



## 2021 CARA Runners' Choice Circuit Award Winners

To be individual awards eligible, competitive runners must have been CARA Supporter Level members by 7/1/21 and have completed at least four races. Only scores from a runner's 7 best races count for their total score. Tie-breakers have been used to determine place where necessary. Runners may not win awards in both age group and Clydesdale/Athena.

### **Overall Male**

1. Jeremy Ruston (149)
2. Ted Bowles (136)
3. Matthew Jermain (126)
4. Scott Mangum (116)
5. Andrew Rylaarsdam (112)
6. Zach Hird (90)
7. Brendan Thielsen (80)
8. Doug Pearson (67)
9. Lance Caldwell (67)
10. Louis Lapat (67)

### **Overall Female**

1. Mandy Kompanowski (157)
2. Angelica Guerrero (128)
3. Brittany Matteson (104)
4. Daniela Munoz (100)
5. Columba Montes (97)
6. Jenn Splinter (73)
7. Lauren Lopez (64)
8. Angie Dudman (50)
9. Lorrie Buenrosto (50)
10. Leah Hammer (48)

### **Age-Graded**

1. Nancy Rollins (174)
2. Angelica Guerrero (164)
3. Ted Bowles (159)
4. Grace Wasielewski (134)
5. Jeremy Ruston (130)
6. Michael Brosilow (124)
7. Keith Holzmüller (99)
8. Scott Mangum (90)
9. Andrew Rylaarsdam (89)
10. Angie Dudman (77)

