

Elmhurst Report on Park Forest Scenic 10 miler and 5k on Labor Day 2007

Overall Top 15:

Christi Helm 13th Female in the 5k

Age Division Top 3:

Christi Helm 2nd F15-19 5k

Christina Lipa 3rd F45-49 10m

CARA Team Age Graded Results

Name	Age	Sex	Dist	Result	Age Graded
Barry Brandt	49	M	10	1:00:16	829.4
Alex Moore	47	M	10	1:01:11	803.6
Christine A Lipa	47	F	10	1:09:47	784.8
Doug Pearson	39	M	10	1:00:25	763.9
Mark Montgomery	40	M	10	1:00:57	763.2
Total					789
Others					
Peter Eddington	49	M	10	1:05:55	758.3
Bob Richards	58	M	10	1:12:06	749.2
Kristy Howland	44	F	10	1:13:00	727.6
Julie Bruns	37	F	10	1:11:10	711.2
Mark C Robinson	60	M	10	1:20:10	686.1
Mari Jo Hecker	43	F	10	1:18:16	672.7
Stephanie Wagner	33	F	10	1:14:28	670.3
Tina Helm	39	F	10	1:18:55	648.2
Christi Helm	15	F	5	0:24:34	630.9
John O'Blanis	56	M	10	1:26:57	610.3
Paul Ward	56	M	10	1:27:01	609.8
Veronica Ward	56	F	10	1:43:18	594.2
Ray Hecker	43	M	10	1:40:23	474.3

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Christine A Lipa 10m	F	47	1:09:47	3	99	0.02	
Barry Brandt 10m	M	49	1:00:16	5	158	0.025	
Alex Moore 10m	M	47	1:01:11	6	158	0.032	
Julie Bruns 10m	F	37	1:11:10	4	95	0.032	
Mark Montgomery 10m	M	40	1:00:57	6	152	0.033	
Team Sum							0.142
Tiebreakers							
Doug Pearson 10m	M	39	1:00:25	5	93	0.043	
Kristy Howland 10m	F	44	1:13:00	8	108	0.065	

Others							
Peter Eddington 10m	M	49	1:05:55	14	158	0.082	
Bob Richards 10m	M	58	1:12:06	10	85	0.106	
Christi Helm 5k	F	15	0:24:34	2	9	0.111	
Tina Helm 10m	F	39	1:18:55	12	95	0.116	
Mari Jo Hecker 10m	F	43	1:18:16	14	108	0.12	
Mark C Robinson 10m	M	60	1:20:10	7	47	0.128	
Stephanie Wagner 10m	F	33	1:14:28	11	76	0.132	
John O'Blanis 10m	M	56	1:26:57	30	85	0.341	
Paul Ward 10m	M	56	1:27:01	33	85	0.376	
Veronica Ward 10m	F	56	1:43:18	15	21	0.667	
Ray Hecker 10m	M	43	1:40:23	133	152	0.868	

Upcoming CARA Circuit Races:

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.

Fall Festival 5k on Saturday September 15th in Wheaton
 Meet at the gazebo at 7:00am to carpool. There are a few hills in this nearby race.

Park Ridge Charity Classic 5k on Saturday September 22nd.
 Meet at the gazebo at 6:30am for a great course to set a personal record on.

LaSalle Bank Chicago Marathon on Sunday October 7th.
 Meet at the gazebo at 6:15am.