



FOOTPRINTS

Member News, Events, Calendar and More...

AUGUST 2023

CLUB ACTIVITIES

TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at the Parking Lot just South of Central on St Johns. Run/Walk and stick around for a pastry and coffee at The Little French Guy, 1791 St John's.

THURSDAY Morning: 11:30 am Lake Forest College run. Six miles through Lake Forest. Meet at the college's Sports & Rec Center.

SATURDAY Morning 8:00am: CLUB RUN: East Lake Forest Train Station. Weekly club run preceded by announcements. Run or walk 6 miles through Lake Forest. Dogs are welcome.

SUNDAY Morning 8:00: Canoe Launch, Rtes. 60&21. 4-6 mile runs around the area.

TRAINING PROGRAMS: Check with club coach Jenny Spangler on programs and dates
jandmfitness@comcast.net

SUMMER PARTY

Karin Seiller was again the gracious host of our annual summer Party. Alas, this will be our last party at Chateau Seiller, as Karin will be moving out by next year's party. Karin was given a gift certificate to her favorite restaurant as a small token of appreciation for all the hosting the Seillers have done over the past 42 years! The party went well this year, with Rick filling in for Ben as the Grill Master!

Again a big thank you to the Dave Wiegand and the Social Committee for providing a great evening for our Club members.



SUSIE HOFFMAN RIP



The Club lost a good friend in the passing of Susie Hoffman. She was one of the people who could do almost anything and was a friend to everyone. Our Club association with Susie was through the Swinging Bridge Trail Race. Ed Z had the idea to run the trail race on the Openlands trails, but everyone said it would not be allowed. Ed then made a connection with Susie and the Club was able to hold this race for five years. She was a joy to work with and many of us remained friends with her till the end. Rest in peace Susie, you will be missed.

History on the Run #21: Norman Rockwell Country

If Norman Rockwell were to return to the US and start painting his scenes of idyllic US life, he could do worse than observe Lake Bluff. Look at the Lake Bluff “emblem”: a boy running with his dog. It doesn’t get any more small-town US than that. Now I know a soccer mom driving a huge SUV is probably more accurate but we do not want reality to intrude on nostalgia. From the cute downtown, the July 4 parade, the farmer’s market, to the gazebo, the beach and maybe my favorite (Lake Bluff baseball coach bias) the ball fields around Artesian Park on opening day, this is the AMERICA we would like to see continue.

So how did this little piece of heaven come to be? Among the earliest settlers were the Cloes and Dwyers who in 1837 operated a stage coach stop and tavern along Green Bay road, probably for Bears fans heading north. The area became known as Dwyer Settlement. Another early settler was Henry Olander who owned the land where, in 1855 the railroad built the line from Chicago north to Waukegan. In exchange for the land for a depot, Olander had the railroad call the stop Rockland. It was the only stop between Highland Park and Waukegan.

In 1875 Lake Bluff really grew as a group of Methodist ministers led by Solomon Thatcher bought 100 acres of land near Lake Michigan to form the Lake Bluff Camp Meeting Association. The village too was renamed Lake Bluff as that name was more “buzzy” than Rockland. The association planned a resort that would in addition to religious activities, sponsor educational, cultural, and social activities. This was part of the Chatauqua movement, popular at that time. (Look it up, I don’t want to bore you.) Land was divided in 25 foot lots and cottages were erected, primarily for summertime living. Some of these cottages remain and have been modified to be suitable for four season living. If you did not want to invest in a cottage there were 30 hotels and boarding houses and residents could enjoy Artesian Lake which, before it was drained, existed at the current site of Artesian Park. In 1877 a short rail line was built to transport summer visitors directly to the campground at a depot at what is now the intersection of Sheridan Place and Moffett. After the Camp Meeting/Chatauqua movement ended, Lake Bluff had transitioned to a year round community and continued to grow and become the leafy suburb it currently is.

What does all this have to do with running you might ask? Of course, many members of the running club live in Lake Bluff. In addition, Lake Bluff is home to The Pumpkin Chase 5K, now on the CARA circuit. The Lake County Races’ half-marathon ended in Lake Bluff and the marathon continued through Lake Bluff on its way to Ravinia. The Army/Navy run and its current version Fort2Base cross Lake Bluff. Back in the 1980’s, Wendell Miller organized a 30k the week between

Christmas and New Years that left Sheridan Place for 3 laps out and back along a lakefront route in Lake Bluff and Lake Forest as well as a 25K around Labor Day whose route I no longer remember. I think the fee for these races was \$2 but no t-shirt was offered. The highlight after the race was over were Wendy Miller's stories.

Bonus: I have included pictures of two of my favorite Lake Bluff places to run/bike/walk. Sylvan Lane and Moffett Road.



Moffett Road



Lake Bluff Gazebo



Sylvan Lane

RACE RESULTS

Lincolnshire 5K As usual, the Club had a great turnout at this classic race. In addition, we had a lot of medal winners, including the following: Giles Chick, 4th Overall and 1st Age Group; Dan Loeger, 12 OA, 1st AG; Joy Gayter, 1st AG; Joan Elliott, 1st AG; George Angelopolus, 1st AG; Ken Glick, 1st AG (if they had an 80+ AG!!) finished in 44:01, a fantastic 14:10 pace. Other runners were Liisa and Jeff McMahon, plus Joan's grandchildren Liam, Lauren and Lyla Hilts.





Liisa and Jeff



Joan and Grandkids



Ken

4 on the 4th – Elmhurst Lynne Hans captured 3rd place.

Jack and Jill Marathon – North Bend, WA I bet most of you have never heard of this marathon in Washington just east of Seattle. This race is popular with runners trying to qualify for Boston. The course has a net decline of 2000 ft, but still can be used as a Boston qualifier. Another strong point for this race is the scenery. It is in mountain foothills, has a tunnel, several trestle bridges, mountain and lake views. Run is all on trails, no roads



So why are we talking about this race? Laura Kennedy was given a challenge to qualify for and run the Boston Marathon. Since she spends time in the Seattle area with her son, Ryan, they decided to pick out a marathon, even though Laura felt she was not in good enough shape. However, her qualifying time was a reachable 4:30. So off to North Bend for the Jack and Jill. As usual, Laura, in poor shape, does much better than expected, and finished 1st in her Age Group with a 3:38!! Great job, have a great run in Boston!



Tunnel



Happy Laura



Very Happy Laura!!



Looking good at 26 miles