

2009 AWARD WINNERS

Congratulations to these excellent runners!

2009 Award Winners:

CARA Runners of the Year: Christina Overbeck and Dave Wilson

Junior Runners of the Year: Christina Lundgren and Paolo Tiongson

Masters Runners of the Year: Christine Lipa and Mike Egle

Veteran Runners of the Year: Grace Wasielewski and Timothy Conheady

Senior Runners of the Year: Nancy Rollins and Edward Packel

Super Senior Runners of the Year: Lois Gilmore and Joseph Paleczny

Clydesdale Runners of the Year: Ruth Bonacci and Barry Brandt

Best Race of the Year: Fleet Feet Sports Soldier Field 10 Mile

presented by adidas

2009 CARA Hall of Fame recipients: Joe Arnold, Ed Packel, Bob McKeague and Mike Egle.

CARA OVERALL WINNERS – 2009

Male

1. Dave Wilson, Brookfield
2. Emisael Favela, Cicero
3. Chad Ware, Deerfield
4. Christian Escareno, Prospect Heights
5. Jesus Escareno, Prospect Heights
6. Mike Egle, Glenview
7. Rob Chenoweth, Chicago
8. Steve Breese, Schaumburg
9. Felipe Lopez, Chicago
10. Doug Pearson, Elmhurst

Female

1. Christina Overbeck, Chicago
2. Columba Montes, Chicago
3. Suet-Fei Li, Schaumburg
4. Tammy Lifka, Glen Ellyn
5. Meg Sullivan, Palos Heights

6. Erika Vasquez, Chicago
7. Christine Lipa, Glen Ellyn
8. Kristy Howland, Elmhurst
9. Julie Bruns, Elmhurst
10. Danielle Steimel, Aurora

CARA AGE-GRADED CHAMPIONS – 2009

In each race, fifteen (15) points were awarded to finisher with the highest age-graded score, fourteen (14) for second, etc. Runners were ranked at year-end using points of ten (10) best races.

1. Nancy Rollins, Evanston 150 952.1
2. Lois Gilmore, Janesville, WI 146 928.9
3. Dave Wilson, Brookfield 139 879.7
4. Doris Schertz, Lombard (tie) 105 875
4. Mike Egle (tie) 105 873.4
6. Tim Conheady, Elmhurst 103 867.1
7. Chad Ware, Deerfield 89 870
8. Emisael Favela, Cicero 84 858.4
9. Grace Wasieleski, Prospect Heights 77 865.4
10. Jan Tedrowe, Chicago 67 865.1

CARA AGE GROUP WINNERS – 2009

14 & under

1. Paolo Tiongson, Skokie 1. Christina Lundgren, Bolingbrook
2. Sam Walder, Oak Park 2. Isabella Lundgren, Bolingbrook

15-19

None 20-24

1. Chad Ware, Deerfield 1. Christina Overbeck, Chicago
2. Jesus Escareno, Prospect Hts
3. Christian Escareno, Prospect Hts

25-29

1. Erika Vazquez, Chicago
2. Meg Sullivan, Palos Heights

30-34

1. Emisael Favela, Cicero 1. Columba Montes, Chicago (tie)

2. Felipe Lopez, Chicago 1. Suet-Fei Li, Schaumburg (tie)
3. Steve Breese, Schaumburg 3. Karrie Hamstra-Wright,
35-39

1. Dave Schaefers, Schaumburg 1. Tammy Lifka, Glen Ellyn
2. Matt Monroe, Chicago 2. Julie Bruns, Elmhurst
3. Maciej Kurka, Chicago 3. Stephanie Wagner, Lombard
40-44

1. Dave Wilson, Brookfield 1. Beth Lakier, Chicago
2. Doug Pearson, Elmhurst 2. Sheri D'Hansel, Naperville
3. Rob Chenoweth, Chicago 3. Danielle Steimel, Aurora
45-49

1. Mike Egle, Glenview 1. Kristy Howland, Elmhurst (tie)
2. Kurt Fiene, Elmhurst 1. Christine Lipa, Glen Ellyn (tie)
3. Craig Gunby, Palatine 3. Kayoko Hamamura, Chicago
50-54

1. Timothy Conheady, Elmhurst 1. Eileen Skisak, LaGrange Park
2. Brian Sweney, Chicago 2. Barbara Hermann, Chicago
3. Barry Brandt, Villa Park 3. Barb Romano, Bartlett
55-59

1. Eric Burgess, Long Grove 1. Grace Wasielewski, Prospect Hts
2. Robert Jungwirth, Downers Grove 2. Kaori Maeshima, Warrenville
3. Fritz Gareis, Wilmette 3. Jan Tedrowe, Chicago
60-64

1. John Albanese, McHenry 1. Nancy Rollins, Evanston
2. Geoff Wilson, Long Grove 2. Isola Metz, Wheaton
3. Mark Baker, Lake Forest 3. Delma Bartelme, Plymouth, MI
65-69

