competition.



TEAM/CLUB CIRCUIT AWARD WINNERS



Congrats to our 2024 Club/Team Award Recipients!

Team Medal Table

Teams	DI All Around	DI Men's Open	DI Women's Open	Masters Men	Masters Women	Veteran Men	Veteran Women	Senior Men	Senior Women
DWRunning									
Evanston Running Club									
Xtra Mile Fast Track Racing Team									
CARA Racing Team									
Fleet Feet x New Balance Racing Team									
Oak Park Runners Club									
	DII All Around	DII Men's Open	DII Women's Open						
Elmhurst Running Club									
CARA Run Crew									
Lake Shore Park Racing Club									
Track and Trough AU									

Team/Club Awards

Division I Categories

All Around Club Category

1. Evanston Running Club (120)
2. DWRRunning (118)
3. Xtra Mile Fast Track Racing Team (108)

Open Club Category - Men

1. Xtra Mile Fast Track Racing Team (117)
2. DWRRunning (115)
3. CARA Racing Team (108)

Open Club Category - Women

1. DWRRunning (119)
2. CARA Racing Team (116)
3. Fleet Feet x New Balance Racing (107)

Division II Categories

All Around Club Category

1. CARA Run Crew (120)
2. Track and Trough Athletic Union (115)
3. Lake Shore Racing Club (111)

Open Club Category - Men

1. CARA Run Crew (120)
2. Track and Trough Athletic Union (116)
3. Lake Shore Racing Club (80)

Open Club Category - Women

1. Elmhurst Running Club (120)
2. CARA Run Crew (116)
3. Lake Shore Racing Club (107)

Age Group Categories

Masters Club Category - Men

1. DWRRunning (118)
2. Xtra Mile Fast Track Racing Team (117)
3. Evanston Running Club (113)

Masters Club Category - Women

1. DWRRunning (120)
2. CARA Racing Team (117)
3. Oak Park Runners Club (108)

Veteran Club Category - Men

1. Evanston Running Club (117)
2. Extra Mile Fast Track Racing Team (112)
3. DWRRunning (108)

Veteran Club Category - Women

1. Oak Park Runners Club (119)
2. Evanston Running Club (114)
3. CARA Racing Team (111)

Senior Club Category - Men

1. Elmhurst Running Club (118)
2. Oak Park Runners Club (116)
3. Xtra Mile Fast Track Racing Team (114)

Senior Club Category - Women

1. Oak Park Runners Club (120)
2. Evanston Running Club (113)
3. Xtra Mile Fast Track Racing Team (110)

RUNNERS OF THE YEAR



Congrats to our 2024 Runner of the Year Award Recipients!

Runners of the Year are selected by the Race Committee through the Circuit scoring process. Chicagoland's top runners are named Runner of the Year in the following categories:

- Overall Male & Female
- Masters Male & Female (ages 40+)
- Veteran Male & Female (ages 50+)
- Senior Male & Female (ages 60+)
- Super Senior Male & Female (ages 70+)
- Age-Graded Champion



KRISTIN DAILEY

**Overall Female
Runner Of The Year
(DWRRunning)**



KRISTIN DAILEY

**Masters Female Runner Of The Year
(DWRRunning)**



ANGELICA GUERRERO

**Veteran Female Runner Of The Year
(Fleet Feet x New Balance Racing Team)**



ANGELICA GUERRERO

**Senior Female Runner Of The Year
(Fleet Feet x New Balance Racing Team)**



GRACE WASIELEWSKI

**Super Senior Runner Of The Year
(Xtra Mile Fast Track Racing Team)**



DANIEL LENNINGTON
Masters Male Runner Of The Year
(Evanston Running Club)



TRENT FIFIELD
Veteran Male Runner Of The Year
(DWRRunning)



KEITH HOLZMUELLER
Senior Runner Of The Year
(Evanston Running Club)

