



FOOTPRINTS

Member News, Events, Calendar and More!



FEBRUARY 2026



COACH JENNY'S TIP OF THE MONTH

This month we are adding a new exciting column to your FOOTPRINTS. Coach Jenny Spangler will be offering information on training, conditioning, treating and avoiding injuries, plus other topics. If you have any topics you would like Jenny to explore, please respond to info@flb.org.

FARTLEK TRAINING

Fartlek is a Swedish word meaning "speed play". Fartlek training was developed in the late 1930's by Gosta Holmer. Gosta was a Swedish athlete who competed in the 1912 and 1920 Olympics and later coached the Sweden cross country team in the 1930's.

While fartlek training is generally associated with running, it can be incorporated into almost any kind of exercise including walking and biking.

Fartleks allow the body to gradually adjust to harder training without being forced to stick to a particular pace or distance. It is a great way to introduce faster or more intense running into your routine.

Following are a few examples of fartlek workouts:

Fartlek Workout #1:

- 10 minutes easy pace running/walking
- 8 x 1 minute pickups at 5K effort with 1 minute easy running/walking between each
- 10 minutes easy pace running/walking

Fartlek Workout #2:

- 10 minutes easy pace running/walking
- 5 x 2 minute pickups at 10K effort with 2 minutes easy running/walking between each
- 10 minutes easy pace running/walking

Fartlek Workout #3:

- 10 minutes easy pace running/walking
- 3 SETS of the following:
 - 3 minute pickup at 10K effort, 1 minute easy running/walking
 - 2 minute pickup at 5K effort, 1 minute easy running/walking
 - 1 minute pickup at hard effort, 3 minutes easy running/walking
- 10 minutes easy pace running/walking



Create your own workout and HAVE FUN!

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

NEW YEAR'S DAY RUN

It was a brisk but sunny day on Jan 1, but over 30 club members showed up at the Middlefork Savanna to kick off the New Year. It was a great day on the trails with everyone heading to the West LF Starbucks for coffee, snacks, and some conviviality afterwards. Great day!



Middlefork Savanna Forest Preserve

Lake Forest, IL
Jan. 1, 2026



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History on the Run

The Native Americans*

They were here before the Armours, Swifts and McCormicks; before the Atteridges and Yores and even before some of the French-Canadian Voyageurs. But they built no permanent structures so all they left were place names, many modified by those same Voyageurs or others, a few trail marker trees and the origin of many roads and streets.

In the mid eighteenth century, the Potawatomi tribe lived in northeastern Illinois and southeastern Wisconsin along the southern tip of Lake Michigan. They hunted, fished and traded, took what the land offered but recognized the need to preserve it for the next season or generation.

To navigate their vast network of trails native people took young elm or oak saplings and tied branches together to make them grow in unusual ways. The tree “road signs” pointed to villages, hunting grounds and community areas.

Settlers – both American and immigrants – began to arrive in the early 1830’s. They were attracted to a region rich in available cheap land, black soil, clear water and abundant forests that supplied the resources needed to build homes and communities. But the presence of Native American limited immigration until the U.S. Government pressured tribes to sign a treaty dictated by the 1830 Indian Removal Act which called for an exchange of lands with native Americans and their removal west of the Mississippi.

Locally, The Treaty of Chicago was signed by regional tribal chiefs and the U.S. government in 1833. In it, Native American tribes ceded five million acres of land in Illinois, Wisconsin, Michigan to the government. Tribes received approximately twenty cents per acre for the land. The treaty required the Native Americans to relocate west of the Mississippi River with many of the local Potawatomi ending up in Kansas. This treaty opened Lake Forest/Lake Bluff to settlement, starting primarily in the western section of the area on land more suitable for farming.

How do we remember Native Americans today? We can remember them by the place names they left us such as Waukegan among others and we recognize that many diagonal roads and streets (Milwaukee Avenue) were originally Indian trails. But the most important lesson is their ability to live on the land without abusing it.

