



2023 CARA Runners' Choice Circuit Award Winners

To be individual awards eligible, runners must have been a CARA Supporter Level member by 7/1/23 and have completed at least five Circuit races. Only a runner's eight best scores count for their total. Runners 19 & under need to complete three Circuit races, with their five best scores counting. Any corrections must be emailed to circuit@cararuns.org by 12/3/2023.

Overall Female

1 Mandy Kompanowski	176
2 Angelica Guerrero	117
3 Samantha Greenwood	89
4 Julie Bruns	87
5 Erika Edmonson	83
6 Jeannie Sullivan	58
7 Geri Bensen	47
8 Christine Bell	45
9 Mollie Greene	41
10 Evance Stalley	37

Overall Male

1 Nathan Kennedy	176
2 Jeremy Ruston	173
3 Brendan Thielsen	148
4 Chris Wolf	132
5 Matthew Jeromin	126
6 Volker Rose	103
7 Sebastian Ramirez Wiener	78
8 Frank Cira	55
9 Scott Mangum*	52
10 Drew Gibbons*	52

Age Graded

1 Nancy Rollins	199
2 Angelica Guerrero	184
3 Volker Rose	167
4 Chris Wolf	159
5 Jeremy Ruston	153
6 David Maley	146
7 Aaron Barnhart	122
8 Grace Wasielewski*	113
9 Brian Sweeney*	113
10 Keith Holzmueller	105

Non-Binary

None

Females 14 & Under

Females 15-19

Females 20-24

Females 25-29

None

Females 30-34

1 Mandy Kompanowski	112
2 Karin DeHaven	5
3 Stephanie Omueti	2

Females 35-39

1 Samantha Greenwood	101
2 Margaret Flynn	45
3 Janelly Rodriguez	29

Females 40-44

1 Erika Edmonson	76
2 Mollie Greene	74
3 Jeannie Sullivan	67

Females 45-49

1 Evance Stalley	101
2 Lorrie Buenrostro	85
3 Daniela Munoz	64

Females 50-54

1 Julie Bruns	120
2 Maria Amaro	72
3 Erica Agran	65

Females 55-59

1 Christine Bell	118
2 Kristin Otto	115
3 Geri Bensen	109

Females 60-64

1 Angelica Guerrero	120
2 Libby Harvey-Hill	110
3 Julie Gross	87

Females 65-69

1 Eileen Dolan	117
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Females 70-74

1 Grace Wasielewski	120
2 Kaori Maeshima	115

Females 75-79

1 Nancy Rollins	120
2 Isola Metz	112
3 Paula Scheiwe	110

Females 80-84

Females 85+

Males 14 & Under

Males 15-19

None

Males 20-24

1 Aaron Holzmueller	31
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Males 25-29

1 Brendan Thielsen	96
2 Sebastian Ramirez Wiener*	83
3 Andrew Guibord*	83

Males 30-34

1 Ken Love	61
2 Axel Munoz	56
3 Cole Easterday	39

Males 35-39

1 Nathan Kennedy	118
2 Yoon Oh	102
3 John Archer	13

Males 40-44

1 Jeremy Ruston	117
2 Matthew Jeromin	110
3 Drew Gibbons	71

*a tie-breaker was calculated to determine placing

Males 45-49

1 Chris Wolf	119
2 Scott Mangum	108
3 Kwang-Youn Kim	88

Males 50-54

1 Volker Rose	119
2 Frank Cira	108
3 Gavin Kearney	92

Males 55-59

1 Aaron Barnhart	118
2 James MacDougall	110
3 Doug Pearson	107

Males 60-64

1 David Maley	120
2 Marc Woodcock	100
3 Terrence Keleher	92

Males 65-69

1 Brian Sweny	115
2 Keith Holzmueller	111
3 Dave Carpenter	84

Males 70-74

1 Bill Leiner	120
2 Bernard Mcgourty	110
3 Bob Richards	74

Males 75-79

1 Dale Monroe-Cook	120
2 James Kubik	113
3 Donald Jensen	108

Males 80-84

1 Joe Sehnal	120
2 Lynne Hans	115

Athena A

1 Judith Warren	90
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Athena B

1 'Lovie Twine	120
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Clydesdale A

