



# FOOTPRINTS

Member News, Events, Calendar and More!

## JANUARY 2026

### NEW PRESIDENT'S MESSAGE

I will endeavor to carry forward the great work done by past presidents by increasing member engagement and club growth. I'll look for ways to encourage our club's positive culture that welcomes everyone from beginners to serious runners. I'll continue our tradition of welcoming other area running clubs and encouraging "sister" sports such as biking, yoga and xc ski. On the admin side of things, my goals are clear communication, building community partnerships, and creating more organized records for our major events. Jeff McMahon has already started to create a working document for the Thanksgiving Day Run. I'd like to see the same thing done for the Holiday party and Summer party.

Best,

Carol



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



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## HOLIDAY PARTY AND AWARDS



This year's Holiday Party was a booming success due to the hard work of Diana, Perry, Debra, and Dave. The Ravinia Green CC was again an ideal venue. The room, the food, and all amenities were perfect. Cocktails, dinner, awards, and dancing made for a great night. In addition to planning the event, Diana also provided the cake and center pieces. Perry provided the fancy name tags for the evening.



Scott was the MC and outgoing president for the night. His first award was to give Jeff McMahon a suitable driftwood/plaque which he did not receive after his presidency in 2019. The following were the other awardees:



**Kathleen Swee**  
**Joe Swee**  
**David Vargas**  
**Dave Wiegand**  
**Miki Totic**  
**Dan Loeger**  
**Geoff Wilson**

**Female Runner of the Year**  
**Male Runner of the Year**  
**Most Improved**  
**Service to the Club**  
**Lifetime Achievement**  
**Special Achievement**  
**Special Achievement**



In addition, we had another fine video from Mike's looking back in 2025. You can check it out here: [2025 VIDEO](#)



## HOLIDAY PARTY AND AWARDS



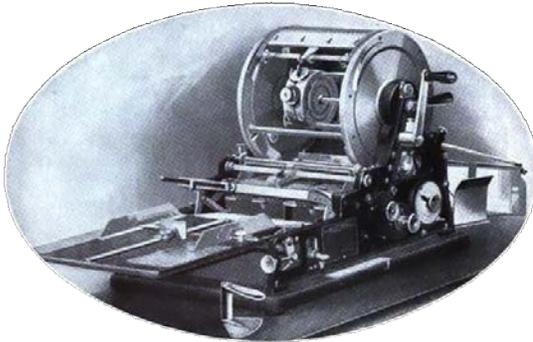


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## History on the Run

### A.B. Dick and his contributions to Lake Forest



What do you think of when you think of copies? Medieval monks illuminating copies of the bible? For many years, copying was a labor-intensive process. Then in the mid-15th century Gutenberg invented the moveable type printing press. But that was not efficient for small-scale settings such as a school or office. If you are old enough you might remember, probably from school, pages printed with purple ink.

In 1884 A.B. Dick, then only 28, was a successful lumberman and incorporated the A.B. Dick company as a lumber business.

But his real interest was in duplicating without the complication and expense of moveable type. Around that time, he developed a stenciling then inking process and associates suggested commercializing this application beyond in-house A.B. Dick Company use. The challenge was that Thomas Edison, who was known to be very aggressive in defense of his patents, held some related to stencil creation and duplication. Dick approached Edison and in exchange for Edison investing in Dick's business secured a licensing agreement and by about 1888 commercialized the stencil duplicator later known as the mimeograph machine. Dick's continued success was in process improvements but also in defending, until the 1914 Clayton Act, his control of not only the machine but of the supplies it used. The A.B. Dick Company was a standalone company until 2004. Today the A.B. Dick business unit is owned by the Mark Andy co. A B. Dick lived in Lake Forest at his estate called Westmoreland, and died in 1934 leaving many contributions to the city. Westmoreland was generally north of Deerpath and east of Waukegan Rd.

#### ***Deerpath Golf Course***

Like many successful business men of the time, Dick and his family contributed to the growth of Lake Forest. In the early 1920's he gave the city 65 acres of land for public park and recreational purposes on the condition that others do the same. John Griffith, Owen Jones, Noble Judah, Walter Brewster, William Clow, Thomas Donnelley, Edward Cudahy added land and with additional purchases, 134 acres were developed to become the first 9 holes of the Deerpath golf course. The golf course architect was Alex Pirie the golf professional at the Old Elm Club.

