



# FOOTPRINTS

Member News, Events, Calendar and More!

## SEPTEMBER 2024

### SUMMER PARTY



A decades old tradition was continues this month when we held our Annual Summer Party. This year at Karin Seiller's new home. The evening was ideal, in spite of a little rain, due to the Herculean efforts of our crack Social Committee led by its fearless leader, Dave Wiegand! Tables were set up in the front lawn food was passed and everyone enjoyed a great evening. Many thanks to all of those who helped Dave make this happen.

### 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.  
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## KID'S TRACK MEET

### 4th Annual Kids Track Event Saturday, August 10th, 2024

**By Jenny Spangler**

#### Formula for Fun:

Track + Kids + Volunteers = FUN Saturday Afternoon!

The energy was “off the charts” once again at our 4th Annual Kids Track Event on Saturday, August 10th, at the Lake Forest High School Track. Over 50 kids of all ages were given instruction and participated in the long jump, shot put (using lightweight soft balls!), running events, agility drills, and hurdles (using cones to jump over). The afternoon was capped off with a few running relays and popsicles.

The event was a tremendous success and would not have been possible without so many amazing volunteers from our running club. Kimberly and I are very grateful that we had such a great response from our members. A HUGE “thank you” for spending your afternoon giving your energy and expertise to our youth. Also a big thanks to the five Club members who stepped up to generously support this event. It is very possible that you might just see a few the participants on the podium at future Olympics and it all started at the LFLB Kids Track Event!





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## RACE RESULTS

### LAKE FOREST DAY 5K

Dan Loeger 1st AG  
 Dave Anderson 1st AG  
 Patti Shuma 1st AG  
 Leslie Gleason 3rd AG  
 Lynne Hans 1st AG  
 David Vargas 3rd AG

Andy Lyle 1st AG  
 Dave Wiegand 2nd AG  
 Chris Wiegand 1st AG  
 Carol Longman  
 Craig Fox 2nd AG  
 Perry Georgopoulos 3rd AG

Jeff Mc Mahon 1st AG  
 Joy Gayter 2nd AG  
 Mary Driver 1st AG  
 Stephen Bedrin  
 Nick Fearaley 2nd AG



### DIM SUM AND THEN SOME 10K

Lynne Hans 1ST AG

### CHI TOWN CARA 1 MILER

Jim Kubik 1st AG



## RACE RESULTS

### CHICAGO TRIATHLON

This year's triathlon was run under very tough conditions with a very hot, humid day.

Our intrepid tri-athlete, Diana Schnell and her daughter, Jen, withstood the conditions and performed well. Diana took 2nd in her AG and Jen took 3rd. Congrats on a job well done.



### FORT TO BASE



10  
NAUTICAL  
MILES

Dan Loeger 1st AG

Laura Kennedy 1st AG

David Vargas

Lynne Hans



8.25.24

## History on the Run

### West Lake Forest

West Lake Forest is just the western part of Lake Forest isn't it? Why a separate article about it? West Lake Forest was a growing community when East Lake Forest was virtually uninhabited. It was a separate entity for 90 years and wasn't annexed to Lake Forest until 1926.

The border between the two could be Waukegan Rd. or Rte. 41 but the true distinction is a geologic one. East Lake Forest is wooded with ravines and not suitable for farming. Much of west Lake Forest was open prairie and ideal for agriculture. Early photos show it more open with fewer trees than today. Consequently, after the treaty with the Potawatomi tribe in 1833 settlers, many Irish attracted to Chicago by the Illinois-Michigan canal construction went looking for land and found it in west Lake Forest. By 1836 there was an Irish settlement around the present-day Waukegan and Everett roads. Early settlers included Michael Meehan and Michael Yore (Yore descendants continue to live in Lake Forest) probably near the intersection of Old Mill and Telegraph roads. In 1846 the first mail stop was called Emmett Post Office and located near Waukegan and Everett Roads). This settlement went by the names Meehan's Settlement, Corduroy, Irish Settlement, Lancasterville and finally Everett before being annexed in 1926. In 1872 the railroad came and the first station was called Lancaster station until being renamed Everett apparently after the son of the Chicago, Milwaukee and St. Paul ticket agent. In 1844 the first church, called St. Michael's was established in a log cabin near the existing St. Patrick cemetery on Telegraph Road. Eventually a more permanent church, now called St. Patrick's was built in 1910 on Waukegan Rd. The cemetery preceded the church and dates back to 1840. The first school in the area was also located near the cemetery. The second and third schools were located near the current west Lake Forest fire station before the current school was built on Telegraph Rd.

