



FOTPRINTS

Member News, Events, Calendar and More...

JUNE 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 Curt's Cafe, at 1766 2nd St.

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.

TUESDAY 9:15 AM HIGHLAND PARK GREEN BAY TRAIL RUN

This month we are featuring the Tuesday morning run along the Green Bay Trail. The run starts in the parking lot just south of Central on St John's Ave. There is free parking available.



The run heads south on the tree lined trail past Ravinia Park past Lake Cook Road into Glencoe. The normal turnaround is at the 3 mile mark, resulting in a 6 mile run. However, it is easy to have other turnaround points at 2, 2.5 or 3.5 miles out. The route is totally shaded, has a crushed gravel surface and is pretty well wind protected.

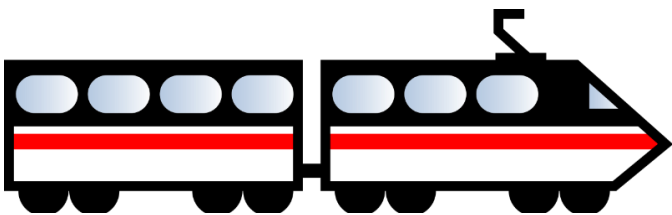
If you want to try something different come and join the group on Tuesday morning, they are always there. Afterwards the group adjourns to Curt's Café on 2nd St for coffee and awesome baked goods!

GET TOGETHER AT HOMETOWN COFFEE – Saturday June 3

Most of you know by now there is a new coffee shop in town – Hometown Coffee and Juice located on Wisconsin in the old Caputo's location. We will be meeting there after the run for coffee and treats on their patio after the run on Saturday. You'll have a chance to meet the owners, Lou and Julie Rubin. See you there.



SAT. JUNE 10 - LAKE COUNTY RACES COMMEMORATIVE RUN



Back by popular demand, the LF/LB Running Club will host its 2nd (and final) LAKE COUNTY RACES "train" run/walk on SAT, JUNE 10. YOU DON'T WANT TO MISS IT! **IT'S FREE!** We will commemorate the history and relive the excitement of the LAKE COUNTY RACES (held from 1981 to 2000).

(SEE PAGE 5 FOR FULL WRITE UP AND DETAILS)

SAVE THE DATE – SUMMER PARTY Friday JULY 21

Karin Seiller has again graciously offered to host the party. Keep tuned for further details.

HISTORY ON THE RUN #19

Keeping the Haves safe from the Have Nots: Fort Sheridan

For those of you relatively new to the area, until 1993 Fort Sheridan was an active US Army military base with soldiers and weapons to keep us safe.....but from who? Now it is an upscale residential community and perhaps you have run through there in the old Army-Navy run or Fort 2 Base as it is now called.

Let's go back to the 1880's. In 1886 80% of the population of Chicago were immigrants or the children of immigrants. They provided the workforce for the growing industries of the time, meat-packing (Armour, Swift), steel, railcars (Pullman), agricultural machines (McCormick) and dozens of others. The influx of immigrants kept wages low, hours long and living conditions miserable. Around 1880 average wages were \$8/week and the work week was 6 days of 10 hour days.

In 1877 the movers and shakers, most of whom lived in Chicago, many in the Prairie Ave. historic district, just west of Soldier Field, formed the Commercial Club. Among their members was Philip

Sheridan, Commanding General, US Army whose troops kept the peace after the Chicago Fire of 1871 and US Senator Charles Farwell of Lake Forest. As early as 1885 members of the Commercial Club discussed the need for a military post in order to quell the class warfare, they felt was inevitable. There were a series of labor actions in 1886, the most serious being a strike at the McCormick Reaper Factory seeking an 8 hour work day which led to the May 4, 1886 Haymarket Riot killing at least 11 people including police officers. The Commercial Club used their personal wealth to buy 632 acres of land which the next year was accepted by Congress to build an army base which was named



Fort Sheridan after General Philip Sheridan. The noted architectural firm Holabird and Roche designed many of the buildings and landscape architect O.C. Simonds designed the grounds. The only time Fort Sheridan forces were used against labor activists was the 1894 Pullman Strike. The Fort trained soldiers and in WW2 housed German Prisoners of war. Among the historical figures who served there was George Patton who resided at 92A Leonard Wood from 1909 to 1911.



