



Holiday Edition!
DECEMBER 2022

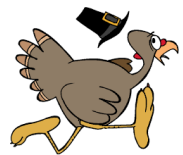
2022 THANKSGIVING DAY RUN

This year we were able to get back to a more normal run. We had a turnout of over 400 people to enjoy the run, walk, food and drinks. Many kudos to Jack Zordan, Jeff McMahon and their many volunteers who helped make this event a success. Our sponsors came through again, with major funding from the Lake Forest Bank and Morgan's True Value Hardware. In addition there was coffee from Starbucks and food from Sunset. Again this year we are soliciting cash donations for the No IL Food Bank. So far we have raised over \$4600 and are going to keep the fund open until we get to \$5000. If you haven't given yet, you can donate by clicking [here](#).





Hope to see you' all back next year!!



CLUB EVENTS UPDATE

HOLIDAY PARTY - DECEMBER 10, 6:00 PM

Entertainment! Great Food! Drinks! Live Band!
Don't Miss It!



Conviviality!

The Holiday Party is just one week away. Now is the time to sign up is Tuesday, December 6!! A full bar (cash or credit card) evening. Cost: \$65 per person. (Nonmembers: \$95) You must be a current member or guest of a member to get the \$65 rate. Please help us continue to do these fun social events by renewing your membership. You can renew your membership and sign up for the Party at LFLB.org. Any questions? Please contact Carol Longman at caroljanet3@comcast.net about the event, Keith Stewart kgstewart295@gmail.com about sign up issues.

sign up. Deadline to will be available all

JINGLE BELL RUN - DECEMBER 17

Join us for the annual **Jingle Bell Run** festive red and green ties will be available laces so Santa and others can hear you afterwards, and all are encouraged to bring a favorite item to share. This will be on Saturday morning, December 17, at our regular East Lake Forest Train Station location.



featuring a visit from **Santa**. Bells with before the run. These can be added to your coming. Coffee and bagels will be provided This will be on Saturday morning,

AND NOW A MESSAGE FROM OUR PRESIDENT...

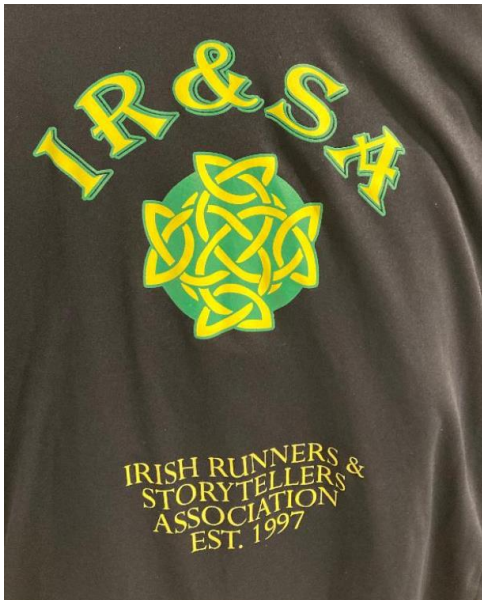
They say the hardest thing in running is to get started and writing a column for the newsletter is no different. This article is about me and my running history.

Running has been part of my physical and social DNA during and after college. I started running more after a fall on a ladder in 1995 severely injured my ankle and I needed to run to get that joint back to full strength.

I have run many local races, some 5k and some 10K, but it was usually to keep in shape and explore other neighborhoods.

I had a good running buddy named Jim Lucas. He and I would run about 3-4 races per year. Our favorites were the Ricky Birdsong/Race Against Hate, Oak Park Frank Lloyd Wright, Lincolnwood Turkey Trot, a New Year's Eve or New Year's day run. Jim suddenly died in 2016, informing me that a long life is not guaranteed even when physically active.

