CHICAGO AREA RUNNERS ASSOCIATION

2007
Long Distance Series
Award Form

Complete this form after you finished five of the races below, including at least one marathon, and return it to the CARA office, 549 W. Randolph St, #704, Chicago IL 60661, **NO LATER THAN November 30, 2007.** Awards for completing the Long Distance Series will be presented at the Annual CARA Awards party in January, 2008.

_____ _____ ____
Last Name First Name M.I.

_____
Number and Street

_____ ____ _____ (____)_____
City State Zip Home Phone

_____ ____ _____ (____)_____
CARA Number E-mail Work Phone
(You must be a CARA member)

Fill in your finishing times for the Long Distance Series races that you have completed. You must have completed five of the races below, including at least one marathon, to be eligible for an award. No other races may be substituted.

Date	Name of Race	Finishing Time Hrs. Minutes Seconds
Sat Mar 31	Chicago Lakefront 50k	_____ : _____ : _____
Sun Apr 15	Valpo Mini-Marathon Half Marathon	_____ : _____ : _____
Sun May 06	Great Western Half-Marathon	_____ : _____ : _____
Sat May 12	Lake Geneva Marathon or Half Marathon	_____: _____: _____
Mon May 28	Valley Fox Trot 10-miler	_____ : _____ : _____
Mon May 28	The Great Race Half-Marathon	_____ : _____ : _____
Sat Jun 02	Sunburst Marathon or Half-Marathon	_____: _____: _____
Sun Jun 10	North Shore Half-Marathon	_____ : _____ : _____
Sat Jun 23	Run for a Reason CAC Half Marathon	_____ : _____ : _____
Sun Jun 24	Downers Grove 10-miler	_____ : _____ : _____
Sat Jul 21	Waterfall Glen Xtreme 10-miler	_____ : _____ : _____
Sun Aug 12	Chicago Distance Classic Half-Marathon	_____ : _____ : _____
Mon Sep 03	Park Forest Scenic 10-miler	_____ : _____ : _____
Sun Sep 09	Alpine Races Half-Marathon	_____ : _____ : _____
Sun Sep 09	Banco Popular Chicago Half-Marathon	_____ : _____ : _____
Sun Sep 09	Crystal Lake Half Marathon	_____ : _____ : _____
Sun Oct 07	The LaSalle Bank Chicago Marathon	_____ : _____ : _____
Sat Oct 27	Chicago Lakefront 50k or 50m	_____ : _____ : _____