

CHICAGO RACING CIRCUIT



2023 AWARDS PROGRAM



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2023 Recap

In 2023 the Circuit season featured 15 races throughout the Chicagoland area. The year showcased one of the most diverse collections of races ever assembled, in the 40+ year history of the Circuit. Runners competed on the roads, trails, track and for the first time in several years, on the cross country course. Once again, the Circuit brought together runners from different clubs, teams, and locations, providing a unique opportunity for all runners to chase personal, team and club goals.

Thank you for your participation in the Runners' Choice Circuit and continued support of CARA's longest running program. We are excited for the future, with several new teams joining the Circuit this year. The opportunity to foster competition, connect local running clubs and races, while continuously advocating for high racing standards, is the mission of the program, which has been in existence since 1979. Congratulations on a great 2023 racing season and we will see you on the start line in 2024!

-Tim Bradley, CARA Executive Director



Thank you to our 2023 races!

Bank of America Shamrock Shuffle
CARA Lakefront 10 Miler presented by Fleet Feet
Good Life Race
Great Western Half Marathon
CARA Spring Trail Chase 10K
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
Lawndale 5K
Bank of America Chicago Marathon
Lake Bluff PTO Pumpkin Chase 5k
Fast Track Cross Country Regionals

Exciting Changes to CARA Racing Circuit in 2024

The Chicago Area Runners Association (“CARA”) has embarked on an unprecedented repositioning of our longest running program, the CARA Racing Circuit. In 2024 the CARA Runners’ Choice Circuit will be renamed the **Chicago Racing Circuit by CARA**. This change better positions the program for brand awareness and for potential sponsors. The search is now well underway to secure a title sponsor for the program, which was started in 1979, just a year after CARA was founded.

“The Racing Committee, Board of Directors and myself felt it was time to update the name of the program and better align with the amazing namesake of our city and the surrounding communities. We also wanted to make the circuit as attractive as possible to potential sponsors and bring more awareness to the program in the local running community.

- CARA Executive Director, Tim Bradley

While there will be a new name for the program in 2024, the "runners' choice" element of the Circuit will remain in place. The Racing Committee, which is made up of members from the community and various local running clubs, will continue to oversee the Circuit. This includes the selection of races, along with managing the rules, scoring, and awards for the program. In addition to the “runners choice” element, the Circuit will also continue to have a Non-Binary category, which started in 2023. The Circuit will continue to provide races that offer equal prize money for the Non-Binary category, such as the Lakefront 10 Miler, which has done so over the last two years. Other changes to the Circuit in 2024 include:


































- **Team Scoring Change:** The Combined category, which age-grades and combines all runners, will be renamed All Around to better express the high caliber runners of all ages that can be found in Chicago's local clubs.
- **New Teams:** Nameless TC, Heartbreak Hill Running Co., Naperville Running Company Track Club, Windrunners Chicago, and CARA Racing Team are some top Chicago area teams joining the Circuit in 2024, bringing the total number of teams to 17.
- **New Team Divisions:** In order to provide more equitable opportunities to win awards, open men, open women, and All Around categories will be split into two divisions. Division I will be for large clubs or elite teams, and Division II will be for smaller clubs, running groups, or recreational teams.

TEAM/CLUB CIRCUIT AWARD WINNERS



Congrats to our 2023 Club/Team Award Recipients!

Team Medal Table:

Teams		Combined	Men's Open	Women's Open	Masters Men	Masters Women	Veteran Men	Veteran Women	Senior Men	Senior Women
Xtra Mile Fast Track Racing Team										
DWRRunning										
Oak Park Runners Club										
Evanston Running Club										
Fleet Feet x New Balance Racing Team										
Elmhurst Running Club										

Combined - (Males & Females combined, top 5 runners age-graded scores)

Open (Male & Female, addition of top 5 runners' finish times)

Masters (Male & Female, addition of top 3 runners, over 40 years old, finish times)

Veteran (Male & Female, addition of top 3 runners, over 50 years old, finish times)

Senior (Male & Female, addition of top 3 runners, over 60 years old, finish times)

