



# FOOTPRINTS

Member News, Events, Calendar and More!

## MARCH 2024

### MEMBERSHIP REMINDER

We were happy to see that a number of members took advantage of our December promotion and renewed their membership by the end of the year. However, we have a few member who have not renewed and are in jeopardy of being stricken from our list. To avoid this dastardly outcome, we encourage you to renew now. To make it easy, all one has to do to renew is click [HERE](#), to get to our website. Any questions or issues, please contact us at [info@lflb.org](mailto:info@lflb.org).

One other message for everyone is that a handy way to let your friends and neighbors learn about our Club, is to forward them this Newsletter. It will give them an idea of what we are doing, but also give them a link to sign up!

### EVENTS – EVENTS – EVENTS

Hey Gang, more great news in the Club Events area. We off to a good start with our New Year's Day Middlefork Run and the Forever Om Yoga class, but check out the list below. Our crack Social group has worked hard to put together a wide range of event for the year. We will be filling in details as the year moves along.

### 2024 Social Calendar

- **Sunday March 3 – Highwood Bocce Club**
- Sunday April 21 Chilly Chili
- Saturday June 22 – Lake County Races Train Ride & Run
- Saturday July (date TBD) – Kids Track Meet @ LFHS
- Friday August (date TBD) – Annual Summer BBQ
- Sunday October 27 – Hallowbrunch
- Thursday November 28 – Thanksgiving Day Run 5K/10K
- Friday December 6 – Holiday Party
- Saturday December 14 – Jingle Bell Run

### 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](mailto:jandmfitness@comcast.net)

## FOREVER OM YOGA CLASS



The Club held its first yoga event at Forever Om in Lake Forest this month. It was on a cold day in February, and everyone enjoyed the warmth of the studio and effect on their bodies. It was a good way to relieve some of the overuse and strain on their bodies. Everyone agreed it was a great experience, especially those new to the practice.







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## Lake Forest Lake Bluff Running Club Get Your Bocce On!!

**SUNDAY, March 3rd from 1pm to 4pm**

**Highwood Bocce Club – 440 Bank Lane in Highwood  
(same parking lot as the Highwood train station, at the North end)**

If you want to participate, you **MUST** bring in a clean pair of running shoes (carrying them in) to wear on the courts, i.e. no wearing shoes you just walked in with from the street.

Guarantee your spot by sending \$10 using VENMO  
to Dan: @Dan-Loeger (last 4 digits of my phone is 3598)

Or by sending \$10 using Zelle

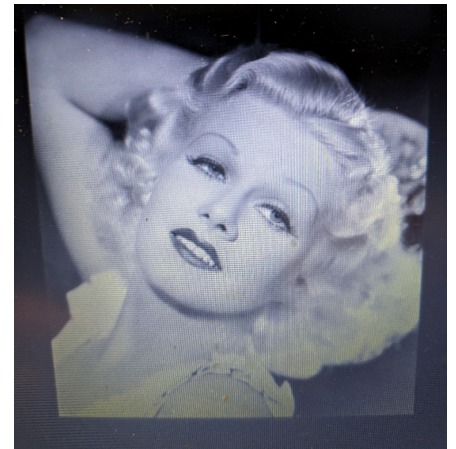
If you cannot do Venmo or Zelle, you can send Dan an email [dan.loeger@yahoo.com](mailto:dan.loeger@yahoo.com) with the number of spots you want (and paying for with cash at the event at \$10 each) to reserve your spot.

## History on the Run

### Lake Forest students make it in Hollywood. The Blonde Bombshell and the Theater Owner's Daughter

#### The Blonde Bombshell: *Jean Harlow*

Back before Marilyn Monroe there was Jean Harlow who was the defining sex symbol of the 1930's. Jean Harlow was born Harlean Harlow Carpenter and moved to Highland Park with her mother in her teens and enrolled at Ferry Hall, now Lake Forest Academy. Harlow married while at Ferry Hall and shortly after moved to Los Angeles with her new husband. While driving a friend to a Hollywood studio she was noticed and offered an audition which she accepted under her mother's maiden name of Jean Harlow. The rest is history. Harlow became a huge star and earned her own on the Hollywood Walk of Fame in 1960. She died of kidney failure and other complications in 1937 at the age of 26.



#### The Theater Owner's Daughter: *Joan Taylor*

Long time citizens of the area remember when the atrium leading to the Lake Forest Sandwich shop where some of us eat on Thursdays was the Deerpath Theater which closed in 1987. The manager of that theater, Joseph Emma, was a former Hollywood prop man before managing the theater. His wife was a former vaudeville performer and dance instructor. Their daughter Rosemary Emma, stage name Joan Taylor attended Lake Forest High School and Lake Forest College. Joan Taylor starred in a series of movies from 1949 to 1957 as well as TV from 1958 to 1963 including 18 episodes of The Rifleman and episodes of Gunsmoke, Rawhide and 77 Sunset Strip.