### **Male 14 & Under**

None

### **Male 15-19**

None

### **Male 20-24**

1. Zach Hird (59)

### **Male 25-29**

1. Andrew Rylaarsdam (70)
2. Brendan Thielsen (50)

### **Male 30-34**

1. Brett Geschke (45)
2. Ken Love (40)
3. Kyle Coates (38)

### **Male 35-39**

1. Christopher Schiel (54)
2. Joe Vukits (45)
3. Sarang Supekar (6)

### **Male 40-44**

1. Jeremy Ruston (104)
2. Matthew Jermain (99)
3. Steve Breese (80)

### **Male 45-49**

1. Scott Mangum (104)
2. Frank Cira (67)
3. Edward Doris (44)



### **Male 50-54**

1. Ted Bowles (105)
2. Doug Pearson (95)
3. Lance Caldwell (94)

### **Male 55-59**

1. David Schaub (100)
2. Marc Woodcock (91)
3. Jim Cassioppi (86)

### **Male 60-64**

1. Michael Brosilow (103)
2. Brian Sweney (90)
3. Mark Przybyla (83)

### **Male 65-69**

1. Keith Holzmueller (105)
2. Bill Leiner (99)
3. Rainer Schochat (92)

### **Male 70-74**

1. Bob Richards (104)
2. Fritz Gareis (94)
3. Bill Igoe (78)

### **Male 75-79**

1. Adrian Malec (105)
2. James Kubik (74)
3. Lynne Hans (48)

### **Male 80-84**

None

### **Male 85 & Over**

1. Hank Caldwell (84)
2. Kirby Anderson (74)

### **Female 14 & Under**

None

### **Female 15-19**

None

### **Female 20-24**

None

### **Female 25-29**

1. Mandy Kompanowski (100)
2. Johanna De Haven (33)
3. Karin Dehaven (24)

### **Female 30-34**

1. Brittany Matteson (77)
2. Lauren Lopez (66)
3. Mariana Perez (47)

### **Female 35-39**

1. Jenn Splinter (55)
2. Erica Van Heerden (51)
3. Deborah Arana-Vivas (40)

### **Female 40-44**

1. Daniela Munoz (99)
2. Columba Montes (84)
3. Carolyn Martineau (56)

### **Female 45-49**

1. Lorrie Buenrostro (86)
2. Leah Hammer (65)
3. Erica Agran (65)

### **Female 50-54**

1. Tina Helm (78)

### **Female 55-59**

1. Angelica Guerrero (105)
2. Angie Dudman (86)
3. Julie Blankenmeier (67)



### **Female 60-64**

1. Julie Gross (98)
2. Eileen Skisak (97)
3. Brooke Lord (84)

### **Female 65-69**

1. Kaori Maeshima (92)
2. Grace Wasielewski (90)
3. Catherine Saccany (60)

### **Female 70-74**

1. Nancy Rollins (105)
2. Isola Metz (97)
3. Delma Bartelme (94)

### **Female 75-79**

1. Eileen Malec (105)

### **Female 80-84**

None

### **Female 85 & Over**

None

### **Clydesdale A**

1. Lynn Crim (104)
2. Jeff Giffin (75)

### **Clydesdale B**

1. Shane Petrelli (105)
2. David Dziagwa (100)

### **Clydesdale C**

1. Richard Osborne (74)

### **Athena A**

1. Lisa Verdon (75)

### **Athena B**

1. Lovie Twine (105)
2. Grace Hussar (101)

### **Overall Runners Of The Year**

Male - Jeremy Ruston  
Female - Mandy Kompanowski

### **Masters Runners Of The Year**

Male - Jeremy Ruston  
Female - Angelica Guerrero

### **Veteran Runners Of The Year**

Male - Ted Bowles  
Female - Angelica Guerrero

### **Senior Runners Of The Year**

Male - Michael Brosilow  
Female - Nancy Rollins

### **Super-Senior Runners Of The Year**

Male - Bob Richards  
Female - Nancy Rollins



**CARA Racing Award**

<i>Adam Manganiello</i>	<i>Delma Bartelme</i>	<i>John Warren</i>	<i>Melissa Comenduley</i>
<i>Adrian Malec</i>	<i>Doug Pearson</i>	<i>Judith Warren</i>	<i>Melissa Kelper</i>
<i>Andrea Sanchez</i>	<i>Edward Doris</i>	<i>Julie Blankemeier</i>	<i>Michael Brosilow</i>
<i>Andrew Rylaarsdam</i>	<i>Edward Straka</i>	<i>Julie Gross</i>	<i>Nancy Rollins</i>
<i>Angelica Guerrero</i>	<i>Eileen Malec</i>	<i>Kaori Maeshima</i>	<i>Nick Bensen</i>
<i>Angie Dudman</i>	<i>Eileen Skisak</i>	<i>Karin Dehaven</i>	<i>Nicole Vukits</i>
<i>Bill Igoe</i>	<i>Elena Znova</i>	<i>Keith Holzmueller</i>	<i>Patrick Baker</i>
<i>Bill Leiner</i>	<i>Erica Agran</i>	<i>Ken Love</i>	<i>Pete Mistretta</i>
<i>Bill Pucher</i>	<i>Erica Van Heerden</i>	<i>Kirby Anderson</i>	<i>Peter Zimmerman</i>
<i>Bob Browne</i>	<i>Erika Kooda</i>	<i>Kyle Coates</i>	<i>Rainer Schochat</i>
<i>Bob Richards</i>	<i>Eugene Callaghan</i>	<i>Lance Caldwell</i>	<i>Regina Garrity</i>
<i>Bob Sievert</i>	<i>Frank Cira</i>	<i>Laura Manganiello</i>	<i>Richard Osborne</i>
<i>Brendan Thielsen</i>	<i>Fritz Gareis</i>	<i>Laura McKnight</i>	<i>Robert Jungwirth</i>
<i>Brett Geschke</i>	<i>Gail Jindrich</i>	<i>Lauren Lopez</i>	<i>Sarang Supekar</i>
<i>Brian Sweney</i>	<i>Grace Hussar</i>	<i>Leah Hammer</i>	<i>Scott Mangum</i>
<i>Brittany Matteson</i>	<i>Grace Wasielewski</i>	<i>Leann Larrey</i>	<i>Shane Petrelli</i>
<i>Brooke Lord</i>	<i>Hank Caldwell</i>	<i>Lena Park</i>	<i>Steve Breese</i>
<i>Carolyn Martineau</i>	<i>Hans Wenzel</i>	<i>Lisa Lambiase</i>	<i>Ted Bowles</i>
<i>Casey Ryan</i>	<i>Heather Hayes</i>	<i>Lisa Verdon</i>	<i>Ted Jindrich</i>
<i>Catherine Saccany</i>	<i>Heather Wittels</i>	<i>Lorrie Buenrostro</i>	<i>Tina Helm</i>
<i>Christopher Roth</i>	<i>Isola Metz</i>	<i>Louis Lapat</i>	<i>Tom Gilmartin</i>
<i>Christopher Schiel</i>	<i>James Kubik</i>	<i>Lovie Twine</i>	<i>Valerie Mackin</i>
<i>Chuck Janczy</i>	<i>James Nally</i>	<i>Lynn Crim</i>	<i>Vallory Babyar</i>
<i>Columba Montes</i>	<i>Janet Julien</i>	<i>Lynne Hans</i>	<i>Zach Hird</i>
<i>Connie Nash</i>	<i>Jeff Giffin</i>	<i>Mandy Kompanowski</i>	
<i>Daniela Munoz</i>	<i>Jenn Splinter</i>	<i>Marc Woodcock</i>	
<i>Darren DeMatoff</i>	<i>Jennifer Nally</i>	<i>Marcella Catledge</i>	
<i>David Dziagwa</i>	<i>Jeremy Ruston</i>	<i>Mariana Perez</i>	
<i>David Hensley</i>	<i>Jerzy Banczerewicz</i>	<i>Mark Przybyla</i>	
<i>David Schaub</i>	<i>Jim Cassioppi</i>	<i>Mark Smith</i>	
<i>Deborah Arana-Vivas</i>	<i>Joe Vukits</i>	<i>Matthew Jeromin</i>	
	<i>Johanna De Haven</i>		



## 2021 CARA Runners' Choice Circuit Award Winners

Clubs and Teams may compete to be honored as the top clubs in the area in a variety of categories. Clubs/Teams need 3-5 runners, depending on the category, to maximize their score. The top three clubs/teams are awarded at the end of the Circuit.

### **Open Club Category - Men**

1. Fast Track Racing Team
2. Evanston Running Club
3. Fleet Feet x New Balance Racing Team

### **Veteran Club Category - Men**

1. Elmhurst Running Club
2. Oak Park Runners Club
3. Evanston Running Club

### **Open Club Category - Women**

1. Fleet Feet x New Balance Racing Team
2. GlenGlens
3. Oak Park Runners Club

### **Veteran Club Category - Women**

1. Oak Park Runners Club
2. Elmhurst Running Club
3. Fleet Feet x New Balance Racing Team

### **Masters Club Category - Men**

1. Fast Track Racing Team
2. Evanston Running Club
3. Elmhurst Running Club

### **Senior Club Category - Men**

1. Evanston Running Club
2. Oak Park Runners Club
3. Elmhurst Running Club

### **Masters Club Category - Women**

1. Fleet Feet x New Balance Racing Team
2. GlenGlens
3. Oak Park Runners Club

### **Senior Club Category - Women**

1. Oak Park Runners Club
2. Evanston Running Club
3. Elmhurst Running Club

### **Combined Club Category**

1. Evanston Running Club
2. Fast Track Racing Team
3. Fleet Feet x New Balance Racing Team