

Elmhurst Report for the 4 on the 4th 4miler on July 4,2007

Overall Top 15:

Charlie Kern 3rd Male
 Christina Lipa 11th Female
 Kareen Ripperda 13th Female
 Kristy Howland 15th Female

Age Division Top 3:

Charlie Kern 1st M35-39
 Tim Conheady 1st M50-54
 Christina Lipa 1st F45-49
 Anneliese Meyer 1st F65-69
 Barry Brandt 2nd M45-49
 Kareen Ripperda 2nd F35-39
 Kurt Fiene 3rd M45-49
 Doug Pearson 3rd M35-39
 Kristy Howland 3rd F40-44
 Karen Leavitt 3rd F45-59
 Anneliese Meyer 1st F65-69

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Graded
Charlie Kern	38	M	0:20:42.8	848.1
Barry Brandt	49	M	0:22:44.0	840.9
Tim Conheady	50	M	0:22:58.0	838.9
Christina Lipa	47	F	0:26:18.7	805.7
Kurt Fiene	45	M	0:23:17.0	795.3
Team				825.8
Others				
Kristy Howland	44	F	0:26:43.3	769.7
Doug Pearson	39	M	0:23:03.5	767.6
Mark Montgomery	40	M	0:23:50.6	747.9
Kareen Ripperda	37	F	0:26:36.1	736.8
Karen Leavitt	47	F	0:29:36.9	715.9
Anneliese Meyer	66	F	0:39:02.8	703.4
Stephanie Wagner	33	F	0:27:32.1	701.5
Susan Landers	38	F	0:28:10.6	698.6
Nancy Blum	38	F	0:28:12.2	697.9
Julie Bruns	37	F	0:28:08.4	696.5
Beth Szopko	29	F	0:28:00.6	686.7
Amy Sanders	31	F	0:28:23.9	677.9
Mark Robinson	60	M	0:30:54.4	677.8
John O'Blanis	56	M	0:30:04.6	673.3
Michael Barrett	59	M	0:31:10.5	666.1
Mari Jo Hecker	43	F	0:30:37.9	665.4

George Ledonne	57	M	0:30:41.6	665.2
John McKoane	56	M	0:30:48.4	657.3
George Bode	38	M	0:26:58.6	651.2
Harry Kamer	52	M	0:30:19.2	645.9
Matthew Helm	14	M	0:28:46.0	644.3
Ricky Leavitt	14	M	0:29:26.7	629.4
Tina Helm	39	F	0:31:51.1	621.6
Carey Pinkowski	49	M	0:31:16.0	611.4
Anita Ledonne	57	F	0:39:47.6	605.2
Ellen Coffey	40	F	0:33:53.8	587.6
Mary Caffrey	39	F	0:34:00.5	582.2
Caroline Parisi	34	F	0:34:36.3	559.6
Elliot Kaufman	60	M	0:38:54.4	538.5
Heather Stilwell	28	F	0:37:03.0	519.1
Claire Ojala	27	F	0:37:59.9	506.2
Kristin Paxton	37	F	0:40:38.2	482.3
Jason Brandt	38	M	0:38:24.6	457.3
Josh Leavitt	16	M	0:39:19.8	454.7
Michael Czuba	27	M	0:37:51.9	445
Andrew York	29	M	0:38:20.5	439.9
Russ Wajda	50	M	0:45:17.5	425.4
Eric Helm	12	M	0:46:21.3	418.9
Kim Botdorf	41	F	0:48:58.5	409.7
Brian Wajda	12	M	0:47:26.3	409.3
Wilson Ray	35	M	0:43:06.4	399.4
Heather Heidorn	28	F	0:48:52.7	393.5
Lauren Wajda	11	F	0:57:58.8	373.1
Mary Wajda	47	F	0:57:30.0	368.7

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Charlie Kern	M	38	20:42.8	1	55	0	
Tim Conheady	M	50	22:58.0	1	41	0	
Christina Lipa	F	47	26:18.7	1	34	0	
Anneliese Meyer	F	66	39:02.8	1	2	0	
Barry Brandt	M	49	22:44.0	2	75	0.013	
Team Sum							0.013
Tiebreakers							
Kareen Ripperda	F	37	26:36.1	2	64	0.016	
Kurt Fiene	M	45	23:17.0	3	75	0.027	
Others							
Doug Pearson	M	39	23:03.5	3	55	0.036	
Kristy Howland	F	44	26:43.3	3	47	0.043	
Stephanie Wagner	F	33	27:32.1	4	59	0.051	