#### ***Lake Forest Hospital***

Until the early 1940's, Lake Forest's hospital called the Alice Home hospital was in a building on the Lake Forest College Campus. In 1939, A.B. Dick's widow, Mary donated 24 acres of land which had been part of the A.B. Dick family farm, Westmoreland, as land to build a new hospital to replace the Alice Home Hospital.



## CROSS COUNTRY SKIING UPDATE

### Cross Country Skiing (By Carol Longman, Ben Gralla, Rich Kosmerl)

Recognizing that we have snow this year and several of us are taking advantage of it by XC-skiing, your editor asked us to create a newsletter article. The article was requested when there was excellent snow conditions for XC-skiing. We had a number of skiers getting out there and more planning too. There will be more snow, so I hope you enjoy this guide to XC-skiing in the area and with our club

Why should I ski? We live in a cold climate. Enjoy what nature gives us. What is more beautiful than fresh snow? It's a great total body exercise. If you push the pace skiing, you will improve your running without beating up your body or getting injured.

Where do I get the equipment? If you don't have skis, boots and poles you can rent the equipment at REI. Similar to many sports, it is strongly suggested you rent before buying.

How do I dress? If you are skiing at a relaxed pace, dress as you would if walking Saturday morning. If you are really pushing the pace, dress as if you were running to catch the lead runners Saturday morning. Gloves with leather palms are a benefit but not necessary.

### ***Where can I ski?***

Just about any grass (best)/crushed limestone (OK if snow is deep enough) surface that has snow. Having said that, it will be easier and more enjoyable to ski on "groomed" trails where the grooming cuts parallel groves that your skis fit in. Here are some local areas that many of us favor.

\*Lake Bluff Golf Course: A 3.5 mile well-groomed trail. Favorite for many running club members. The western part will likely be less windy. Check Lake Bluff Nordic Facebook page for grooming and condition updates.

\*Lake Forest Open Lands: Mellody Farms and Middlefork Savanna. Can warmup at the Elawa Café if open.

\*Lake County Forest Preserves: Daniel Wright Woods, Ryerson, Old School, and Lakewood. Old School and Lakewood are often groomed. All are likely to be less windy than Lake Bluff if that is a concern.

\*Wilmette Golf Course; Groomed trails

\*UW Parkside: Groomed and hillier than the above trails. Groomed by Steve Wikner

\*South Kettle Moraine: Groomed trails, fee per car and per skier. Nordic brown, purple, white and blue loops are best if looking for fewer hills. Lapham Peak has snow making.

## **Best Resource:**

<https://www.skinnyski.com/trails/reports.asp>. The go-to source for XC-ski conditions

## **Troubleshooting:**

I can't glide: Skis are probably too soft and the area under your feet is dragging on the snow when not "kicking". I can't move forward. Skis are probably too stiff and you can't compress the skis enough to get the area under your foot to grip the snow when "kicking".

## **Myth #1:**

Cross Country Skiing is like walking on snow. Cross Country skiing is more fun when you glide on the snow.

## **Races:**

There are many XC-ski marathons in Michigan, Wisconsin and Minnesota. XC-ski courses for these races are often hilly so you need XC-ski downhill skills. In years past there has been a 10K/5K Northern Illinois Nordic held at the Arrowhead Golf Course in Wheaton. Are the organizers (Bob Richards?) working on one this year?

Any questions about club XC-ski activities, contact Rich, Ben, or Carol.





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## JINGLE BELL RUN



Santa and his elves arrived in Lake Forest to celebrate the annual Jingle Bell Run with our club. The elves (our Social Committee) set up an amazing table just chocked full of Christmas goodies and plenty of coffee to accompany the treats. Santa led the group in Christmas carols and even joined with Perry to sing a special version of the Twelve Days of Christmas. (Click [here](#) for the lyrics!)

