

Elmhurst Report On the Elgin Valley Fox Trot on May 28, 2007

Age Division Top 3:

Tim Conheady 1st M50-54

Barry Brandt 2nd M45-49

Mark Montgomery 3rd M35-39

Bob Richards 3rd M55-59

Stephanie Wagner 3rd F30-34

CARA Team Age Graded Results

Name	Age	Sex	Dist	Result	Age Graded
BRANDT BARRY	49	M	10m	1:0:48.31	822
CONHEADY TIM	50	M	10m	1:1:20.06	821.7
RICHARDS BOB	58	M	10m	1:10:56.12	761.5
MONTGOMERY MARK	39	M	10m	1:2:11.08	742.1
PEARSON DOUG	39	M	10m	1:4:38.28	714
Team Average					772.3
Others					
WARNER STEPHANIE	33	F	10m	1:12:26.41	689.1
KAUFMAN KEVIN	30	M	10m	1:5:44.74	675.1
WARD PAUL	56	M	10m	1:23:7.34	638.4
WARD RONNIE	56	F	10m	1:36:14.86	637.8
O'BLANIS JOHN	56	M	10m	1:26:46.22	611.6
NECHVATAL MOLLY	43	F	10m	1:30:50.86	579.5
KAUFMANN ELLIOT	60	M	10m	1:38:11.63	560.1
DRAGISIC NICK	57	M	10m	1:43:49.37	515.6
FIEDLER MARGE	48	F	10m	1:56:22.18	476.2

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
CONHEADY TIM	M	50	1:1:20.06	1	82	0	
BRANDT BARRY	M	49	1:0:48.31	2	101	0.01	
MONTGOMERY MARK	M	39	1:2:11.08	3	66	0.03	
RICHARDS BOB	M	58	1:10:56.12	3	36	0.056	
WAGNER STEPHANIE	F	33	1:12:26.41	3	26	0.077	0.173
Tiebreakers							
PEARSON DOUG	M	39	1:4:38.28	11	66	0.152	
KAUFMAN KEVIN	M	30	1:5:44.74	10	38	0.237	
others							
WARD RONNIE	F	56	1:36:14.86	5	10	0.4	
WARD PAUL	M	56	1:23:7.34	16	36	0.417	
O'BLANIS JOHN	M	56	1:26:46.22	18	36	0.472	
NECHVATAL MOLLY	F	43	1:30:50.86	23	46	0.478	
KAUFMANN ELLIOT	M	60	1:38:11.63	12	19	0.579	

DRAGISIC NICK	M	57	1:43:49.37	34	36	0.917
FIEDLER MARGE	F	48	1:56:22.18	35	37	0.919

Upcoming CARA Circuit Races:

Roselle Run For the Roses 5k on Sunday June 3rd

Meet at the Gazebo at 6:30 am to carpool. This is a fast nearby course.

Club North Shore Half Marathon on Sunday June 10th

Meet at the Gazebo at 6:00 am to carpool. With the Great Midwest relay the same weekend some of our competing teams might not be full strength, giving us an opportunity for a good team placing if we can show up in force. The course is known for one steep decent to the lake followed by a steep hill around mile 9.

Downers Grove 5 and 10 milers on Sunday June 10th

Meet at the Gazebo at 6:00 am to carpool. The 10 miler offers a less competitive race where runners who are not competing individually on the circuit may want to try to get an all valuable age division win for the team. The course has some hills.

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

Meet at the Gazebo at 6:15 am to carpool. This is a 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

This race may fill quickly so sign up soon for this hilly cross country start trail run.