RUNNING CLUB CONNECTION:

One of the Fort's commanding officers was General Monteith whose wife, Margaret, was an active member of the club and excellent age group runner (thanks to Judy Friedes for confirming my uncertain memory).

The base closed in 1993, the buildings re-purposed, the golf course returned to prairie and we can now enjoy the natural setting and views of Lake Michigan.

MUSIC AND RUNNING – Mike Reidy



When I am running alone, I get enjoyment by listening to the songs in my 113 song 'work out' track. My favorite music genre is the 70's-90's rock N roll with some Irish

folk tunes thrown in. They help me speed up the rhythm of the run and take my mind off the sometimes-monotonous scenery. I have also played this music during group workout sessions, and they all seemed to enjoy it. Some of my favorite tracks are:

Break on Through (To the other side) – Doors

David's Jig – Natalie McMaster

Don't Give Up on Me – Andy Grammar

Eight Days a Week – Beatles

Every Little Kiss – Bruce Hornsby and the Range
Livin' La Vida Voca – Ricky Martin
Middle of the Road – Pretenders
Running Down a Dream – Tom Petty
You Wreck Me – Tom Petty
Synchronicity – The Police
Don't Worry Baby – Los Lobos
The Reel – Secret Garden
Little Bird – Annie Lennox

I am always looking to add to my song list and I would rather pay for a song one time, rather than a monthly subscription. So if you have a favorite song, I would be interested in hearing it and adding to my list.

See you on the trail! Or coffee shop!

RAGNAR GREAT MIDWEST

A group of insomniacs from the club pulled an all-nighter in the 204 mile Ragnar 12 person relay (each runner does 3 legs) from Waukegan to Madison. Leg 1 kicked off at 5:30 am Friday May 12 from Waukegan. 36 legs later, our team crossed the finish line Saturday afternoon in Madison, WI. Of the 12, five runners were from our club: Joy Gayter, Kim Crimin, Jeff McMahan, John Brucker and Dan Loeger. For many, it was our first Ragnar and we were introduced to a fun new term, "a kill", defined when you pass another runner on your leg. When you're short on sleep and energy and just about everything, the thrill of a kill can be quite invigorating at 2am in the morning! :-)
All in all, our club represented well and eventually got the hang of the orange slap-bracelet! (It took some of us a little longer to master!)



Orange Slap-bracelet



John, Joy, Dan, Jeff Kim

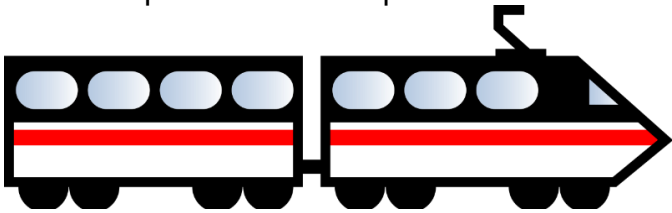
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We'd like *everyone* to take part as we have an ambitious goal of **100 participants** from our club and the Evanston Running Club!!! If you're a newer member and joined the LF/LB club within the past year, we'd LOVE for you to come out and join this FUN event!! You won't be disappointed!

Please contact Dan Loeger at dan.loeger@yahoo.com if you have ANY questions!

On SATURDAY JUNE 10, all running club participants and guests will hop on the Northbound Metra train to experience the unique POINT TO POINT nature of the Lake County Races!!



MOST IMPORTANT THING!! SET YOUR ALARM – PLEASE ARRIVE PROMPTLY TO BOARD YOUR TRAIN!! YOU MISS THE TRAIN and YOU MISS THE EVENT!

YOU PICK THE DISTANCE:

- If you run the 10K distance, you'll get off at GREAT LAKES Train Station. It's more like a training run than a race, it won't be timed. :-)
- If you run/walk the 3.5M route (or 2 miles), you'll get off at the LAKE BLUFF Train Station. For 2 miles, you would walk on the bike path from Lake Bluff to Lake Forest train station. For 3.5 miles, follow the course route.
- Everyone finishes at the same location – the Lake Forest train station – where there will be refreshments for everyone to enjoy!!