This year we had an additional special event. Elliot Baker from the Northern Illinois Food Bank came to our gathering and we were able to present him with a 'check' for over \$21,000 representing the amount our club donated and collected this year for the Food Bank. It was impressive to see everyone come together to support this important cause.





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## RACE RESULTS

### Millinocket Marathon Maine

There is a unique marathon with an intriguing background that is run every winter in the north woods in Maine. Sounds like a fun event, right?

Well we had one intrepid member of our club ran the event this year. She had a good time even though it was her first marathon and the conditions were not the best.

**Anne Longman 4:52**

Check the backstory on this race [here](#).



### Long Grove Turkey Trot 5K

**Susie Duttge 2nd Place AG**

## UPCOMING RACES AND RIDES



### Special Destination Events

*Plan ahead for these races. The first in frigid January in Wisconsin. The second in sunny, warm Tampa in February. Jeff McMahon has more information. Click the links to access more details.*

### 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.

### Snow Fun Run January 10, 2026 Lake Geneva, WI



5 K Run/Walk/Party. Great time to break the winter doldrums. All action at Grand Geneva Resort.

Click [HERE](#) for more info.

**CLUB RUN, BIKE and TRI Schedule** Click [HERE](#) for the updated race schedule

## RT's, and Other's, FINAL THOUGHTS

### Dan Loeger

I did have the following observation if you'll indulge me.

Most running clubs are focused on all things running. These are good clubs. Those clubs with strong friendships and fun social events throughout the year are great running clubs.

It is the uniquely positive social fabric of the LF/LB running club that I believe drove the remarkable charitable display we just experienced. Our running community said to one another, "I'm with you in helping others. Let's do this together!"

I guarantee you that \$20,000 would not have been raised by the same exact group of donors if they weren't connected together by this club.

It would be great to send this simple message to our members - our club is more than just a running club; ***it is more than a social running club — it's a socially connected and mindful running club that can and has changed lives.***

### RT's Year End Comments

As we approach 2026, the 45th year of our running club I would like to make a few comments. During this year we have had tremendous support from our club officers and a number of other people who make this club what it is. But they are not the only ones; so many are willing to step up and help out when needed.

I will start with Scott our outgoing President who really kept the club running smoothly this year. He put in the time, showed up on Saturday mornings and still had time to be a good model with all his running, biking and walking. And then there's Diana, always willing to do anything. She was the back up for Scott and she was the real mover behind the great Holiday Party this year. And you can never forget the wonderful Hallobrunch party which she has been hosting every year. Perry, he does it all. Not only does he make the Newsletter look as great as it does, he creates all our signs and posters and usually picks up the coffee or bagels for the Meet & Greets. Dave Wiegand is the head of the Social Committee, he has had a lot of events to support this year and all have gone well with him and his committee support. Debra, she has been supporting all the social committee activities dutifully and also provided goodies for board meetings. Jeff McMahon provides a lot of general support and ideas for the club, plus he did a tremendous job on Thanksgiving Day run this year, keeping it running smoothly in spite of some new obstacles. Dan should be called the executor. He ran the LCR again this year with the biggest turn out yet and again it was run perfectly. Dan also saved the



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Thanksgiving Day run by coming up with a plan to solve the waiver requirement issue. Liisa and Kimberly continued to keep the merchandise program current and show up at all events to hawk our goods. Miki and Jenny. Miki keeps our membership list clean and helps the club in a lot of technical areas. Jenny continues to be our club coach helping many and also setting up and running the kids track event. Geoff Wilson takes care of all of our legal matters, pays our taxes and keeps us current with the state Phil Gayter keeps our website updated which is not an easy task and takes a lot of work to keep it current. There are others in the club such as Derek Debe and his wife Kathy who hosted the summer party this year in a very fine style

I know there are many, many others who help in a number of ways. And it is impressive how everyone steps up to make this club what it is It is so awesome to be part of a welcoming friendly social, optimistic group like this. We should all be proud of this club and what every single one of you contribute to make this one of the best clubs in the area. In closing, I agree with Dan that this club, and the people in it, change lives in a number of ways.



*Hardy group on a frigid morning!*



*Santa & Charter Member  
Peg G., Jingle Run 2011*



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Happy  
New  
Year

2026