In 2005, I joined a group of younger runners in Park Ridge named the Irish Running and Story Telling Association (IRSA). Our favorite runs were along the Des Plaines River Trail on Saturday mornings followed by coffee at Einstein's. (Sound familiar?) We designed team shirts and wore them proudly at events. We started running the Door County Fall 50 race in 2008 with a team of five runners and ran it for 10-11 more years. It was really a lot of fun and the race became very popular and still is today. My team never wore any costumes, but we enjoyed the ones others wore.



We would have an end of the year party with videos, skits, and awards at someone's house. One of my memorable awards was a pendant with a sign on it saying, "Speed Kills". I was always slower than most of the group, but I enjoyed the camaraderie, exercising in the fresh air and the post run refreshments.

I became interested in Triathlons to reduce the pounding on my joints. I enjoyed the new challenges of swimming and biking. Jim Lucas and some of my IRSA buddies completed several indoor and outdoor events.

When I moved to Lake Forest in 2017, this group was a natural for me to get to know others in the community. I have been amazed and grateful at how friendly everyone has been to my wife (Christine) and me. The club's many social events really help new members get to know everyone quickly.

I have been impressed by the club's history and the contributions the club and its members have made to the Lake Forest and Chicago running community. Not many clubs can boast the number of club members that are in the CARA Hall of Fame. It is also commendable that the club supports Bernard Lyles Tri Masters sports initiative program. - MR

MEET OUR NEW MEMBER, KELLY CANLAS

My husband and I moved to Great Lakes this summer. Being a military family, we are used to moving around every few years. My husband is Active-Duty Air Force and is on a special duty with O'Hare doing a military postal assignment. Every move has its challenges, but this one was particularly hard because it took us so far from our family. We have three daughters and they all stayed in the south. I commissioned into the Air Force Reserves as a Chaplain in November and am waiting for my dates to go to training at Maxwell Air Force Base in Alabama.

My husband Chris encouraged me to go to the Lake Forest Day 5K, at least to have a group to run with even though I wouldn't know anyone. It was there that I met Dave Anderson and Carol Lundahl, who quickly introduced me to Joy Gayter and many other kind members of the LFLB Run Club. Joy

invited me to their interval run at Middlefork the next day, and that became my Thursday morning run for the next few months. It was there that I met Jeff and Liisa, Carol and Leslie, Dave, and a few other awesome runners. Not only did they welcome me instantly as a runner, but it was a provision that God gave me as my only friends in the area.



Along with Thursdays, they invited me to their long runs on Saturdays and it well prepared me for the New York Marathon. This year, I ran on the TAPS team and fundraised for them. (Tragedy Assistance Program for Survivors) They provide resources and support for family members who have lost a loved one that was connected at any time to our military, no matter how they died. New York was my 4th marathon. My goal is to run the Big Six in six years, Chicago last year and New York this year. I am waiting to hear if I was selected for Berlin and will find out in December.

The best part about Saturday runs is the new people I get to know by short, always fun, conversations about their lives. I am a chaplain at heart and love hearing people's stories. Thank each of you for sharing part of your story with me while we run. It is truly special.

Running has been a healthy outlet for me for many years and has provided many great friends for me along the way. Lake Forest Lake Bluff Run Club was a real answer to prayer for not only a safe place to run outside, but a genuine group of runners I now call friends. Keep up the awesome work in supporting our community through fundraising, fun events, and by welcoming newcomers into your group. We are only here for a three-year assignment, but I am certain that I have made some lifelong friends already. God bless each of you. – KC

HISTORY ON THE RUN #13

OK class take out a #2 pencil, it's time for a quiz related to South Park which we pass on our right.

Which of the following applies to South Park? It was the city dump, it contained a hospital, the Chicago Bears practiced there. The answer of course is all 3.

In 1906 Albert Frost donated the land to the City of Lake Forest. The city in turn donated 3 acres to Lake Forest Hospital for construction in 1910 of a Contagious Hospital. Think back over 100 years before antibiotics and other drugs. Tuberculosis in particular was a problem because it was highly contagious and antibiotic treatments had not been developed. By the way, Tuberculosis in 2020 was the cause of 1.5 million deaths worldwide, second only to Covid among infectious diseases. Back to 1910: Hospitals prevented the spread of contagious diseases such as tuberculosis by keeping those patients in a separate facility. Until about 1940 the main Lake Forest Hospital was on the Lake Forest College campus and the contagious hospital was in what is now South Park. Attached are the only photographs/drawings I could find.



