



FOOTPRINTS



Member News, Events, Calendar and More!

JULY 2025

SAVE THE DATE!!

OUR ANNUAL SUMMER PARTY

Saturday August 9 from 6:00-9:00 PM

Get ready to enjoy our annual Summer Party at our new venue, the home of Derek Debe and Kathy Mucci, on E. Westleigh Rd in Lake Forest.

More details soon.



Just a reminder that Bernard Lyles, founder and head of Tri-Masters, will be here with his van on July 5. So if you have any bikes, running or swimming equipment that his kids could use, please bring them to the run that day.

KID'S TRACK EVENT – Saturday, July 26

This year we are excited for another big event—our Kids' Track Event. As we have mentioned in the past, this is one of our two free public events we host annually.

Here are the event details:

- Location – Lake Forest HS track
- Date: Saturday, July 26, 2025
- Volunteer Set-Up/Registrant Check-In: 12:00–1:00 pm
- Event: 1:00–3:00 pm

We have four requests of our Club members:

- Help publicize the event.
- Invite your friends and neighbors who have kids.
- Volunteer to help out with the event.
- Contribute your old track/race medals to the event.



To volunteer or for any other details check in with organizers: Jenny Spangler (847-707-8576 / JANDMFITNESS@comcast.net) and Kimberly Loughlin (847-204-5563 / KAL1992@aol.com).

This year we are fortunate to have the underwriting support of some of our generous members. We have contributions from Katherine Herrmann, Ken Glick, Jim Kubik, Sarah Sellers, and Judy Frides-Craig. Thank you all!!

Click [HERE](#) for the promotional flyer for the event.

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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LAKE COUNTY RACE EVENT HUGE SUCCESS

LCR reenactment was a fantastic success. Turnout was really strong with around 40 from our club and another 25 from the ERC. Many thanks to Dan and the others (Dave, Perry, Diana, Jeff, Liisa, Debra, Mike, and Scott.) In spite of a huge turnout on a hot, steamy day, everyone had plenty of food and drink. I noticed that we never ran out of anything. There was still plenty of food, coffee and water up to the end. The cold water was a real lifesaver. As usual, Dan was a great host, with signs, shirts, tunes, etc. I also thought the Trivia was a great touch, kept everyone engaged. Even though it wasn't billed as a race, the first finisher in the 10K run was Liam, Joan Elliot's grandson.

Finally, one more thing that stood out was the total assimilation of our friends from the ERC. Everywhere I looked the two clubs were totally engaged. Overall, it was one super event.

Now let's hear what Director Dan had to say:

"Evanston more than once said they were grateful and impressed - especially with bagels, coffee, and waters. They liked it!!"

"Running with 'Hip' from Evanston, he was recognized by cyclists riding north from Evanston. A cyclist said: Oh look, they're in a race. Ha-ha, wearing a bib gets you the accolades without having to run hard. I like it!! Aaron was a good runner from Evanston and he paced me to the finish. I was immensely grateful to the social team's effort and Mike McMahon - made the day run so smoothly





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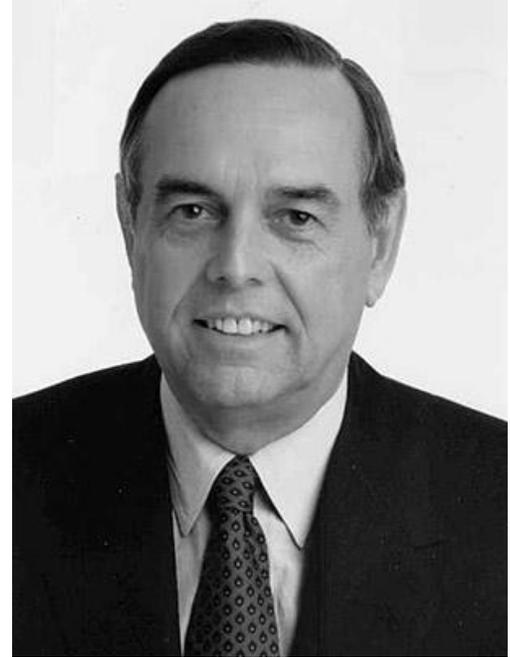
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History on the Run

Millennium Park and John Bryan

“Don’t ask me to raise money to fix the roof. It has to be something that’s exciting. Like they say, it takes some magic to stir people’s blood”.

