



FOOTPRINTS

Member News, Events, Calendar and More!

AUGUST 2026

ANNUAL SUMMER PARTY

Saturday August 8, 6:00-9:00 PM

1055 E Westleigh Rd, Lake Forest, IL, 60045

The party is coming up on August 8th and everyone should have received an Evite for the event. Make sure to respond and include what you will be bringing. Many thanks to Derek Debe and Kathy Mucci for hosting again this year.



For details, check the Evite
or contact Dave Weigand at:

davewiegs@gmail.com.



LAKE FOREST Day 5K & FUN RUN WEDNESDAY AUGUST 5, 2026



TIME: 7:00 AM LOCATION: Deerpath Community Park

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!

Run or walk! Ages 7 and up.

All participants of the 5K Run/Walk receive a souvenir T-shirt on race day. Awards to the top male and female athlete finishers in each age division.

Fantastic raffle prizes from local businesses!

Please pre-register to help race coordinators plan for the run.

Contact: **John Eldridge, 847.810.3940** Click [HERE](#) to register.

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 6:00 AM Elawa Farms

The run consists of a series of intervals, but one group does a run/walk. However, the whole group stays together. Contact Jeff McMahon for info 813-777-3000

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 & dates.
jandmfitness@comcast.net



KIDS TRACK EVENT



Unfortunately, we were forced to cancel the Kids Track Event this year due to Air Quality concerns. Thanks to everyone who had signed up to help. We plan on holding the event next year.

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@lflb.org.

Running In The Heat

With the recent heat wave and more to come, I have had several runners ask me: "Why is it so hard to run in the heat and what tips do you have to run more comfortably and safely when it is hot outside?"

First, let's discuss the science of why it is difficult to run in the heat, especially when the warmer temperatures first hit and your body is used to running in cooler temperatures.

Science is not my forte, so I found an excellent article by Timothy Lyman titled: "Running in the Heat: A Runner's Guide to Surviving the Summer". You can read the full article at the link below but to summarize:

The increase in metabolic rate during exercise results in an elevated core temperature, which must be regulated in a heat production/heat loss relationship. Our bodies manage this relationship through two mechanisms, by directing heat from the core to the skin via the circulatory system (convective) and by sweating (evaporative).

The goal is to achieve an equilibrium between heat production and the ability to lose the heat through convective or evaporative methods. The issue is that the metabolic rate during exercise increases immediately while the thermoregulation systems take longer to respond.

In order to train these thermoregulatory systems to respond more effectively, we must repeatedly expose them to the same stimulus - this is the acclimation period.



COACH's CORNER

There are many factors that affect the body's heat response including body mass and composition, level of aerobic fitness, hydrations, ambient temperature, dew point, and amount of cloud cover.

While your body is acclimating to the heat, there are several things you can do to run comfortably and safely in the heat:

#1: HYDRATE - Hydration plays an important role in thermoregulation. Stay hydrated throughout the day, not only during your run. Both water and electrolytes are important!

#2: RUN BY EFFORT - your pace will be slower during hot weather. This is a natural response that your body uses to protect itself from overheating and dehydrating. Focus on "perceived effort", not pace.

#3: WEAR LOOSE CLOTHING - wear light colored, breathable clothing. Clothing that is made up of synthetic fibers (not cotton) is the best choice.

#4: RUN HARDER EFFORTS IN COOLER TEMPERATURES - try to run your harder sessions either early in the morning or later in the day when temperatures tend to be a little lower. The general rule of thumb is to avoid running between 10AM and 4PM.

#5: USE SIMPLE COOLING METHODS TO STAY COOL ON THE RUN - dipping your hat in cold water before starting your run or putting ice cubes in your sports bra or shorts are all good ways to help with cooling.

#6: HAVE SUN PROTECTION - protecting your skin and eyes from the sun is also extremely important to safely run in the heat. Sunscreen, hat/visor, and sunglasses are essential items!

