



FOOTPRINTS

Member News, Events, Calendar and More...

JULY 2023

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 area.

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

LAKE FOREST COLLEGE RUN

Besides me, those frequently showing up are Ron Thomas, Dave Anderson, Drew Jackson, Mark Baker, Sandy Berg, Adam Cortright, Larry Smith, Jack Zordan, Mike McMahon. Lately a few others have been showing up.



Full route is a 6ish mile loop that heads East toward the lake, then North on Mayflower, right on Spring Lane, a loop down to the South entry to the lake, North to the challenging uphill climb back to Mayflower (often skipped by some of us slower and aging runners). The full loop then heads North to the cemetery (often skipped by some), and winds its way West and South back to the Lake Forest College Sports Center via Sheridan Road and then Washington Road. Walkers and some runners tend to shorten the loop to 4 miles or whatever suits them.

No particular leader. RT often leads the walkers and the younger/faster runners guide a lead running group.

It started sometime in the mid to late 1980s and met in the LFC parking lot behind my campus office. Original runners included Ed, Bob Holliday, Drew Jackson and Mark Baker. The (highly unofficial) course record (34 minutes and change) was set by Jenny Spangler sometime in the late 1990s who joined us a few times. Eventually we moved to the Sports Center in South Campus where showers were available. After the run we are joined by other running friends at LF Wine and Cheese for lunch at 1:00. – Ed P

ANNUAL SUMMER PARTY IS ON – FRIDAY JULY 21



We want you to know that the Annual Summer Party is again being graciously hosted by Karin Seiller Friday, July 21 at the Seiller residence. We are grateful to Karin and family for hosting us to remember and celebrate the life of Barry.

Here is some important information regarding the party.

Location: 881 N. Sheridan Road, LF

Reminder, no parking on Sheridan Road

Time: 5:30 – 9:00 We will promptly end at 9:00!

Contact: Dave Wiegand davewiegs@gmail.com

It is important that you RSVP through the Evite. ***Evite has been sent out!***

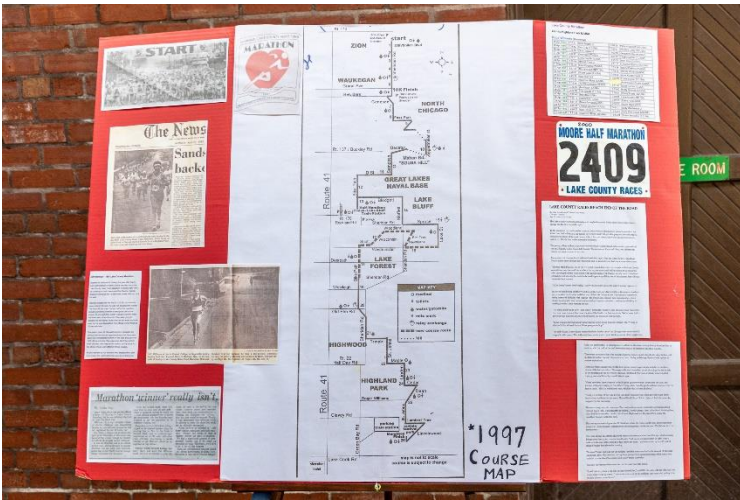
The club will provide burgers, brats, hotdogs & Impossible burgers as well as soft drinks.

Please bring an appetizer, side dish, or dessert to share. Let us know that you are coming and what you plan to bring **by responding to the Evite & showing what you will bring.**

LAKE COUNTY RACES COMMEMERATIVE CELEBRATION

As most of you who attended the event on June know, President Dan did it again. Almost 100 runners celebrated the LCR by riding the Metra to Great Lakes or Lake Bluff and then running or walking back to our train station. This year the numbers were buoyed by runners from the Evanston Running Club, who got on the train in Evanston. To give you an idea how popular this year's event was, here are some quote from the letter Dan received from the ERC: *"Thank you so much — for the great pictures, and for the fun event. The race was a great idea, super well organized and flawlessly executed!"* Can't do much better than that!







