

EVANSTON RUNNING CLUB MEET & GREET APRIL 23

We had a beautiful morning for the visit to the Evanston Running Club. Among those that attended from LFLB were: Lynne Hans, Ed Packel, Kathy Dohrmann, John Brucker, Leslie Stollenwerk, Jeff and Liisa McMahon, Mike Disbrow, Brunhilde Bass, John Kelley, Mila Filipovic (+dog!) and Mike Reidy. Here is a group photo.





FOOTPRINTS

Member News, Events, Calendar and More...

MAY 2022

Enjoy your May Issue of Footprints

Did you know...

The Month of May is named for the Greek goddess Maia who looked after plants

QUOTABLE

laughter is the best medicine it doesn't cost anything and doesn't taste terrible
Giles Mcsully

RUNS FOR FUN

TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at

WE ARE FAMILY

We have all heard the song by Sister Sledge many times, and never really thought about what it means. Recently I have had a lot of time to muse and reflect, and I started to think about the Club. I think we all have different feelings for the Club, but, in the end, we all seem to agree with the song, we are family.

When does a club become a family? The Club has been around now for over 40 years. The Club has a different meaning for each of us, but at what point does a club become a family? I think, for me, it is when I can look around and see the numerous acts of kindness, consideration, and support that takes place among the Club members.

I know each of us may have different examples, but here are some experiences I have observed.



Recently we have all taken interest in Sarah's upcoming new dog.

ArrivaDolce coffee shop. Run and stick around for a pastry and coffee afterwards.
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 and walkers are welcome.

SUNDAY Morning Long Run 8:00am: "Sticky Buns Run"-- Lake County Preserve Canoe Area Launch Rt 60 & Milwaukee Rd

7:30am: North Lake County distance runs, locations vary. Check with Dave Zeisler dzeisler@gmail.com

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

BOSTON MARATHON

Jenny Spangler, our Club coach, had some strong runners from her JSR team at Boston this year. In spite of injuries to Nathan Pavlik and Matt Palmer, the team turned in some fine times.



Matt Palmer	4:10
Nathan Pavlik	2:54
Brian Wakefield	2:46
Mike Marty	2:49
Troy Robinson	2:49
Dan DeLestry	2:46
Brian Falcone	2:39
Stephen Biebelhausen	2:38

Then there was the joy we felt for Marty and Robin 's engagement.



Every time we see Cappy helping Dennis, we are there. We want to support. Then the loving care Judy is giving the ever-congenial Monte. Then there is always Ben G and the others like him that are offering to help, anytime anywhere. We all laugh with Rick at his comedy shows, all done for good causes. Jeff and Liisa along with others supporting our good friends at GLASA. And we can never forget the smiling Diana, along with many volunteers and supporters from the Club, for the great work with the EC. Finally we all cry– and celebrate – together, those who have left us.



So, I think it is pretty obvious, We Are Family. I think we have moved from Club to family long ago. Recently I have received the largess of the Club, through support and communication which has been so

Raj Ponna 2:44
Dave Zeisler 2:53
Steve Clark 2:52

CHICAGO LAKEFRONT 10 MILER



Lynne, Eddie and John B

ILLINI HALF MARATHON

therapeutic. I feel truly blessed by the calls and notes from everyone. Thank you family.
- rt

If you want to listen to **We Are Family**, click [HERE](#).

HISTORY ON THE RUN PART 4 – THE WEDDING GIFT

What did you receive as a wedding gift from your parents? How about a 28,000 sq. ft. 10 bedroom, 10+4 ½ bath mansion on Lake Michigan!



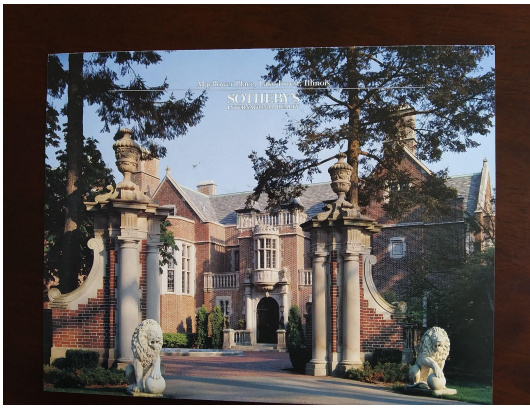
As you head south on Mayflower, just after passing Rosemary and before arriving at Maplewood, the large archway/gate at 405 N. Mayflower is the entrance to Mayflower Place or the Schweppe Estate. You can't see the house itself from Mayflower, only the entrance gate and coach house. In 1906, upon Marshall Field's death, John Shedd, who started at Marshall Fields as a stock boy, became President. You may recognize Shedd's name because in 1924 he donated the funds for the Shedd Aquarium which opened in 1930. In 1915 he commissioned Frederick Wainwright Perkins to design a house for his daughter Laura Schweppe and her husband Charles. It was one of the largest, most beautiful estates on the North Shore.



John and Kent Brucker

POINT TWO to GO!





In

1926 the Schweppes hosted Sweden's Crown Prince Gustavus Adolphus and his wife Princess Louisa and 300 other guests. Laura Scheppe died in 1937 and things went downhill after that. Her husband only received \$200k from her estate and furthermore his business was not doing well. In 1941 Charles Scheppe was found dead in the house, with a revolver at his side and a note that read "I've been awake all night. It's terrible". The house stood vacant until 1987 and was rumored to be haunted.

Rich Kosmerl was looking for a house in Lake Forest in the 1980's but Mayflower Place was a little out of his price range.