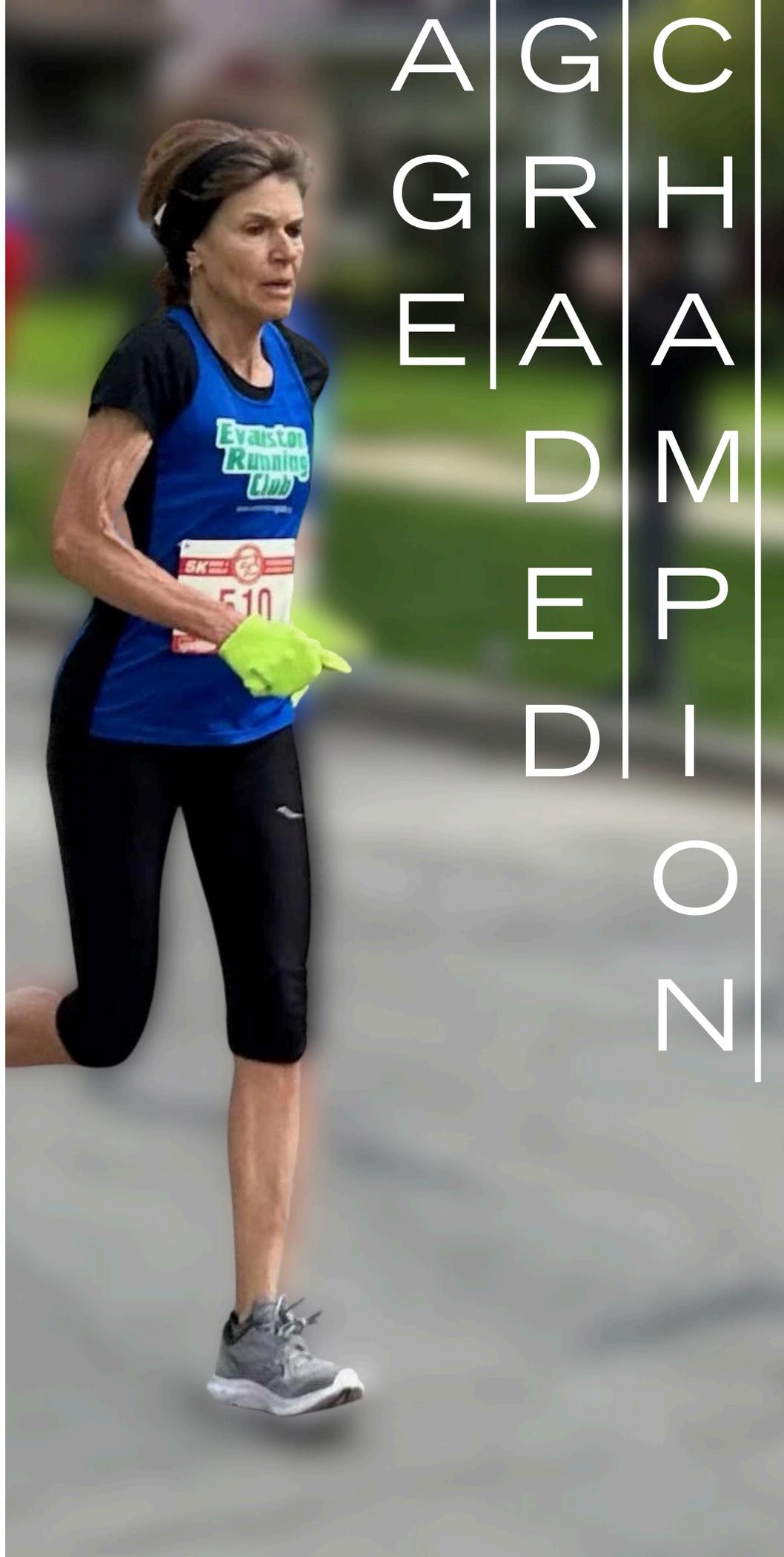


BIL LEINER
Super Senior Runner Of The Year
(Evanston Running Club)



DANIEL
LENNINGTON

Overall Male
Runner Of The Year
(Evanston Running Club)



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NANCY ROLLINS

Age Graded Champion
(Evanston Running Club)

INDIVIDUAL CIRCUIT AWARD WINNERS



Congrats to our 2024 Individual Award Recipients!