**I had considerable help from a running club member who prefers to remain anonymous. I am very grateful for this member’s assistance.*





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RACE RESULTS

SNO FUN RUN, LAKE GENEVA



On Saturday, January 10th the LFLBRC sent a contingent to the Grand Geneva resort in Wisconsin for the 46th Anniversary Snow Fun Run. This event started as a race and party at the old Playboy Mansion, but has continued on as a charity fundraiser long after the bunnies have gone. This marks the 3rd consecutive year we have attended this event and every year the numbers are growing. This year's attendees included

Scott Renken & Debra Kruger, Sharron Sykes & Michael Roberts, John Brucker & Beth Stutzmann, Steve Bedrin, Kerrie Fabbri, and Jeff & Liisa McMahon.

This year's walk/run was reduced from a 5 mile to a 5K event which occurred completely on the Grand Geneva property. We left the hotel and made our way to the ski area with its mighty 3 chairlifts before returning to the ballroom. Shots of Schnapps welcomed us at the Finish Line and the newcomers got to see firsthand why the Snow Fun Run's motto is "The finish line is only the beginning".

The walk/run starts at 2:30pm at the warmest part of the day, but the party goes until 9pm starting with an early supper of brats and burgers Wisconsin style (insert "Don't Cha Know!" in a Wisconsin accent). Then the real party begins, complete with costumes, dance contests, shot-skis, and unlimited open bar of beer and hard seltzers. Debra showed some real bravery by wearing her 'cheese grater' hat in the midst of Packer country. Fortunately, she survived with a few snide comments and some dirty looks.

This year's theme was "Country & Western" so we did our best to "Giddy Up" on the dance floor with the awesome DJ. This event was also a benefit for the Forbeck Foundation to raise money for fueling collaboration and progress in cancer research. In the end, it was all of the things we like all in one event... Exercise, Alcohol, Music, Dancing, Friends, and Philanthropy. While next year is not yet scheduled, it will likely be on Saturday, January 9, 2027. Please mark your calendar to join us so that instead of reading about it, you can live it!

Snow Fun Run Ambassadors, Jeff & Liisa





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RACE RESULTS

NAPLES HALF MARATHON

This race has always been a club favorite winter event. Many of us have done it in the past and enjoyed being away from the Chicago winter in the middle of January. Fortunately, Jim Sykora kept the tradition up and ran the race this year.



Jim Sykora 2:09

CALDWELL WOODS CROSS COUNTRY

This is an interesting race to think about if you want to try something different in the middle of January. It is a low-key race with three options on the cross-country course in Caldwell Woods: 5K, 15K, and 6 hours! Unique choices.

This year we had two club members run and enjoy the fun event:

**President Carol Longman
Lynne Hans**



CALIFORNIA INTERNATIONAL MARATHON



Liam Gayter, son of Joy and Phil Gayter, ran the top marathon for anyone from our club in 2025:

**Liam Gayter 2:34
5:58 min/mile pace!**



UPCOMING RACES AND RIDES



RUNCATION

President Carol directed me to a recent article in the Athletech News about runcations. (Click [HERE](#) for the article.) She knew that many members of the club (see Geoff Wilson, Jeff and Liisa McMahon!) were already doing runs in exciting and unique destinations. In the past the club had a group of 16 travel west to do the famously beautiful Big Sur Marathon. Other group trips have been to the Gasparilla Races in Tampa and the Cherry Blossom 10 Miler in DC among others.

We will be promoting certain races throughout the year hoping to inspire some group trips. Currently, we are promoting the Gasparilla Races and the Bolder Boulder in Denver on Memorial Day. Another destination race that was run earlier this month in Geneva, WI turned out to be a great time for a number of our members as Jeff wrote above.

Special Destination Events

In the spirit of Runcations, here are a couple to consider. Plan ahead for these races. The first in sunny, warm Tampa in February. Jeff McMahon has more information. Click the link to access more details. The second in May in Boulder, Co.

Gasparilla Distance Classic - February 21-22, 2026 Tampa, FL



Fun weekend in the sun with 5K, 8K, 15K, and Half Marathon races.