From 1914 to 1931 South Park served another purpose. A ravine at the south end of South Park was the city dump for ashes and refuse. In 1931 the city buried this under 20 feet of dirt and the next year landscaping started to create South Park which was dedicated in 1937.

Da Bears used Lake Forest College as their training facility for many years. From September-December of 1975 they practiced at South Park.

While we are in the neighborhood, let's talk about one of the streets that runs into South Park: Highview Terrace. 1. One of the running club's highest performing and most consistent runners lives there with his wife who is also a key member of the running club. 2. The Chicago Tribune's former fashion editor, Evelyn Livingstone also lived there at 691 Highview Terrace. I gather she was a big deal because I've seen friendly letters written to her from Bill Blass. 3. 641 Highview Terrace is a Sears catalog kit house. You could order an entire house from the Sears catalog and it would show up in pieces, waiting to be assembled. Between 1908 and 1942 Sears sold 75,000 kit homes.

A personal note regarding the Sears Catalog. At one point it was distributed to 20% of all US households. My father who was born in a lumberjack camp in Michigan's UP said the catalog was the source of much of what they bought. I guess it was the equivalent of today's Amazon.

FALL MARATHON REPORT

This fall we had a number of Club members compete in major marathons. Above, Kelly told about her experience at the NYC Marathon. Here are a few more experiences, some told in their own words:

DAN LOEGER



I ran the Monumental Marathon in Indianapolis on Saturday November 5. It was a rainy 8am start in the dark (ET zone) and over 4,600 marathon and 5,900 half marathon runners all started together in several corrals. Everyone knew high winds out of the south/west were going to make race day challenging. Tailwinds helped in the first half of the race as I ran with a pace group. Then, we turned around and headed into the winds (w/ gusts @ 30-40 mph). At mile 20, I felt pretty good but knowing my mile splits were slowing down and the wind gusts were not. I've done lots of marathons in the Windy City (Chicago) but nothing like this. Luckily we turned right with about a half mile to go, tucked behind a building and the wind subsided a bit. I gave whatever I had left to the finish and clicked my watch in 3:48:10. To my surprise, I held on to get under the 3:50 Boston qualifying mark. "Where's the beer tent?? FemaleHope it didn't blow away!!" I thought to myself.

JOHN BRUCKER

John was planning to do the Milwaukee Marathon, but it was canceled at the last minute. Now wanting to waste his training, John signed up for Twin Cities and finished in a fine time 4:34. His comment: I had a good 1st half marathon but the wheels fell off going up the hill at mile 20!



JOY AND LAUREN GAYTER



Mother, daughter had a great time running Chicago this year.

Both finished in fine times.

Joy: 4:59 (Good job staying under 5:00!) and Lauren: 5:14.

CAROL LUNDAHL

Carol had another successful Chicago marathon, finishing in an impressive 4:29!! Here is her comment: Chicago marathon this year was my 13th marathon and 10th Chicago. The first half was really good clocking in around 2:04. Slowed down a bit in the second half to finish over all at 4:29. Cheering me on were my daughter Megan and her husband Joe as well as Kim Carden! I'm signed up for next year!



KIM CARDEN



Kim, was able to take home the female honors in this group with a 4:09 finish at Twin Cities. Here is what she had to say: I am running the Twin Cities Marathon again this fall. I was supposed to be running it with my 80 year old Dad, but he has a meniscus tear and being scheduled for surgery now so the marathon is out for him this year. So I'm running it on my own again. No goals yet or interesting stories for your article RT...sorry!

- Pic is from last year of Kim, her father and her son!

That's All Folks! Hope to See You at the Holiday Party!