Runners can earn recognition as Chicagoland's top runners in a variety of CARA Circuit categories which include:

Overall (Top 10 Males and Females)

Age Graded (Top 10 Age-Graded runners)

Age Groups (Top 3 Males & Females Per Age Category)

Clydesdale/Athena - Top 3 Per Category (Male Clydesdale A, Clydesdale B, and Clydesdale C; Female Athena A & Athena B)

Overall, Age-Graded, Clydesdale/Athena Awards

Overall Male

1. Daniel Lennington (158)
2. Jeremy Ruston (148)
3. John Barrett (141)
4. Sebastian Ramirez Wiener (123)
5. Yoon Oh (113)
6. Matthew Jeromin (98)
7. Brendan Thielsen (96)
8. Dan Pettitt (93)
9. Ivan Yank (91)
10. Chris Wolf (87)

Overall Female

1. Kristin Dailey (198)
2. Claire Krummenacher (175)
3. Brittany Alvarez (174)
4. Evance Stalley (127)
5. Margaret Connelly* (117)
6. Julia Ordzowialy* (117)
7. Samantha Greenwood (102)
8. Kimberli Bishop (92)
9. Ashley Turner (91)
10. Katherine Wuestenfeld (80)

Age Graded

1. Nancy Rollins (200)
2. Kristin Dailey (187)
3. Angelica Guerrero (183)
4. Daniel Lennington (178)
5. Aaron Barnhart (173)
6. Trent Fifeld (155)
7. Grace Wasielewski (145)
8. Jeremy Ruston (130)
9. Chris Wolf (118)
10. Volker Rose (113)

