



FOOTPRINTS

Member News, Events, Calendar and More!



JANUARY 2024

OUT WITH THE OLD, IN WITH THE NEW!!

As we start this New Year, we have a lot to reminisce about. It has been a very good year for the Club. President Phil, superbly aided by his talented Board, led an awesome year of growth and super events. We had new venues for the Chilly Chili, the Summer Party and the Holiday Party and all were well attended. We had a successful Kid's Track Meet, LCR Run, and Thanksgiving Day Run.

I mentioned at the Holiday Party that our Club has four pillars. First two are very clear: exercise and sociability. We all know how important those two are for a long, healthy, enjoyable life. The next pillar is service. Our Club has a great record for supporting local non-profits. On that list is GLASA, Equestrian Connection and the No IL Food Bank. I also know there are many others that are supported by individual members.

The final pillar is personal support, that is, the support that our members give each other when there is a need. It is really amazing how our people rise to the occasion when one of our members has an issue. An example is presented by Karen McMahon in her article below.

Overall, we had a great year and are looking forward to another super year under the leadership of our incoming president, Scott Renken.

HAPPY NEW YEAR!!

INCOMING PRESIDENT SCOTT RENKEN ANNOUNCES NEW BOARD

Scott readily agrees that the Club runs so smoothly because of the amazing support team. Here is his team for 2025:

Vice-president	Diana Schnell
Treasurer	Ron Thomas
Secretary	Geoff Wilson
Social	Debra Kruger, Dave Wiegand, Perry G, and Diana S
Newsletter	Ron T and Perry G
New Members	Dan Loeger, Miki Totic, Nick Fearnley
Merchandise	Liisa McMahon and Kimberly Loughlin
Coach	Jenny Spangler
Photographer	Mike McMahon
Special Events	Jeff McMahon and Jack Zordan

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

HOLIDAY PARTY IS AN AWESOME EVENT

This year's Holiday Party was held at a new venue, the Ravinia Green Country Club, and was a real success according to the members who were there. The room, the food, the drinks, service, and DJ were all well done and everyone enjoyed themselves.



Click [HERE](#) to see photos from Party!

Click [HERE](#) to see Mike's annual video presentation!



Key to the evening was the introduction of Scott Renken as the new president.

Scott regaled the group with the story of his life which started on a farm in southern Illinois. He had great running success in his younger day and continued to run well after coming to Chicago to start his architectural career. He was a force on the CARA Circuit and was an impressive marathoner. He has run 20 marathons with an incredible PB of 2:27!!

Next were the Club Awards for 2024. Here are the awardees:



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AWARD RECIPIENTS

First up was Male Runner of the Year, Dan Loeger.

Dan continued his excellent work as president in 2023 with an excellent job on the roads this year. He ran two marathons, getting a 3:45 in Chicago that should get him into Boston. Dan had a series of age group wins. He finished the season with a blazing 6:32 pace 5K in Lake Bluff.



Next was Female Runner of the Year, Lori Fitzgerald.

Lori had another super achiever year, running 5 marathons: Tokyo, Boston, Berlin, Chicago and CA Int'l Marathon. Her best was a 3:18 in Tokyo. It was there that she earned her Abbott World Marathons Majors Six Star Medal!!



Our Spirit of the Run awardee was Mike McMahon.

Mike has been extremely conscientious about documenting all our key events and runs. He has contributed heavily to the Newsletter, providing great images month after month.



Finally Service to the Club goes to Jack Zordan.

Our annual Thanksgiving Day Run has become a staple on the community calendar for over 36 years. I believe a huge part of this has been due to a tireless team led by its intrepid leader and recipient of the service award this year. After 16 years as leader setting up speakers, blowing up Turkeys and the incredible task of setting the runners off on their trot he is hanging up his spikes.



History on the Run

ARTESIAN PARK*

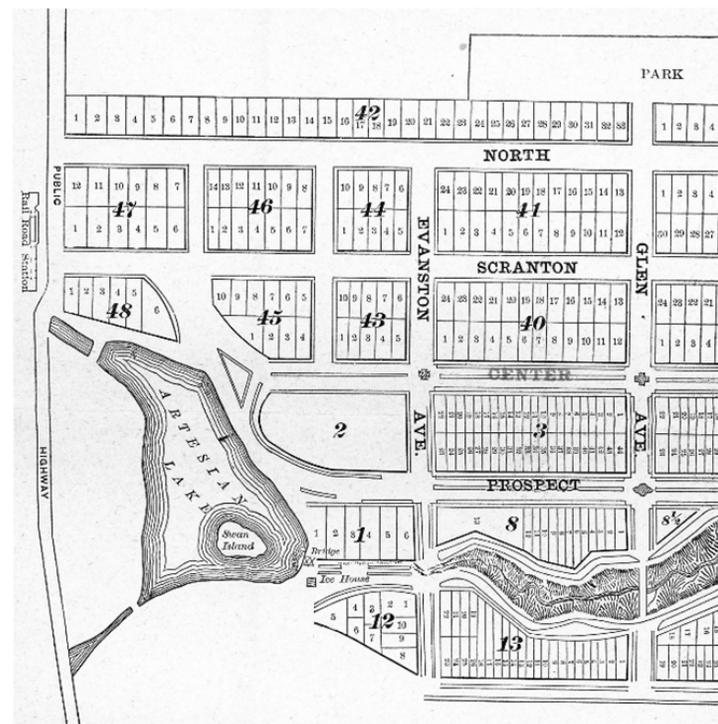
It represents idyllic suburban life: Ice skating in winter, baseball games in the spring, the playground and courts. Scenes out of a Norman Rockwell painting.