1 Greg Smith	120
2 Lynn Crim	114
3 Cole Easterday	97

Clydesdale B

1 Edward Donovan	88
2 Peter Roberts	84
3 John Archer	73

Clydesdale C

1 Shane Petrelli	120
2 David Dziagwa	113
3 Eric Landschoot	100

CARA Racing Award

Agran, Erica
Amaro, Maria
Arambula, Silvestre
Archer, John
Babyar, Vallory
Bancerewicz, Jerzy
Barnhart, Aaron
Bell, Christine
Bensen, Geri
Bensen, Nick
Betancourt, Lubeca
Blankemeier, Julie
Blashill, Nicholas
Bradley, Tim
Breese, Steve
Brosilow, Michael
Browne, Bob
Bruns, Julie
Buckhanan, Tamerra
Buenrostro, Lorrie
Caldwell, Lance
Callaghan, Eugene
Carpenter, Dave
Carvajal, Galo
Cira, Frank
Clancy, Thomas
Craig, John
Crim, Lynn
DeHaven, Karin
Dihiansan, Jamie
Dolan, Eileen
Donovan, Edward

Donovan, Edward
Dubin, Tom
Dziagwa, David
Easterday, Cole
Edmonson, Erika
Fifield, Trent
Flynn, Margaret
Fromm, Maribeth
Gareis, Fritz
Gibbons, Drew
Gray, Colin
Green, Mollie
Greenwood, Samantha
Gross, Julie
Guerrero, Angelica
Guibord, Andrew
Hamilton, Amanda
Hans, Lynne
Harvey-Hill, Libby
Hayes, Heather
Hensley, David
Hobson, Heather
Holzmueller, Aaron
Holzmueller, Keith
Jensen, Donald
Jeromin, Matthew
Joseph, Jeffrey
Julien, Janet
Kearney, Gavin
Keleher, Terrence
Kennedy, Michelle
Kennedy, Nathan
Kenny, Gerard
Kim, Kwang-Youn
Kompanowski, Mandy
Kowalczyk, Pamela
Kubik, James
Landschoot, Eric
Le Sourd, Annaig
Leiner, Bill
Love, Ken
MacDougall, James
Maeshima, Kaori
Maley, David
Mangum, Scott
Matchett, Barry
McGourty, Bernard
Metz, Isola

*a tie-breaker was calculated to determine placing

CARA Racing Award (continued)

Mistretta, Pete
 Monroe-Cook, Dale
 Munoz, Axel
 Munoz, Daniela
 Naqui, Anando
 Oh, Yoon
 Omueti, Stephanie
 Otto, Kristin
 Pearson, Doug
 Petrelli, Shane
 Pimenova, Nadia
 Polkow, David
 Prestes, Brian
 Przybyla, Mark
 Ramirez Wiener, Sebastian
 Ramos, Anabel
 Richards, Bob
 Roberts, Peter
 Rodriguez, Janelly
 Rojas, Ramon
 Rollins, Nancy
 Rose, Volker
 Ruston, Jeremy
 Sander, Maria
 Schaub, David
 Scheiwe, Paula
 Schochat, Rainer
 Sehnal, Joe
 Smith II, Greg
 Smith, Greg
 Stalley, Evance
 Sterling, Kevin
 Sullivan, Jeannie
 Sweney, Brian
 Thielsen, Brendan
 Twine, 'Lovie
 Viramontes, Carlos
 Warren, Judith
 Wasielewski, Grace
 Watt, Douglas
 Way, Catherine
 Wenzel, Hans
 Wetzel, Maria Fernanda
 Wolf, Chris
 Woodcock, Marc
 Zimmerman, Peter

Club Team Awards:**Combined (Age-Graded)**

1 DW Running	118
2 Xtra Mile Fast Track Racing Team	116
3 Evanston Running Club	115

Open Women

1 DW Running	117
2 Oak Park Runners Club	114
3 Fleet Feet x New Balance Racing	113

Open Men

1 Xtra Mile Fast Track Racing Team	119
2 DW Running	116
3 Evanston Running Club	111

Masters Women

1 Oak Park Runners Club*	114
2 Fleet Feet x New Balance Racing*	114
3 Xtra Mile Fast Track Racing Team	110

Masters Men

1 Xtra Mile Fast Track Racing Team*	117
2 DW Running*	117
3 Evanston Running Club	115

Veteran Women

1 Oak Park Runners Club	120
2 Fleet Feet x New Balance Racing	113
3 Evanston Running Club	112

Veteran Men

1 Xtra Mile Fast Track Racing Team	118
2 Evanston Running Club	112
3 Oak Park Runners Club*	109
(4 Elmhurst Running Club*)	109)

Senior Women

1 Fleet Feet x New Balance Racing	117
2 Evanston Running Club	115
3 Oak Park Runners Club	113

Senior Men

1 Evanston Running Club	117
2 Elmhurst Running Club	116
3 Oak Park Runners Club	115

*a tie-breaker was calculated to determine placing