Click [HERE](#) for more info.



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BolderBoulder 10 - May 25, 2026 Boulder, CO



This is one of those races that you should do in your life time. It is run in the scenic area around Boulder and has a classic finish inside the CU Buffalo's Stadium.

Here are some numbers to remember: 52,000 Runners; 5300 Feet Above Sea Level; and 80,000 Spectators. *Think about it!*

Local Events

Shamrock Shuffle - Sunday March 22, 2026



This is another run that generates a lot of club participation. It is a great race in a great city. In addition, there are usually car pooling options available. We have had a large number of our members sign up for this in the past. There is also a great party atmosphere after the race. Now is the time to sign up.

As an extra bonus the Race has published a workout program to give you optimum results on race day. Click [HERE](#) to open. To register, follow [LINK](#) to their website.

CLUB RUN, BIKE and TRI Schedule

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



Date	Race Type	Distances - Events	2026 Race Events		Comments / Reviews	Information and Registration Link
			Event Name	Location		
2/18/2026	Tri	10k, 5k, 1/2 Marathon and 5k	American Bikerider	Cable, WI	Choose your distance or do all	American Bikerider
2/21/2026	Running	13.1M	Gasparilla Distance Classic Half Marathon	Tampa, Fla	Hilly and challenging	https://www.hillriders.com/marathon/half-marathon.html
3/15/2026	Running	17, 21, 38 miles	Wheeling Wheelmen St. Patrick's Ride	Chicago, IL	First ride of the season. Great ride!	https://wheelmen.org/st_pats.asp
3/16/2026	Cycling	5K	Bank of America Shamrock Shuffle	Chicago, IL	Good first of the season race!	https://www.bankofamerica.com/shamrockshuffle
3/22/2026	Running	10 Mile, 5K	Lakefront 10 Miler and 5K	Chicago, IL	Great race! Great race. Flat, lots of small hills, scenic.	https://www.caregivers.org/lakefront10
4/12/2026	Running	10 Mile, 5K	Wisconsin 5K and Half Marathon	Kenosha, WI	Beautiful course with lake views. VERY FUN post race at Tap House (walking at 1000 feet for free brat and beer). Great race, especially 13.1 Half (Dan Looney)	Wisconsin Marathon
4/25/2026	Running	5K, 13.1M, 26.2M	BOLDERBOULDER	Boulder, CO	Possible destination event for club	https://www.bolderboulder.com/
5/25/2026	Running	10K	North Shore Classic	Highland Park, IL	Compliment setting and scenic course with a surprise hill at mile 10. Finish with ice cream. delicious & refreshing drinks and plenty of fuel. Open to all whose life has been touched by cancer	https://www.runnersnorthshore.com/news/2025/runvora-walk-2024-to
5/31/2026	Running	1mile, 5k, 13.1 M	Robert Lurie Cancer Survivors Race/Walk	Grant Park, Chicago	Spring & Day supported race follows Wisconsin River. Ends in Thrive Du Chen, WI	https://www.bikeandrun.com/race/walk-2025
6/7/2026	Running	5K	GRASAWR	Eagle River, WI	Open race for adults and children	https://www.adventuresignup.com/Race/IL-Chicago/RunfortheZoo
6/7/2026	Running	450 total miles	Lincoln Park Run for the Zoo	Chicago, IL	Great food and refreshments and well planned	https://www.lincolnparkrunforthezoo.com/
6/13/2026	Cycling	5K, 10K	BCLC Rumble	Wilmette, WI	Great food and refreshments and well planned	https://www.bclcrumble.com/
5/31/2026	Running	various up to 100 miles	Hilly Hilly Hundreds	Kenosha, WI	Great food and refreshments and well planned	https://www.hillyhilly.com/
6/8/2026	Cycling	100 miles	Pleasant Prairie Triathlon	Lincolnshire, IL	Great family race for children and adults in historic Graylake downtown.	https://www.pleasantprairie.com/
6/7/2026	Cycling	Sprint, Olympic, Relay	Lincolnshire Rotary 5K Race	Lincolnshire, IL	Great family race for children and adults in historic Graylake downtown.	https://www.lincolnshirerotary.com/
6/26/2026	Triathlon	5K	Graylake 5K Family Fun Run and Walk	Graylake, IL	ESTIMATED DATE) The BTN Big 10K race kicks off the college football season as we celebrate their favorite Big Ten teams. Participants dress up in their favorite school colors and compete in the 10K race and the 5K run/walk.	https://btbig10k.com/
7/4/2026	Running	5K	BTN Big 10K	Chicago, IL	Great family race for children and adults in historic Graylake downtown.	https://www.btnbig10k.com/
7/12/2026	Running	10K, 5K	BTN Big 10K	Chicago, IL	Great family race for children and adults in historic Graylake downtown.	https://www.btnbig10k.com/
7/12/2026	Running	100 or 180 miles	RIDE ACROSS WISCONSIN-RAW	Eau Claire, WI	One day event	https://www.wisconsinride.com/
7/11/2026	Cycling	100 or 180 miles	RIDE ACROSS WISCONSIN-RAW	Eau Claire, WI	Competitive Tri with many options for competing. Well supported by local groups	https://www.wisconsinride.com/
7/26/2026	Triathlon	Sprint, Olympic, Duathlon, Aquabike	Naperville Triathlon	Naperville, IL	Starts in beautiful setting in Naperville. Swim in a spring fed pool. Fun and fast!	https://www.napervilletriathlon.com/
8/22/2026	Triathlon	Sprint, Olympic, Aquabike, Duathlon	Naperville Triathlon	Naperville, IL	Starts in beautiful setting in Naperville. Swim in a spring fed pool. Fun and fast!	https://www.napervilletriathlon.com/
8/5/2026	Running	5K	Lake Forest Day 5K and Fun Run	Lake Forest, IL	Popular race destination for LFLB running club runners on a WED @ 7am in August! Fun traffic cones! Whole lotta fun for a WED morning! Possible our biggest club race	https://lflb.com/calendar/lake-forest-day-5k-fun-run-2024-2025



