



# FOOTPRINTS

Member News, Events, Calendar and More!

## APRIL 2026

### BOCCE BALL EVENT

We had another nice turnout for the Bocce Ball event this past weekend. Great work again by our Social Committee. John Brucker coordinated the event and made sure the competitions move along smoothly. This year's winners were the following:



*CLOSEST TO THE  
PALLINO:*

**Carol Lundahl**

*with a distance of 1-3/4"*



*FIRST PLACE TEAM:*

**Dave Wiegand**

**Chris Kelley**

**John Kelley**

**John Brucker (ringer?)**



# Congratulations!

### 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)



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## BOCCE BALL EVENT



## BOCCE BALL EVENT



## COACH'S CORNER

Here is this month's contribution from Coach Jenny. If you have any topics you would like Jenny to explore, please respond to [info@lfb.org](mailto:info@lfb.org).

### MAKING A DIFFERENCE WITH STRIDES

Incorporating strides into your training will help improve running form, speed, coordination, and economy. The beauty of strides is that they are not long in duration, and are low stress on the body. Unfortunately, strides are often overlooked because runners think: "how can something so simple make a difference"? If you consistently incorporate strides into your training, your running form and running efficiency will improve.

All runners of all abilities can benefit from strides. During my time training with the Santa Monica Track Club, my coach, Joe Douglas, had us do strides after all of our runs.

Whenever I came back from an injury, strides were the first introduction back to speed training.

Strides can be done after an easy run or before an intense workout between the warm up and the start of the workout. I like to do 4 to 8 strides of approximately 20 - 30 seconds, or 50 - 100 meters. After an easy run through my neighborhood, I will pick a mailbox or light pole approximately 50 - 100 meters away and do my strides back and forth with 15 - 20 seconds standing rest between each.

There are several ways to do strides. My preference is to use the first third of the stride to accelerate to 80% to 90% of max speed, hold for the next third, and then decelerate for the final third. The strides should feel quick but in control. If it takes more than 20 seconds to recover from the stride, then you are doing them too fast.

Start doing strides after a few runs each week and you will notice the benefit. Plus... they are fun!

***See you outside on the roads!***

*Coach Jenny*





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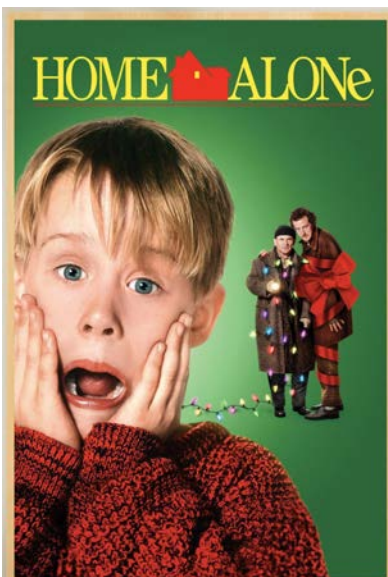
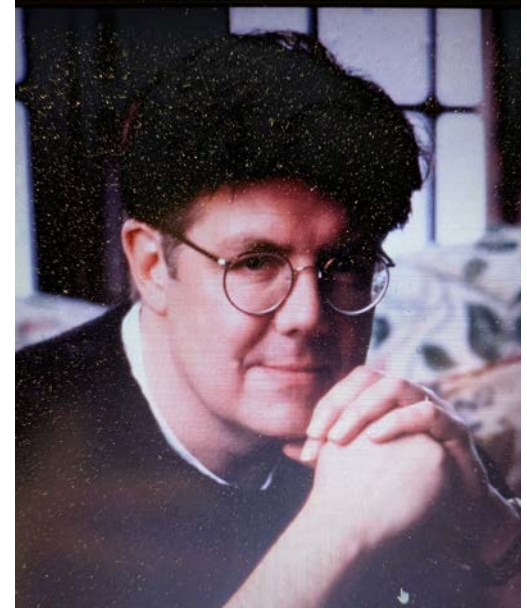
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## History on the Run