RACE BIBS:

- Commemorative race bibs will be issued to the 1st 40 participants
- Race bibs will be issued on May 27, June 3 and the morning of June 10. You can *pick your favorite bib number – from 1981 to 2000 (the years that the Lake County Races was held)*

COURSE MAP:

- See the attached PDF Course Map.

TRAIN SCHEDULE INFORMATION:

Saturday June 10

6:59 am Davis St. Evanston

7:02 am Central Evanston

7:38 am Lake Forest station - LF/LB club runners board the train

7:42 am Lake Bluff station - 3.5M / 2M runners/walkers de-board the train

7:46 am Great Lakes station - 10K runners de-board the train

All runners and walkers will finish @ the Lake Forest train station!!

9am - 10:15 am Post-Run Refreshments and Festivities at Lake Forest train station

10:24 am Lake Forest station - **Evanston runners board the train to return home**

10:57 am Central St. Evanston station

11:00 am Davis St. Evanston station

FAQ:

Q: Do I need a Metra ticket to ride?

A: YES

For Lake Forest train riders, a group ticket will be used so you don't have to worry about any fares.

For Evanston train riders, it is recommended to purchase a \$7 Weekend Day Pass via the Ventra App to enable unlimited rides on Saturday. This will allow you to travel to Lake Bluff / Great Lakes and then return back to Evanston from the Lake Forest train station.

Q: Does Metra require masks?

A: NO, Metra does **not** require masks, but they are OPTIONAL if you want to wear one.

Q: Will the Course be marked with Signs?

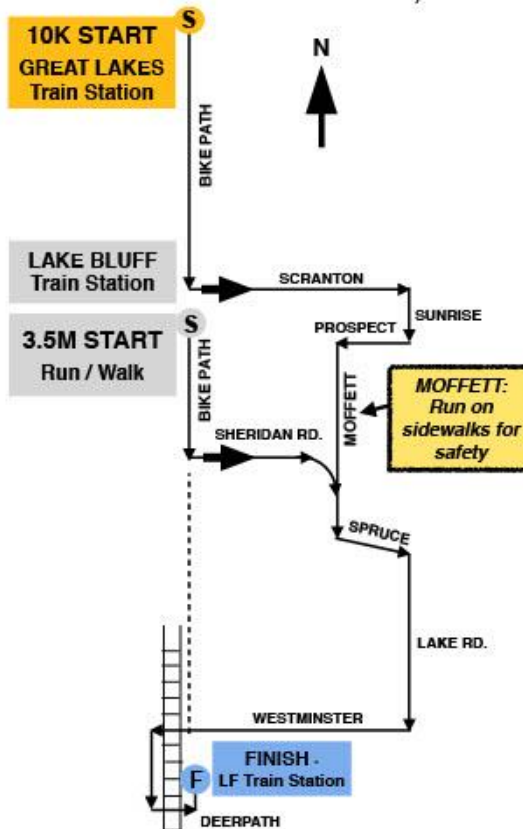
A: NO, but each race bib will have the course map on the back if needed. For Evanston runners, it'd be good to hang with fellow LF/LB runners/walkers to stay on course!

Q: Will there be fancy prizes at the end?

A: YES, the thrill and satisfaction of finishing the Commemorative Run is your prize!

LAKE COUNTY RACES COMMEMORATIVE RUN SATURDAY JUNE 11, 2022

To Start	Metra Train
Lake Forest Station	7:38 AM (all board)
Lake Bluff Station 3.5M Start Line	7:42 AM
Great Lakes Station - 10K Start Line	7:46 AM



PHOTOS OF THE MONTH



Dave, Scott, Ben, Mark, Phil & Jack



Patti, Susan, Don & Lori at EC Event



Other Club members at EC Event



Last minute merchandise orders!

Remember, you too can submit photos to be included in the 'Photos of the Month.'
Please send to rwthomas4@comcast.net