

Winfield's Ryan Larson Wins Cantigny 5K Run/Walk

Proceeds from 10th annual race benefit Midwest Shelter for Homeless Veterans

WHEATON, IL, November 2, 2013 — Ryan Larson of Winfield captured first place at today's Cantigny 5K with a chip time of 17 minutes and 48 seconds (17:48.79). The 35-year-old averaged 5:15 per mile.

The Cantigny 5K celebrated its 10th anniversary with an expanded field. Total participation was 1,000, up from 900 in 2012.

Second place overall went to Wheaton resident Matt Moore, age 14. Third place belonged to Chris Zeilinski, 38, from Plainfield.

The top female runner with a chip time of 20:01.47 was Elizabeth Waterstraat, age 38, from Naperville. Waterstraat also was the fastest woman in the 2010 Cantigny 5K.

Second and third places in the female division, respectively, went to Deborah Stevens (age 46) and Ruth Roberts (45). Both live in Naperville.

Wheaton resident Samuel Allchin, age 9, was tops among 45 entrants in the one-mile Cantigny Youth Run with a time of 6 minutes and 44 seconds. Second and third places, respectively, went to Logan Tischler (9, Wheaton) and Massimo Guagliardo (8, Barrington). The Youth Run was for ages 6 to 10.

Complete race results will be posted online at mattoonmultisport.com.

The Cantigny 5K Run/Walk is held annually in association with Veterans Day (Nov. 11). Net proceeds from the race benefit the [Midwest Shelter for Homeless Veterans](#) in Wheaton. A check will be presented to the shelter on Monday, Nov. 11, as part of [Cantigny Park's Luminary Tribute](#) for veterans.

The Cantigny 5K has generated more than \$40,000 for MSHV since 2008, the first year that the race became associated with the shelter.

The 11th Annual Cantigny 5K Run/Walk will take place November 1, 2014. Online registration begins in April at SignMeUp.com.

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About Cantigny Park

Cantigny Park, part of the nonprofit Chicago-based Robert R. McCormick Foundations, is the 500-acre Wheaton (Illinois) estate of Robert R. McCormick (1880-1955), longtime editor and publisher of the *Chicago Tribune*. It is home to 30 acres of spectacular gardens, the Robert R. McCormick Museum, the First Division Museum and a 27-hole championship golf course. All are open to the public. Cantigny also is a favorite destination for special events, weddings, concerts, lectures, workshops and other recreation and learning opportunities for all ages. Full-service banquet and dining

facilities are on site. More information, including hours, directions and a calendar of upcoming events is online at Cantigny.org. For details about Cantigny Golf, including the Cantigny Golf Academy and 9-hole Cantigny Youth Links, please visit CantignyGolf.com.

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