#7: KNOW THE SIGNS OF HEAT EXHAUSTION - the most common symptoms according to the CDC are: (a.) Heavy sweating (b.) Cold, pale, clammy skin (c.) Fast, weak pulse (d.) Nausea or vomiting (e.) Fatigue, dizziness, fainting. If you or your running partner experience any of these symptoms, stop running and cool off as best as you can. The CDC suggests that if heat exhaustion continues for over an hour or worsens in any way, to call emergency medical services.

<https://www.fleetfeet.com/blog/running-in-the-heat-a-runners-guide-to-surviving-the-summer>

Enjoy safe running this summer!!

Coach Jenny



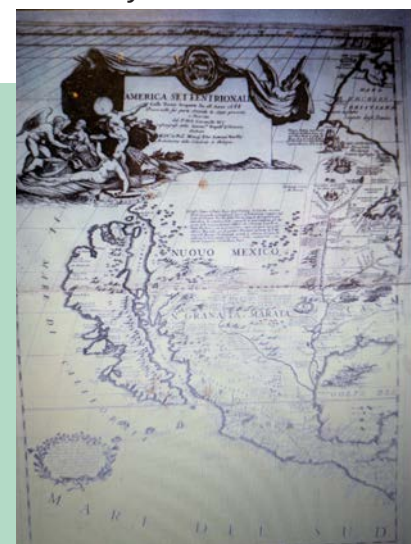
History on the Run

The Voyageurs and the French Influence

Why is it pronounced Shicago? Where do the names Desplaines, Dupage, Eau Claire, Prairie Du Chien, Fond Du Lac and many others come from? Primarily from the French Canadians who in the 17th, 18th and 19th century engaged in the fur trade and explored much of the Upper Midwest as well as regions leading all the way to the Pacific.

Back to Shicago. It was first noted on a map in 1688, over 100 years before DuSable showed up indicating that some Franch or French-Canadian had either passed through (most likely) or heard of it. At that time it was listed as Chekagou which was the French interpretation of what the Native Americans called it. If the English had first named it we would be pronouncing it Chicago with the Ch pronounced as in Charles. But the French influence softens the Ch as in Chartres or chemise.

Back to the Voyageurs. Who were these people? They were hired hands paid to transport furs and the supplies to support the fur trade. The furs were brought back primarily to Montreal and in the other direction they transported supplies to support distant outposts or goods to trade with the Native Americans in exchange for furs. Initially the native Americans brought their furs to Montreal and Quebec but enterprising traders moved further inland for a competitive advantage creating the position of voyageur. Eventually they covered the upper Midwest and Canadian Province all the way to Oregon. With their knowledge of the land they helped the early explorers such as Lewis and Clark. (Sacagawea was the wife of French-Canadian fur trapper Toussaint Carbonneau). They were the original endurance athletes; averaging 12-15 hours of paddling a day and carrying on average 180 pounds over the many portages. Their transportation was the birchbark canoe but not the small canoe we associate with native Americans and the trappers themselves but a 40-foot-long canoe with a crew of 14 following the shores of the great lakes and navigating the rivers and rapids. Further inland and on smaller streams and lakes they used smaller canoes and crews. The 40-foot-long canoe would have a bowman in the front, 5 pairs in the middle and a steersman. At a rate of 40-60 strokes per minute the canoe averaged 4 to 6 mph in calm water. While paddling they sang songs in time with their paddle strokes. They exist only in the dim memory of history but they left us many of our place names.



RACE RESULTS

Grayslake 5K



Jim Kubik 40:54 1st AG

This was a special race for our running club since our coach, Jenny, was the Grand Marshall. She was the honorary starter and gave out the awards at the end. Jenny was the track and CC coach at Grayslake West for 7 years and that is where her daughter, Kelli, also ran. Thanks to Jenny for continuing to be a great ambassador for our club.



BIG 10K



We had two reps at the race this year and they were both representing the same school -- **The Fighting Illini!** Check out the shirts from the race.