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RT's, and Other's, FINAL THOUGHTS

Kathy Dohrmann, Author

Good news and congratulations! Kathy Dohrmann, charter club member has just published not one, but two books of her poetry. The first volume is out now with the next one coming out in April.

Here is more good news, Kathy will be doing a reading at Secret Worlds Books in Highland Park. If that isn't enough to entice you, Tami Zylka will be baking up a batch of her famous cookies for the event. Hope to see you there:

Date: **Sunday February 15**

Time: **2:00 PM**

Location: **Secret World Books**
1774 2nd Street,
Highland Park



Available Now!



Available April 1!

KATHRYN DOHRMANN

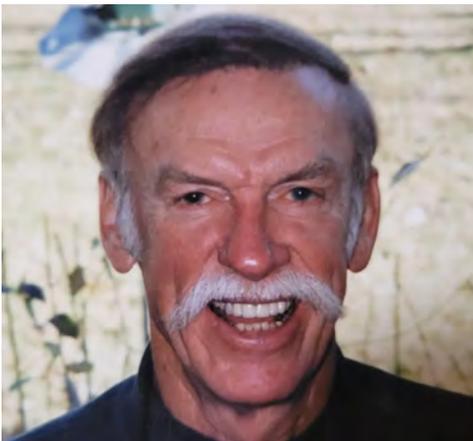
STARK RAVINE MAD SERIES

Archaeomythology
 Mskoze/Red She Is

Olympic Tickets

For those of you considering going to the 2028 in Los Angeles Olympics click [HERE](#).

Wendy Miller



Wendell "Wendy" Miller, a Lake Bluff resident who helped found the Chicago Marathon and played a crucial role in its early development, has died. He was 92.

"He was a pioneer," said current Chicago Marathon race director Carey Pinkowski. "When he started, marathon running was thought of as an extreme sport, but he was encouraging people to come out, get active, and run. He was one of the Chicago originals."

