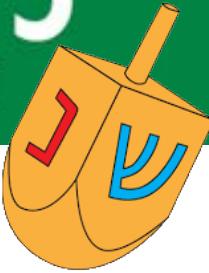




# FOOTPRINTS

Member News, Events, Calendar and More!



DECEMBER 2023

## 2023 HOLIDAY PARTY – SATURDAY, DEC 9 DEADLINE TO SIGN UP IS DEC 3



Party time! This years holiday party is just a week away. **Sign up now!** Deadline to register is December 3rd.

A great night of food, drink, entertainment, awards and socializing. Come and enjoy a fun evening with your fellow Club members.

Click [HERE](#) to sign up.

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



## MEMBERSHIP RAFFLE EXTENDED

We know how easy it is to forget to do important things in our lives. Keeping that in mind, your admin has decided to extend the time to renew your Two-Year Membership and become eligible for a bevy of prizes, including a refund of your membership fee. Sign up now, you have until December 15. The Raffle Drawing will be at the Jingle Bell Run, December 16!!

## JINGLE BELL RUN

### Saturday, December 16 is the Jingle Bell Run and Membership Renewal Raffle

Join us again for the annual Jingle Bell Run!! Rick has checked in with Santa and he will be joining us again this year, so get your wish list ready.

And one lucky member will get the gift of a FREE 2-Year Membership – all you need to do is get your 2-year renewal done before Dec 15.

And once again, bells with festive red and green ties will be available before the run. These can added to your laces so Santa and others can hear you coming. Bagels and Coffee will be provided afterwards, and all are encouraged to bring a favorite snack to share. This will be after the regular Saturday morning run at the East Lake Forest Train Station.

## THANKSGIVING DAY RUN

Again we had a fantastic turnout for our Annual Thanksgiving Day Run/Walk. Weather was good, people walked and ran, goodies and drinks consumed, shirts were sold and money collected for the Food Bank. All around good day. Many thanks to Jeff M and Jack Z for all their work. Also helping this year were Melissa, RT, Mike R, Perry, Rick Y, Liisa, Kimberly, Craig, Patti, Scott R, Dave W, and Pres Dan. Also many thanks to our sponsors: Lake Forest Bank & Trust, Forever Om, Tru-Value Hardware, Starbucks and Sunset Foods. Check some of Mike's and member's photos from the event:



More Thanksgiving Day Run photos on last page!

## FALL RACE RESULTS

Wow! The impressive results just keep coming in. Here you go:

### NYC Marathon

Two Club members made it out to the Big Apple and joined almost 50,000 runners in this year's marathon. Lori Fitzgerald and Theresa Peterson both turned in impressive times with a 3:40 for Lori and a 3:48 for Theresa. From the attached pics, you can see these ladies were having too much fun to be in the middle of a marathon. Congrats ladies.



### CJ CRUSHES AT BALTIMORE



While Carol Longman was on a business trip east, she signed up for a 5K in Baltimore that went around Orioles' Camden Yards and the Ravens' M&T Bank Stadium. It was a great day for CJ and she was able to bring home a 2nd in her age group.

### AMANDA MACUIBA WINS AGAIN

After reporting on Amanda's great performance in the Ironman, she was out competing in her first competitive bike race this month at the El Tour de Tucson. Amanda was 4th overall of the women and was 1st in her age group. Great job!!





# FOOTPRINTS

Member News, Events, Calendar and More!

page 4

## CLUB DONATES TO BEACH PATHWAY RECONSTRUCTION PROJECT

I continue to be impressed by the generosity of our Club members. It was suggested to the Board that the Club may want to contribute to the Beach Pathway Reconstruction Fund. A quick vote by the Board confirmed that the Club would donated \$500, as we have with other reconstruction projects. However, Liisa McMahon discovered that we could get our name on the plaque of donors if we gave \$1000. While contemplating what we would do, a few Board members, led by President Dan offered to donate. Within no time we had the additional \$500 and our Club name will be inscribed on the donor board. We will all be able to be proud of our Club with the project is complete and the donor board goes up. Click [HERE](#) for more info on the fundraising effort.

The Beach Pathway project would be part of the larger Forest Park Bluff Stabilization Project. According to the city's website the stabilization project will include installing three retaining wall segments, wick slope drains for sub-surface drainage, surface drainage improvements, bio-swales, and restoration of any impacted areas with native seed and plant material.

Currently the pathway reconstruction is not part of the stabilization project. Fundraising for the pathway began earlier this year. The project hopes to raise \$1,500,000 million in private funds in addition to the \$1,336,000 the City of Lake Forest has committed for the project.

**A BRIEF HISTORY**

- The wooden boardwalk at the south end of Forest Park Beach opened in 1987.
- In 2018, the boardwalk was closed due to deterioration and removed. Recreation staff and community stakeholders met at the South Pavilion and shared their thoughts and ideas for replacing the boardwalk.
- 2019: Due to damage from storms and flooding, the focus shifted to the North Beach Access Road and Bluff Restoration.
- 2022: Plans and proposed costs submitted for the new pathway design.
- 2023: Fundraising is underway to rebuild and re-imagine the boardwalk.

**The Project**

**THE IDEA**

- This project presents a unique opportunity to provide a new pathway that is safe, functional, ADA compliant, and a beautiful asset to Forest Park Beach.
- With support from private donors and the City of Lake Forest, the community will enjoy this enhancement to the bluff for generations to come.