## JOHN BRUNELL AND HIS ROMANIAN BULK BIKE

**Folks, it is time to try something different: a Velomobile.**

*John started competitive life as a runner, then migrated to triathlon, where he was an all American and qualified for the National Championships twice. After breaking his neck in a Time Trial in 2008, he focused on recumbent bicycles. Since he still wanted to ride fast and race, he looked for the fastest recumbents. Eventually he settled on a Cruzbike Vendetta for fast road rides and a Thundervolt M1 lowracer exclusively for racing (in 2022 he set a 100 km World Record on the M1)..*

**Here is John' story.** "I realized I could still go faster and more safely in a Velomobile. At the same time I saw that velomobiles, after 50 years of development, moved from a home built industry to advanced manufacturing. Velomobiles have evolved to the point where they are very well made: safe, light, fast, with great brakes and lights. So last year I took delivery of a new model Velomobile designed by Egger Bulk that combines safety, comfort, convenience and speed.

I am offering test rides! Just ask me.

### **Here are my Bulk Velomobile Pluses and Minuses**

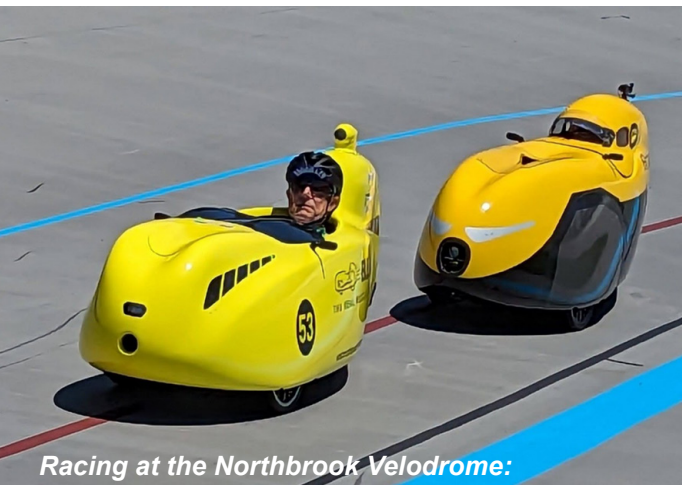
Note: this is my first Velomobile and I am 77 years old.

#### **Pluses**

- Safety: The Bulk has special crumple zones to protect you in the event of a collision. Friends had their Velomobiles totaled by cars and they walked away with bruises.
- Visibility: with my special day glow yellow paint, the LED strobe and the turn signals most drivers see me.
- Speed: The Bulk is at least three to four miles an hour faster than my fastest other recumbents and roabikes. Almost every time I ride I set Strava PRs.
  - I really like being the fastest guy on the road.
  - Last year I raced 40 KM in 53m4s @28.1 mph.
- It is comfortable. No back or seat pain.
- It extends your riding season because it is comfortable and warm and dry in almost any weather and (I rode comfortably in rain and with a wind-chill of 7).
- The storage areas are very convenient and helpful for long rides and grocery shopping!
- The suspension is good at damping bad roads.
- Aesthetics: the Bulk looks fantastic.
- The right and left Zefal mirrors give me excellent rear viewing.
- The more upright seating position makes it much easier to see obstacles on the road.
- Versatility - the Bulk is good for racing (I raced my Bulk 6 times in 2023), road rides and running errands like going to the store. Previously I had a bike for each of these activities. Now I may be able to sell one or two of my other bikes/recumbents.

## Minuses

- The turning radius is, as expected with enclosed wheel wells, very large.
- It does not climb well. But, because you are on 3 wheels, you can stop and rest in the middle of a long hard climb!



Racing at the Northbrook Velodrome:



The Bulk Velomobile does coffee.



*NOTE: After having coffee with John, who met us for coffee with his BULK, I was driving home on Green Bay Road, two blocks for John's home. All the sudden I saw a Bulk coming down the street. At first I assumed it was John, but then I noticed this one was green plus yellow, not his. I immediately called John to let him know there was another Bulk in the area. John was not aware of another one, but after a few calls he was able to find the owner and his contact info. Here is where it gets fun. When John emailed him to say they should get together and ride, here is his response:*

*If you're ever in my area, I'd be delighted to meet you. The only thing is that my schedule is medium-full, so if you don't let me know ahead of time when you'll be coming, I might not be free to spend much time with you.*

*(signed) Father Ephraim (I'm a Greek Orthodox priest-monk)*

**Take a look at the riding priest**





## KIM CARDEN

### *Meet Kim Carden, Licensed Occupational Therapist*

Recently our Runner of the Year and Past President, Kim Carden, took a new position at Equestrian Connections. In Diana's latest Newsletter, she provided the following about Kim's background.