Let’s take a step backwards. Who is John Bryan? If you read last month’s History on the Run you learned that he ran Sara Lee for many years and owned Crab Tree Farm where he lived until his death in 2018. I’m sure you know Millennium Park. Chicago and the Midwest’s biggest tourist attraction and top ten in the US. But how did it get that way? Going back many years the area that is now Millennium Park was from 1852 to 1997 Illinois Central railroad tracks and parking lots. Richard Daley the 2nd, having traveled and been inspired, in particular by Paris, decided that Chicago’s front door needed to look better for Chicago to be viewed as a world class city. The city acquiring air rights over the IC tracks in 1997 made Millennium Park possible. In 1997 Daley launched the Millennium Park project and the original estimate of \$150-\$224 million was for a park/lawn and music pavilion over the tracks plus a garage which was to be completed in 2000. In reality, the project cost \$482 million and was finished 4 years late in 2004. But even with the scope creep, delays and cost overruns, critics have praised its design as an excellent example of urban planning and it has become the place to visit for visitors to Chicago. Observers view Millennium Park as Chicago’s most important public project since the 1893 Columbian Exposition.



What was John Bryan’s role in all this? All along it was Daley’s vision that the park would entice civic donors so he recruited John Bryan to be the chief fund raiser. Bryan’s philosophy was “Don’t ask me to raise money to fix the roof. It has to be something that’s exciting. Like they say, it takes some magic to stir people’s blood”. Sounds similar to what Burnham wrote in 1909. Well Bryan was successful beyond



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all expectations, having raised over \$200 million. These funds covered most, but not all the scope creep. But more than fund raising, he and Daley must have shared a vision that Millennium Park would be more than a grassy lawn above a parking garage. As a result, we have the: Pritzker Pavilion, Crown Fountain, Lurie Garden, McCormick Tribune ice skating rink, BP pedestrian bridge, Exelon pavilion, Wrigley Square, Grainger Plaza, Boeing Galleries, Chase Promenade, McDonald Bike shop and Nichols Bridgeway. I'm probably missing a few.

According to Bryan funding solicitation was by request only and no one refused. Of course, this led to scope creep and cost overruns but ended up including works by prominent artists and architects (Frank Gehry, Anish Kapoor etc.). The result is the #1 tourist attraction in Chicago and the Midwest and within the top 10 in the country. Recognizing his role, there is a plaque in John Bryan's honor in the Millennium Monument in Wrigley Square.





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GETTING TO KNOW YOU

Erik Matrejek

I'm originally from Brooklyn, NY. My wife Lisa, who grew up in Park Ridge, and we met in New York, and life's journey brought us back to the Chicago area in the late '90s. After college, I joined a karate group where running was a big part of the training. As a lifelong cyclist, this was quite a shift. The group traditionally ran the New York City Marathon along with many local races, but my favorite was always the New Year's Eve run in Central Park.

I was fortunate to run seven consecutive NYC Marathons—all before chip timing. Back then, it could take 20 minutes after the gun for the crowd to start moving over the Verrazzano Bridge. Some of my favorite memories include the roar of the crowds on First Avenue and the surreal energy of crossing into the Bronx on the Willis Avenue Bridge. Runners would bunch up, trying to stay on the narrow carpet strip—but if you dared to run the steel deck, you could pass thousands.

I joined LFLB Running in 2021, shortly after we moved to Lake Forest. From day one, I felt welcomed—part of a group that didn't think running in subzero temperatures was unusual. I'd actually known about the club for years through Joan Elliott. Back in New York, we were close friends with her brother Dave, who led a mountaineering and hiking group we were part of. And naturally, running was essential training—climbing peaks like Mt. Rainier or Denali is basically a vertical marathon.



Outside of my work in the tech industry, Lisa and I love traveling to and exploring wild places. We're passionate about the outdoors—hiking, biking, kayaking, birding, and backcountry photography. I've especially enjoyed sharing backpacking and biking adventures with Jeff, John, Perry, Dan, and others, and helping out at club events whenever I could.

At the end of this summer, we're excited (and a little sad) to be moving to Delafield, Wisconsin. As always, we'll carry the friendships and memories with us—and we know we'll stay connected with our running family here. Fortunately, we've got a few extra ties to help keep Lake Forest close: Lisa's dad attended Lake Forest College back in the '40s.

Editor note:

Erik will always be close to us and stay in touch. That is the beauty of LFLB Running Club friendships.

RACE RESULTS

Northwestern's Lurie Cancer Center Survivors' Celebration Walk & 5k

Here is a recap of the event by Mary Ellen Swee:

Three of the family members who are in the running club ran the 5K. They are:

- **Joe (Time: 18:15; Pace: 5:53; Place: No. 1 Overall)**
- **John (Time: 22:45; Pace: 7:20; Place: No. 20 Overall)**
- **Katherine (Time: 27:00; Pace: 8:42; Place: No.17 in Age Group)**
- **Mary Ellen walked the 5K (Time: 58:59)**

This race is special to our family because I have been a Lurie patient since 2011 and my husband is a former patient.