Karen Leavitt	F	47	29:36.9	3	34	0.059
Julie Bruns	F	37	28:08.4	6	64	0.078
Amy Sanders	F	31	28:23.9	6	59	0.085
Susan Landers	F	38	28:10.6	7	64	0.094
Mark Montgomery	M	40	23:50.6	8	71	0.099
Nancy Blum	F	38	28:12.2	8	64	0.109
Mari Jo Hecker	F	43	30:37.9	8	47	0.149
George Bode	M	38	26:58.6	10	55	0.164
Beth Szopko	F	29	28:00.6	12	65	0.169
Tina Helm	F	39	31:51.1	13	64	0.188
Mark Robinson	M	60	30:54.4	6	21	0.238
Matthew Helm	M	14	28:46.0	7	24	0.25
Ellen Coffey	F	40	33:53.8	14	47	0.277
Ricky Leavitt	M	14	29:26.7	8	24	0.292
Caroline Parisi	F	34	34:36.3	19	59	0.305
Mary Caffrey	F	39	34:00.5	21	64	0.313
Carey Pinkowski	M	49	31:16.0	26	75	0.333
Harry Kamer	M	52	30:19.2	17	41	0.39
John O'Blanis	M	56	30:04.6	12	27	0.407
George Ledonne	M	57	30:41.6	13	27	0.444
Anita Ledonne	F	57	39:47.6	5	9	0.444
Heather Stilwell	F	28	37:03.0	32	65	0.477
John McKoane	M	56	30:48.4	14	27	0.481
Michael Barrett	M	59	31:10.5	15	27	0.519
Claire Ojala	F	27	37:59.9	38	65	0.569
Kristin Paxton	F	37	40:38.2	39	64	0.594
Jason Brandt	M	38	38:24.6	41	55	0.727
Michael Czuba	M	27	37:51.9	32	38	0.816
Andrew York	M	29	38:20.5	33	38	0.842
Elliot Kaufman	M	60	38:54.4	19	21	0.857
Josh Leavitt	M	16	39:19.8	27	30	0.867
Eric Helm	M	12	46:21.3	22	24	0.875
Heather Heidorn	F	28	48:52.7	60	65	0.908
Brian Wajda	M	12	47:26.3	23	24	0.917
Wilson Ray	M	35	43:06.4	52	55	0.927
Lauren Wajda	F	11	57:58.8	16	16	0.938
Russ Wajda	M	50	45:17.5	40	41	0.951
Kim Botdorf	F	41	48:58.5	46	47	0.957
Mary Wajda	F	47	57:30.0	34	34	0.971
Anneliese Meyer	F	66	39:02.8	1	2	0

Upcoming CARA Circuit Races:

Waterfall Glenn Extreme 10 Miler near Darien on Saturday July 21st

Meet at the gazebo at 7:15am to carpool. This race may fill quickly so sign up soon for this hilly cross-country start trail run.

Chicago Distance Classic Half Marathon and 5k on Sunday August 12th

Meet at the gazebo at 4:45am to carpool. The 5k is less competitive and offers a chance for runners who are not individually running the circuit a better chance to get an all valuable age division win for the team. Packet pickup is required for this race. This race may fill and there is no race day registration.

Dekalb Cornfest 10K on Saturday August 25th

Meet at the gazebo at 6:30am to carpool. This is the only circuit race we were not able to get 5 runners for our team score last year.

Park Forest Scenic 10 Miler and 5k on Labor Day

Meet at the gazebo at 6:00am to carpool. This may be the last year for this great race so sign up before it sells out. The 5k offers a better chance for runners to score an all valuable age division win in a less competitive race.

Lake Zurich Alpine Races Half Marathon and 5k on Sunday September 9th

Meet at the gazebo at 5:30am to carpool. The half marathon and 5k have some hills. The 5K offers a better chance for an all valuable age division win in a less competitive race.