Dan Loeger 44:45 2nd AG

John Brucker 36:09 (5K)



RACE RESULTS

LINCOLNSHIRE 5K



Joan Elliot 1AG 42:53

Dan Loeger 1st AG 21:52

Theresa Peterson 1st AG 3rd OA Female
22:11

Ken Glick 46:36

Katherine Najjar 24:27 1st AG

Laura Kennedy 1st AG 27:05

George Angelopolous 1st AG 32:14

Liam Hilts 3rd OA! 20:17



UPCOMING RACES AND RIDES



DETAILED EVENT SCHEDULE

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

A FINAL GOODBYE TO A GOOD FRIEND

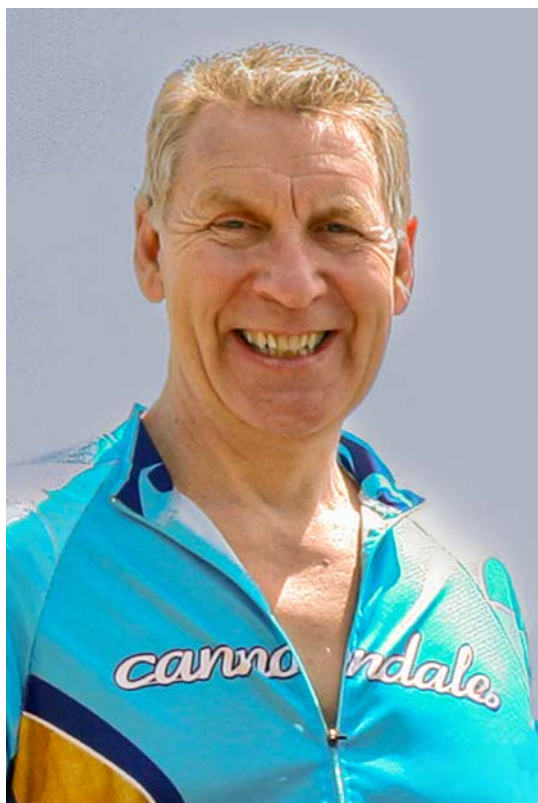
As most of you know Dennis Johnson former club president and longtime member passed away earlier this month.

Last week a beautiful service was held at The Church of St. Mary. Along with family and other friends, a large number of running club members were present to say goodbye and celebrate our old friend. It was a special remembrance and again we send our condolences to Cappy and his family.

In Memoriam

Dennis William Johnston

1947 - 2026



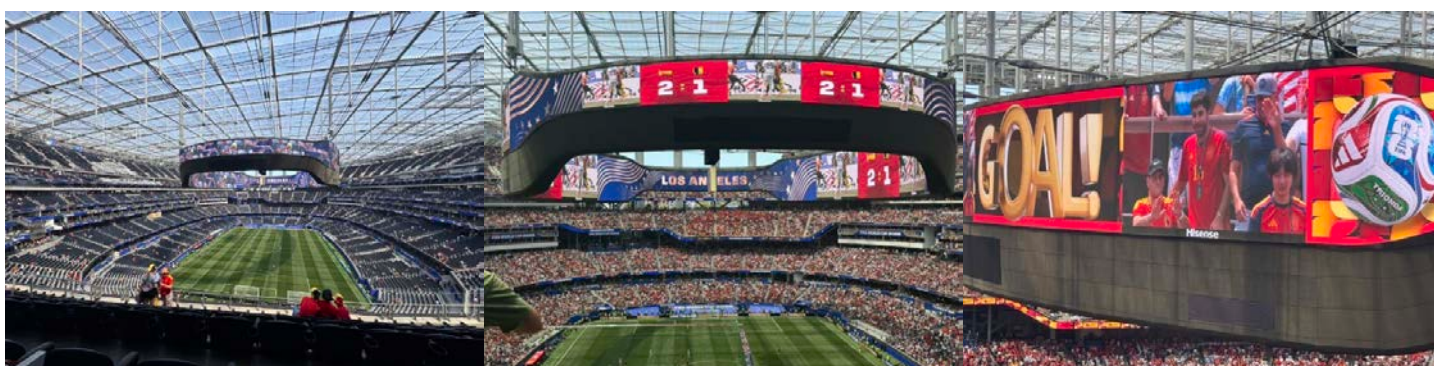
For full obituary, click [HERE](#).

