



FOOTPRINTS

Member News, Events, Calendar and More...

APRIL 2023

IMPORTANT NOTICE

Please be aware that for anyone who has not renewed or paid membership for 2023, you will be removed from the club's email list and Evite list beginning in mid-April.

Additionally, we'll be removing delinquent members from the website database.

So, if your membership is out-of-date and you are interested in keeping current with the club, **NOW** is the time to renew your membership! Our membership fees are quite reasonable for all that the Club offers. It's \$30 for 1 year, \$60 for 2 years, and \$10 for Out of Area 1 year. Simply go to www.lflb.org and renew.

Anyone with questions or concerns, please contact us at info@lflb.org

2023 SHAMROCK SHUFFLE

Our Club again had a good turnout at the Annual Shamrock Shuffle. Check out the pics below. Further good news was that our Men's team came in 3rd in a large, highly competitive field. Leading the team with his 1st place, Age Group finish was Ed Packel. Other great times were turned in by Giles Chick, Dan Loeger and Michael Roberts. Congrats, gentlemen!! 🏆🏆🏆





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 Curt's Cafe, at 1766 2nd St.

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.

DAN LOEGER, CLUB PRESIDENT

Dan is now entering his 2nd quarter as president and is off to an awesome start and has begun to implement some new, productive policies for the Club. So who is Dan L?

Dan grew up on the northwest side of Chicago not far from Portage Park and the Patio Theater. He went to St. Patrick High School (the Shamrocks) so his Irish roots run deep. (He is half Irish, half German)

He attended U of I, Champaign, graduating in Electrical Engineering. Next was a 33 year stint at Motorola in new product development.

Dan's wife is Julie and they have 3 wonderful daughters (Danielle, Anna, Julia). Anna did her 1st marathon last year in Banff, Canada! The family home is on our Saturday running route near Bluff's Edge and Westleigh.



Our president got started running pretty early, running track in high school specializing in the 400m. His Dad always loved the Olympics so he always watched every summer Olympics with much excitement and enjoyed watching the USA compete in the track and field events.

After college, Dan didn't run too much until his college buddy who was active in triathlons got him motivated to get back into working out. So he tried the Chicago Triathlon...and then did some running races and was hooked ever since.

His first Chicago Marathon was in 1995 and he has completed Chicago many times since then!

One of his most memorable races was the Motorola Half Marathon (which started on the Motorola Schaumburg campus). It was nice to have “home field advantage”. He had his best half in that race, running a 1:25. Other PB races for Dan was 18:04 in the BG Stampede 5k, and 38:20 in the New Times 10K in Phoenix.

As mentioned before, Dan is off to a good start this year. He is excited to be president of the Club this year and has a few simple goals: First, he would like to have some new and energizing social events. Remember, Dan came up with the idea of repeating the Lake County Race experience, and executed it successfully. Also, he wants us all to work hard at attracting and welcoming new members to the club. Dan has also instituted some new policies for new member retention. Lastly, the club has so many wonderful and rich traditions (Thanksgiving Day Run, Annual BBQ, Holiday Party, etc.) so he definitely want to keep those alive and well!

I think we are fortunate to have such an energetic, dedicated individual as our current Club president. Dan has already shown that he is intent on improving and growing our Club. Dan deserves our full support as we move into our 43 year!



HISTORY ON THE RUN #17

An Influencer-Coffee-A famous sweater-Animal Rights

Influencers have probably been around since our ancestors lived in caves. Hey look! Ooga looks great in that Sabre tooth tiger skin draped over her shoulder. I want to look like that too.

In the 1910's Irene Castle was such an influencer. Irene and her husband Vern were a dance pair who performed in productions in the US and Europe as well as movies. In 1939 Fred Astaire and Ginger Rogers starred in a movie about their lives. They modernized many dances and even created their own. Irene, more importantly, changed women's fashion from the rigid clothes of the Victorian era to the looser, freer flowing clothes we associate with the Flapper era. Some referred to her as the best-dressed woman in the world. In addition to clothes, she influenced hairstyles when in 1914, while hospitalized after an appendectomy, she cut off her long hair in favor of a short bob because she refused to have the nurses' brush her hair. To hold her hair she wore a band across her forehead and launched the style we associate with Flappers.

