



# FOOTPRINTS

Member News, Events, Calendar and More!

**APRIL 2025**



**Our apologies for the joke. Keep scrolling to enjoy the April edition**

**APRIL  
FOOLS' DAY**



# FOOTPRINTS

Member News, Events, Calendar and More!

## APRIL 2025

### CHILLY CHILI

On the tail of their successful Bocce Ball event, the Social Committee is set for our annual Chilly Chili feast this month. They will be hosting the event at Northcroft Park, after the success with that venue last year. Check the following for the details.



**OK Gang, it is almost here. Get your taste buds ready for our Annual Chilly Chili!**

**SUNDAY, April 27th, 3:30 pm to 6:30 pm**

**Northcroft Park,**

**1365 S. Ridge Ave., Lake Forest**

Obviously, there are a lot of logistics and details, so please pay attention. First, this is a Club participation event. We need everyone to bring something to share. We will have awards for the best chilis, but we will need side dishes too. This year we are again going high tech and have a spreadsheet where you can enter what you will be bringing. It is fine if you don't want to deal with the spreadsheet, just contact Dave Wiegand with questions or contributions, [davewiegs@gmail.com](mailto:davewiegs@gmail.com). Also, keep in mind this is a BYOB event, so be sure to bring your favorite beverage. Here are answers to some concerns:

**This event is inside an enclosed park shelter house.**

**There will be a fireplace, so we will warm up, if required!**

**There are electrical outlets for crock pots.**

**There are washrooms and running water Parking is OK for non-LF residents**

Let us know what you plan to bring by adding your name to the Google doc...but if you want to just show up, that's OK too!

**Here is the link to the spreadsheet:**

**[Chilly Chili 2024](#)**

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



# FOOTPRINTS

Member News, Events, Calendar and More!

## BOCCE BALL

A big thanks to John Brucker and the others for another successful Bocce event. We had a good turnout and a strong, friendly competition. The winning team was Jeff, Joy and Liisa. Closest to the pallino was Rich Kosmerl who was within 15”.



## MEET ANOTHER NEW MEMBER – STEVE BEDRIN

Steve Bedrin has been spreading positive vibes in our running club for three years, thanks to an introduction by Leslie Stollenwerk-Gleason. After joining in 2012, he took a break but is now back and loving it! Steve enjoys our group's energy, the scenic running route, and chilling at Starbucks after runs. He's gearing up for the Kettle Moraine 100k in La Grange, Wisconsin, this June and aims to finish within the time limit. Steve used to do triathlons and plans to return to shorter ones next year. Besides running, he enjoys biking and swimming and loves woodworking by turning fallen trees into useful pieces. Steve works as a software engineer, mostly from home. Speaking of his home, he is another runner who lives on our Saturday running route. When you are almost at the end of the run getting ready to cross over Illinois Ave, you can look down and see his pace on the south side of the street!

We're thrilled to support Steve in his training and cherish his presence in our club! Sending the best of luck in your June race! Long may you run!