Miller died Jan. 8 of natural causes at his Lake Bluff home, according to his daughter, Julie Hawley.

Raised in Canby, Minnesota, Miller graduated from St. Olaf College, where he studied

philosophy and played on both the football and basketball teams. After graduation, he met his soon-to-be wife, Marlene, and the two were married and initially worked as a traveling salesman in Minnesota and later in Atlanta before the couple settled in Lake Bluff in 1961.

“My mother just liked it here in Lake Bluff,” said his daughter Muffet Trout. “So they chose Lake Bluff.”

Miller later transitioned careers and, with a business partner, formed a financial planning firm in downtown Chicago. Recreation also played a central role in family life. Marlene served as the longtime girls’ golf coach at Lake Forest High School and was a Lake Bluff Park District commissioner.

About a decade after moving to Lake Bluff, Miller began pursuing a healthier lifestyle. His exercise routine started with basketball, as he organized a regular group at the Lake Forest College gym.

“He loved to play ball with people, and that just evolved into the running,” Hawley said.

Seeking to channel his growing interest into something more organized, Miller was involved with Midwest Masters, a running group for athletes over 40. He also established Club North Shore, a distance running club whose members raced throughout Lake Bluff and Lake Forest. Those efforts eventually led to the creation of the Lake Bluff Marathon.

As interest continued to grow, Miller sensed there would be enthusiasm for a larger race that would take runners through many Chicago neighborhoods. He approached Lee Flaherty, who became the initial sponsor of the first race in 1977. The event was originally called the Mayor Daley Marathon, in honor of Chicago Mayor Richard J. Daley, who had died the previous December. The inaugural race drew between 3,000 and 5,000 runners.

As the marathon sought to gain a foothold in the Chicago sports scene, Miller took on numerous responsibilities as race director while working with the event’s initial corporate sponsors.

“He was always pushing and trying to convince them the marathon could be a real economic engine for the city of Chicago,” said Carl Ruzicka, who, along with his brother Tony, assisted Miller in promoting the event during its early years.

Through the Ruzicka brothers, Miller was later introduced to Olympic gold medalist Frank Shorter, one of the sport’s most prominent figures at the time. Shorter became a key early participant in the Chicago Marathon and other local races, impressed by Miller’s vision and persistence.

“He was one of those very few people who truly loved putting one foot in front of the other and moving down the road,” Shorter said. “He wanted to share that love of running, and he did.”

Miller served as race director for several years before transitioning into an advisory role as the marathon expanded. By 2025, the Chicago Marathon had grown to include



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more than 54,000 runners from all 50 states and more than 100 countries, generating more than \$683 million annually for the Chicago economy, according to race officials.

Even after stepping back from day-to-day leadership, Miller remained involved as an advisor, often sharing historical anecdotes, Pinkowski recalled.

“He had a grounding effect on everybody,” he said. “As things got busy, he always brought a wonderful sense of humor.”

Outside of running, Miller enjoyed playing the guitar, writing poetry, caring for animals — particularly dogs — and golfing. His daughters whimsically recalled that he especially loved retrieving golf balls from water hazards, storing them in five-gallon pails at home and later giving them out as gifts.

Survivors include his daughters, Julie Hawley (Peter) and Muffet Trout (John); a son, Peter; daughter-in-law Susan Perko; five grandchildren; and four great-grandchildren. He was preceded in death by Marlene, his wife of 67 years, who died in 2022, and a son, Robin.

A memorial service is being planned for May 30 at Lake Bluff's Grace Methodist Church.

Daniel I. Dorfman is a freelance reporter for Pioneer Press.

Weather Report

Since we have been having some beastly weather in the area so far, I wanted to lighten the mood with a combination of pics some representing our hardy club members, other showing members who have escaped to warmer climes!



