



FOOTPRINTS



Member News, Events, Calendar and More!

JULY 2024



KIDS TRACK EVENT

JULY 18 1:00 PM, LAKE FOREST ACADEMY

Our Annual Kids Track Event will be held on Saturday, July 18, from 1:00-3:00. This year we will be at a new venue ---- the track at Lake Forest Academy, 1500 Kennedy Road, LF.

Please share this [flyer](#) with any of your friends and neighbors who have kids that may want to participate. The flyer includes the registration link.



This is a big event for a club and we need a number of volunteers to make it run smoothly. Please contact Kimberly or Jenny to sign up.



ANNUAL SUMMER PARTY

Saturday August 8, 6:00-9:00 PM

1055 E Westleigh Rd, Lake Forest, IL, 60045

The party is coming up in August and everyone will receive an Evite for the event. Make sure to respond and include what you will be bringing.

For details, check the Evite or contact Dave Weigand at:

davewiegs@gmail.com.



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 6:00 AM Elawa Farms

The run consists of a series of intervals, but one group does a run/walk. However, the whole group stays together. Contact Jeff McMahon for info 813-777-3000

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 & dates.
jandmfitness@comcast.net

LAKE COUNTY RACES COMMEMORATIVE RUN

For the fifth year in a row, Dan Loeger and the Social Committee have put on the awesome LCR Commemoration event. This year's turnout was one of the best yet with impressive turnouts from our club and the Evanston RC. Runners got on the train in the city and Evanston and met up with our group in Lake Forest to ride to their destinations.

It was a beautiful day and everyone eventually made it back to the LF train station for bagels and coffee. Again, Dan and Perry put together a trivia quiz for the event. It was a little tougher this year resulting in two winners tied with 5 correct answers. A tie breaker was used to determine the winner who was, eight year old Lola Jensen, with a little help from some friends. Congrats Lola!



Lake County Races Commemorative Event

with

The Lake Forest / Lake Bluff & Evanston
Running Clubs

Lake Bluff, IL train station

June 13, 2026



LAKE COUNTY RACES COMMEMORATIVE RUN



LAKE COUNTY RACES COMMEMORATIVE RUN



LAKE COUNTY RACES COMMEMORATIVE RUN



Lola, winner of this years trivia quiz!



Lake County Races Commemorative Event

The Lake Forest / Lake Bluff & Evanston
Running Clubs

COACH's CORNER

Here is this month's contribution from Coach Jenny. If you have any topics you would like Jenny to explore, please respond to info@lflb.org.

Workout Challenge - The Mona Fartlek

The Mona Fartlek is named after Steve Moneghetti who is a four-time Olympian in the marathon for Australia (1988, 1992, 1996, 2000). This is a great workout for those getting back into speedwork after taking time off, or as a good zippier session for marathoners to break up the monotony of higher mileage and longer workouts. It is even beneficial for those that choose walking as their choice for aerobic activity and can be done on trails, road, or the track.

The Mona Fartlek:

Warmup with 15 - 20 minutes easy followed by 4 x 20 second strides to increase the heart rate

2 x 90 seconds "on" with 90 seconds easy recovery between

4 x 60 seconds "on" with 60 seconds easy recovery between

4 x 30 seconds "on" with 30 seconds easy recovery between

4 x 15 seconds "on" with 15 seconds easy recovery between

Warm down distance your choice but do at least 10 minutes easy

Start with 5K EFFORT for the 90 second reps and pick up the intensity as the reps get shorter. The "key" to this workout is to run the easy recovery at your normal aerobic training effort and not too slow.

Need an extra challenge? After the warmup and before the fartlek begins, do a 10 - 15-minute tempo run at approximately $\frac{1}{2}$ marathon effort. This is a great addition for those training for longer races.

I love that this workout is intense but short and sweet. It doesn't require a lot of time, so that can't be used as an excuse not to get out the door for a quality run! 😊



Enjoy!

Coach Jenny

BIG DAY FOR COACH JENNY

June 20 was a big day for Jenny Spangler and her family. They all traveled to Duluth, Minnesota where Jenny was honored for her past record-breaking performance. In 1983 when Jenny was a mere youth, she set the Female Junior Record for the marathon with a 2:33. In 2003 Spangler set a Masters American Record at the Chicago Marathon. She became the only person to hold both records at the same time.