Clydesdale A

1. Greg Smith (120)
2. Lynn Crim (117)

Clydesdale B

1. John Archer* (118)
2. Shane Petrelli* (118)
3. Edward Donovan (97)

Clydesdale C

1. Leonard Donaire (105)
2. David Dziagwa (86)

Athena A

1. Kristin Bowen (120)

Athena B

1. Marsha Komosa (120)
2. Grace Hussar (111)
3. 'Lovie Twine (88)



Male Age Group Awards

Males 14 & Under

1. Nico Navarro (65)
2. Chandler Ding (56)
3. Winter Turner (55)

Males 20-24

1. John Barrett (113)
2. Aaron Holzmueller (58)

Males 25-29

1. Sebastian Ramirez Wiener (103)
2. Dan Pettitt (77)
3. James Diamond (45)

Males 30-34

1. Ken Love (76)
2. Brandon Thielsen* (70)
3. Samuel LeVon* (70)

Males 35-39

1. Yoon Oh (116)
2. Finbar Smith (51)

Males 40-44

1. Jeremy Ruston (113)
2. Matthew Jeromin (109)
3. Ivan Yank (100)

Males 45-49

1. Daniel Lennington (120)
2. Scott Mangum (112)
3. Patrick DeVitt (96)

Males 50-54

1. Trent Fifield (120)
2. Chris Wold (116)
3. Volker Rose (105)

Males 55-59

1. Aaron Barnhart (120)
2. Ken Schuch (113)
3. Richard Vigsness (109)

Males 60-64

1. David Schaub (119)
2. Marc Woodcock (114)
3. Carlos Viramontes (109)

Males 65-69

1. Keith Holzmueller* (115)
2. Brian Sweney* (115)
3. Mark Przbyla (103)

Males 70-74

1. Bill Leiner (120)
2. Robert Jungwirth (110)
3. Greg Smith (88)

Males 75-79

1. Bob Richards (120)
2. James Kubik (112)
3. Donald Jensen (105)

Males 80-84

1. Adrian Malec (120)
2. Lynne Hans (90)
3. Joe Sehnal (75)

Female Age Group Awards

Females 14 & Under

1. Callie Ding (75)
2. Skye Turner (60)

Female 15-19

1. Gabi Stalley
2. Sarah Prestes

Female 25-29

1. Claire Krummenacher (110)
2. Jacuqeline Colon (60)
3. Cecelia Galvan (51)

Females 30-34

1. Katherine Wuestenfeld (95)
2. Margaret Connelly (75)
3. Lauren Zumbach (65)

Females 35-39

1. Brittany Alvarez (119)
2. Samantha Greenwood (106)
3. Kimberli Bishop (90)

Females 40-44

1. Kristin Dailey (120)
2. Ashley Turner (101)
3. Kelly Thielbar (99)

Females 45-49

1. Evance Stalley (117)
2. Erica Alansari (102)
3. Wendy Curry (96)

Females 50-54

1. Julie Bruns (120)
2. Maria Amaro (116)
3. Erica Agran (101)

Females 55-59

1. Kristin Otto (117)
2. Geri Bensen (116)
3. Unsal Ozdogru* (103)

Females 60-64

1. Angelica Guerrero (120)
2. Libby Harvey-Hill (114)
3. Julie Blankemeier (105)

Females 65-69

1. Eileen Dolan (120)
2. Janet Robinson (110)
3. Eileen Skisak (109)

Females 70-74

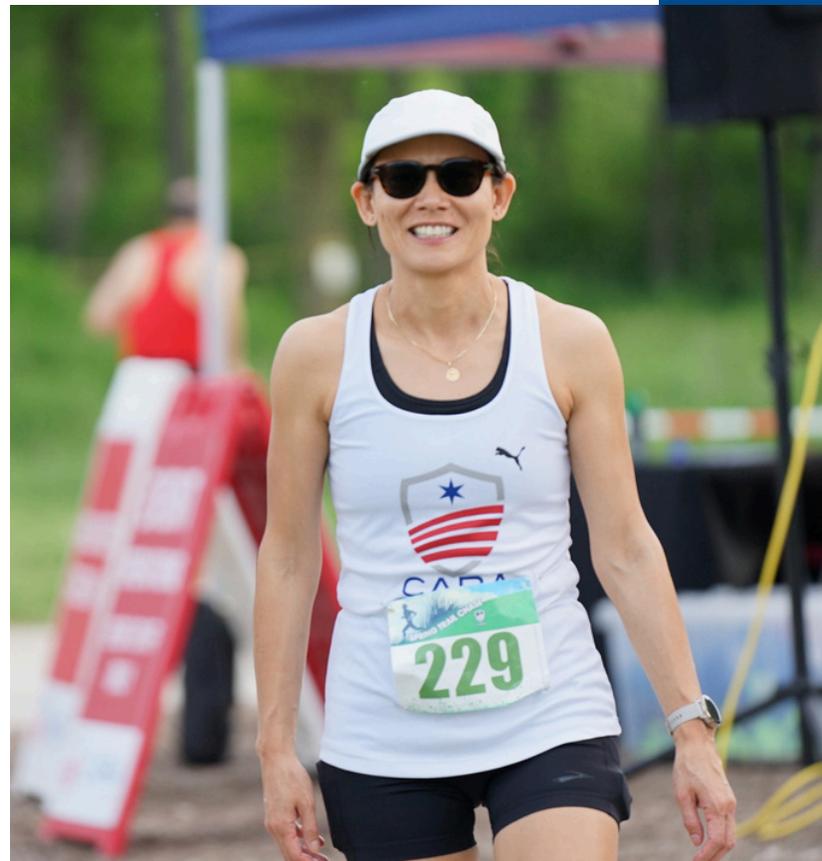
1. Grace Wasielewski (120)
2. Maureen Mikulski (112)
3. Kaori Maeshima (102)

Females 75-79

1. Nancy Rollins (120)
2. Isola Metz (115)
3. Delma Bartelme (102)

Females 80-85

1. Eileen Malec



CARA Racing Award

Acker, Chris
Agran, Erica
Aguilar, Jennifer
Alansari, Erica
Alansari, Muhammad
Amaro, Maria
Anderson, Kristen
Anderson, Megan
ANDERSON, REBECCA
Aquino, Justin
Arambula, Silvestre
Arana-Vivas, Deborah
Archer, John
Balian, Michael
Barnhart, Aaron
Barrett, John
Bartelme, Delma
Bender, Peter
Bensen, Geri
Bensen, Nick
Berg, Jeremy
Betancourt, Lubeca
Bevil, Matthew
Bishop, Kimberli
Blankemeier, Julie
Blashill, Nicholas
Bowen, Kristin
Bradley, Tim
Breese, Steve
Brinlee, Jim
Browne, Bob
Bruns, Julie
Buenrostro, Lorrie
Caldwell, Lance
Callaghan, Eugene
Campbell, Nathan
Cassioppi, Jim
Chamberlin, Bridget

Cira, Frank
Colon, Jacqueline
Connelly, Margaret
Contillo, Anthony
Craig, John
Crim, Lynn
Cruz, Minerva
Cullinane, Niall
Curry, Ryan
Curry, Wendy
Dabrowski, Adam
Dailey, Kristin
Daum, Rachel
Despain, Elizabeth
Devitt, Patrick
Diamond, James
Dihiansan, Jamie
Ding, Callie
Ding, Chandler
Ding, Erin
Dolan, Eileen
Donaire, Leonard
Donovan, Edward
Doris, Trisha
Dubin, Tom
Dziagwa, David
Edmonson, Erika
Einig, Ray
Fearon, James
Fifield, Trent
Fitzpatrick, Mike
Fleenor, Rob
Flynn, Jessica
Flynn, Margaret
Frederick, Linda
Friedes-craig, Judy
Funtilon, Ian Jan
Galvan, Cecelia

