

Elmhurst Report for the Waterfall Glen X-treme 10 Miler on July 21,2007

Overall Top 15:

Christina Lipa 14th Female

Age Division Top 3:

Barry Brandt 2nd M45-49

Christine Lipa 2nd F45-49

Bob Richards 2nd M55-59

Doug Pearson 3rd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Graded
Barry Brandt	49	M	0:59:44.8	836.6
Alex Moore	47	M	1:02:57.0	781
Christine Lipa	47	F	1:10:58.8	771.6
Bob Richards	58	M	1:11:31.5	755.2
Doug Pearson	39	M	1:01:48.0	746.8
Team				778.2
Others				
Kristy Howland	44	F	1:16:19.2	696
Stephanie Wagner	33	F	1:12:03.3	692.8
Mari Jo Hecker	43	F	1:18:33.9	670.1
Harry Kamer	52	M	1:22:52.7	618.4
John O'Blanis	56	M	1:27:04.1	609.5
Paul Ward	56	M	1:27:32.1	606.2
Veronica Ward	56	F	1:45:59.4	579.1
Elliot Kaufman	60	M	1:39:30.0	552.8
Nick Dragisic	57	M	1:39:35.3	537.5
Peter Waldman	55	M	1:45:07.3	500.4
Raymond Hecker	43	M	1:39:06.7	480.4

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Barry Brandt	49	M	0:59:44.8	2	58	0.017	
Doug Pearson	39	M	1:01:48.0	3	54	0.037	
Christine Lipa	47	F	1:10:58.8	2	24	0.042	
Bob Richards	58	M	1:11:31.5	2	21	0.048	
Alex Moore	47	M	1:02:57.0	4	58	0.052	
Team Sum							0.196
Tiebreakers							
Stephanie Wagner	33	F	1:12:03.3	5	30	0.133	
Kristy Howland	44	F	1:16:19.2	6	30	0.167	

Others							
Mari Jo Hecker	43	F	1:18:33.9	8	30	0.233	
Harry Kamer	52	M	1:22:52.7	17	34	0.471	
John O'Blanis	56	M	1:27:04.1	13	21	0.571	
Elliot Kaufman	60	M	1:39:30.0	8	12	0.583	
Paul Ward	56	M	1:27:32.1	14	21	0.619	
Veronica Ward	56	F	1:45:59.4	5	6	0.667	
Nick Dragisic	57	M	1:39:35.3	18	21	0.81	
Peter Waldman	55	M	1:45:07.3	19	21	0.857	
Raymond Hecker	43	M	1:39:06.7	59	64	0.906	

Upcoming CARA Circuit Races:

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.

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.