But in an earlier life it was Artesian Lake. This is how the lake appeared and then suddenly disappeared. In the 1880's Lake Bluff grew around the Camp Meeting movement and supporting buildings like the Tabernacle and Hotel Irving, which increased its need for water. A well was dug near where the police and fire station are now. Wooden pipes sent the water underground



down Prospect Avenue to the hotel and tabernacle grounds on the east side of the village. To contain the excess well water a concrete dam was built 500 feet west of Evanston Ave. to create Artesian Lake. In the middle of the lake was Swan Island connected to the shore by a footbridge. The ten acre lake allowed ice skating in the winter and ice cut from the lake was stored in a nearby icehouse. During the summer, residents could stroll around the lake or row boats on it. With increasing water demands a pump was installed to keep up and this worked for about 20 years.

Around 1900 the North Shore Line was extended to Lake Bluff (existing bike path) and a train station to serve it was also built along with an underpass to access the station. The underpass was lower than the level of Artesian Lake so it was necessary to drain Artesian Lake to the southeast into a ravine east of Ravine Ave. One morning villagers were dismayed to discover that the dam had burst and Artesian Lake followed the ravine into Lake Michigan. With continued growth Lake Bluff needed a place to put garbage and the site of the former lake served this purpose for the next 30 years before being cleaned up into the Artesian Park we now know.



* The material for this article is taken from one of the touch screens at the Lake Forest/Lake Bluff History Center.

WELCOME NEW MEMBER MATT BARANKO

As we have been stressing, new members are important to our Club and its continued development. This month we want to present a new member, Matt Baranko. Here is Matt's story, told by Matt:

My wife Kelly and I moved to Lake Forest November of 2008. We have two children, a 14-year-old son and 11-year-old daughter, both students at DPM.

I've been an off and on (mostly off) runner since 2015 but hoping with the help of the running club I'll become more consistent. My only running accomplishment is the Long Grove 10k back in 2017.... I do also enjoy biking, swimming, hiking and kayaking. I'm also a member of the LF Plungers, so I can be found at the beach year-round enjoying the benefits of living so close to the Lake.

I learned of the running club shortly after moving to Lake Forest and after 16 years of contemplation decided to make the financial commitment and join the club. I've been a member since October 2024.

My current goal is the Pleasant Prairie Triathlon in June of 2025. This will be my first triathlon and second ever competitive race. I don't have any words of wisdom, but I'm hoping to pick some up on the running course...



AN EXAMPLE OF OUR CLUB PERSONAL SUPPORT

By Karen McMahon



“Karen, has Mike called you?”

The telephone call from Kimberly Loughlin came in when Mike was off on a typical Saturday morning run. “Oh, this isn’t going to be good,” I thought to myself. She went on to explain that Mike had fallen and was being transported to the hospital.

For me, it started with Kimberly’s call. At the scene of the accident Phil Gayter and Sarah Sellers were assisting Mike while waiting for the ambulance. In the following hours Ben Gralla and Phil Gayter phoned, both expressing concern and offering assistance. When Mike resumed his attendance at the weekly runs, Tom Onan was quick to offer help when dizzy spells returned unexpectedly.

David Vargas took it upon himself to make sure Mike made the drive safely home from Lake Forest and followed him the whole way home! I’m sure there were others just as concerned and helpful, but these are some that Mike could remember.

The importance of social connections as our population ages is often cited as a factor reducing the risk of dementia. I think, however, that Mike’s mishap demonstrates that social connections also reduce stress and worry.

To all of you who went out of your way to help, please know that Mike’s family appreciates your actions. Knowing that he is part of a running club with members who watch out for each other brings me peace of mind. I am grateful for this community!



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RACE RESULTS

CALIFORNIA INTERNATIONAL MARATHON



This month's race results are coming from the California International Marathon. This year we had three members and a number of Jenny's runners in the race. We really had some great results.