The photo up on a stage is from a special guest panel at the marathon expo, with former champions Janis Klecker and Lorraine Moller. The interviewers are Carrie Tollefson (former US Olympian), and Dick Beardsley (former Grandma's winner and former course record holder).

The photo with three ladies in front of a fireplace is Jenny with Janis Klecker, and Wendy Cregg who was the very first women's champion when Grandma's started in 1977.

The one with the gentleman is with Scott Keenan, founder of Grandma's and executive race director from 1977 until 2013.

The one of Jenny in front of some framed photos are at Grandma's Saloon, where her win in 1983 is still up on the wall!

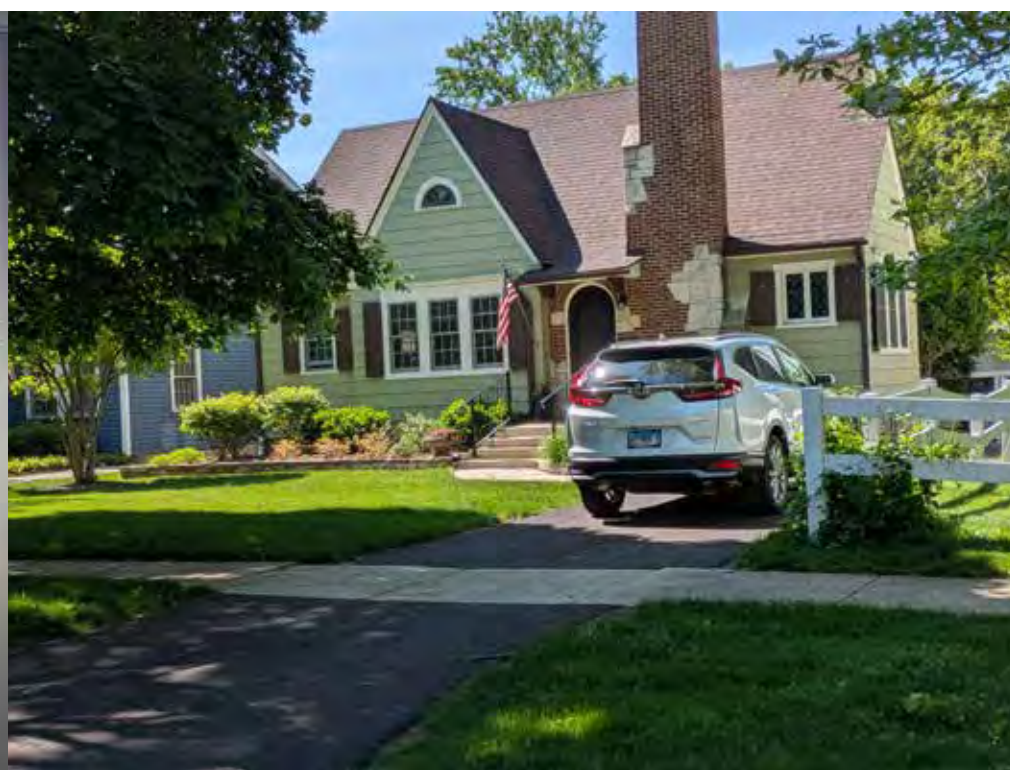


History on the Run

Before Amazon There Was Sears

There was a time when Sears was the store from which you could nearly buy everything and in many cases get it shipped to your house. It was the Amazon of its time. Amazon started with books and Sears started with watches but they both ended up big and successful. But unlike Amazon, Sears sold cars and houses. Sears sold cars between 1908 and 1912 but competed unsuccessfully against the better Ford Model T which was also introduced in 1908. However, as of late, Amazon has started selling cars. Will houses be next?

From 1908 to 1942 you could buy a Sears house that included all the lumber, pre-cut and labeled, wiring, windows, nails, hinges etc. The material was usually delivered by rail and the homeowner could either do the construction himself or hire a contractor. Sears sold about 70,000 kit houses during those 34 years and one of them exists in Lake Forest at 641 Highview Terrace. Sears sold the "Lewiston" house, from 1929 to 1940. The original owners of the Lake Forest house, Albert and Paz King took out a mortgage for \$8700 from Sears in May 1929 for the house. Albert was a chemical engineer and Paz a physician and they had 5 children which explains why the King house has the optional 2 extra bedrooms and bathroom. Unfortunately, they did not live long in the house as it went into foreclosure in November of 1930.