### The Creative Genius from 855 E. Westminster

As we make our way east on Westminster less than 1 mile from the train station on our Saturday route we pass a very attractive house on the right at 855 East Westminster. The house's architect is Edwin Hill Clark, designer of the Brookfield Zoo and the Lake Forest Library among his many works. But the significance of the house is not its architect but that it was the residence of John Hughes, famous writer, director and producer. Do you remember the Breakfast Club, Sixteen Candles, Ferris Bueller's Day Off, Pretty in Pink and Home Alone? Yep! That guy! He wrote all those movies and directed most of them. What is the definition of genius? I would argue it is someone who can consistently write and direct as he did.

John Hughes moved to Northbrook and attended Glenbrook North high school which inspired his films. He started as a copywriter for advertising agencies and at the same time writing and selling jokes to known performers before moving to National Lampoon magazine. Eventually he wrote a successful screenplay that became National Lampoons Family vacation which led to the films I mentioned earlier. John Hughes died in 2009 and is buried in the Lake Forest cemetery. John and his wife Nancy donated the money for the remodeling of the Gorton center theater in addition to other improvement projects in Lake Forest.





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## 2026 CARA AWARDS BANQUET

This year we had a special awardee at the CARA Awards. Bill Leiner was inducted into the CARA Hall of Fame joining past club inductees Ped Gudbranson, Cam Meyer, Ed Packel, and RT.

Congrats, Bill. Also accepting an award that night was Lynne Hans who came in 3rd in his age group on the CARA Circuit.



## RACE RESULTS

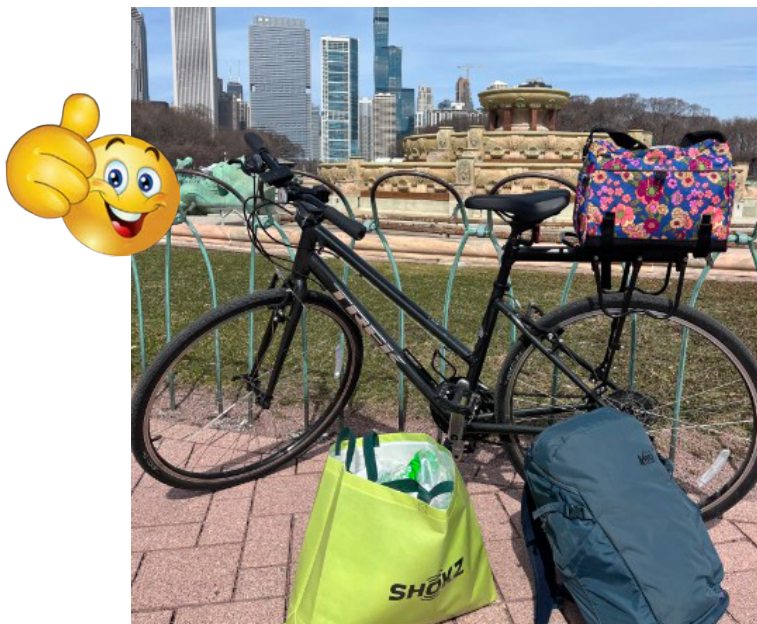
### SHAMROCK SHUFFLE

A number of our members braved the elements and showed up to this year's Shamrock Shuffle starting in Grant Park. Again, there were massive crowds, close to 30,000 doing the run. In spite of the weather the club members had some good times. Best efforts were by Mike Disbrow with a 34:10 good for 4th in his age group. Bill Leiner 38:46, 3rd age group. Jim Burgess had the best time of the day with a 27:26 (5:25 min/mile pace!) Here is a list of all the finishers:

But first a shout out to our pres. Carol who went to Chicago and picked up almost everyone's packets. Check out her loaded bike and front porch pick up. Thanks Carol, good job.