Actual temp.: - 6°F
Feel-like temp.: - 22°F



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Tuesday group at Highland Park beach



Carol, Cross Country Skiing in Maine

Carol's View of the Maine Mountains



Bob Holiday, in Hawaii



Kim C and Friends



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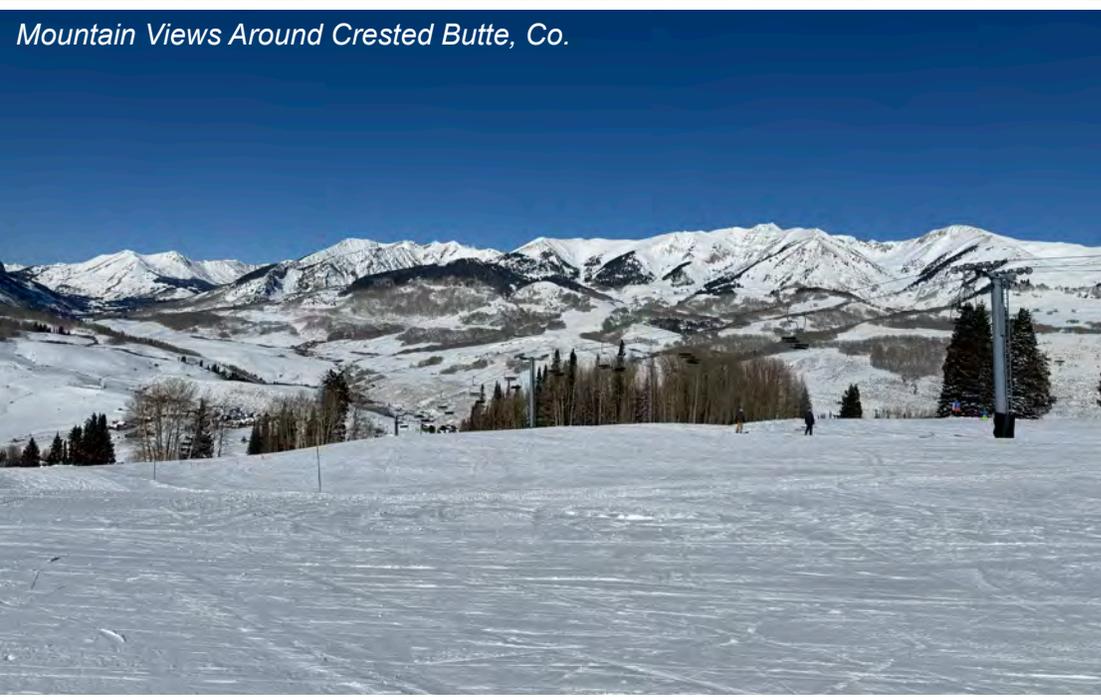
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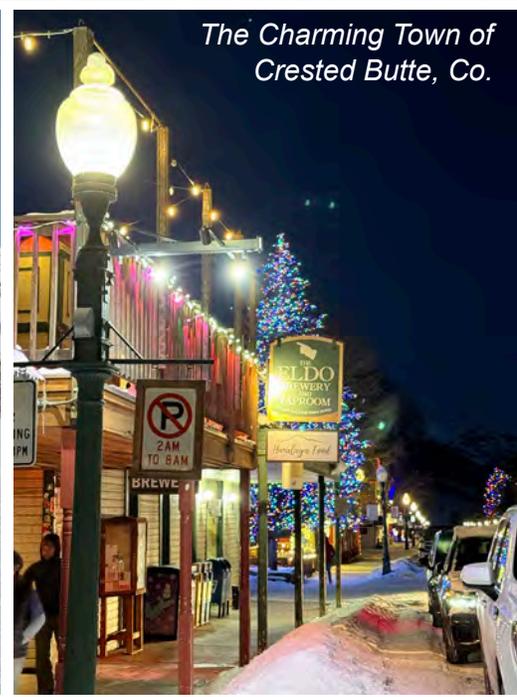
Dave Anderson's friends in Palm Springs



Perry in Crested Butte, Co. doing his impression of someone who can Ski



Mountain Views Around Crested Butte, Co.



The Charming Town of Crested Butte, Co.



Elk Avenue, Crested Butte, Co.



A Deer Resting in RT's backyard, completely unimpressed with the February Newsletter