*Steve Bedrin*



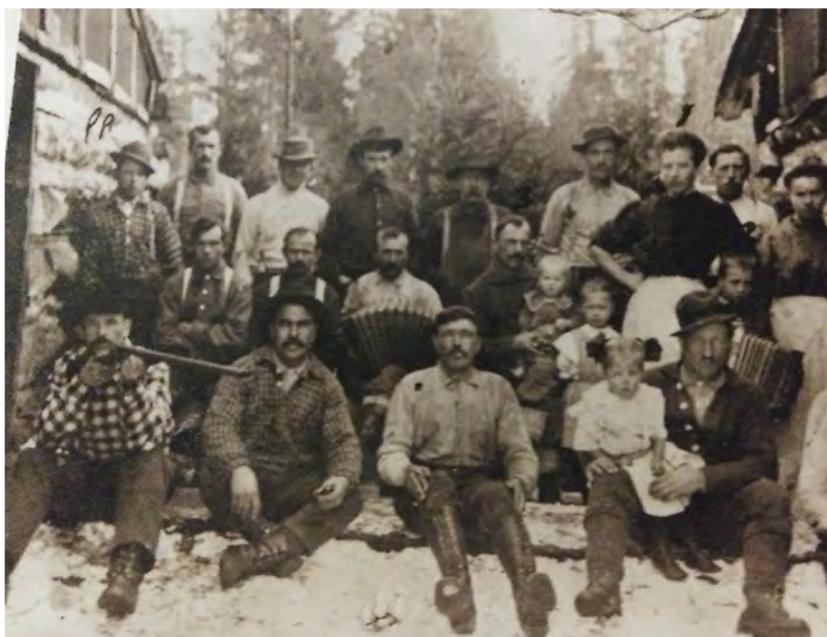
*Steve's home*

## History on the Run

### Robert E. Wood - the Man Who Made Sears the World's Largest Retailer

**Author's Note:** *"Curated" One of the buzzy words of 2025. Well darn it! This article is curated too.*

Remember Sears? Hard to believe now but there was a time when it was the largest retailer in the world: a combination of Walmart and Amazon. My dad was born in a lumberjack camp in the UP (Michigan if you aren't from the upper Midwest). Far from any town, they got their shotguns, flannel shirts, boots and suspenders among other things from the Sears catalog. In my youth and beyond, the go to place for stuff was the local Sears, Roebuck store. I bought my JC Higgins 3 speed bike and my first set



*Rich's dad*

of weights there. Later in my attempts to keep my cars running, it was the source of Die Hard batteries, Craftsman tools, basic car repairs and eventually Kenmore appliances. It is hard to believe the Sears of my dad's youth and mine no longer exists.

Who was **Robert E. Wood** and why should we care?

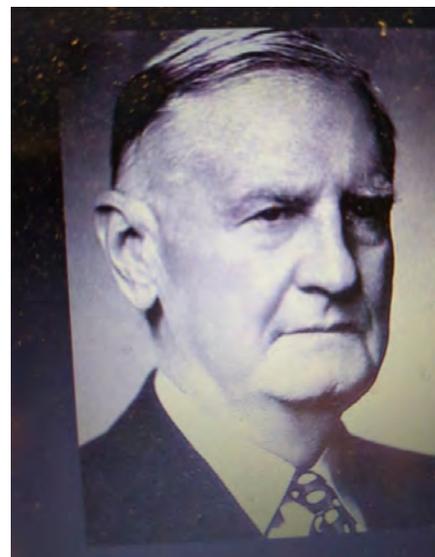
**Panama Canal:** One of the world's great civil engineering feats. After graduating from West Point and after a few other assignments, in 1905 Wood volunteered to work on the Panama Canal. By 1907 he was General Goethals's assistant and in charge of procuring all the material needed for the project, scheduling production, feeding, clothing and housing the 50,000 workers, managing the ports and running the railroads. Wood worked there through the project's completion in 1915. After the completion of the canal project he was promoted to major and allowed an early retirement.

### WW1

When the US entered WW1 in 1917 Wood re-entered the Army and General Pershing

## History on the Run

soon assigned him the task of getting supplies to the front and its soldiers. Wood was promoted to Acting Quartermaster General and the rank of General by the end of the war.



## Sears

Again Wood retired but was recruited to work for Montgomery Ward by Robert Thorne, Ward's President who was on Wood's staff during WW1. Remember, in those days Montgomery Ward and Sears sold exclusively through their catalogs. Wood worked for Montgomery Ward for 4 years, grew the business so that it was closing the revenue gap with Sears, but left when Wards refused to expand beyond the catalog into retail stores. Wood recognized that the automobile allowed customers to visit retail outlets and do their shopping there where they could actually see the merchandise and also buy additional items beyond their shopping list.