Mike Disbrow	34:10	4th Age Group
Bill Leiner	38:36	3rd Age Group
Jim Burgess	27:26	
Joy Gayter	51:33	
Leslie Stolenwerk	59:01	
Liisa McMahon	58:17	
Carol Longman	62:14	
Josh Friedlander	44:05	
Diana Schnell	47:52	
David Vargas	45:03	
Jeff McMahon	49:34	
Carol Lundahl	54:58	
Jenny Spangler	39:00	
Miki Tomic	57:13	
Michael Roberts	48:59	
Steve Clark	31:29	
Dave Zeisler	30:04	
Lynne Hans	1:22	





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## RACE RESULTS

### ANTARCTICA MARATHON March 19

Our club now proudly has not one, but two finishers of the Antarctica Marathon. One of the toughest in the world. Even getting there takes a lot of effort.

Two weeks ago, Lauren Ettin finished the marathon slightly under 5 hours, which is a really great time considering the conditions. Congratulations Lauren!!

Check out the well-dressed crowd behind her giving her a standing ovation. She joins club member Geoff Wilson in completing the way down under race.





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## UPCOMING RACES AND RIDES



### EmpowerRUN 5K Break the Silence May 2

The run takes place in Independence Grove, Libertyville.

A Safe Place is the only women's shelter in our area, supporting victims of violence and trafficking. This non-profit has been around for almost 50 years and continues to provide an invaluable service to families on the North Shore.

Plan to join this race and get a group together to run the race.



### Cancer Center Survivors' Celebration Walk & 5K Sunday, June 7, 2026



This will be the 33rd running of this key walk/run sponsored by Northwestern Lurie Hospital. The event starts in Grant Park and goes along the lake front.

This walk/run has always been key to the Swee family and all six members of the family plan to participate. It would be great to get more club members to join this event. Here is Mary Ellen's comment on the race.

*The entire family will be participating: my husband Bob; my sons John, William, and Joe; my daughter Katherine; and me. The 5K is on June 7, 2026, at 9:15 at Grant Park. A link is in the Club Event Schedule. Also below is a photo that was used by NMH in their promotional materials for the event.. Now support is needed more than ever.*

Mary Ellen

### BolderBoulder 10 - May 25, 2026 Boulder, CO



This is one of those races that you should do at least once in your life time. It is run in the scenic area around Boulder and has a classic finish inside the CU Buffalo's Stadium full of spectators. Check with Laura Kennedy if you would like to go out for the race.

### BTN Big 10K and 5K July 11



This race is Midwest runner's true favorite. You can sign up and run for your favorite Big 10 school.

The BTN Big 10K is an annual race celebrating the Big Ten Conference! This year's event will take place on Saturday, July 11, 2026 at Soldier Field.

The BTN Big 10K Post-Race Tailgate is held near Soldier Field immediately following the finish of the 10K and 5K events from 7 a.m. to 10:30 a.m. The Post-Race Tailgate features music, food and beverages, as well as fun tailgate inspired games like a football toss and corn hole. Plus, a chance to meet up with all the Big 10 mascots and usually a special guest athlete from the Big 10.

### DETAILED EVENT SCHEDULE

Click [HERE](#) for our updated race schedule reflecting a number of events in 2026.



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## GLASA NEEDS OUR HELP



Great Lakes Adaptive Sports (GLASA) has a need for volunteers at their outdoor track and field practices conducted at Lake Forest High School, on Sunday afternoons starting April 12, and also for the Great Lakes Games conducted June 4 to June 7 in Lake Forest and Wilmette.

If you are interested in volunteering please click on this link:

<https://linktr.ee/VolunteerForGLASA>

Please contact Cindy Housner at 847-494-8483 if you are interested in learning about coaching para track and field athletes who have a physical disability.