**JOIN THE EFFORT!**

The City of Lake Forest has committed \$1,336,000 to support the pathway project. Please join the effort to invest in our lakefront and build a safe and beautiful pathway that residents and families will enjoy for many years.

Fundraising Goal: \$1,500,000

**THE PURPOSE**

- Walking access between Forest Park bluff and the beach.
- ADA-compliant access for persons with disabilities.
- Easy access for strollers, wagons, etc.

FOR MORE INFORMATION & TO DONATE, VISIT [WWW.LFPARKSANDREC.COM](http://www.lfparksandrec.com)

Forest Park Beach Pathway Project Brochure  
<https://lfparksandrec.com/forest-park-beach-pathway-project?tab=239>



### Forest Park Bluff Stabilization Project

Images from City of Lake Forest website  
<https://www.city-oflakeforest.com/community/bluff-restoration.php>



## History on the Run

### Movie and TV Stars: The Men

What is it about celebrities that fascinates us? People magazine and other outlets would not exist if that were not the case. Perhaps it is visualizing their glamorous life far from the daily routine. Can you imagine Kim Kardashian cleaning toilets? The local area has seen Movie and TV stars spend some time here and I'm not talking about just passing through such as Robert Redford while directing Ordinary People.

As an example: who is that timid looking kid, third from the left in the front row of the school picture? Robin Williams lived in Lake Forest for several years and attended the Gorton School and later Deerpath Middle School before moving with his family to the Detroit area for his father's job with the Ford Motor Company. Fellow classmates interviewed for an NBC documentary said they could see his future talents the way he would do voices for toy soldiers they played with as well as sound effects from the imaginary battles.

The next person studied all 4 years at Lake Forest College, graduating in 1936 where he was senior class president, played on the football team and worked at Marshall Fields. Richard Widmark later returned to LFC to teach public speaking before embarking on a movie career in the 1940's, 50's and 60's. He was a big star, not as big as John Wayne of course, but nevertheless earned an Academy Award nomination for best supporting actor for the 1947 film Kiss of Death. Some of you might remember him as Jim Bowie in the John Wayne directed 1960 film The Alamo. For baseball fans and trivia lovers out there, his daughter from his first marriage was married to Sandy Koufax.





# FOOTPRINTS

Member News, Events, Calendar and More!

page6

## CONGRATS TO CLUB ON NORTHERN ILLINOIS FOOD BANK DONATION!!



Each year I am totally amazed by the generosity of our members and friends when donating to the Northern Illinois Food Bank. This year is no exception. We exceeded our \$3000 goal last year by collecting \$5000! So, this year we raised the goal to \$5000 and guess what? We blew through that and now stand at \$7088. Of that, Club members and friends donated \$5018, with an additional \$2070 coming in from the Thanksgiving Day Run. Everyone should be rightfully proud of what the Club has accomplished this year for a very worthy cause. In case you would still like to give, we have kept the site open for donating to the Food Bank.

Click [HERE](#) to make your donation.



## *In Memoriam* **Karin Bente Gordon**

*January 26, 1938 - November 1, 2023*



In November, we announced the passing of Karin Gordon. Click [HERE](#) to see the beautiful obituary by Julian. He also added the following:

“Karin regretted how poorly the arts are funded in the US and she was a lover of the Lyric Opera. We are suggesting donations be made to the Lyric Opera of Chicago.”



# FOOTPRINTS

Member News, Events, Calendar and More!

page 7

## RT's FINAL THOUGHTS



LFLBRC At The Pumpkin Chase



Saturday at Starbucks



Tuesday Group-Geoff Chairman



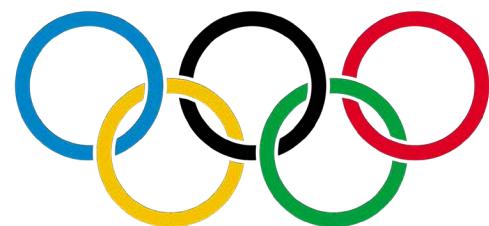
# FOOTPRINTS

Member News, Events, Calendar and More!

page 8



Thursday Group, with special visitors Bob Holliday and Steve Weinstock



## 2024 PARIS OLYMPICS TICKETS NOW ON SALE

Tickets for the 2024 Olympics are now on sale. So if you were thinking of going, now is the time to take action. Check with Greg Petry, he has already purchased some!

## CORRECTIONS

I feel I have reached the level of the New York Times, and for editorial integrity, I need to add a **CORRECTIONS** column. This could increase in the future as senior moments occur more often. But enough with the excuses!

Last month I mentioned that Amanda Macuiba was the first of our Club to qualify for the Ironman in Kona. It was pointed out to me that in the past, we had a few more people travelling to Kona. My apologies go out to Sid Glick, Tina McDonie, Carl Macuiba, Bernard Lyles and Rick Young. I could have said she and her dad, Carl, were the first Father-Daughter to do it!!



# FOOTPRINTS

Member News, Events, Calendar and More!

page 9

## THANKSGIVING DAY RUN PHOTOS (For more photos, click [HERE](#))





# FOOTPRINTS

Member News, Events, Calendar and More!

page 10