In 1924, Julius Rosenwald who had driven remarkable sales growth at Sears was looking for his successor and recruited Wood. Wood accepted with the understanding that he be allowed to open retail Sears outlets. Wood had Sears open retail outlets where parking was plentiful and stocked categories of goods such as auto parts and hardware attracting not just the female shopper who currently shopped at Marshall Fields, but the entire family. Wood also saw the opportunity to sell quality products but at a price below the upscale Fields and Carson's. This strategy was wildly successful and by 1932 Sears's retail store sales overtook catalog sales. Wood also promoted from within, developed profit sharing programs and paid higher wages than competitors. Under Wood's leadership, Sear's, during the 30 years Wood ran the company saw sales increase from \$200 million to \$3 billion, profit from \$14 million to \$141 million and stock market capitalization from \$286 million to \$2 billion. At this time Sears was the world's largest retailer, combining the retail and catalog sales. Wood, who lived at 700 Ridge Road in Lake Forest, died in 1969 and is buried in the Lake Forest cemetery. Woodfield Mall is named after him.

## UPCOMING EVENTS – RUN, BIKE, TRI-

The Event Calendar compiled by Dan L and Diana is constantly being updated. For a 'live' copy of the spreadsheet click [here](#).

In addition, we would like to highlight some races that some of our Club members are doing and would like some company.

*First is the Wisconsin Marathon and Half in Kenosha on May 3. Some of the Swee family and Jeff McMahon have signed up so far.*

*Next is Highland Park Half and 5K on June 1. It is a good race and usually well attended by our members.*

*To help support a good cause there is The Walk for Lurie Children also on June 1. The whole Swee family will be participating in this one.*

*Finally, for a destination marathon, Jeff McMahon is doing the Dublin Marathon on October 25. Road Trip!!!*

**Eat  
Sleep  
Run  
Repeat**



## 2025 JENNY SPANGLER RUNNING PROGRAMS

Coach Jenny's training programs are about to begin. Here is her message. Click below for the registration form.

Happy Spring!

I hope that everyone has had a GREAT start to 2025! This year, track workouts will begin the week of April 28th. I am excited to see everyone!

I have attached information and registration for the Tuesday and Wednesday workouts. The fee for this year has increased to \$200 (\$100 student fee) due to rising costs.

For those of you who attend the Wednesday evening workout at Warren High School:

The Warren High School track will be unavailable beginning June 1st due to track maintenance. The current timeframe for this project has not been set but I am told to plan on at least June and July. We will continue to meet just outside the track and do workouts on the 800 meter crushed gravel loop behind the track and other areas around Warren High School.

Please don't hesitate to contact me with any questions you have about the 2025 Jenny Spangler Running Programs.

Thank you!

Jenny

REGISTRATION: <https://www.dropbox.com/scl/fi/x4nlvkdk1h2l25p5gxd9p/2025-Jenny-Spangler-Running-Programs.pdf?rlkey=47n3wsu92e5832rlbmm582qpj&st=o3wv9bhc&dl=0>

For those of you that attended the M&G Running Seminar by Jenny, you may recall she discussed the Run/Walk method for completing a marathon. Here is an article further explaining that technique:

[https://www.nytimes.com/2025/02/27/well/move/run-walk-galloway-method.html?unlocked\\_article\\_code=1.1k4.DO2G.3UpS9VXdXQuX&smid=url-share](https://www.nytimes.com/2025/02/27/well/move/run-walk-galloway-method.html?unlocked_article_code=1.1k4.DO2G.3UpS9VXdXQuX&smid=url-share)

## RACE RESULTS

### SHAMROCK SHUFFLE 2025

This year we had another great turnout for the race, although we lost a few runners to injury. Below is a list of the Club runners who participated this year. Our Club also had two team entries in the race and our Women came in 14th place and the Mixed in 26th. Club Coach, Jenny, had two teams under the JSR banner and the Men came in 4th and the Women 6th in the Open Division, very impressive performances.

Special shout out to Carol who made a packet pick up run to Chicago for a number of our Club members!

