

Elmhurst Report for Downers Grove 5 and 10 Milers on June 24, 2007

Overall Top 15:

Barry Brandt 7th Male 5m
 Stephanie Wagner 7th Female 5m
 Kristy Howland 8th Female 5m
 Nancy Blum 9th Female 10m
 Tim Conheady 11th Male 5m
 Julie Bruns 15th Female 5m

Age Division Top 3:

Julie Bruns 1st F35-39
 Barry Brandt 1st M45-49
 Tim Conheady 1st M50-54
 Kristy Howland 1st F40-44
 Bob Richards 2nd M55-59
 Stephanie Wagner 3rd F30-34
 Peter Eddington 3rd M45-49
 Karen Leavitt 3rd F45-49

CARA Team Age Graded Results

Name	Age	Sex	Dist	Time	Age Graded Score
Barry Brandt	49	M	5	28:21.0	853.6
Tim Conheady	50	M	5	28:58.1	841.7
Bob Richards	58	M	5	33:09.1	786.3
Kristy Howland	44	F	5	33:41.2	767.9
Mark Montgomery	39	M	5	29:48.7	751.4
Total					800.2
Others					
Peter Eddington	49	M	5	32:22.9	747.3
Karen Leavitt	47	F	5	36:44.3	726.3
Doug Pearson	39	M	5	30:51.6	725.9
Stephanie Wagner	33	F	5	33:35.1	724
Julie Bruns	37	F	5	35:10.7	700.7
Nancy Blum	38	F	10	1:13:22.5	693.2
Mark Robinson	60	M	5	38:43.6	684.7
John O'Blanis	56	M	5	38:59.9	657.3
George Ledonne	57	M	10	1:21:53.4	653.7
Anita Ledonne	57	F	5	47:40.1	636
Tina Helm	39	F	10	1:22:38.9	618.9
Matt Helm	14	M	5	40:00.1	586.6
Nick Dragisic	57	M	10	1:43:04.3	519.4

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Julie Bruns	F	37	35:10.7	1	26	0	
Barry Brandt	M	49	28:21.0	1	23	0	
Tim Conheady	M	50	28:58.1	1	18	0	
Kristy Howland	F	44	33:41.2	1	16	0	
Bob Richards	M	58	33:09.1	2	24	0.042	0.042
Tiebreakers							
Stephanie Wagner	F	33	33:35.1	3	26	0.077	
Peter Eddington	M	49	32:22.9	3	23	0.087	
Others							
Mark Montgomery	M	39	29:48.7	4	23	0.13	
Karen Leavitt	F	47	36:44.3	3	14	0.143	
Nancy Blum	F	38	1:13:22.5	5	26	0.154	
George Ledonne	M	57	1:21:53.4	4	15	0.2	
Doug Pearson	M	39	30:51.6	6	23	0.217	
Tina Helm	F	39	1:22:38.9	7	26	0.231	
Mark Robinson	M	60	38:43.6	4	11	0.273	
John O'Blanis	M	56	38:59.9	12	24	0.458	
Matt Helm	M	14	40:00.1	4	6	0.5	
Anita Ledonne	F	57	47:40.1	7	9	0.667	
Nick Dragisic	M	57	1:43:04.3	15	15	0.933	

Upcoming CARA Circuit Races:

Race for Young Life 5K in Palatine on Saturday July 30th

Meet at the Gazebo at 6:15 am to carpool. This is a nearby 5k with a number of turns.

4 on the 4th

This is our race. Race it, volunteer to help out or both.

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. If you are running the half marathon, please inform Doug Pearson dpearso1@hotmail.com so he can place you on one of our Chicago Challenge teams.

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 has some hills. The 5K offers a better chance for an all valuable age division win in a less competitive race.