Gareis, Fritz
Geiger, Bob
Gesiakowski, Cari
Gibbons, Drew
Gobis, Raymond
Gomez, Julian
Gray, Colin
Green, Mollie
Greenwood, Samantha
Grobelny, Matt
Gross, Julie
Guerrero, Angelica
Guibord, Andrew
Hamilton, Amanda
Hans, Lynne
Harvey-Hill, Libby
Hayden, Sean
Hayes, Heather
Hensley, David
Hobbs, Nicole
Holmes, Michael
Holzmueller, Aaron
Holzmueller, Keith
Holzmueller, Nathan
Hussar, Grace
Igoe, Bill
Jael, Randy
Jamieson, Anne
Janczy, Chuck
Jarosiewicz, Harriet
Jensen, Donald
Jensen, Kenneth
Jeromin, Lily
Jeromin, Matthew
Julien, Janet
Jungwirth, Robert
Kearney, Gavin
Keip, Emily

CARA Racing Award

Keleher, Terrence
Kennedy, Christy
Kennedy, Michelle
Kenny, Gerard
Kohl, Steven
Komosa, Marsha
Kowalczyk, Pamela
Kravets, Lawrence
Krummenacher, Claire
Kubik, James
Larson, Lawrence
Leahy, Megan
Leiner, Bill
Lennington, Daniel
Levine, Steven
LeVon, Samuel
Love, Ken
Maeshima, Kaori
Malec, Adrian
Malec, Eileen
Mangum, Scott
Markey, Jason
Matteson, Brittany
McAllister, Ksenia
McCue, Beth
McGough, James
McPhee, Kristen
Metz, Isola
Mikulski, Maureen
Miller, Maureen
Mistretta, Pete
Monberg, Jeffrey
Monroe-Cook, Dale
Mora, Jose
Munoz, Axel
Navarro, Nico
Neubaum, Roxanne
Ogden, Patti

Splinter, Jenn
Stalley, Evance
Stalley, Gabi
Stalley, Phillip
Stauber, Meridith
Summer, Rick
Sweney, Brian
Thielbar, Kelly
Thielsen, Brendan
Turner, Ashley
Turner, Guy
Turner, Skye
Turner, Winter
Twine, 'Lovie
Vandewiel, Ryan
Vigsnes, Richard
Viramontes, Carlos
Ward, Amy
Warren, Judith
Wasielewski, Grace
Watt, Douglas
Wdziekonska, Adrianna
Wetzel, Maria Fernanda
Williams, Kimberly
Wolf, Chris
Woodcock, Marc
Wuestenfeld, Katherine
Yank, Ivan
Yuan, Yijun
Zaret, Rachael
Zimmerman, Peter
Zumbach, Lauren

Oh, Yoon
Ordzowialy, Julia
Otto, Kristin
Ozdogru, Unsal
Park, Lena
Pearson, Doug
Pearson, Talan
Petrelli, Shane
Pettitt, Dan
Phaneuf, Ann Marie
Polkow, David
Pollock, Scott
Poulton, Melinda
Prestes, Brian
Prestes, Sarah
Przybyla, Mark
Ramirez Wiener, Sebastian
Reggans, Julian
Richards, Bob
Robinson, Janet
Rodriguez, Lilliana
Rollins, Carle
Rollins, Nancy
Rosa, Daniel
Rose, Volker
Ruiz, Adam
Ruston, Jeremy
Ryan, Michael
Sabacinski, Stephanie
Saccany, Catherine
Sauer, Nick
Sauvala, Kielo
Schaub, David
Schlieder, Zachary
Schochat, Rainer
Schuch, Ken
Sehnal, Joe
Sievert, Bob
Skisak, Eileen
Skrzypczynski, Peter
Smith, Finbar
Smith, Greg

RACE OF THE YEAR

GOOD LIFE RACE 5K

GOOD LIFE RACE 5K 2024 RACE OF THE YEAR!

Winning Race of the year for 2024 is the Good Life Race!

