



2010 Local Races

DATE	RACE	DISTANCE	LOCATION
21-Mar	Bank of America Shamrock Shuffle	8K	Chicago, IL
27-Mar	Chicago Lakefront	50K	Chicago, IL
April	March of Dimes 5K for Preemies	5K	Crystal Lake, IL
10-Apr	Indoor Tri - Huntley Healthbridge	Triathlon	Huntley, IL
11-Apr	Run Thru the Hills	5K, 10K	Lake in the Hills, IL
24-Apr	Lifetime Indoor Triathlon	Triathlon	Algonquin, IL
24-Apr	CARA Lakefront 10 Miler	10M	Chicago, IL
24-Apr	Chicago Cubs Race to Wrigley	5K	Chicago, IL
25-Apr	Batavia Fox Trot	5K	Batavia, IL
25-Apr	Woods Creek	1M, 5K	Crystal Lake, IL
May	Huntley Run Thru The Sun	1M, 5K, 10K	Huntley, IL
1-May	The Illinois Marathon	Marathon	Champaign, IL
1-May	Wisconsin Marathon	Marathon / Half Marathon	Kenosha, WI
2-May	Bob Blazier Run for the Arts	1M, 5K	Crystal Lake, IL
2-May	Great Western Half Marathon	13.1M	St. Charles, IL
2-May	Run Your Life 5K/1K Run/Walk	1K Run/5K Run/Walk	McHenry, IL
8-May	Kicking the Trails	Kid's Dash, 8K	Veteran's Acres, IL
8-May	Lake Geneva	5K, 10K, 13.1M, 26.2M	Lake Geneva, IL
8-May	Ice Age Trail	50K, 50K Relay, 50M	La Grange, WI
15-May	Run For Hungry Children	5K	Woodstock, IL
16-May	Rockford Marathon	Marathon / Half Marathon	Rockford, IL
16-May	Glacier Ridge Paws for the Pantry	1M, 5K	Cyystal Lake, IL
30-May	Dash to Cure Diabetes	5K, 10K	Barrington, IL
31-May	Elgin Valley Fox Trot	5K, 10M	Elgin, IL
3-Jun	Run for Randy	3M Walk/Run	Spring Grove, IL
6-Jun	Wonder Girl 5K	5K Walk/Run	Lake in the Hills, IL
13-Jun	Lake in the Hills Triathlon	1/2M Swim, 15M Bike, 4M Run	Lake in the Hills, IL
19-Jun	Woodstock Challenge	1/2M, 1M, 5K, 10K	Woodstock, IL
27-Jun	Wauconda Festival	5K, 10K	Wauconda, IL
27-Jun	Centegra Health Bridge RoadRunners	5K	Huntley, IL
4-Jul	Run for the Arts	5K, 10K	Barrington, IL
10-Jul	Crystal Lake Swim Race	Swim	Crystal Lake, IL
13-Jul	McHenry River Run	3M, 6.8M	McHenry, IL
24-Jul	Waterfall Glen Extreme 10 Miler	10M Trail	Darien, IL
24-Jul	Wauconda Sprint Triathlon	Triathlon	Wauconda, IL
August	Coon Creek Classic	2K, 10K	Hampshire, IL
5-Aug	RoadRunners Track Meet	1M, various distances (CLS)	Crystal Lake, IL
8-Aug	Bangs Lake Multisport Festival	Triathlon, Duathlon, AquaBike	Wauconda, IL
15-Aug	Road Kill 5000	5K	Johnsburg, IL
21-Aug	Dekalb Corn Fest	10K	Dekalb, IL
3-Sep	Sunset Festival	5K	Lake in the Hills, IL
5-Sep	Buffalo Grove Stampede	5K/10K Run, 5K Walk	Buffalo Grove, IL
11-Sep	Freedom Run	9.11M	Barrington, IL
12-Sep	Crystal Lake Half Marathon	13.1M	Crystal Lake, IL
26-Sep	Alpine Races	5K, 13.1M	Lake Zurich, IL
26-Sep	Run for the Bear 2009	1M, 5K, 10K	Algonquin, IL
October	Cary Shuffle	5K Walk/Run	Cary, IL
October	Pumkin Stampede 5K Run/Walk	5K Walk/Run	Crystal Lake, IL
3-Oct	Fit For Life Walk/Run	5K	Crystal Lake, IL
3-Oct	Milwaukee Lakefront Marathon	Marathon	Milwaukee, WI
10-Oct	Whistlestop Marathon	Marathon / Half Marathon	Ashland, WI
10-Oct	Bank of America Chicago Marathon	26.2	Chicago, IL
24-Oct	Care 4 Breast Cancer	5K Walk/Run	Crystal Lake, IL
30-Oct	Chicago Lakefront 50/50	50K, 50M	Chicago, IL
31-Oct	Wisc. Dells Marathon	Marathon / Half Marathon	Wis. Dells, WI
31-Oct	Sycamore Pumpkin Festival	10K	Sycamore, IL
7-Nov	NorthWest Trail Run	5 Miles and 10 Miles	Crystal Lake, IL
6-Nov	Indianapolis Monumental Marathon	Marathon / Half Marathon / 5K	Indianapolis, IN
6-Nov	Hot Chocolate 5K/15K	5K, 15K	Chicago, IL
7-Nov	Helping Paws Race	5K Walk/Run, 1 Mile	Crystal Lake, IL
25-Nov	Thanksgiving Day	5K Walk/Run	Crystal Lake, IL
5-Dec	Cross Country Challenge	8K	Gilberts, IL
18-Dec	The Huff 50K	50K / 50K Relay / 10.8 miles	Huntington, IN
CARA RACE			
RoadRunner Sponsored Event			