Team/Club Awards

Combined Club Category

1. DWRunning (118)
2. Xtra Mile Fast Track Racing Team (116)
3. Evanston Running Club (115)

Open Club Category - Men

1. Xtra Mile Fast Track Racing Team (119)
2. DWRunning (116)
3. Evanston Running Club (111)

Open Club Category - Women

1. DWRunning (117)
2. Oak Park Runners Club (114)
3. Fleet Feet x New Balance Racing (113)

Masters Club Category - Men

1. Xtra Mile Fast Track Racing Team* (117)
2. DWRunning* (117)
3. Evanston Running Club (115)

Masters Club Category - Women

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

Veteran Club Category - 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)

Veteran Club Category - Women

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

Senior Club Category - Men

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

Senior Club Category - Women

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



**RUNNERS
OF THE YEAR**



**Congrats to our 2023
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



MANDY
KOMPANOWSKI

**Overall Female
Runner Of The Year
(CARA Run Crew)**



EVANCE STALLEY

**Masters Female Runner Of The Year
(CARA Run Crew)**



JULIE BRUNS

**Veteran Female Runner Of The Year
(DWRrunning)**



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)**



JEREMY RUSTON

Masters Male Runner Of The Year



VOLKER ROSE

**Veteran Male Runner Of The Year
(Xtra Mile Fast Track Racing Team)**



DAVID MALEY

Senior Runner Of The Year



BIL LEINER

**Super Senior Runner Of The Year
(Evanston Running Club)**



NATHAN KENNEDY

**Overall Male
Runner Of The Year**



NANCY ROLLINS

Age Graded Champion
(Evanston Running Club)



INDIVIDUAL CIRCUIT AWARD WINNERS



Congrats to our 2023 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. 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)

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)

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)

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)

Athena A

1. Judith Warren (90)

Athena B

1. 'Lovie Twine (120)



Male Age Group Awards

Males 20-24

1. Aaron Holzmueller (31)

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)

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 Sweney (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)



Female Age Group Awards

Females 30-34

1. Mandy Kompanowski (112)
2. Karin DeHaven (5)
3. Stephanie Omuetti (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)

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)



CARA Racing Award

Agran, Erica	Gareis, Fritz	Maley, David	Stalley, Evance
Amaro, Maria	Gibbons, Drew	Mangum, Scott	Sterling, Kevin
Arambula, Silvestre	Gray, Colin	Matchett, Barry	Sullivan, Jeannie
Archer, John	Green, Mollie	McGourty, Bernard	Sweney, Brian
Babyar, Vallory	Greenwood, Samantha	Metz, Isola	Thielsen, Brendan
Bancerewicz, Jerzy	Gross, Julie	Mistretta, Pete	Twine, 'Lovie
Barnhart, Aaron	Guerrero, Angelica	Monroe-Cook, Dale	Viramontes, Carlos
Bell, Christine	Guibord, Andrew	Munoz, Axel	Warren, Judith
Bensen, Geri	Hamilton, Amanda	Munoz, Daniela	Wasielowski, Grace
Bensen, Nick	Hans, Lynne	Naqui, Anando	Watt, Douglas
Betancourt, Lubeca	Harvey-Hill, Libby	Oh, Yoon	Way, Catherine
Blankemeier, Julie	Hayes, Heather	Omuetti, Stephanie	Wenzel, Hans
Blashill, Nicholas	Hensley, David	Otto, Kristin	Wetzel, Maria Fernanda
Bradley, Tim	Hobson, Heather	Pearson, Doug	Wolf, Chris
Breese, Steve	Holzmueller, Aaron	Petrelli, Shane	Woodcock, Marc
Brosilow, Michael	Holzmueller, Keith	Pimenova, Nadia	Zimmerman, Peter
Browne, Bob	Jensen, Donald	Polkow, David	
Bruns, Julie	Jeromin, Matthew	Prestes, Brian	
Buckhanan, Tamerra	Joseph, Jeffrey	Przybyla, Mark	
Buenrostro, Lorrie	Julien, Janet	Ramirez Wiener, Sebastian	
Caldwell, Lance	Kearney, Gavin	Ramos, Anabel	
Callaghan, Eugene	Keleher, Terrence	Richards, Bob	
Carpenter, Dave	Kennedy, Michelle	Roberts, Peter	
Carvajal, Galo	Kennedy, Nathan	Rodriguez, Janelly	
Cira, Frank	Kenny, Gerard	Rojas, Ramon	
Clancy, Thomas	Kim, Kwang-Youn	Rollins, Nancy	
Craig, John	Kompanowski, Mandy	Rose, Volker	
Crim, Lynn	Kowalczyk, Pamela	Ruston, Jeremy	
DeHaven, Karin	Kubik, James	Sander, Maria	
Dihiansan, Jamie	Landschoot, Eric	Schaub, David	
Dolan, Eileen	Le Sourd, Annaig	Scheiwe, Paula	
Donovan, Edward	Leiner, Bill	Schochat, Rainer	
Dubin, Tom	Love, Ken	Sehnal, Joe	
Dziagwa, David	MacDougall, James	Smith II, Greg	
Easterday, Cole	Maeshima, Kaori	Smith, Greg	
Edmonson, Erika			
Fifield, Trent			
Flynn, Margaret			
Fromm, Maribeth			