## RT's FINAL THOUGHTS

### February 10, 1996

Last month on Feb 10 we celebrated Julian's 90th birthday. However, there was another very special celebration 60 years later that we forgot to honor. Let me have Miki T explain:

*Thirty years ago today a relatively unknown 32-year-old woman living in Gurnee, IL, stunned the running world and won the US Olympic Marathon Trials in Columbia, SC.*

*Her "boyfriend" was 39, one daughter was 8, and another daughter was -5.*

**Congrats Jenny, we are perpetually proud of you after all these years.**



### RON DELANEY and JEFF GALLOWAY RIP

The running community lost two famously impactful runners of the past generation.

#### JEFF GALLOWAY

Recently the running community lost a great runner. Jeff Galloway, age 80, passed away on February 25 from complications of a stroke. Jeff was well known for his approach to marathons which was a run walk protocol. Jeff developed this procedure to help the middle of the pack runner who is struggling to complete marathons to not only complete a marathon, but to do it in a very good time. Jeff gained his real fame by running in the 1972 Olympics along with his teammate Frank Shorter. He continued to get recognition through his training techniques, which many competitive runners picked up. These included more rest time, not as many long runs, and training at altitude. Through these techniques, Jeff was able to stay competitive into his late 30s. At one time, he set the record. For the ten miller at 47:49. Jeff was also well known as an author and wrote many successful books on racing and training. Of those, his most famous book was The Run Walk Run Method.

## RT's FINAL THOUGHTS

I had a chance to put this method into practice back in 2004. A number of us from the running club were planning to run the Big Sur Marathon in California. Unfortunately, I suffered an injury a few months before the race and was not able to train. But not wanting to miss out. I picked up Jeff's book and read it on the plane out to California. After reading the book, I decided it was worth a try. So, I started out the marathon with a two-mile run and then a two minute walk and I followed this protocol for the complete race. I was able to finish the race in about 3:44 which was not bad on an extremely hilly course. It definitely made me a believer in



his technique and I would recommend it to others as I think it really makes a lot of sense.

Last December, Jeff was planning to run the Honolulu Marathon and uses run-walk, technique. Unfortunately, right before the race he fell and broke his kneecap and was unable to run.

### RON DELANEY

The running world lost another stalwart this month when Irish middle-distance runner, Ron Delaney, passed away at age 91. Ron was world famous at age 21 when he became the first and only Irishman to win a gold medal in the Olympics T&F, by coming in first and setting a new world record in the 1500-meter race. He also was one of the early group of runners who matched Roger Bannister, running sub-4-minute miles. He has been a true icon in Ireland and was still revered when he passed away.

Ron was a strong young runner with tremendous potential. To develop that potential, an



