



# FOOTPRINTS

Member News, Events, Calendar and More!

## AUGUST 2025

### OUR ANNUAL SUMMER PARTY

Saturday August 9 from 6:00-9:00 PM

1055 E Westleigh Rd

Lake Forest, IL, 60045

*The party is all set and everyone should have received an Evite for the event. Make sure to respond and include what you will be bringing.*

*For details, check the Evite or contact Dave Weigand at [davewiegs@gmail.com](mailto:davewiegs@gmail.com)*



### KID'S TRACK EVENT

*by Jenny Spangler*

This year we were excited for another big event—our Kids' Track Event. The 5th Annual LFLB Kids Track Event was held on Saturday, July 26th, at the Lake Forest High School track. The success of this popular community event was due to the overwhelming support of the club members.

Over 25 members helped lead groups of kids through various stations including hurdles, agility drills, running events, long jump, shot put, and a fun new station this year...parachute sprints! The ages of the kids ranged from pre school through middle school. It is a fantastic way to expose our youth to the world of track and field and we might just have inspired a future Olympian!

THANK YOU to all of you who contributed your old running medals and supported this event through financial donations and/or volunteering your time on Saturday. Kimberly and I appreciate all of you!



### 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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## KID'S TRACK EVENT





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## RACE RESULTS

### Lincolnshire Red, White and Boom 5K

Joan Elliott's Grandkids:

Liam (15) 20:04 3rd Overall Male

Lyla (13) 28:21 3rd AG

Lauren (19) 27:01 3rd AG

Katie Kennedy 23:40 2nd AG

Laura Kennedy 24:22 1st AG

Ken Glick 45:22 1st AG



### RUN FROM the COPS - Gurnee



Mike Reidy 1st Age Group



### 4 on the 4th Elmhurst

Jim Kubik 41:09 1st AG

Lynne Hans 1:04:49 5th AG





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## RACE RESULTS

### BIG 10 RACE



While we did not have any runners in the Big 10 race this year, our own Bernard Lyles was working the race and sent us some great photos.

Check out Bernard with Lisa Leslie, WNBA all-Star player. Also I couldn't pass up the photo of a majority of the Big 10 Mascots. We should have a contest to see who could match the schools with the mascots!! (Marty Rosenthal not eligible!)

### Glenview Park District Jammin' 5K/10K

Melissa Nides Jordan completed the Glenview Park District Jammin' 5K/10K on July 26



### Annual Tour de France Commemorative Ride



Sunday, as Tadej Pogacar completed his fourth Tour win in the past six years, some of our intrepid club members were also riding into Paris in brotherhood with the Tour winner. However, in this case, it was Paris, Wisconsin!! Whatever!! It was still a great gesture by our riders. Here are Ben, Diana, Scott and Mark at the Paris HS!





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## RACE RESULTS

RAGBRAI, Iowa



### RAGBRAI, The Register's Annual Great Bicycle Ride Across Iowa 6 nights, 6 days, 300 miles, and 7 slices of pie

by Dave Anderson

RAGBRAI is a week of crazy fun biking across Iowa. Along with Andy Lyle and three others from Seattle, Jay and Edan and Ren, I biked across most of Iowa along with about 25,000 other off-kilter cyclists. In 6 days, I completed 300 miles of the 400-mile week. Andy got in about 450 miles before the truck headed back to Seattle at the end of day 6.

This year was very hot with heat indexes above 100 deg F most days. Along with the heat, the humidity and the wind were memorable. Corn sweats. That's a fact. The high transpiration rate this time of year doubles down on the humidity from the recent rains. Along with copious sweat, everything felt wet all the time. And the wind! RAGBRAI always goes west to east because that is the prevailing wind direction. Not this year. It was E, SE, or NE every day but two. On Wednesday, it was blowing 16 mph out of the south when we were going directly south for 72 miles. Andy did the whole 72 while I opted for 32. Thursday was a 50-mile dream with a tailwind most of the way. Friday we were going NE and that was the day that the wind was blowing, you guessed it, NE. Did I mention that Iowa is not flat? There was no reason to complain, since we were all in the same boat.

RAGBRAI is a slice of humanity all slogging to the same destination. Biking is more forgiving than most athletic activities. There were all ages and sizes and shapes and appearances on all sorts of modes of locomotion. The buff women and men who cruised along with seemingly no effort were in the minority. Most of us were struggling to make it to the end town each day. Whether the young kid, the old guys and gals, the overweight, the vets in an arm-propelled trike, the blind biker on the back of a tandem, the cute family on a triple tandem, the out-of-shape on an e-bike, or the show-off on a unicycle, we were all in it together. The parade of humanity and the mobile circus atmosphere are what make RAGBRAI worth the sweat and effort.

Oh yeah, there is the pie.





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## UPCOMING RACES AND RIDES

### CLUB RUN, BIKE and TRI Schedule



Click [HERE](#) for the updated race schedule.