"I am excited and grateful to be given this opportunity to work as an Occupational Therapist at the Equestrian Connection. I grew up on a farm in central Wisconsin where we raised Appaloosa and Quarter horses. I showed Western pleasure and showmanship throughout my childhood. When I went to OT school, I combined my horse experience with therapy and wrote my master's thesis titled "The Role of an Occupational Therapist in a Therapeutic Horseback Riding Setting."

That was 30 years ago, and a lot has changed since then, so I am excited to update my knowledge in this area! "I have worked as an OT in a variety of settings including rehabilitation, outpatient, acute care, schools, private practice and currently home health. Pediatrics and adults with neurological injuries are my favorite populations. I love being an OT because it offers opportunities to work in a wide range of settings, I have met many interesting people, and it is flexible and fun! Outside of my life as an OT, I live in Lake Forest with my husband and have 2 children in college. I enjoy the outdoors, running, traveling, socializing with friends and hanging out with our dog and cat."



## *In Memoriam*

### **KELVIN KIPTUM**

**December 2, 1999 - February 11, 2024**

*By Jenny Spangler*

On February 11th as I sat down to watch the Super Bowl, devastating news lit up my phone. The marathon world record holder, Kelvin Kiptum, and his coach, Gervais Hakizimana, were killed in a car accident.

Kelvin skyrocketed to the top of the world marathon scene in 10 short months. He won the 2022 Valencia Marathon in 2:01:53, the 2023 London Marathon in 2:01:25, and set the world record at the Chicago Marathon this past October in 2:00:35. His world record was ratified on February 6th only 5 days before his death. His plan was to race the Rotterdam Marathon on April 14th with the goal of becoming the first person to legitimately run sub 2 hours - a feat that many thought was impossible was now possible.

I had the pleasure of being in the presence of Kelvin during the weekend of the 2023 Bank of America Chicago Marathon and watched him fly down the finishing stretch and break the tape for not only the win, but the world record. His finish was effortless and absolutely beautiful. Kelvin was a very humble runner. At the press conference on Friday before the race he was asked about his goal for the race. He simply stated that he wanted to have a good race, with the goal of breaking the Chicago Marathon course record of 2:03:45. He crushed it!

Kelvin was known among the marathon circle as “the closer”. For those of you that have run a marathon, you know how challenging it is to run the second half faster than the first half. Kelvin ran the first 13.1 miles at Chicago in 1:00:48 and the second half in 59 minutes and 47 seconds. Toward the end of the race his pace ranged from 4:28 - 4:33 per mile, which were the fastest miles of his entire race. All 3 of his marathons were raced in a similar manner.

Eyebrows were raised at his intense training regimen, but it worked for Kelvin. During marathon buildup he would run between 155 miles and 173 miles per week which included marathon paced runs of 18 - 25 miles on Thursdays and Sundays.

Sadly, we will never know what amazing feats Kelvin could have accomplished in the marathon as he was so young and had only raced 3 marathons. What Kelvin left us with is the excitement that a sub 2 hour marathon IS possible.

A quote from a social media post summed it up nicely: “He gave us a glimmer that it was possible”. Thank you, Kelvin.



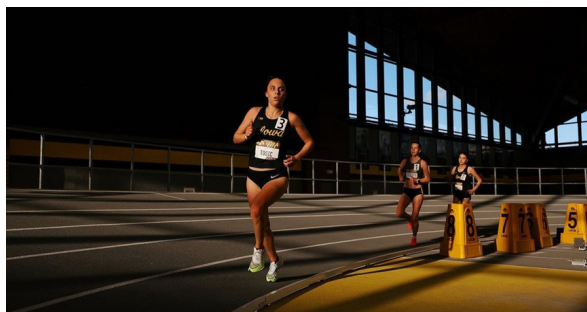
## RT's FINAL THOUGHTS



### KELLI TOSCIC WINS LAST COLLEGIATE INDOOR RACE OF HER CAREER

Mom and Dad traveled to Iowa City to see their daughter, Kelli Tusic run her last collegiate race.

Kelli rewarded them and made the trip worthwhile by taking **1st in the 5000M.**



### DAVE ANDERSON DESERT RACE

In the past, when a runner got tired of getting beat by the locals, they would sneak out of town to a smaller race to see if they could win some hardware. I guess that practice is still around. Dave Anderson decided to go 2500 miles out of town to Palm Desert, CA.