The family at the race, left to right: Katherine, Mary Ellen, Bob, John and William

BOLDERBoulder 10K

BOLDERBOULDER by  Runners Roost

Laura Kennedy 51:01 1st AG

This was an impressive race for Laura as it is not your normal flat, sea level 10K like we have around here. It was not only hilly, but also over 6000 feet making it a real challenge.

The 2026 BOLDERBoulder returns on Memorial Day, Monday May 25th!

There is a lot more to the day than the 10K. It's part run, walk, parade, costume party, professional race, expo, and it ends with the largest Memorial Day Tribute in the country inside the University of Colorado's Folsom Field. We'd love to invite you to stay for the afternoon or the whole weekend to take full advantage of everything beautiful Boulder, CO has to offer.

I have suggested destination races before. The BOLDERBoulder fits in that group. It has been run for the past 45 years, has over 50,000 runners but it well organized and has a competitive pro race after the run. Laura is going back next year and would like some follow club members to join her.





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RACE RESULTS

IRONMAN EAGLEMAN – Cambridge, MD

Amanda Macuiba

10th Female in Pro Division

Time 4:26:33

Half Marathon Time 1:27!!



Northshore Classic Half Marathon

Nick Fearnley: 1:54



Grand Tetons and Yellowstone Half Marathons

Well, our Travelin' Man Dan did it again this month. As he continues his quest to run some of the nicer races around the country, he found two great ones. Obviously, both were very scenic, but also tough because of the hilly terrain and altitude.

Grand Tetons: 1:42 1st AG, 51 OA (top 3%)

Yellowstone: 1:47 1st AG, 28 OA



Bank of America Half Marathon



Dave Vargas: 2:11

He ran the 13.1 Bank of America Chicago Half Marathon in preparation for his 1st Chicago Marathon this October and 4th overall marathon.



CLUB RUN, BIKE and TRI Schedule



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





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CLUB BIKE RIDES

Door County Peninsula Century Classic

On June 14th a group of runners from the Lake Forest Lake Bluff Running Club traded in their running shoes for some bicycle clip-ins and biked the Door County Peninsula Century Classic.

After much debate and celebrating Jeff's Birthday into the late hours it was decided to settle on the 30 mile loop the following morning. This was the 3rd year we've been riding the Spring Classic and enjoying the ride was John, Liisa, Jeff, Eric and Lisa. The weather was a little chilly with a few sprinkles but we managed to finish and celebrate at the Door County Beer Festival afterwards



Tour de Scandinavia

The latest tandem trip for Phil and Diane Deemer is to tour the Nordic countries. Check out the scenic pics below! Looks like we need a new column for the Newsletter entitled, Where's Julian this Month! Last month he showed up in London to catch up with Laura running the London Marathon. This month he met up with the Deemers on their Nordic tour. So if you are planning an international trip, please let our staff know and we will send Julian out to meet you!! 😜





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CLUB BIKE RIDES

GRABAAWR

The Great Annual Bicycling Adventure Along the Wisconsin River

On June 7-14, a few Club members participated in GRABAAWR 2025, which is a 450-mile road bike ride from Eagle River, WI to Prairie du Chien, WI. The ride takes place over 7 days and generally follows the Wisconsin River on scenic country roads. Mark Baker, Jack Herrmann, Scott Renken and Ben Gralla from the Club along with 4 local riders- Sheila Vogdes, Diane Aunet, Patti Werner and Bill Raymore formed our group of 8. There were about 50 total riders from all parts of the country and all walks of life. We have all rode this ride multiple times with Mark Baker riding it for several decades.

The natural beauty of Springtime Wisconsin and the challenge of an ultra-ride is what keeps people coming back year after year. Starting a bit earlier in June than other years created a condition that was not pleasant for the first 2 days. It was cold and rainy, however the last 5 days were fabulous. We slept on local High School gym floors every night with an air mattress, phone charger, etc. Support truck carried belongings from point to point each day.



Besides the scenery and camaraderie developed on the journey, the highlight was hitting the town each night trying to find the best restaurant and best Brandy Old Fashioned. The choices were many! Two establishments stand out:

- **GORSKIS in Mosinee**: A one of a kind Polish restaurant that had sausage in almost any dish and polka dancing on Sunday night. Ben loved it and wants to get a group to go there some Sunday.



- **DRIFTLESS GLEN DISTILLERY in Baraboo:** A truly unique setting on the Baraboo River in a modern yet rustic structure. Hands down the best selection of Old Fashions on the trip.

The hills and views north of Wausau and anywhere in the driftless area, especially around Devil's Lake were tough riding but breathtaking views. Everyone was tired by the end, but the week was a welcome departure from the routine of everyday life. I highly recommend for anyone who wants to do a long ride and do at least some moderate training.

