

## 2010 CARA Runner's Choice Series

March 21	*Bank of America Shamrock Shuffle 8K (sold out)
April 11	Race That's Good for Life 5K
April 24	*CARA Lakefront Ten Mile Presented by NovaCare
May 1	Run to Remember 5K
May 29	*Fleet Feet Sports Soldier Field 10 Mile Presented by Adidas
June 6	Sternberg Lighting Roselle Run for the Roses 5K
June 13	Downers Grove 5 Mile
July 3	Community Bank of Elmhurst 4 on the 3 <sup>rd</sup>
July 24	*Waterfall Glen Xtreme 10 Mile
August 1	*Rock-n-Roll Chicago Half Marathon
August 21	DeKalb Cornfest 10K
Sept 6	Park Forest Scenic 5 Mile
Sept 12	*Chicago Half Marathon
Sept 25	Park Ridge Charity Classic 5K
Oct 10	*Bank of America Chicago Marathon
Oct 24	Frank Lloyd Wright 10K

**\* Indicates race may require pre-registration or sell out quickly.**