*There are some key events we would like to highlight to encourage Club member participation*

### LAKE FOREST DAY 5K & FUN RUN August 6th at 7:00

This is always a Club favorite. Start your day with a run through our beautiful Lake Forest neighborhoods. Refreshments and a raffle for all registered participants will be waiting at the finish line. Individuals or entire families – everyone is invited to join in one of Lake Forest Day's best traditions!

Check the brochure at the end of the letter for details! Extra points if you can name the Club runner on the LF Days poster!

### 2025 CHICAGO TRIATHLON Chicago August 23-24

The Chi Tri is the world's largest urban triathlon and the largest triathlon in North America. Featuring over 8000 athletes across the weekend's distances and well over 20,000 spectators.

Something For Everyone: Though the largest triathlon in North America may sound intimidating, there is a program and group for every aspiring Chi Tri athlete. From programs to local clubs, open water swim practices to community activations, your Chi Tri community is closer and easier to get involved with than you think.

### NORTH SHORE CENTURY Evanston September 21

40th year for this ride. Ride through the beautiful lands of the North Shore and northern Illinois.

### HARMON 100 Wauconda September 7

Another long time ride that covers the far Northwest suburbs

### THURSDAY NIGHT EASY RIDE Lake Bluff 6:00PM

Also the BCLC has a beginner/easy run on Thursdays at the Lake Bluff Train Station at 6:00 PM



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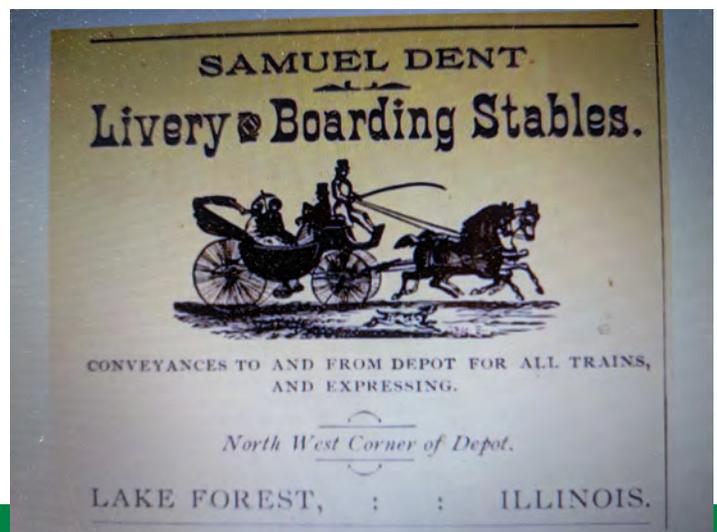
## History on the Run

### African Americans in Lake Forest

It is probably not the first thing that comes to mind when you think of Lake Forest, but it has had an integrated African-American population nearly since its founding. Admittedly, African-Americans have never represented a significant proportion of the population (about 1.2 % at the latest census) but they have been integrated with and an integral part of the community from the start. Let's go back and understand why.

Sylvester Lind, Lake Forest's first mayor and founder of Lake Forest College was an abolitionist and helped slaves escape through the underground railroad and apparently find employment in Lake Forest. Roxanne Beecher, niece of Abolitionist Harriet Beecher Stowe taught at the first school in Lake Forest (344 East Westminster). By the early 1900's Lake Forest College and Lake Forest Academy started enrolling African-American students. African Americans founded two churches, one, The First Baptist Church of Lake Forest on Oakwood is still in existence.

Among the noted African-Americans was Samuel Dent an escaped slave and Civil War veteran who ran a livery stable. Dent was born enslaved in Alabama in 1835. When Union troops from Illinois came through Alabama in 1862, he escaped and approached the regiment getting a job cooking, washing dishes, and tending to the horses. After the war ended, he moved to Chicago and got a job driving carriages. After the 1871 Chicago Fire, Dent and his wife moved to Lake Forest to join an existing African American community. Dent saw an opportunity to leverage his skill with horses. Although Lake Forest was physically small, people still needed help transporting trunks and parcels to their residences. With \$85 borrowed from a Lake Forest Academy professor, he bought a carriage and started a successful livery service. Dent was successful enough to build a stable at 179 E. Deerpath and expand to multiple carriages. Dent became a loved and respected member of the community, was interviewed by the Lake Forest College newspaper and was buried in the Lake Forest cemetery when he died in 1890.



## RT's FINAL THOUGHTS

*We have some key members to highlight this month.*

### Diana Schnell

Diana Schnell and Equestrian Connection received some excellent publicity this month. CBS ran a well produced feature on EQ and Diana on the 10 PM news.

Check out the video [here](#), plus a pic of Diana and Jan Luciano from the video.