HIDDEN GEM HALF MARATHON RACE OF THE YEAR

THE GEM



HIDDEN GEM HALF MARATHON 2023 RACE OF THE YEAR!

Winning race of the year for 2023 is the Hidden Gem Half Marathon!

The Hidden Gem really has a great balance between a big race feel and a hometown community feel. The volunteers are amazing and the event is very well organized. The back-to-back wins for Hidden Gem represents the first time since 2018-2019 the feat was pulled off, when the Good Life Race 5K organized by the Oak Park Runners Club won in consecutive years.

CARA is proud to support and congratulates the Hidden Gem Half Marathon on their back-to-back wins for Race of the Year!



H O F
hall of fame

Q & A

Get to know our 2023 Hall of Fame inductee!

Runners are inducted in to the Hall of Fame through long-standing success in the CARA Runners' Choice 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 2023 inductee Brian Sweney

BRIAN SWENEY



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

Although I had competed in high school cross country and track, I quit running entirely from the age of 22 until I was 45. It was my lovely wife Marquita who motivated me to get back into it. Between 1998 and 2002 she ran multiple marathons a year while I would tag along to perform my role as her cheerleader from the sidelines. I soon realized that almost all our new friends were members of her CARA Marathon Training program in Lincoln Park which she participated in every year back then. This group of friends were known as “the Perfect 10’s” (their training pace).

Through a combination of peer pressure and my getting tired of feeling left-out as the only non-runner, I finally succumbed to trying a few short 3-mile runs but was not confident I would ever run more than 4 or 5 miles, much less a race. In May of 2002 Marquita and our Perfect 10 friends convinced me to join them in signing up for San Francisco’s famous Bay to Breakers Run. But little did I know that the whole point of that race (especially back then) was to basically drink and have fun, not competitively run. I naively took off at the start, and 12K later in a driving rain on the shores of the Pacific I finished my first adult race in a surprisingly respectable time.

From there it was a small step to sign up for CARA’s Marathon Training that summer where I trained with my Perfect 10 friends for my first Chicago Marathon. With a marathon under my belt, the bug had bitten me, and I continued training through the winter, qualifying for Boston in my next marathon that spring. But it would be a few more years before I discovered the CARA Circuit. Strangely for me it was a matter of graduating from the marathon to the shorter races, not the other way round.

How long have you been involved in the Runners' Choice Circuit?

I had run the Chicago Marathon and Shamrock Shuffle since 2002/2003, but my earliest memory of knowingly competing in a CARA Circuit race was 2007. Three races I especially remember from that time were the Park Forest Scenic 10 Mile, the Park Ridge Charity Classic 5K, and Westchester's 10K VetRun, wonderful races that unfortunately are no longer operating. But it wasn't until 2009 that I decided to compete on the circuit for a full season's slate of races. In addition to the high caliber of competition and variety of venues, I quickly discovered the incredible camaraderie in meeting so many other like-minded runners. I was hooked, and except for a few periods of injury, I've been a circuit runner ever since.