RT's FINAL THOUGHTS

GREG PETRY TRAVELS TO LOS ANGELES FOR WORLD CUP

OK, now I am really getting jealous. Yet another club member has been able to snag a ticket to the World Cup and have an awesome time. Greg Petry grabbed one of the few remaining tickets for the Spain-Belgium knockout match. He also landed a great flight to LA for the game. Greg arrived in LA a few hours before the match, caught a bus to So-Fi and was there at game time. He was able to see the eventual WC Champion clinch the quarter-final match in the 88th minute. Plus, he saw the only goal scored against Spain in the entire tournament! Congrats on a good time at a special event! Check out a quick video [HERE](#).

Spain vs Belgium				
FIFA World Cup 2026™ - Jul 10			Full-time	
	2	-	1	
Spain				Belgium
Quarter-finals				
Fabian Ruiz 30'			Charles De Ketele 41'	



"IT'S GOTTA BE THE SHOES!"

One of the most venerated records in Track & Field was broken again this month. On July 13 Josh Kerr of Scotland broke Hicham El Guerrouj's 27-year-old world record of 3:43.13 set in 1999. His time was 3:42.66s, he is the seventh British man to hold the mile world record, 72 years after Roger Bannister broke the four-minute barrier for the first time.

Some of you may remember the Nike commercial from 40 years ago where Mars Blackman (Spike Lee) kept asking Michael Jordan where his prodigious talent came from and finally settled on the classic line: **It's gotta be the shoes!**

Well, for Josh Kerr, his record-breaking run did depend on some Brooks bespoke shoes plus a few other factors. Below are some of the elements of Kerr's **Project 222** (number of seconds in 3:22!)

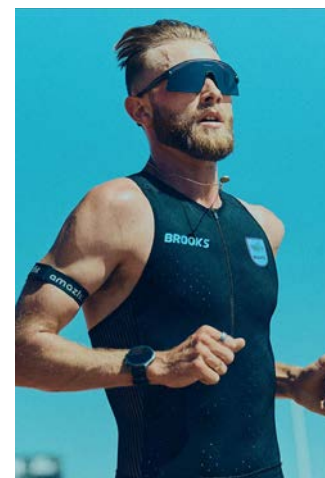
Hyperion 222 Spikes: Bespoke footwear custom-engineered by Brooks around Kerr's unique biomechanics and foot strike. (Josh is 6'2" which is tall for a mid-distance runner.)

Aero Speed Suit: A specialized, wind-tunnel-tested aerodynamic kit designed for zero distraction at world-record pace.

Support: Backed by the Brooks Run Research Lab tracking sleep, recovery, and hydration

Sodium Bicarbonate: Acts as a lactic acid buffer when taken before a hard workout.

Obviously, there was a lot of intense training involved to get the record. Kerr showed he was willing to do the work and step up on race day.



Brooks Hyperion 222: The Custom Shoes Behind Josh

RT's FINAL THOUGHTS

OTHER RECORD-BREAKING PERFORMANCES IN THE PAST YEAR

It seemed like there were other T&F records broken recently, so I did a little research of the past year and here are the results. Between July 2025 and July 2026, **9 major ratified/pending world records** were set in track, field, and distance events, alongside a historic **40 National/ Area records** at the 2026 World Indoor Championships.