## Former Coach and Longtime Professor Ed Packel to Receive Forester Impact Award at Homecoming



Lake Forest College Assistant Vice President and Director of Athletics Jim Catanzaro recently announced that Ed Packel, a former coach and longtime professor at the College, will be the 2025 recipient of the Forester Impact Award. The award is sponsored by the Forester Athletic Network (F.A.N. Club) and will be presented at the Athletic Recognition Ceremony on Saturday, October 11, at 11:00 a.m. in the Sports and Recreation Center.

Packel, who graduated from Amherst College in 1963 and earned a doctorate in mathematics from Massachusetts Institute of Technology in 1967, came to Lake Forest in 1971 and spent the



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next 42 years as a member of the faculty. He became the chair of the mathematics department in 1986 and served on various committees during his tenure. Packel was also a prize-winning author of five books and numerous articles in the field of mathematics and his professional travels took him all over the world.

His connection to Forester Athletics officially began in 1973 when he became the head coach of the men's soccer team. Lake Forest joined the Midwest Collegiate Athletic Conference (now the Midwest Conference) a year later and his team captured league titles in 1974, 1975, and 1976. The 1975 team also became the school's first to advance to the NCAA Division III Tournament and was inducted into the Forester Athletic Hall of Fame in 2015. Members of that squad will be celebrating the 50th anniversary of their accomplishments this fall.

After posting a 25-15-4 record in four seasons as head coach, Packel became one of the Foresters' biggest fans and has been in attendance at countless sporting events and other Athletic Department functions, especially soccer games, ever since. He has also supported the Foresters as a member of the FAN Club.

An avid runner, Packel completed 20 marathons and was elected to the Chicago Area Runners Association Hall of Fame. He founded the Lake Forest College Runners Club and for many years met up with other members of the faculty and staff, as well as athletes around the area, for a lunchtime training run through Lake Forest. Packel was also instrumental in an advisory role as the College added a varsity cross country program in the mid-1990s.

"Ed has meant so much to Forester Athletics for a long time," began Lake Forest College Vice President Jackie Slaats, who served as the Foresters' Director of Athletics from 1992-2019 and founded the F.A.N. Club. "In addition to coaching historically successful teams, he has taught and mentored countless student-athletes and been one of our most dedicated fans, especially to our men's and women's soccer teams. We have been fortunate to host several conference tournaments in the last few decades and he has been in attendance for nearly every one of them."

"It pleases me greatly to receive this award in this commemorative reunion year," commented Packel in response to his selection. "It brings back 50-year-old memories of teaching and coaching a fine group of soccer players, many of whom I am still in touch with to this day."

The Forester Impact Award honors individuals who have made a significant impact on athletics at Lake Forest College through their loyal support and whose consistent and meritorious commitment has contributed to the success of Forester Athletics. These individuals have gone above and beyond in serving and supporting the Forester athletic community. Packel joins Karen Herman, Spike Gummere, Paula Dau '58, Bob Tiernan '49, Tom Franke '63, the late Jean and Frank Mohr '52, and John Nelson '63 as recipients of the award.

## ***One More Fun Fact about Ed Packel***

***On Monday, July 28th, five days after his 84th birthday, Ed scored a hole-in-one on the 16th hole at Lake Bluff Golf Club. Way to go, old man!!***





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## LAKE FOREST PARKS AND RECREATION



## WEDNESDAY, AUGUST 6

7am Start • Deerpath Community Park

### RUN OR WALK — AGES 7 AND UP

Start your day with a run through our beautiful Lake Forest neighborhoods. Everyone is invited to join one of Lake Forest Day's best traditions!

**FREE T-SHIRT • AWARDS TO TOP FINISHERS • RAFFLE PRIZES • REFRESHMENTS**

PRICE GOES UP \$5 ON THE DAY OF THE EVENT. **REGISTER NOW AND SAVE! VISIT [LFREC.COM](http://LFREC.COM) OR SCAN THE QR CODE.**



Entry fee: \$43 R / \$52 NR  
Registration Code: 30380301  
Register by Aug 4 to pick up your race day packet at the Rec Center after 12:00 pm on Aug 5.

# LAKE FOREST

FITNESS CENTER

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## Colorado Mining Town Decides to Pave Main Street



Plans for the Deerpath Streetscape Project have been underway for years, dating back to preliminary conversations in 2016. A City Manager's Advisory Committee was formed in 2019 so that representatives of various interest groups could be involved in the discussion, recognizing the prominence and importance of the streetscape to the whole community. The final project is largely based on recommendations from the Committee. In 2023, the City received an IDOT grant for a portion of the project and we're excited to finally see these plans take shape in 2025.

### Project Overview

The final project aligns with most recommendations from the Advisory Committee. Project highlights include:

- **Pedestrian Safety:** New crosswalks, improved sightlines, and traffic calming to create a safer experience for everyone.
- **Infrastructure Renewal:** Replacement of the century-old water main, deteriorating sidewalks, and repaving within project limits.
- **Beautification:** New trees, decorative elements, and hanging planter baskets to beautify our community.



DEERPETH ROAD STREETScape  
AFTER DEERPETH RD & BANK LANE LOOKING E/NE