



FOOTPRINTS

Member News, Events, Calendar and More!

NOVEMBER 2023

ANNUAL THANKSGIVING DAY RUN



Thanksgiving is fast approaching, so you know what that means; Time to start getting ready for our annual T-Day Run/Walk. This year we are blessed with three generous sponsors. We continue to be supported by our longtime patron, **The Bank & Trust of Lake Forest**. Also back is **Forever Om**, the yoga studio on Western in LF. Finally we also have the **True Value – Lake Forest Hardware Cards and Gifts** on Waukegan in West LF. Please support these generous businesses and thank them.

The Run Walk is scheduled for Thursday, November 23rd at 8:00 AM at the West Metra Train Station in LF.

Again we will be collecting monies for the Northern Illinois Food Bank, who we have supported generously in the past!!

2023 HOLIDAY PARTY – SATURDAY, DEC 9



Time to save the date on your calendar. We are all set for the Annual Holiday Party on Saturday, Dec 9 at 6:00 PM. Same venue, Lake Forest Club and the Steve Clark band will be back to entertain.

Look for more info on these events soon!



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

FALL RACE RESULTS

October has been a spectacular month for our Club runners. I think you will agree that some of the achievements have been totally awesome. Here we go.

CHICAGO MARATHON 2023

Again the Club had a good turnout this year. Here is a summary of our finishers:

Lori Fitzgerald	3:29	Carol Lundahl	4:23
Kim Carden	4:10	Anna Loeger	5:16
Dan Loeger	4:12	Mike Reidy	6:01
Dave Engelke	4:20	Jeff McMahon	6:17
Julia Loeger	4:22		



Here are some of their comments on the day:

"I got to run the first 9 miles with my buddy Carol and had outstanding weather and spectators carry me to the finish...a great day." – Kim C

"It was an awesome time out there and my training buddy, Kelvin, broke the WR too. Lots of excitement for the Loeger family after the race was over." – Dan L

(ED Note: Dan didn't mention it but, I am sure he was surprised that his daughter, Julia, finished just 10 minutes behind him, especially after she allegedly stopped for a mimosa during the race!!)

"The weather was perfect for this marathon, I felt great and I pushed the winner to a world record!" – Dave E:

"I was 10 min slower than my goal, but I was just happy I finished running!" – Mike R



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FALL RACE RESULTS

KEVIN KANE KONQUERS HENNEPIN CANAL 50 MILER

On October 7 I completed the Hennepin Canal Trail 50 mile run, finishing first [and last] in the 70+ age group. It is no surprise most runners were more concerned about survival than speed. My time of 13:02 hours was good for 76th out of 95 finishers. Amazingly 185 people completed the 100 mile run including three over 70.

There were aid stations roughly every 5 miles with dozens of wonderful volunteers.

Runners had plenty of time to admire the feat of constructing the 100 mile canal with the equipment available in 1890. There are 20 some locks. The canal runs above the Green river and in places is more than 10 feet above the corn fields on both sides.

–KK



AMANDA MACUIBA EXCELS AT KONA IRONMAN

As far as I know, Amanda Macuiba is the first Club member to participate in the Kona Ironman Finals. Amanda qualified this year, based on her finish in a number of races. She took full advantage of the opportunity and had an excellent performance, in spite of the (normal?) hot, humid, windy conditions, and finished in an impressive 10:54!! Amanda averaged almost 20 mph on the bike, and for some reason, had a big smile as she finished the bike segment!! Great job!



CLUB PRESIDENT SCORTCHES THE FIELD AT THE INDY MARATHON

Get up
Run like the wind
Recover
Repeat



Dan Loeger, Club President, ran his second Marathon In October in a blazingly fast time of 3:48.

Great run, Dan!!



COACH JENNY SPANGLER RECOGNIZED BY CHICAGO MARATHON



Jenny, with other top marathoners

One of the great pleasures of being the editor of Footprints, is being able to write articles about the fabulous people in our Club. This month I want to share some info, both new and old about our Club Coach Jenny Spangler. Jenny has done so much for the Club, from her coaching and her initiative in setting up various Club events and competitions. First, a little about Jenny's background.

Jenny was an amazing athlete at the U of Iowa. Not only did she lead the X-Cty team to its first Big 10 title, but she was also honored as a NCAA All American in Cross X-Cty and the 10K in 1983. In the same year, Jenny ran Grandma's Marathon in 2:33, setting the US Junior record that stood for almost 20 years.

After college her running was up and down until 1996. She was training hard and running well and qualified, with the 64th fastest time, for the Olympic Trials. This is when the miracle in South Carolina happened. Jenny was running as a relatively unknown, but was running a good race. At mile 17 she took over the lead, and the big names decided to let her go, thinking she would eventually come back to them. At that point the TV announcers started trying to figure out who she was. They had to scramble fast as she maintained the lead and, when the others decided they needed to reel her in, it was too late. She crossed the line first, by 12 seconds, and caused a might uproar as the Unknown Winner with an impressive time of 2:29!!

Unfortunately, injuries caused her to drop of the Olympic race. But Jen kept at it and again in 2003, she set a record with the fastest time for a Masters' Runner. As far as we know she was the only person to hold the Junior and Masters record for the marathon.