*Here are the Club runners who participated:*

Dustin Macuiba	26:05	Jim Burgess	27:31
Dave Zeisler	29:32	Steve Clark	30:07
Amanda Macuiba	30:11	Mike Disbrow	33:46
Lori Fitzgerald	36:42	Jenny Spangler	40:06
Lauren Ettin	41:28	Kim Carden	43:23
Diana Schnell	49:18	Lauren Gayter	50:11
Joy Gayter	50:13	Liz Condren	57:18
Mike Reidy	57:37	Carol Longman 6	3:07
Judy Frides Craig	93:06	Lynne Hans	95:20





# FOOTPRINTS

Member News, Events, Calendar and More!



Jen, Mickey and Lauren

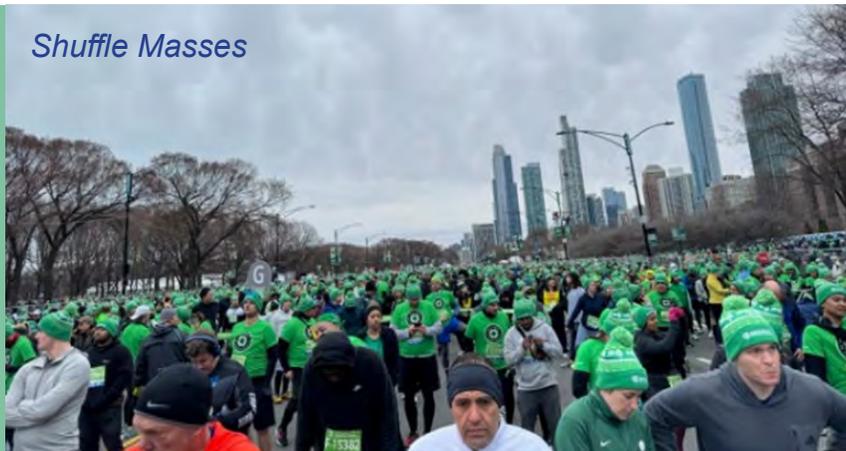


CJ and Mike



Carol at Packet Pick up

## Shuffle Masses



Shuffle Group



# FOOTPRINTS

Member News, Events, Calendar and More!

## RT'S FINAL THOUGHTS



*Rand H and Greg P on the Utah slopes*



*Bernard and Ken*



*Thursday Group*



*Tighe checking out the whitecaps!*



*New south ramp*



*Saturday beach group*



*John Brucker night time run beach group*



# FOOTPRINTS

Member News, Events, Calendar and More!

## RT'S FINAL THOUGHTS

Geoff Wilson has always been a trendsetter and a record breaker. He is trying to set the record for being seen the farthest away from LF wearing Club swag. Here he is near Antarctica south of Ushuaia, Argentina 7,000 miles away.

We thought he may have set the all-time record, but he was unable to dethrone Phil and Diane who sent pics from Viet Nam, 8300 miles away!!




---

**Our Club has always been a strong supporter of the work done by GLASA. Currently, Jeff Mc Mahon is on the Board. GLASA is now looking for volunteers to support their programs. Check the flyer on the next page for more info.**



## PARA TRACK & FIELD



## COACHES WANTED

**Great Lakes Adaptive Sports Association (GLASA) is seeking volunteer coaches to assist with our Para Track and Field program. Athletes are ambulatory with a physical or visual disability such as an amputation, paralysis on one side, blindness, and/or athletes who use a racing wheelchair.**

- Experience in track and field desired
- Experience working with athletes with disabilities is not required
- Practices are typically on Saturday mornings in the northern suburbs, at Lake Forest High School
- A weekly commitment is encouraged, but not mandatory

**FOR MORE INFO CONTACT CINDY HOUSNER: 847-494-8483  
[CHOUSNER@GLASA.ORG](mailto:CHOUSNER@GLASA.ORG)**

**GLASA is a non-profit organization that provides adaptive sports and wellness programs for individuals who have a physical or visual disability.**

**[GLASA.org](http://GLASA.org)**