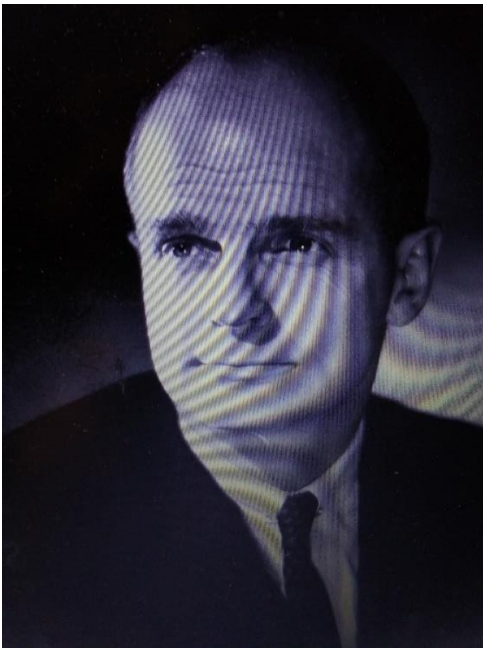
HISTORY ON THE RUN # 20

The Town Doctor and the Golden Fleece

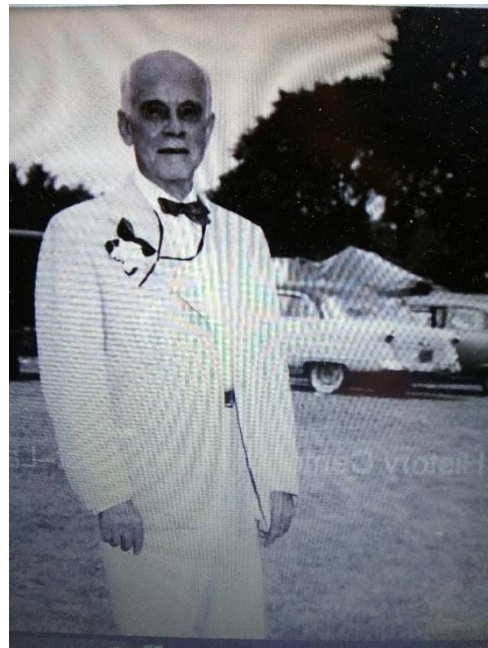
Anyone remember the Golden Fleece award? Hold that thought.

If you lived in Lake Forest or Lake Bluff between 1905 and 1955 and had a medical problem, you probably would have gone to see Dr. Theodore Proxmire. Remember, there were no immediate care clinics and for some time Dr. Proxmire was the only medical doctor in town. It is estimated that he delivered thousands of babies. Besides delivering babies he played a civic role and in 1909 was one of the creators of Lake Forest Day.

Back to the Golden Fleece award. Dr. Proxmire's son, William Proxmire, became famous too as the longest serving senator (32 years) from Wisconsin. Proxmire made 10,252 consecutive roll call votes which was a record that stood until recently. William Proxmire, who earned a Harvard MBA in 1940 was known primarily for three things. 1. He awarded Golden Fleece awards for excessive Government spending. One award spent \$108,000 comparing the aggressiveness of sunfish drinking



Sen. Proxmire



Dr Proxmire

Tequila compared to gin. Another spent \$220,000 on a curriculum package teaching college students how to watch television. 2. Most relevant to us; Senator Proxmire was a runner before running was popular. From my research, I believe he started running well before the 1972 Frank Shorter inspired running boom. In those days this was a subject of great curiosity that an adult in his profession would run in the Washington DC heat. In addition to running, he would do about 100 pushups a day. 3. Senator Proxmire was the first senator to receive a hair transplant; in 1972 even before Brian Urlacher. William Proxmire was born in Lake Forest and is buried in the Lake Forest cemetery. He is the first public figure that I remember being called a runner.

PRESIDENT DAN'S SAGA AT THE ELGIN FOX TROT

Many years ago the Elgin Fox Trot was one of the most popular races in the area. It was a mainstay on the CRAC Circuit and always had a tremendously competitive field. The race is still being held annually on Memorial Day and our Pres had an 'experience' in the most recent race:

My 10th Fox Trot is in the books but I am bummed. My perfect 100 miles didn't happen!! They marked the course wrong and it was only 9.1 miles, ugh!! Only 99.1 miles. There's no perfection in running. I did take first in my age group so that was good



THE BACK PAGE

Hometown Coffee Event



Courtyard Gathering July 2





Special Pics



Jeff assisting at Monsignor Demsey at the Feast of Corpus Christi.



Joan Elliott balloon ride.