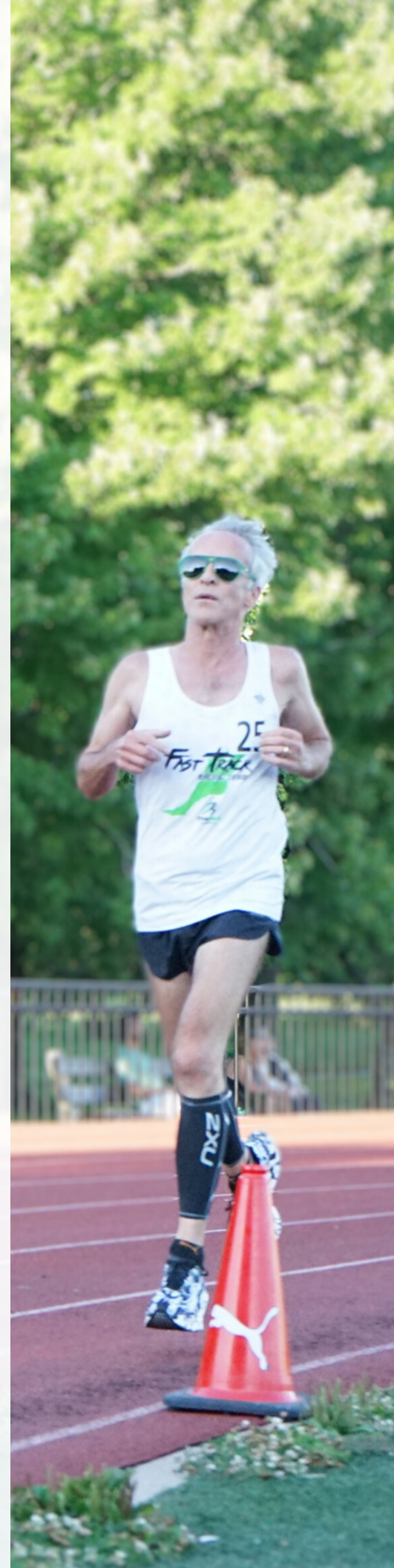
What is your favorite part about the Circuit competition?

My favorite part about running the circuit is twofold:

- 1) within an environment of professionally organized and timed races at a variety of venues & distances, the circuit gives me the opportunity (especially in my very competitive age group) to compete with runners I know and respect who push me (and I hope at times I've pushed them) to achieve the highest excellence possible, which leads to a high level of fitness and overall health & well-being.
- 2) the wonderful friendships and acquaintances made along the way. The frequency of circuit races allows a nice social outlet after each race which counterbalances my solo training, and a goal for ongoing focus when I work out with my club teammates, and the intensity of the competition only serves to increase this sense of camaraderie.

What does running mean to you?

Prior to the social and competitive aspects, the essence of running for me means outdoors running (I avoid treadmills like the plague). Running always clears my brain and gives me a sense of freedom, while also providing needed structure to my life. The freedom part is great because I can run almost anywhere in any condition while the gear needed is relatively simple. But the daily routine and sense of completion one achieves after a run is key for me as well because unlike many runners, I'm not a type-A personality, so running helps keep my lazy, procrastinating nature at bay. As a veteran runner with years of experience, the sport also gives me the opportunity to help others with advice who are getting started and to give back to the sport through volunteering, which can be quite satisfying.



Describe your most memorable Circuit race experience.

There have been so many memorable experiences in my circuit races over the years that it's hard to pick out just one. Many involved racing showdowns with my key AG rivals; others involved nicely added touches on beautiful courses, such as the classical pianist playing a Steinway in the woods at Park Forest, or running the marching band gauntlet at Hidden Gem. But two of my most memorable race experiences were in the Xtreme 10 Mile race that used to be held at Waterfall Glen.

In one of those races, I remember feeling so proud of myself that I was keeping up with Dave Walters several miles into the race, albeit I was huffing and puffing while he was easily conversing with me and others. At exactly the halfway point, he turns to me and says, "Brian, I'm gonna move on up, come along", and then he turns on the afterburners and within seconds disappears down the trail. Of course I had no answer.

Another memory at the same race a couple years earlier was when we arrived at the venue after a night of very heavy rainfall, only to find they cancelled the race due to flash flooding and dangerous conditions. We were so disappointed as we were hyped and ready to race 10 miles, even in such extreme conditions. So, a group of about 10 of us including myself decided we were going to get in our 10 miles anyways and started out from the X-country start line and proceeded onto the loop trail. But we soon found ourselves having to climb over several huge, downed trees fallen across the path, and when we reached the normally dry ford over the creek, we had to take off our shoes to wade through a rushing torrent of knee-deep water, in which I was nearly swept away. We got in our 10 miles, though in hindsight our judgement was less than bright. But it was fun, and memorable.