When WW1 started, Vern returned to his native England and enlisted in the RAF. He survived much of WW1 but died in a plane crash in 1918 while training pilots in the US.

Great! But what does this have to do with Lake Forest/Lake Bluff or running? Does anyone out there remember McLaughlin's Manor House coffee?



In 1968 they were purchased by Kraft. In Chicago in the 1880's most coffee was sold to customers as green coffee beans which would then have to be roasted. W.F. McLaughlin revolutionized coffee sales by selling and packaging roasted coffee beans. With this invention and the distribution advantages of Chicago, the business grew and prospered. After WW1, his grandson and Lake Forest resident, Frederic McLaughlin was the corporation's secretary-treasurer. Frederic was known primarily as an eligible bachelor, excellent polo player out of Onwentsia and 1915 captain of the US Polo Team. What do you do if you are a bachelor coffee mogul? 1. Marry a trophy wife so in 1923 he married Irene. 2. Buy a sports franchise. Even though he knew about as much about hockey as hockey players know about polo, in 1926 he bought an expansion franchise in the National Hockey League which he named the Chicago Blackhawks after the Blackhawk Division he served in in WW1. Legend has it that it was his wife Irene who provided the initial Indian Head design that the Blackhawks have worn ever since. McLaughlin had a reputation of being an overbearing owner, like George Steinbrenner. Nevertheless, during his tenure, the Blackhawks won Stanley Cups in 1934 and 1938. About this time, Irene who was an animal rights activist founded Orphans of the Storm in Riverwoods where it exists to this day.

Long Time LFLB Member Engaged on Valentine's Day!

Kate Wolf a member of the running club since the mid-80's announced her engagement on Valentine's Day to Michael Hellman. They have just finished building a new home in Carrollton, VA where Michael works as a construction pricing expert. ❤️❤️

Congratulations Kate, from all the long time members of the club that have run and walked with you!



VOLUNTEER OPPORTUNITIES FOR CLUB MEMBERS

For those of you who are looking for volunteer opportunities in the area, we have compiled a short list of organizations that the Club has worked with over the years. They all have a connection to our Club.

GLASA

You can volunteer for as many, or as few, events as you want to. Please feel free to volunteer with friends, kids, grandkids, etc. This is the official sign up request by GLASA. They use a platform called Sign Up Genius to track volunteers.

- Track and Field Program (Saturdays, times and locations vary): Volunteers are needed to assist for various track meets and practices. Individuals with running backgrounds preferred. <https://www.signupgenius.com/go/9040A44AAA62BAB9-track>

NORTHERN ILLINOIS FOODBANK

Recently the NO IL Foodbank relocated to Lake Forest. It is close and offers various opportunities to sign up for.

Here is the volunteer site where folks can sign up and view opportunities. It has the option to “use my location” which will help narrow down locally what is available in LF.

<https://www.volunteer-northernilfoodbank.org/need/>

EQUESTRIAN CONNECTION

Equestrian Connection has several running club members volunteering amongst the 250 volunteers who assist in therapy as well as around the facility. Their tag line is Best Days Happen Here and that holds true for its volunteers as well as the over 200 children and adults it serves. You don't have to be a horse person to volunteer. Just a caring individual who enjoys helping others and likes to walk!

Volunteering includes the following opportunities:

- Team and individual projects on our site such as painting, planting flowers, grounds help and more.
- Board positions.
- Assisting with fundraising events, art and crafts at parties, office work, hay delivery, cleaning tack and site improvements. Dates will be posted here.
- Working with professional staff in the arena to sidewalk with lessons. This is our greatest need and will give you a first hand experience helping our clients while getting to know them and our great staff of therapists, instructors, and horses. **To begin volunteering as a side walker, the minimum age to is 13. You do not need horse experience, just an open, caring attitude.**



Volunteer Connection

Our volunteers help make our clients BEST DAYS HAPPEN for our clients and themselves. They make a difference in the lives of our clients and get to know our great horses too!

www.equestrianconnection.org/volunteer