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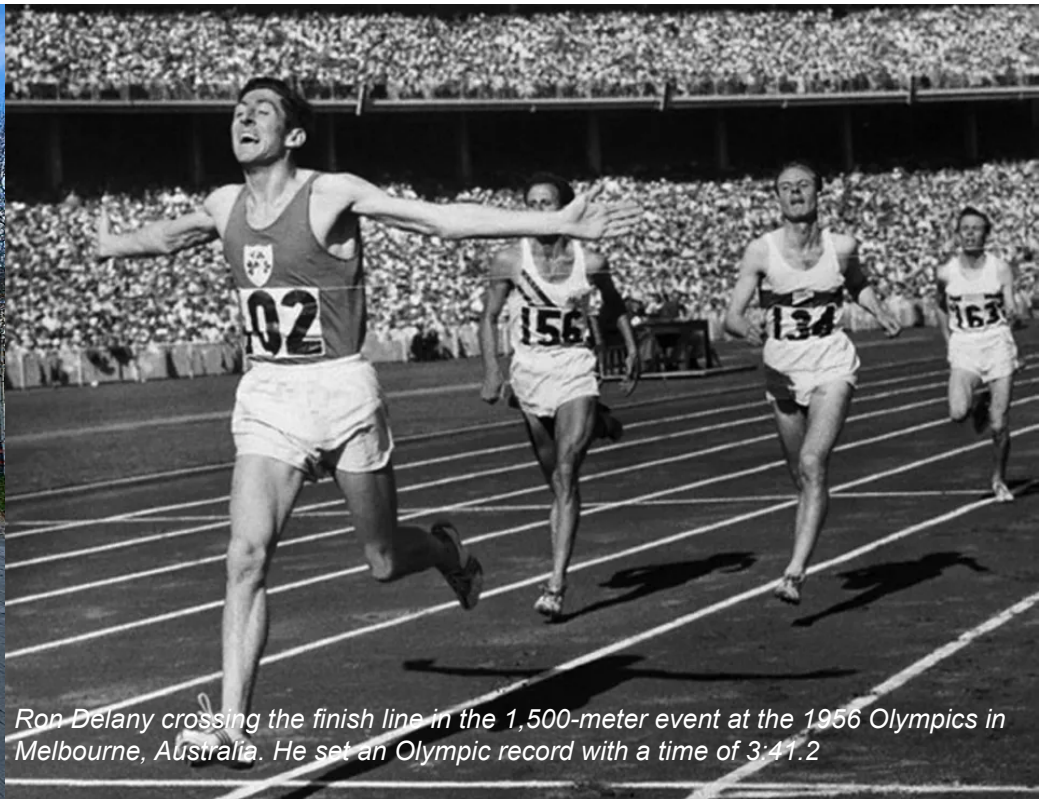
## RT's FINAL THOUGHTS

Irish coach suggested to Jumbo Elliott, Villanova's legendary track coach, that he give Ron a scholarship. Their collaboration led to Ron getting the gold medal three years later. It also started a long string of Irish runners who came to Villanova and excelled.

Ron won a number of other titles including the NCAA in middle-distances, but retired early at the age of 26 due to persistent injuries. He was also known as a true gentleman and was a statesman for Track and Field throughout his life. He will be missed.



Statue honoring Olympic champion Ronnie Delany, Arklow, Ireland

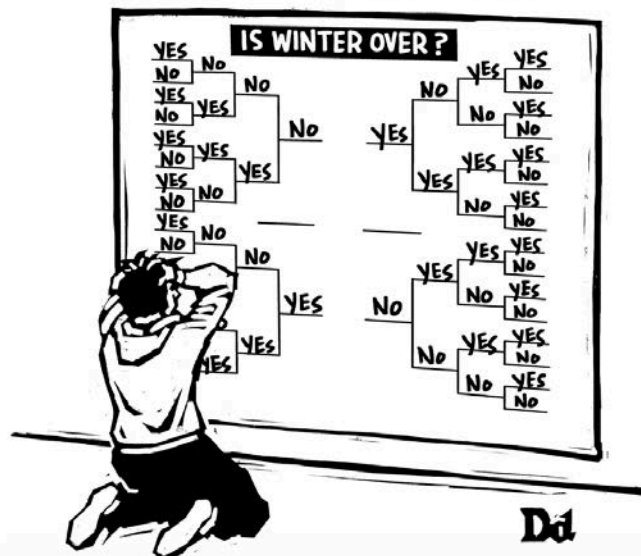


Ron Delany crossing the finish line in the 1,500-meter event at the 1956 Olympics in Melbourne, Australia. He set an Olympic record with a time of 3:41.2

### SPRING AWAKENING and OTHER CLUB PHOTOS



## MARCH MADNESS





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Tighe, Rick, Mark, and Scott checking out this landmark, slightly east of Mayflower on Illinois Ave. Another hidden gem in Lake Forest.



Tuesday Group



Thursday Group. (Do we have too many groups? LOL)

**And finally who got knocked out of their basketball pool when their favorite was upset....**



"Dang—there goes my bracket."



# HAPPY APRIL FOOL'S DAY

HA HA HA HA HA HA

# APRIL FOOLS' DAY