The link to east Lake Forest was the Onwentsia fox hunt which traversed the open land of west Lake Forest. The use of the automobile by east Lake Foresters starting around 1904 allowed development further west since they were not limited by proximity to the east Lake Forest train station. Soon, estates and Gentlemen's farms were developed in west Lake Forest. Eventually with the 1926 opening of the Skokie Valley North Shore Line the linkage was complete and west Lake Forest was annexed.



## A TRIP TO THE PARIS OLYMPICS

By Greg Petry

### Bonjour!

*I was fortunate to attend the 2024 Paris Olympics.  
At the request of RT I compiled some thoughts and lessons learned.*



I was on the Facebook mobile app in April reading a New York Times article about the Paris Olympic Games. I came upon a hyperlink for ticket information. After several clicks I reached a site that displayed abundant tickets for track and field. Not trusting the site, particularly after several clicks, I grabbed my laptop. Searched "Paris Olympic Tickets". I was directed to the same site which I now had confidence was legit.

Amazingly there were tickets for all Olympic events at all price ranges. I then called my wife and asked her if she wanted to go to the Olympics. And I needed to know right now! My sense of urgency was predicated on the belief that maybe tickets just went on sale. Therefore, the reason for such availability. I said don't worry about the flight or rooms. I didn't want to lose my place for the tickets. She said let's go! We went...lessons learned...and observations!

I bought the best tickets available for the Friday night session because it featured the men's 10,000-meter final. They were \$900 each. I also bought tickets for Sunday evening which featured the men's 100-meter dash final. Second tier at \$500 each. It was a typical track meet. I was in row 22 just past the finish line. After the men's decathlon 400-meter qualification round about 100 Estonians left after their guy ran. The next event was the 10,000-meter final. So, everyone in row 22 looked at each other. Puzzled and pondering. Is anyone going to make a move down to even better seats? Being not one to pass on an opportunity, I looked at my wife and said we are moving down. She said, "We can't do that! I said either come with me or stay in your seat. See you! Reluctantly she moved down. There was no security. The ushers were high school/college aged mainly on their phone or talking. No pushback as we move to row 3. Right behind the press corps where medalists posed with their country flag.

Buy tickets for events you must see. Everyday on the Paris Olympic app tickets in all price ranges for all events were available. Good thing about Europe is that you can't scalp tickets. The Olympic ticket app would allow you to buy or sell at the face only value. It will be interesting to see what happens in LA 2028.

Take a chance and show up at the event for a ticket. My wife was sick Sunday and couldn't go. I went to the stadium an hour and a half before the start to sell my extra ticket. Couldn't give it away. I was offered, for free 1, 2 and 3 tickets, respectively by people who had extra.

The Olympics on TV are far more exciting than in person.

It's a big money grab. Went to the American house to buy souvenirs (primarily to get Rick pins) and there was a \$325 per person entry fee. Not very receptive. I didn't want an all you can eat buffet or be a "hanger on" to potentially meet an Olympian! Just wanted a souvenir! There were hundreds of people who turned away in disbelief during the 15 minutes we were there. The brilliant marketer who thought of this cost the US Olympic Committee thousands. You think they would want to promote your country and team.

## FINAL THOUGHTS:

- People were not trading pins as I could tell.
- You will meet interesting people from all over the world.
- Security in Paris was very good. Lots of patrols with M16 rifles strolling and looking people directly in the eye.
- Mass transportation was excellent.
- The Olympic app was excellent and helpful. All game tickets and transportation were electronic.
- The streets were empty. The Parisians left for vacation. Streets had ninety five percent bicycles, few cars.
- Prices dropped for rooms two weeks before the games.
- People didn't awake till noonish...but partied till 3am!
- Contrary to popular belief, the Parisians are not snobs. They will snub you if you don't start a conversation with bonjour. Start with bonjour, then ask if they speak English. If you don't start with that courtesy, expect to be blown off.

In all, I would do it again. I met three sisters from Chicago that have been to eight Olympics! They confirmed not to believe the hype, just go. I wouldn't worry as much over planning next time. It's nothing like the hype. It's just another track meet...

All the best from you editors...



## FINAL WORDS by RT

Recently, in the Chicago Sun-Times Daily Newsletter they asked the question highlighted below. Not surprising, one person responded with a tribute to our own Jenny Spangler and husband Miki.

### ***Who's a coach or mentor who's made a big difference in your life?***

“A special coach had a significant impact on our daughter and our family. When our daughter was a star athlete in high school, she was under a great deal of pressure from school and club team coaches who appeared to want sole authority over her training. Hoping for advice, I wrote a letter to Olympian Jenny Spangler. Jenny and her husband became our daughter's mentors, bringing her piece of mind and athletic success. When I offered to pay them, their response was 'to pay it forward.' Over two decades later, we are still grateful to Jenny and Miki for their kindness and expertise.”

— Amy Jackson





## **Cheers to a great summer running season**

*Your chief editors RT and Perry*