There he was able to achieve glory and took 1st place in his age group with a 27:31. Very Impressive.

**Congrats DA!**



### GASPARILLA RACES, TAMPA BAY

Over the weekend of Feb 24-25, the 46th Annual Gasparilla Races were run, with over 30,000 participants. This high-quality race has a unique format of four separate races, with special award for running all four. This year we had four club members down for the race, Bernard Lyles, just to observe, due to recent knee surgery. He was there to watch his brother, David, run all four races: 5K and 15K on Saturday, 8K and Half on Sunday!!

Others were Lynne Hans, Jeff and Liisa McMahon. Lynne ran the 5K, the 8K and the 15K; Jeff and Liisa ran the 8K. They were formerly part of the running community in Tampa, so were able to see some old friends.





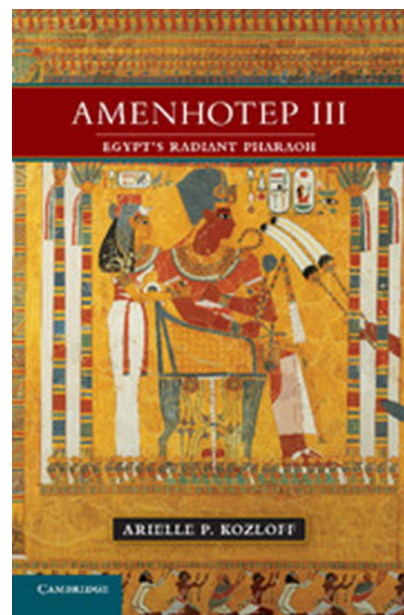
## PHARAOH RACE

**AFTER 30 YEARS OF RULE EGYPTIAN PHARAOKS HAD TO RUN A RACE TO PROVE PHYSICAL FITNESS**

Today in the news we hear a lot about our aging politicians and term limits. It is really not a new issue and the Egyptians long ago, came up with a suitable solution!

Egyptian pharaohs were seen by their subject as gods- but sometimes, those “gods” had to prove their worth. This occurred at a jubilee style celebration meant to reaffirm an aging ruler’s kingship, know as the Heb-Sed or Sed festival. The tradition dates back to the first dynasty of ancient Egypt, around 3000 BCE, and usually took place in the 30th year of a Pharaoh’s reign (and every three years after that). The event was filled with sacrifices, crownings and other lavish displays; the Heb-Sed of Amenhotep III, for instance, featured the construction of temples and colossal sculptures all along the Nile valley. But the main event was a footrace run by the pharaohs - dressed in a kilt with an attached animal tail - to demonstrate their physical fitness.

According to Egyptologists, ancient Egyptians likely related the health of their ruler to the overall health and virility of the kingdom. If a pharaoh couldn’t complete the race, it signaled that it was time to make way for a younger, healthier leader. Of course, thousands of years before modern medicine, 30 years was a long life span, and only a small percentage of pharaohs lived long enough to celebrate a Heb-Sed. Not all of them passed the test. Although a simple footrace may seem like a relatively easy method for reaffirming your reign, pharaohs were not nearly as svelte or athletic as hieroglyphics and ancient carvings would have us believe. Many kings and queens were plagued with various maladies caused by inbreeding, as well as obesity: A pharaoh;s diet, often filled with beer, bread, and honey contained an awful lot of sugar.



**Note:** *As you all know, your editors like to stress the family-oriented camaraderie of our Club. It is a pleasure to close this letter with a note from one of our esteemed member, Jenny Spangler, on what the Club means to her.*

## A Heartfelt Thank You

As many of you know, February 10th, 1996, was a big day for me. One question that I have been asked many, many times since my Olympic Marathon Trials win is: What are the unanticipated joys from that day? There are many, but “hands down” the number one thing that I am most grateful for are the wonderful friendships I have made because of my running, particularly the Lake Forest/Lake Bluff Running Club.

I first learned about the club when then president, Chuck Wathen, invited me to speak to the club in 1997. Then after a nudge from our good friends Mike and Tina, Miki and I attended our first Saturday morning run. We instantly fell in love with the camaraderie and family atmosphere of the club. Our daughter, Kelli, who is now 22 years old, has logged many miles in both the baby jogger and in her own running shoes through the streets of Lake Forest with the club.

Miki, Kelli, and myself have many fond memories including our River to River Relay trips, Melissa’s “field trips” with Kelli every Saturday morning to get donuts at the Lake Forest Bank, and Kelli feeding Laura cheerios from the baby jogger during the Saturday morning run.

I am eternally grateful for the support the club has given me through the ups and downs of my running career and truly appreciate the “congratulations” I receive as February 10th rolls around each year.

THANK YOU ALL!!!!

Love, Jenny

