



FOOTPRINTS

Member News, Events, Calendar and More!

FEBRUARY 2025



MEET & GREET Plus TRAINING TIPS

By Jenny Spangler
FEBRUARY 22, 2025

This month we will be holding a special Meet & Greet to attract new members and provide a forum on running. After the run on Feb 22, Coach Jenny Spangler will present a seminar on running. We want you all to invite any of your neighbors and friends who may be interested in running. Of course it will be of interest to our Club members, but we also want to draw some new people who may just be starting out. Jenny, will be available to answer any questions you have about training and racing.

At 9:30am, Jenny will give a brief talk, share training tips and answer questions for those new to running or returning to running after an extended layoff.

NEW YEAR'S DAY RUN 2025

The year started out well for the Club with our annual NYD Run at the Middlefork Savannah. Decent weather enticed a large group out for the run/walk. Afterwards everyone gathered at the East LF Starbucks for coffee and goodies provided by Veep Diana.



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



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NEW YEAR'S DAY RUN 2025



Lake Forest / Lake Bluff
Running Club

New Year's Day Run/Walk
Middlefork Savanna, Lake Forest
Jan. 1, 2025

SOCIAL COMMITTEE HARD AT WORK AS USUAL

The Social Committee is again headed up by Dave Wiegand who is terrifically supported by the members of his committee. The members are Perry Georgopoulos, Diana Schnell, and Carol Longman along with new addition, Debra Kruger. They are already hard at work and have come up with this proposed list of events for the year. Firm dates will be provided as the year progresses

FEBRUARY Special Meet & Greet featuring our coach, Jenny Spangler

MARCH Possible Bocce Ball event in Highwood

APRIL Chilly Chili, Sunday April 13 at Northcroft Park

MAY Possible Meet and Greet, Train Station

JUNE Lake County Commemorative Race

JULY Gather at Lake Forest Independence Day Fireworks
Annual Summer Party, (late July or early August TBD)

AUGUST Annual Kids Track Event, August 2 at LFHS - **Volunteers needed**

SEPTEMBER Possible Meet and Greet, Train Station

OCTOBER HallowBrunch, hosted by Dianna Schnell, October 26

NOVEMBER Thanksgiving Day Run, West Train Station, November 27

DECEMBER Holiday Party, Ravinia Green CC, December 12
Jingle Bell Run, December 13

JANUARY 2026 New Years Day Run – Middlefork 9 am. Gather afterwards at Starbucks on Waukegan Rd

History on the Run

The 200 Block of East Scranton*

Astute observers of the 200 block of East Scranton in Lake Bluff will notice, that unlike other blocks in East Lake Bluff, the houses are similar in age and style. Longtime residents of Lake Bluff probably know why but for the rest of us here is the reason.

From 1894 until it was razed in 1979 that site was the Lake Bluff Children's Home. Starting with 6 children in 1894 the LBCH eventually occupied nearly the entire block.

Let's go back in time to the 1890's, a period of economic recession and social turmoil. Thousands of orphans and countless other children whose parents could not afford to care for them were given up for adoption. Remember, life expectancy in the US in 1900 was only 47 years. The LBCH was started in 1894 by the same Methodists (Methodist Deaconesses) who essentially founded Lake Bluff, as a place to care for orphaned children before they could be adopted. The one building for 6 children in 1894 grew to several buildings. Initially the children from the home were denied admittance to the local public schools but by 1940 all the children attended Lake Bluff schools.



For much of its existence the LBCH was the most recognizable physical feature of the village. The LBCH received much of its support, Board direction and funding, from the Lake Bluff/Lake Forest community. Eventually the number of children declined and the facility was closed in 1969 and the buildings razed in 1979 but its legacy remains in the stories of the former occupants and the similarity of the houses on the 200 block of East Scranton.

** Most of this material is drawn from the Lake Bluff History Museum's excellent website.*



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MEET SOME MORE NEW MEMBERS

JOE SWEE

Joe started with Club last summer when his whole family signed up. He started running at a young age on the bike path through Lake Bluff and Lake Forest. Over the years, he was a regular runner, but his level of commitment fluctuated quite a bit. He ran some 5K's and 10K's each year, Joe had a short triathlon interlude, and even once gave the Chicago Marathon a shot (suffering a predictable mid-race injury, presumably due to a bare bones training "plan"). About three years ago, he decided to try the marathon again and that led to what has become a more consistent and dedicated approach to running.

Regardless of how much (or, at times, little) he was doing it, running has always felt natural. As a kid, he valued his speed because it "helped offset my deficiencies in skill when playing sports with friends." During his more recent running kick he has come to appreciate the contemplative and rejuvenating

aspects of the activity. There is not a much better way to start a busy day than a quiet, early morning run that starts in dark streets, goes by the beach at sunrise, and ends as the light is beginning to spread.