So what has she been up lately besides her many activities for the Club, coaching HS X-Cty and raising a daughter, Kelli, who is now running at Iowa?



For the past 16 years, Jen has been provided the radio coverage for the Chicago marathon. She's now in a broadcast booth, much better than in the press truck on cold, snowy days. This year, she was honored by Carey Pinkowski, head of the Marathon, for her accomplishments and contribution.

Now I will turn it over to Miki Tosic, proud husband, on his weekend observing the Marathon activities:

This year's Chicago Marathon was truly and amazing experience.

Words really can't do justice to the feeling of being at the finish line witnessing history as Kevin Kiptun crossed the finish line with a new world record of 2:00:35, and Sifan Hassan running the second marathon fastest time ever run by a woman in 2:13:44, breaking the Chicago course record.

The very real possibility of a seemingly impossible sub-2 hour marathon now looks likely in the near future!

Earlier that weekend on Friday evening at the Chicago Marathon Kickoff Welcome Reception, executive race director Carey Pinkowski honored Jenny and a number of other marathon greats in the room by having them come to the front of the room, and reading off their amazing running accomplishments. He called our very own club coach Jenny Spangler up first!

Here are the other marathon athletes that Jenny shared to dias with:

Khalid Khannouchi - multiple-time Chicago champion and former marathon world record holder

Constantina Dita - Chicago champion and 2008 Olympic marathon gold medalist

Joan Benoit - we all know the story

Keira D'Amato - American half marathon record holder, and former American marathon record holder

Deena Kastor - Chicago champion, 2004 Olympic marathon bronze medalist, former American marathon and half marathon record holder, and former American master's marathon record holder

Carrie Tollefson - 1997 NCAA cross country champion, and 2004 1500M Olympics participant



Jenny reporting

Carey Pinkowski with Winners

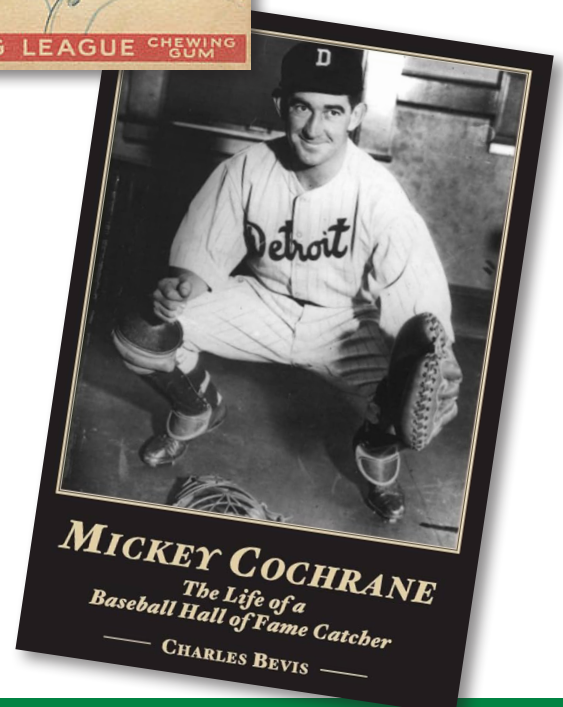
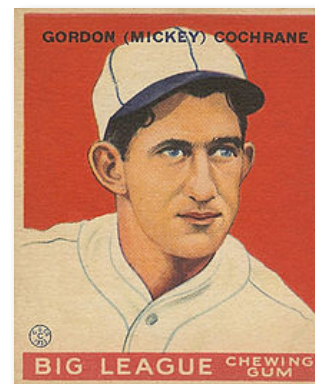
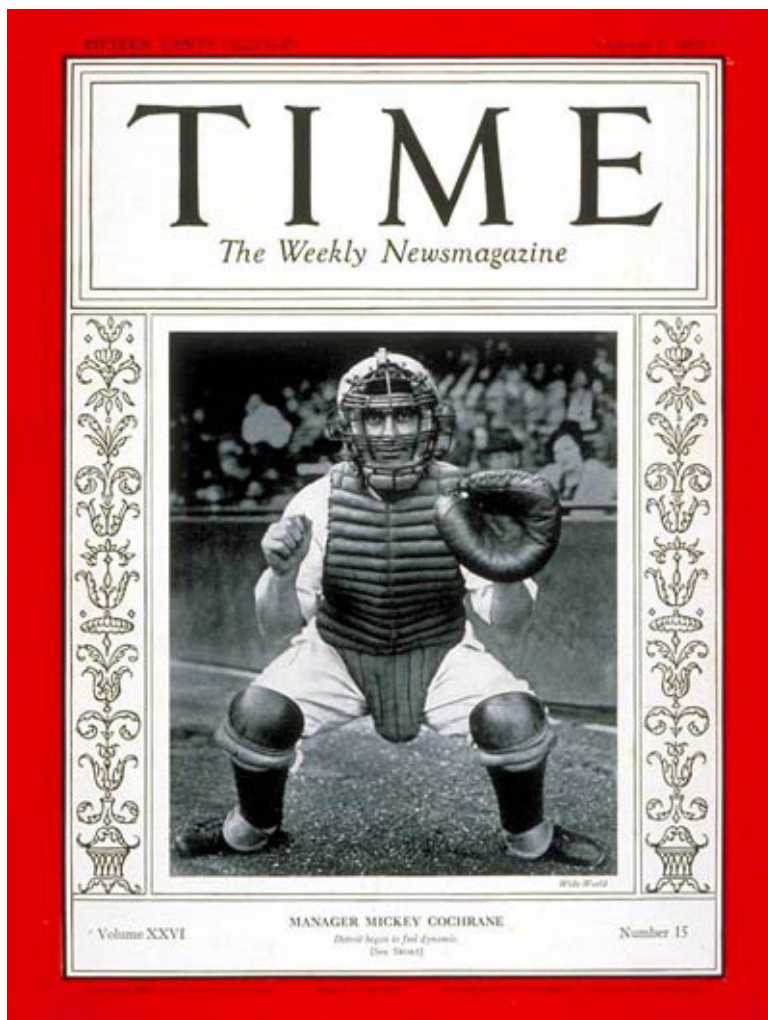