1. Edward Packel, Lake Forest 1. Stacia Taylor, Oak Park
2. Adrian Malec, Park Ridge 2. Eileen Malec, Park Ridge
3. Frank Koster, Chicago 3. Janet Draheim, Arlington Hts
70-74

1. Joe Arnold, Clarendon Hills 1. Doris Schertz, Lombard
2. Frank Nicholson, Chicago

3. John Quinton, Lisle

75-79

1. James Noland, Chicago 1. Lois Gilmore, Janesville
2. Carl Hays, Batavia 2. Barb Kummerer, River Forest
3. Wayne Gilmore, Janesville 3. Helen Meier, Wilmette

80 & over

1. Joseph Paleczny, DesPlaines
2. Robert McKeague, Villa Park
3. Dick Lamermayer, Aurora

CARA CLYDESDALE AGE-GRADED DIVISION WINNERS – 2009

A

1. Michael Roberts, Arlington Hts 1. Josephine Dunbar, Chicago
2. Thomas Estka, Chicago
3. David Schilling, Western Springs

B

1. Jonathan Jennings, Naperville 1. Amanda Nicolussi, Carol Stream
2. Marcin Kadzielawski, Palatine 3. David Dziagwa, Prospect Hts

C

1. Gregory Smith, Long Grove 1. Ruth Bonacci, Chesterton, IN
2. Steve Sarowitz, Highland Park
3. Daniel Lavin, Tinley Park

D

1. Jay Behnke, Marengo 1. Jane Hunt, Schaumburg
2. Daniel Tempesta, Elmhurst
3. Chris Stephenitch, Dixon

CARA CLUB CIRCUIT WINNERS – 2009

FAST TRACK RACING TEAM

- Overall Competition – Yellow Category (age graded scoring)
- Male Open Competition – Green Category (traditional scoring)
- Male Masters Competition – Green Category (traditional scoring)

LISLE WINDRUNNERS

- Overall Competition – Green Category (age graded scoring)

FLEET FEET/NIKE RACING TEAM

- Male Open Competition – Yellow Category (traditional scoring)
- Women Open Competition – Green Category (traditional scoring)

ELMHURST RUNNING CLUB

- Male Masters Competition – Yellow Category (traditional scoring)
- Female Masters Competition – Green Category (traditional scoring)
- Male Veteran Competition (traditional scoring)

OAK PARK RUNNERS CLUB

- Female Veteran Competition (traditional scoring)
- Female Senior Competition (traditional scoring)

LAKE FOREST/LAKE BLUFF RUNNING CLUB

- Male Senior Competition (traditional scoring)

CARA CORPORATE CIRCUIT WINNERS – 2009

1. CNA (tie)

1. Sargent & Lundy (tie)

3. Metra

LONG DISTANCE AWARD WINNERS

Chuck Aron

Curt Baney

Delma Bartelme

Steven Bogolub

Ruth Bonacci

Jeremy Brizzi

Lynn Crim

Karen Davis

Sheri D'Hansel

Jen Donahoo

David Dziagwa

Nicole Fritz

Fritz Gareis

Anthony Gialanella

Tina Helm

Joy Hyzny

Marcin Kadzielawski

Diane Kellenburger

Pete Klaeser

Michael Klatte

Daniel Lavin

Susan Malnati

Anthony Moreno

Nancy Rollins

Rick Romanow

Doris Schertz

Danielle Steimel Brian Sweney

PARTICIPATION AWARD WINNERS

Chuck Aron

Curt Baney

Delma Bartelme

Jim Bartelme

Jay Behnke

Steven Bogolub

Ruth Bonacci

Claudia Brennan

Jeremy Brizzi

Cynthia Ciruelas

Lynn Crim

Sheri D'Hansel

David Dziagwa

Lori Ford

Nicole Fritz

Fritz Gareis

Anthony Gialanella

Tina Helm

Maria Hernandez

Kristy Howland

Jennifer Humphrey

Joy Hyzny

Jonathan Jennings
Marcin Kadzielawski
Peter Kadzielawski
Diane Kellenburger
Pete Klaeser
Michael Klatte
Marsha Komosa
Kasia Ladon
Traci Lambert Cwerenz
Dick Lamer Mayer
Daniel Lavin
Tammy Lifka
Susan Malnati
Erica Martinez
Kelly McGovern
Chris Miller
Lisa Oksman
Erika Ostrander
Ed Packel
Jeana Park
Douglas Pearson
Donna Rizzo
Nancy Rollins
Barb Romano
Rick Romanow
Roberto Sarli
Doris Schertz
David Schilling
Gerry Smith
Danielle Steimel
James Steimel
Brian Sweney
Cheryl Toohey

Carlos Viramontes

Jeffrey West

Robert Wiegand