Joe has two races are particularly special to him. The first – which might not technically qualify as a "race" – is the LFLBRC's very own Turkey Trot. "I have been doing that for many years and nothing beats running on home turf with family and friends. It is the run to look forward to the most each year." The second is the Des Plaines River Trail Races. "DPTR is a low key event close to home that takes runners on beautiful (and not too densely packed) trails. There is no shortage of great race opportunities in our area, but those two stand out for me."

At the start of 2024, Joe's running goal for the year was to qualify for the Boston Marathon. After he did that, the goal posts moved and he went for PRs at not only the marathon, but also the 5K, 10K, and half marathon distances. (Tip: Once you have trained for the marathon, you can – almost – coast through everything else for a few months.) "For this year, I've set my sights on trying to break three hours in the marathon. We'll see what happens."

Joe has been a big addition to the Club along with his sister, Kathryn, mother Mary Ellen and brother, John. Members of the family are present every Saturday.



MEET SOME MORE NEW MEMBERS (cont.)

RUPESH PATEL

His take on running has shifted through the years. When he was young, it was more about competition and pushing the limits of what he could do. As Rupesh aged it became more about embracing an ability and using it to stay healthy. Now it has become more meditative where it helps clear his brain, relax, as well as energize him for the day. If he doesn't run regularly, he feels like something is missing.

Rupesh doesn't race anymore. He suffered an injury 10 years ago while training for the Boston marathon that required back surgery. Prior to that,



he had done a total of 10 marathons - combination of Chicago and Milwaukee.

He usually runs 5 days a week, 5-8 miles each run, totaling 30-40 miles a week.

He heard about our Club through our ace recruiter, Nick Fearnley.

When he was younger was talented in basketball, not so much anymore. Rupesh is pretty modest, but does take claim to one musical talent ---- he can whistle!

Rupesh works as a radiologist in the local area and makes it to most of the Saturday runs. His goal is to keep running as much as he can, but now it is more for health and enjoyment



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THE FINISH LINE

2024 CARA CIRCUIT AWARDS



On February 22, three of our members will receive CARA Circuit Awards for the 2024 racing season.

- Bill Leiner, 1st Place 70-74
- Jim Kubit 2nd Place 75-79
- Lynne Hans 2nd Place 80-85



Congrats to these members for not only showing up, but also running well.

Let's get some more racers out there!

(ED NOTE: Lynne will be missing the awards this year. He had a recent medical procedure that will keep him home bound for the next two months. He would be interested in a call or company, 847-784-0133)

Croon Zoom 50 Miler

On January 4 Steve Weinstock, Terri Brock, and Kevin Kane finished the Croon Zoom 50K Trail Race in central Florida. Steve finished in 7:38 to win the 70-79 age group, Terri finished in 8:12, and Kevin finished in 8:45 to win a medal that said DFL [whatever that might mean]!



Lake Geneva S-NO-W Fun Run by Liisa McMahon

This year the Snow fun run LFLBRC team grew to eight, with four runners winning their age group (One Year Age Groups!!) This is a great 5 miles race on the Grand Geneva Hotel property. At the end is a very pleasant downhill, where you are greeted with tables of schnapps. We cheered on the winners in a very quick and efficient manner.





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The Wisconsin food provided immediately after the race in the ball room was great.

Many of us had rooms for the night to change into costumes or dry cloths as the after party is so fun! This year's theme was pilot and flight attendants.

Most of us were in costume, some were creative with double stick tape and regular clothes. Some ordered from Amazon or local costume shops. All the food and drink is included. DJ, dancing, shots ... Just like a wedding without the drama!

This year's runners were Liisa and Jeff McMahon, Kim Crimin, John Brucker, Mike Reidy, John and Chris Kelley, and David Vargas.

Next year let's get more LFLBRC runner to register!!



UPCOMING RACE SHAMROCK SHUFFLE

On Every year we have a good Club turnout for the Shamrock Shuffle. This year we would like to go bigger and get more runners out there. Registration is open now and could fill up so sign up now!

DATE: **March 23** TIME: **8:00 AM**

PLACE: **Grant Park** Register [HERE](#)



BANK OF AMERICA
SHAMROCK SHUFFLE

March 23, 2025



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THE FINISH LINE

Here is a list of key races that some member enjoy. Think about joining the Club at some of these races. Thanks to Veep Diana for preparing the list!