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

I always tell a new runner or someone who wants to start - seek out a group to run with, whether it be through a local running club, a CARA training program, your local independently owned running shoe store, or just an informal group of a few friends that has a few experienced runners. The pool of knowledge & experience in such groups makes all the difference, along with the support and discipline they provide, not to mention of course the social opportunities. I tell those who wish to race but have never done so, to not rush into aggressive racing goals during your first year of running. Focus on having fun and just covering the appropriate distances at what may seem like a slow pace. Get a year of running under your belt before focusing on PR's, and of course increase distance and speed very gradually to avoid injury, especially for older runners. I have found that the older I get, the more important the recovery runs become to avoid injury. And yes, I could have trained at a slightly faster pace for my first marathon, but I'm glad I started out at a 10-minute training pace that first year, as it assured that my first marathon would be fun and my most memorable.

Any dedications you want to give?

First I wish to thank my wife Marquita for getting me off my butt 21 years ago. Running is the perfect sport for one's middle and senior years, and I'm so glad you helped push me back into it, which has allowed my life to be immeasurably enriched.

Secondly, I want to dedicate my induction to three groups, without whom I could never have made it into the Hall of Fame: 1) Coach Leach and my old cadre of talented city runners who worked with Coach in his various CARA and other training programs during my ramp-up years of 2003-2008. Thank you Coach Leach, Eduardo, John, Jeff, Chris, Matt, Rick, Dave, Josh & Mesh, Kate, and many others for teaching me the necessary skills and work ethic necessary to become a significantly faster runner during my learning years, 2) Thank you to my longtime teammates at Fast Track Racing Team in Schaumburg, who continue to provide the challenging workouts that have enabled me to stay tuned for the circuit year after year, not to mention the supportive friendship and atmosphere to excel, all the while keeping it fun. And finally, 3) I dedicate this to my fellow age group circuit competitors (Tim Conheady, Barry Brandt, Dave Walters, Keith Holzmueller, Craig Gunby, Michael Brosilow, Mark Przybyla). In my opinion, you guys make our age group without doubt the most competitive of any on the circuit, and have spurred me on, however frustratingly, to my best. Yes, because of you guys it took me considerably longer to earn the points needed for the Hall of Fame, but it was worth it, and I feel honored to have competed with you all these years.



2024 CHICAGO RACING CIRCUIT BY CARA

Sunday, March 24 - Bank of America Shamrock Shuffle 8K

Sunday, April 7 - CARA Lakefront 10 Miler presented by Fleet Feet

Sunday, April 28 - The Good Life Race 5k

Sunday, May 19 - CARA Spring Trail Chase 10k

Sunday, June 2 - Run for the Roses 5k

Sunday, June 9 - Bank of America Chicago 13.1

Sunday, June 16 - Ricky Byrdsong Race Against Hate 5k

Thursday, July 4 - Elmhurst Running Club's 4 on the 4th

Saturday, July 27 - PUMA's Chi-Town Miles 1 Mile

Sunday, August 18 - Alpine Races 10 Mile

Saturday, September 7 - Hidden Gem Half Marathon

Sunday, October 13 - Bank of America Chicago Marathon

Saturday, October 26 - Lake Bluff PTO Pumpkin Chase 5K

Sunday, November 10 - Fast Track Cross Country 3 Mile

Sunday, November 17 - Lincolnwood Turkey Trot 10k



CHICAGO RACING CIRCUIT 2024 CLUBS



CARA Racing Team



CARA Run Crew



DWRRunning



Elmhurst Running Club



Evanston Running Club



Fleet Feet x New Balance Racing Team



Heartbreak Hill Running Co.



Lake Shore Racing Club



Lakeview Run Club



Nameless Track Club



Naperville Running Company Track Club



Oak Park Runners Club



Track & Trough Athletic Union



UNFRGVN



Venados



Windrunners Chicago



Xtra Mile Fast Track Racing Team