Laura Kennedy ran an impressive 3:46 for a 2nd in her Age Group. Son, Ryan also ran a great race with a 2:52, his girlfriend, Emily wasn't far behind with a 3:07.

Our Club Female Runner of the Year, Lori Fitzgerald kept it together for her fifth marathon of the year with an awesome 3:40

RT's FINAL THOUGHTS of the YEAR



Just a few more items to close out the year. First check out this photo from the Canary Islands with Patti' son, Rich with Meg and Sam, sporting their Club gear. Sounds like a challenge to see where our Club swag might show up next!!!



I again wanted to congratulate the Club on our successful fund drive for the No IL Food Bank. We broke our record from last year and exceeded this year's goal, raising \$7524.00. The most impressive part of this was that even though we raised over \$2000 at our TDay Run, the Club members donated over \$5000. That is so awesome!



**NEIGHBORS.
EMPOWERED.**

Here is a thank you note from the president of the No IL Food Bank:



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**NEIGHBORS.
EMPOWERED.**

Hi Ron,

Happy holidays to you and all the members of the Lake Forest Lake Bluff Running Club! I am so impressed, and touched, to learn of your fundraising efforts this season. Your kindness will truly help the many neighbors who seek food, and a bit of hope, from Northern Illinois Food Bank.

I have seen again and again how much Lake County neighbors care for one another. The Food Bank works with 144 different partner agencies in the county, and last year provided 13.9 million meals to kids, seniors, and families in Lake County facing food insecurity. Your generosity and support are very much a part of that incredible effort!

It's an honor to partner with your wonderful club. Thank you for sharing health, hope, and joy with so many.

Warmly,

Julie Yurko

P.S. – If you would like to come volunteer at our Northern Illinois Food Bank center in Lake Forest, we would love to host you anytime as a group, or as families or individuals!





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JINGLE BELL RUN



The Social Committee continued to knock it out of the park with their last event of the year, the **Jingle Bell Run**. After our regular run/walk we gathered in the train station for coffee and bagels plus lots of goodies supplied by members. We were joined by Santa who led some caroling and asked some probing questions; answers are shown below.

But first check out these great photos from Mike, who again captured the true essence of the event:





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JINGLE BELL RUN



This year's Santa's survey question: "What do you wish from your running club (LF/LB RC)?"

Below are some responses Santa received, (Santa's replies in green):

Little Patti: Give me a gift certificate for getting new members to join. (Santa: Guess I need to buy Mrs. Claus more gifts!)

Jeff: I want to have all the fans cheer me when I cross the finish line at every race. (Santa: run faster when there a still a few fans left!)

Tom: Better food.

Young woman: Support and a gold medal. (The club supports you but medals are on you!)

Dan: Faster times.

Greg: Everybody to get up every Saturday morning and come to the club run and stay healthy.



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Micki: *First, I want world peace and more “Meet and Greet”s.*

Young man: Sox (Santa: The Sox are hopeless or did he mean socks?)

Phil: *Adjustment of times. I want 10k times to reflect 5k races, marathon times to be ½ marathon times, etc. That way we could all have world records. (Very creative!)*

Mike: *I would 3 or 4 additional telephoto lenses. (Use your cell phone more!)*

Scott: *I’d like everyone in the running club to help me have a great year and have the most fun possible. (very Presidential)*

Tom Mc.: *More snow for skiing.*

Little girl: *Lose 10 lbs. (Stop eating the treats after the runs.)*

Jenny: *I would like the running club to give me a fresh pair of legs. (Santa: can I have your old ones?)*

Kathleen: *Continue to walk fast with Ken. (Slow down, breath in, and enjoy the course!)*

Joy: *More social events including a Ravinia night. (Agree!)*

Mike: *I would like another running event. (Run another CARA race.)*

Kimberly: *Hot chocolate*

Riley: *Bagels*

Ron: *More young members to lower the average age of our club. (Recruit some college runners from LFC.)*

Carol: *Jingle bells*

Young woman: *Don’t touch me, Santa! (Oops!)*

Woman: *A trip to Hawaii! (Take me with you!)*

Carole: *Gingerbread*

Jane: *Help getting up the beach hill! (The city has plans for an elevator for only a \$2 million donation.)*

Debra: *More parties (That’s the spirit!)*

Santa’s favorite holiday puns:

Why is everyone thirsty at the North Pole? No well

What do you call an old snowman? Water

What is a vegan’s favorite Christmas song? Soy to the World

What do gingerbread men use when they break their legs? Candy canes

What do Santa’s little helpers learn first at the North Pole school? The “elf-abet”

What did the snowman say to the aggressive carrot? “Get out of my face!”

Santa won the North Pole 5k. He sleighed the competition

**Cheers and all the best for a
happy and successful
New Year!!**