History on the Run #24

I am thinking of a Lake Bluff Hall of Fame Baseball Player. Who is he?

I know what you are thinking: Ryne Sandberg. One of the all-time great Cubs and now a Lake Bluff resident. **WRONG.** Lake Bluff resident (138 East Sheridan Road) Mickey Cochrane was inducted into the Hall of Fame in 1947 and was known as the best catcher in his day playing for the Philadelphia Athletics and Detroit Tigers. In case you weren't paying attention in the 1920's and 30's, he holds the record for career batting average for a catcher of .320, and was twice named the American League MVP in 1928 and 1934. Quite an accomplishment when you consider Babe Ruth and Lou Gehrig were American League competitors. In 1934 Cochrane became the Detroit Tigers player-manager, winning the pennant and earning Cochrane his second MVP award. The next year the Tigers won the World Series and Cochrane made the cover of Time Magazine.

In 1937 Cochrane was beamed and after a hospital stay was advised to retire from baseball. After baseball he joined the Navy during WW2 and was assigned to Naval Station Great Lakes where he coached the baseball team and supervised recruit physical training. Cochrane died at Lake Forest Hospital in 1962. By the way, another great player, Mickey Mantle was named after him.





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CLUB HAS BIG SHOWING AT 2023 LF PUMPKIN CHASE

Again we had a large turnout for the LF Pumpkin Chase. It was a great day for the race, and a great day for taking photos. Check out the Mike McMahon photos below. Love the great smiles! Here is the list of Club finishers. Apologies if I missed anyone.

Dave Anderson
 Kristine Burgess 1AG
 Mike Disbrow 2AG
 Joan Elliott 3AG
 Judy Frides-Craig
 Leslie Gleason
 Ken Glick 3AG
 Julian Gordon

Barb Gralla
 Ben Gralla
 Lynne Hans
 John Herrmann
 Liam Hilts 3AG
 Lyla Hilts
 Jim Kubick 2AG
 Carol Longman

Andy Lyle
 Jeff McMahon
 Liisa McMahon
 Ed Packel 2AG
 Chris Piskule
 Mike Piskule
 Dave Stresser
 Dave Vargas



ANOTHER GREAT TURNOUT FOR THE HALLOBRUNCH

Our fantastic hostess has done it again and with this year's Hallobrunch. There were over 60 people to enjoy the run/walk and settle back at Diana's to enjoy the vast array of goodies supplied by the Club members. It wa a little cool, but there was a sauna people could pop into for some temporary warmth. From the photos below, you can see a lot of members got into the spirit with some great costumes. Again thanks to Diana, Dave and Jan and Chuck, who would do anything for do some free wine!!



The Two Kens



Ed and Kathy



CJ the Beekeeper as a Bee



Diana Ready to Scratch Bernard



Carol Looks So Proud of Herself!



One more pic of Jenny



C'mon Kim, No Photobombs!



Scary Scott



Sonny and Two Humans



Debra and her Lemon Spider Cake

TRICK OR TREAT



Now Known as Fanny Flan



Nice group plus a smirky Dave



Rick is aging well



Getting Warm in the Sauna



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RT'S FINAL THOUGHTS

Hardy Runners – revisited

Last month I highlighted the hardy (crazy) runners out running in the 100+ noon day temps. This month we have a group of runners who ignored the pouring rain and showed up for the Saturday run. Here are the hardy few!



Check out this Loeger family pride!!



History on the Run – Bix - revisited

Last month I mentioned that Steve Wikner had run the Bix7 many times and now I have the facts. Steve has run the Bix 43 times, placing 17th overall in 1977, with a best time of 36:56 in 1989 (a 5:16 pace for 7 hilly miles) and placing 3rd in the 40-49 age group in 2003. - RK



QUESTION:

How many Club members does it take to teach Carol (CJ) how to erect our Club banner??

ANSWER:

Carol did it for the Pumpkin Chase with a little help from a nearby tree. Great job, CJ!