Organized by the Oak Park Runners Club, this race is always in contention for Race of the Year and returns to the top spot for the first time since 2019. The newly designed course led to fast times and the race not only provides a great on-course experience, but also provides great entertainment during the post-race experience.

CARA is proud to support and congratulates the Good Life race for another incredible edition and looks forward to the 2025 version as the race continues to be a staple of the Chicago Racing Circuit.



H O F
hall of fame

Q & A

Get to know our 2024 Hall of Fame inductee!

Runners are inducted in to the Hall of Fame through long-standing success in the Chicago Racing Circuit. Each year award winners are given five points for a 1st place finish in Age Group or Clydesdale/Athena categories. Three points are awarded for a second-place finish, and 1 point for a third-place finish. Once a runner has earned 30 total points they are inducted into the Hall of Fame.

Congratulations to our 2024 inductee Jeremy Ruston!

Tell us about your running journey! How did you start running?

I started running in high school. Freshman year I played soccer and ran track but after that track season, I became fully committed to running. I joined the cross country team and haven't stopped running since.

How long have you been involved in the Chicago Racing Circuit?

I have been doing the circuit races off and on for over 15 years.

What is your favorite part about the Circuit competition?

I really enjoy the camaraderie of other runners and the running community. I have met so many great people over the years on the circuit. I also like the challenge of competing over a variety of distances throughout the year.

What does running mean to you?

Like most people, I use running as a way to manage stress and deal with life's difficulties. Running is a big part of my life. I have spent a majority of my life as a runner. I also have been a coach for over 25 years as well as working in a run specialty store for 10 years.

So, to say running means a lot would be an understatement.



Describe your most memorable Circuit race experience.

There have been a lot over the years. One that really stands out is the 2009 Shamrock Shuffle. It snowed a lot overnight and continued throughout the day. The roads weren't plowed so we had to run through the snow and slush. I also ran the whole race with Olympian Deena Kastor which was pretty awesome. Definitely a race I won't ever forget.

What advice would you offer to a new runner or someone who wants to start running?

I would say to be patient and consistent. Running is something that is very challenging and can be difficult at times. It can take time to see results but if you are consistent over time, you will improve. I would also say to focus on your own journey and don't compare yourself to anyone else.

Any dedications you want to give?

I would like to thank my wife Krista, and my kids Bella and Abi for supporting me over the years. It has taken a lot of commitment on their part and I wouldn't be where I am without them. I would also like to thank the Fast Track Racing Team for their support over the years. Finally, CARA for putting on such great events and everything they do for the running community.



2025 CHICAGO RACING CIRCUIT BY CARA

Sunday, March 16 - March Madness Half Marathon (Cary)

Sunday, March 23 - Bank of America Shamrock Shuffle 8K (Chicago)

Sunday, April 6 - The Good Life Race 5K (Oak Park)

Sunday, April 13 - CARA's Lakefront 10 Miler (Chicago)

Sunday, April 27 - Ravenswood 5K (Chicago)

Sunday, May 18 - Spring Trail Chase 10K (Lemont)

Sunday, June 1 - Bank of America Chicago 13.1 (Chicago)

Sunday, June 15 - Ricky Byrdsong Race Against Hate 10K (Evanston)

Friday, July 4 - Elmhurst Running Club's 4 on the 4th (Elmhurst)

Saturday, July 19 - PUMA's Chi-Town Miles 1 Mile (Chicago)

Sunday, August 17 - Alpine races 10 Mile (Lake Zurich)

Saturday, September 6 - Hidden Gem Half Marathon (Flossmoor)

Sunday, October 12 - Bank of America Chicago Marathon (Chicago)

Saturday, October 25 - Lake Bluff PTO Pumpkin Chase 5K (Lake Bluff)

Sunday, November 9 - Fast Track Cross Country 3 Mile (Schaumburg)



CHICAGO RACING CIRCUIT 2025 CLUBS



Black Chicago Runners



CARA Racing Team



CARA Run Crew



DWRrunning



Elmhurst Running Club



Evanston Running Club



Fleet Feet x New Balance Racing Team



Gold Coast Run Club



Lake Shore Racing Club



Los Lobos



Nameless Track Club



Naperville Running Company Track Club



Oak Park Runners Club



Track & Trough Athletic Union



Oiselle Volée



UNFRGVN



Venados



Windrunners Chicago



Xtra Mile Fast Track Racing Team