Recent track and field world records include:

- **Men's Mile:** 3:42.66 set by Josh Kerr in London (July 2026)
- **Men's 1000m:** 2:11.83 set by Emmanuel Wanyonyi in Monaco (July 2026)
- **Men's 110m Hurdles:** 12.75 set by Ja'Kobe Tharp in Eugene (June 2026)
- **Men's Marathon:** 1:59:30 set by Sabastian Sawe in London (April 2026)
- **Women's Marathon:** 2:15:41 set by Tigst Assefa in London (April 2026)
- **Men's Indoor 800m:** 1:42.50 set by Josh Hoey in Boston (January 2026)
- **Men's Indoor 2000m:** 4:48.79 set by Hobbs Kessler in Boston (January 2026)

OUTSTANDING PERFORMANCE IN A MUSICAL COMEDY REVIVAL

Our Mr. Everything to the club, Perry G, knocked it out of the park in his recent performance in the Mama Mia! Singalong. His dulcet tones carried through the evening air at the outdoor Woodlands venue matched by his fancy footwork on the dance numbers. He was joined by a huge number of running club members who were anxious to see him before the show goes on the road.

It was an enjoyable night for everyone including the performers and audience. The hits keep coming!



RT's FINAL THOUGHTS

FAST WALKING

This is a topic which comes up often in our club for various reasons. However, there was more light shed lately on this topic due to a recently published paper on the health benefits of fast walking.

A groundbreaking July 2026 study published in the medical journal *Neurology* confirms that adults aged 80 and older who maintain a brisk walking pace cut their risk of developing cognitive impairment by roughly 50%.

This research highlights a unique group of octogenarians and nonagenarians dubbed “super-movers”—individuals whose walking speed is fast enough to match peers who are decades younger.

Our club has a number of “super-movers”, the most prolific being 92-year-old Ken Glick. Ken can do a sub 15 mph pace with ease. However, he does slow down regularly so he can have someone to walk with! After conferring with Ken and a few of the others, it became apparent that this can be learned expertise. Sarah S and Tami Z have both used race walking techniques to improve their speed. They recommend these simple steps: *Stand tall. Keep your eyes on the horizon. Focus on quicker, not longer steps. Count how many steps you take in a minute; shoot for over 135. Bend your arms. Bend our elbows at a right angle so your arms can swing more quickly.* Ken has used an ‘interval training’ approach to gain pace. Based on research available, here are some other techniques that can improve your walking:

Train on a Treadmill

Using a treadmill is a great way to improve your speed because the machine forces you to keep up a consistent pace, and the actual difference between 3.2 mph and 3.7 mph is hard to maintain on the road.

Interval Training

Similar to interval training for running, the same technique can be used for fast walking. To increase your walking speed on the road, turn any running interval workout into a walking workout. Basically, you’ll just walk, rather than run, any interval. Your intervals can be short—30 seconds—and very fast, or you can turn your walk into longer divisions, such as two minutes slow and two minutes fast.

Do a Progression Walk

A progressive walk which is based on progression runs in which you increase your pace over a longer period of a workout, is another way not only to walk faster, but, again, to understand how you feel at different speeds and push yourself to keep that increased intensity for longer.

For example, you can do this 4 x 1-mile interval workout:

- 10- to 15-minute slow walk; stretch
- Walk 1 mile at slightly challenging pace
- 2:30 minutes of active rest, i.e., slow walking
- Repeat 2 to 4 times; increasing the pace and intensity each mile. You should be able to maintain the pace/intensity for each full mile.
- Take 2:30 minutes of active rest between each mile
- Cool down

Hope this helps as more of turn to walking as we age. To see the full medical study click [HERE](#).

To listen to a 3-minute summary of the report click [HERE](#).

Thanks to John Burrell for suggesting this article.

RT's FINAL THOUGHTS

WORLD TRAVELERS

We have some more world travelers to report on this month. Mike Reidy and his family traveled to Ireland. Even though there was no golf this time for Mike, it still looks like a nice trip.



POLLINATORS Part 2

Last month we had details about the pollinator tour in Pres. Carol's backyard. This week, in spite of stifling heat and crushing storms, we have a feel-good nature story. The attached photo of a Tiger Swallowtail butterfly was captured by Dave Anderson in his wife Ann's nature garden. The photo was snapped on Monday just hours before the torrential storms.



ED PACKEL

Celebrating Ed Packel's 85th birthday.

Happy Birthday Ed, and many more!