	LFLB 2025 Race Events (popular club races)	Location	Information and Registration Link
Date	Running	Cary, Illinois	Website
3/16/2025	Hillstriders March Madness Half Marathon	Cary, Illinois	https://www.hillstriders.com/march-madness-half-marathon.html
3/23/2025	Shamrock Shuffle	Chicago,	shamrockshuffle.com
4/13/2025	Lakefront 10 Miller and 5k	Chicago, IL	https://www.cararuns.org/lakefront10
5/3/2025	Wisconsin 5k and Half Marathon	Kenosha, WI	Wisconsin Marathon
6/8/2025	Lincoln Park Run for the Zoo	Chicago, IL	https://www.adventuresignup.com/Race/IL/Chicago/RunfortheZoo
7/4/2025	Run For Freedom	Antioch, IL	Welcome State Bank of The Lakes, N.A.
7/4/2025	Deerfield Days	Deerfield, Illinois	Rotary Club of Deerfield: Home Page
7/4/2025	Lincolnshire Rotary 5K Race	Lincolnshire, IL	Registration – chronotrack.com
7/12/2025	Grayslake 5K Family Fun Run and Walk	Grayslake, IL	https://grayslakevillagecenter.com/event-calendar/grayslake-5k-2025
8/6/2025	Lake Forest Day 5k and Fun Run	Lake Forest, IL	https://lfparksandrec.com/calendar/lake-forest-day-5k-fun-run-8075624931
10/12/2025	Chicago Marathon	Chicago, IL	Bank of America Chicago Marathon
10/28/2025	Lake Bluff Pumpkin Chase	Lake Bluff, IL	https://www.raceentry.com/lake-bluff-pt0-pumpkin-chase/race-information
11/27/2025	Long Grove Turkey Trot	Long Grove, IL	https://allcommunityevents.com/longgroveturkeytrot



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THE BIKE LANE

Starting this month, we are introducing a biking section for those runners interested in cross-training or just getting into biking. Events include regularly scheduled group rides as well as upcoming special biking events for the next few months.

Contact **Scott Renken** for more details.



WEEKLY RIDES

- **SATURDAY MORNINGS** (April – October): Starting at 6am prior to the regular Saturday run at the train station a 25 mile loop thru Lake Forest & Mettawa. We get back 15-20 minutes prior to running. Road bikes.
- **SUNDAY MORNING SHANTY RIDE** (all year round): starting at 7:30am a small group rides between 25 and 40 miles from the Shanty Restaurant, Wadsworth, Il. And then has a hearty breakfast and socializing. Road or Trail bikes- varies per week.
- **THURSDAY EVENING SOCIAL RIDE** (April- October): starting at 6pm Lake County Bicycle Club sponsors this 17 mile ride starting at Lake Bluff Train Station. Socializing afterward at Lake Bluff Brewery. Road Bikes. Many Running Club members participate.

UPCOMING YEARLY EVENTS FOR SPRING & SUMMER

- **ST. PATRICK'S DAY RIDE** (Sun., March 16): This is a must ride for those getting in shape for the season. Distances of 17, 21 & 38 miles supported rides starting at Wauconda High School. Beautiful roads and not far. We always have several people from the club participating. Home-made pastries by The Wheeling Wheelmen afterward. Register on Day of Ride. We usually start at 8, but check with Scott.
- **BCLC RAMBLE** (Sunday, June 8): This is a 1-day event with distances up to 100 miles. Starts & stops at Wilmot Mountain tubing chalet.
- **GRABAAR** (June 7-14): 450 mile 6-day supported ride from Eagle River-Prairie Du Chien Wisconsin. This ride generally follows the Wisconsin River with beautiful scenery and lodging in 6 local communities. Several Running Club members participate. Road bikes. bikewisconsin.com
- **RIDE ACROSS WISCONSIN -RAW** (Sat, July 12): This is a 1-day event with a 100 mile or 180 mile option. This year it will be a loop near Eau Claire, Wisconsin. Road bikes. rideacrosswisconsin.com
- **DOOR COUNTY CENTURY** (Sat, June 14): A 1-day event with various distance options. Road bikes.
- **HORRIBLY HILLY HUNDREDS** (Sat., June 14): The Midwest's most grueling ride. Extreme hills with beautiful scenery near Mt. Horeb, Wi. Distances up to 200 kilometers (120 miles) of pure torture. It is fantastic!

RT'S FINAL THOUGHTS

MEMBERSHIP RENEWAL TIME IS HERE

If your membership expired on December 31st, please renew at www.lflb.org
Just sign in and follow the Renew Membership link.

If you have any trouble with your sign in, just contact Miki Totic at
mtotic@comcast.net

In closing I would like to share some running jokes. I humbly cannot take credit for these, but must give full credit to Miki Totic!!



Why was the young cow so good at running?

He used his calf muscles.

What happens when you run behind a car?

You get exhausted.

Why did the orange stop running?

It ran out of juice.

What happened to the tomato that fell behind in the race?

It had to ketchup.

