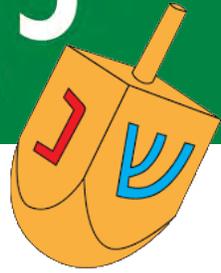




FOOTPRINTS

Member News, Events, Calendar and More!



DECEMBER 2024

THANKSGIVING DAY RUN 2024



Every year at this time I start getting a warm feeling about our Club. It has been a good year, but then in five weeks' time we have our Hallobrunch, Thanksgiving Day Run, and then the Holiday Party. All just really great events. A few days ago at the TDay run, I looked around and was overwhelmed. Our Club had again served up an awesome event to the community: another great run, coffee mugs, coffee, bananas, and other goodies. It was a great day for all.

To show how special this Run is, we actually get great support from the community. Instead of complaints about us disrupting their neighborhood, many come out to help. One example is the family near the corner near 1300 W. Fork. For many years they have set up water tables for the Run. There are other supporters along the way including a group of pom pom cheerers!!

At the end, Jeff and Liisa McMahon and their crew (too many to mention) were there tearing down and cleaning up. By 10:30 you couldn't tell we had been there.

Further satisfaction was provided by the Club's ability to raise funds for the No IL Foodbank.



**NEIGHBORS.
EMPOWERED.**

This year at the run, we were able to raise almost \$2500. However, even more rewarding is that the Club members have already donated over \$4500. Our total is now over \$7000, making our \$7500 goal well within reach.

TO DONATE NOW, CLICK [HERE](#)

Again, thanks to all the Club members who supported this event and the Foodbank. See you Friday at the Holiday Party!



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 DPRT.

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



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RACE RESULTS

NEW YORK MARATHON



Well, we are coming to the end of the Racing Season, so not too much to report. However, we did have one significant performance by one of our members. Lauren Sykora Coffey ran the NYC Marathon. Although Lauren attended school nearby NYC, she never had a chance to run the marathon. One more thing, she just had her second baby girl in February, she trained hard and was able to run the marathon in 3:53, just under a 9 minute pace. Congrats for a race well run.



NEW YORK MARATHON

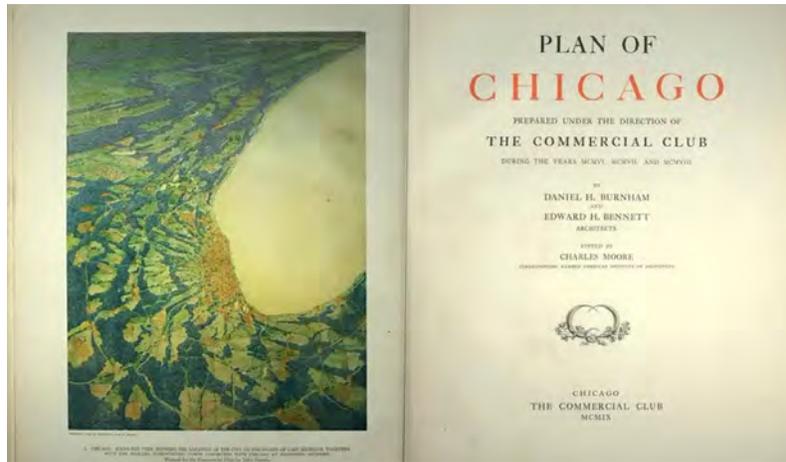


Coach Jenny has a number of runners going out to Sacramento this weekend for the California International Marathon. Representing our Running Club will be Laura Kennedy, her son, Ryan and Lori Fitzgerald. Good luck to all.

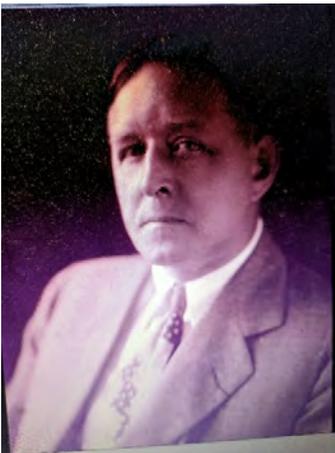
History on the Run

The Plan of Chicago, Grant Park & Buckingham Fountain

“Make no little plans. They have no magic to stir men’s blood and probably will not themselves be realized”. Who said that? Daniel Burnham in the Plan of Chicago as we all learned in Chicago History 101. This 1909 document, which was only partially realized talked about saving the lakefront, broad boulevards and a string of parks. But who did most of the work?



Burnham’s partner, Edward Bennett did most of the actual design work, and also designed Grant Park and Buckingham Fountain. When you pass the intersection of Deerpath and Green Bay Road, you pass the house he lived in and designed, Bagatelle, on the southwest corner. Like many architects of his time Bennett studied for seven years at the Ecole des Beaux Arts in Paris. After graduating he worked for a prominent New York architect who sent him to Chicago to help Daniel Burnham prepare a plan for the military academy at West Point. Burnham like Bennett’s work and eventually they collaborated on the 1909 Plan of Chicago. Burnham did much of the fund raising and advertising while Bennett created the drawings which while not fully implemented, provided the framework for much of Chicago’s parks, boulevards and lakefront. Thanks to the plan, Michigan Avenue was extended and guidance was given to protect the lakefront. The next time you pass Deerpath and Green Bay, say thank you to one of the principals who gave Chicago much of its grandeur and beauty.



Author’s Note: No artificial intelligence was used in writing this. In fact, some might say, hardly any intelligence at all.



FINAL THOUGHTS FROM RT





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Thanksgiving Day Run 2024 Photos





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