



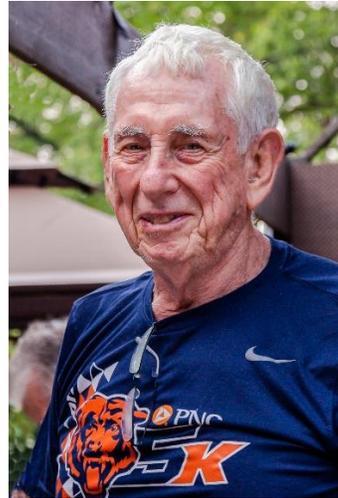
FOOTPRINTS

Member News, Events, Calendar and More...

August 2022

IN MEMORY OF DR. BARRY SEILLER

CLUB FOUNDER, FIRST PRESIDENT AND INSPIRATIONAL LEADER FOR PAST 41 YEARS



Of all his entrepreneurial adventures the running club was the most significant. It has had a tremendous impact and benefit to so many people over a sustained period of time. You can write a book about this guy! His accomplishments are numerous. He was also very giving and willing to help those in need. I will miss him. Especially his tailgating at Bears games. And bantering after the Saturday morning run with the guys. – Greg P

I was truly sorrowed to read of the passing of our beloved friend & runner, Barry Seiller. Ironically, I was standing next to Barry during LF/LB RC Saturday morning's announcements. He looked to be well and fine! –Mike M

We are all better people having Barry as our friend, mentor and spiritual leader. To say he will be missed is an understatement. God Bless Karin and the entire family! –Jay Shifka

Two words about Barry come immediately to mind: generosity and dignity. My sense of Barry's dignity evolved over the last few years, as he began living with Parkinson's disease. On Saturday mornings, we sometimes walked together, slowly, at the back of the pack. That was a good time for conversation. Last December, he also came as a guest to one of my classes at Lake Forest College. I was impressed by the way he talked so comfortably and naturally with students. He carried himself with such quiet dignity. Thank you, Barry. We will miss you. –Kathy

Lives have been changed, long-lasting friendships have flourished and healthy habits such as the 40+ year rain or shine Saturday morning 8AM Train Station Run have been an essential part of our daily lives. Thank you for all of this and so much else, Barry. –Ed P

It's true: All my running accomplishments and most of my friendships are due to Barry Seiller starting the running club. He touched many more lives than we can imagine. Judy F-C

Oh good lord.... oh that is awful. I'm so sorry. This is a huge loss to the club and the running community. –Dave Z

I enjoyed his summer parties and being the social chair in planning them over the years. I will miss our sports conversations about the Blackhawks. I know you will be watching down on their rebuild. RIP my friend. – Melissa N Z

VERY SUCCESSFUL KIDS' TRACK MEET





KIDS' TRACK MEET

What do you do with 70 kids on a Saturday afternoon? Take them to the track of course!

Thanks to Kimberly Loughlin and dozens of LFLB Running Club Volunteers (see below), kids from ages 3 thru middle school spent the afternoon of July 16th at Lake Forest High School learning about track.

Kids were divided into groups based on their ages and our volunteer group leaders led them to the various "stations" which included long jump, discus (with Frisbees), shot put (with soft balls), agility drills, strength/core work, and running. We capped off the afternoon with 4 x 100 meter relays - look out Abby Steiner!

Everyone went home with a participation medal and a stop at the ice cream truck.

Thank you to all those who helped make this a successful community event!

Club volunteers: Dave Anderson, Mark Baker, Sandy Berg, Sean Busby, Giles & Chloe Chick, Steve & Susan Clark, Mike Conklin, Kathy Dohrmann, Joan Elliott, Kerrie Fabbri, Leslie Gleason, Ben Gralla, Lynne Hans, Richard Kosmerl, Jim Kubik, Kimberly Loughlin, Jeff and Liisa McMahan, Mike McMahan, Tom Onan, Ed Packel, Mike Reidy, Jenny Spangler, Miki Tomic and Dave Wiegand

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 That Little French Guy, just down the street.

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

Lake County Races Commemorative Run/Walk Returns in 2023

Save the date along with your race bibs — as the LCR Commemorative run/walk will take place *one more time* – next year on Saturday June 10, 2023. There'll be additional bibs printed for any new participants and we also plan on inviting the Evanston Running Club to join us next year on the “train”.

History on the Run #9. Houses with names #3. McCormick #1 (Cyrus Jr.)

THE PEOPLE, ESTATE AND HOUSE

When you make that left turn, through the stone pillars marked “Walden”, you enter the former grounds of the, yes you are correct, Walden estate of Cyrus McCormick Jr. and his wife Harriet. In fact, for about the next 1/2 mile you will either be in or follow the contours of this estate. Cyrus McCormick II was the son of Cyrus McCormick (1809-1884) who perfected and patented the mechanical reaper in 1834. As anyone who has ever used a scythe can tell you this was a HUGE productivity improvement and

very successful. Production moved to Chicago in 1847 to be closer to agricultural markets and transportation and the McCormick Harvesting Company became International Harvester. Part of the company remains in existence as Navistar after selling the farm equipment business to Tenneco's Case Division. Cyrus H. McCormick II was President of International Harvester from 1882-1919 and Chairman of the Board after that.

Walden the house and estate were built in 1896. The house was designed by Jarvis Hunt and the original landscaping by Warren Manning. Cyrus's wife Harriet was the driving force behind the many miles of trails and bridle paths in the estate and her focus was on using nature to create calm surroundings. Harriet also played a role in improving working conditions for International Harvester factory workers The house itself was located on the east side of Bluff's Edge just after crossing the bridge but was torn down in 1956.

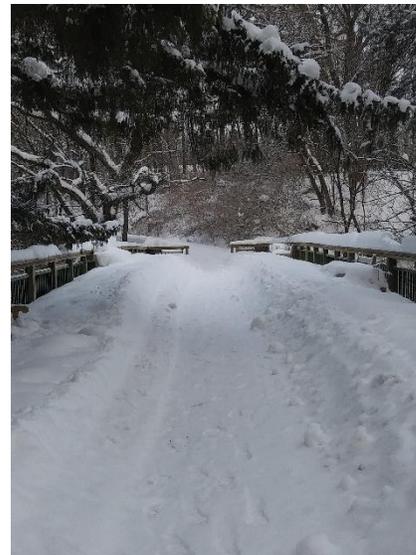
THE BRIDGE AND RUNNING CLUB ALUM MIKE KOOB

In 1989 the bridge was in danger of falling down, no longer carried vehicular traffic and was on the list of 10 most endangered structures in Illinois. The city received a bid of \$700K to demolish it. In 1996, running club alum Mike Koob of WJE convinced the city that if not repaired the bridge would collapse within 3 years and also that WJE could repair it for \$350K, half the amount quoted earlier by another firm. The city

agreed to the repair and would allocate \$250K it had planned



to spend for the demolition if the public could raise the other \$100K. Led by the Lake Forest Preservation Foundation, who among other things commissioned a Mark McMahon illustration of the bridge, the \$100k was raised which included a contribution from the running club. I contacted Mike because I remembered him working weekends on the bridge. Mike estimates he put in 20 hours/week for several months and the restoration was completed on time December 31, 1988. Deservedly, Mike won several awards for the bridge restoration and we should all be grateful that we can all run across it and enjoy what I think is the most beautiful site in Lake Forest. By the way, the large pine at the southwest corner of the bridge is the tallest pine in Illinois.



The Lake Forest/Lake Bluff History Center has much more information on Walden including pictures of the bridge from one of the many paths under it.