A LOOK AT ONE OF OUR LONG-TIME MEMBERS

Periodically we like to feature one of our long-time members with their story, accomplishments, and history with the club. This month we are featuring Judy Frides-Craig, who was not only a charter member, but was also at the club's first meeting, was a club president, did some coaching, and was the Newsletter editor. Her byline name was Aunt Blabby! Judy was, and is still, an accomplished runner, great organizer, and good friend to many.

Let's start with her running achievements. She was running marathons in the early days of the running boom, nailing an awesome 3:08 in the Huntsville Marathon in 1982. This qualified her to start with elite women at the NYC Marathon that year. In 1982 she also broke 40 minutes in 10K races twice. She ran her first marathon in New York in 1980. She ran her last in 2015 at age 70! Quite a span!

She ran more marathons, but not as fast. By this time, she was involved in coaching other club runners to run the Chicago Marathon. She prepared a large group for the 1985 race and kept everyone together for the first 20 miles. She also ended up supporting Mary Lou Decker as she crossed the finish line. The following week Judy ran the NYC Marathon again. She learned a lot about training from a heralded coach Tom Brunnick, and turned around and used what she learned to train others in the club.

Judy got a red ribbon in her first 10k. Someone called her up and said that she would have to give it back because she passed another runner in the home stretch. She cried and asked where to take it, then she found out it was a practical joke by her husband!

One of Judy's greatest contributions came when she was coach of the girls

and boys' cross-country team at North Chicago Community HS. Some of the club members would help her out with donations, etc., One year she won the female cross country coach race at a large invitational. She also got a distinguished service award for her coaching.

Judy was heavily involved with a group of lady runners from the club who formed the Dawn Patrol over 40 years ago. Their program was 6 miles at 6 AM 6 days a week. Not only did the group develop some accomplished runners, but also created friendships and bonds that still exist today.

In closing I would like to thank Judy for all she has done for the club over the past 45 years. One more person who makes this club what it is. I would like end this with a sentiment from Judy: "My family, this club, the Dawn Patrol and the kids at NCCHS have given me more joy than anyone can ask for."



RACE RESULTS

North Shore Classic May 31, 2026



Theresa Peterson	1:41
Dave Engleke	1:50
Katherine Najjar	1:51
Kim Carden	2:07



Grandma's Marathon and Half Duluth Minnesota June 20, 2026



Jenny Spangler	1:47
Miki Totic	Finished!
Kelli Totic	1:29



Bank of America Half Marathon June 7, 2026



Dave Vargas	2:17
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Elgin Fox Trot 10 Miler May 31, 2026



Dave Vargas	1:39
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SOME SPECIAL RACE RESULTS

Cape Town Marathon May 17, 2026



Lauren Ettin 4:01

This month club member, Lauren Ettin traveled to South Africa to run in the Cape Town Marathon. This marathon was recently named as the eighth **Abbott World Marathon Majors**. Lauren has run all eight, but only has seven stars as she ran Sydney before it got designated. She had a great run on a tough course and met up with Eliud Kipchoge in his first marathon in Africa.



Big 5 Marathon Entabeni Game Preserve South Africa June 12, 2026



Geoff Wilson 4:29

Intrepid word runner Geoff Wilson was also in So Africa to run a Half-Marathon. Here is his story.

"Did the Big Five Half on Sat in 4:29. New PR for slowest time. Course was off the chart ridiculously tough. 2.2k down at 30degree plus grade and then 5K in deep sand and then 2.2 k back up the mountain. It was so steep it was all I could do to keep from falling on my face on the down or on my back coming up. The rest of the course was constantly up steep inclines and down. The sun was merciless. I was so dehydrated and I drank water and electrolytes at every stop. Africa is spectacularly beautiful but totally unforgiving. Glad I did it though.

The winning half time 1:57. From a guy who runs 1:06 normally. The winning full Marathon was 3:57 from a 2:20 guy. They both came close to dropping out due to the conditions."



UPCOMING RACES AND RIDES



LINCOLNSHIRE 5K JULY 4

This has always been a club favorite for many years. Ample age group awards and great atmosphere.



BTN Big 10K and 5K July 11



This race is Midwest runner's true favorite. You can sign up and run for your favorite Big 10 school. The BTN Big 10K is an annual race celebrating the Big Ten Conference! This year's event will take place on Saturday, July 11, 2026 at Soldier Field.

The BTN Big 10K Post-Race Tailgate is held near Soldier Field immediately following the finish of the 10K and 5K events from 7 a.m. to 10:30 a.m. The Post-Race Tailgate features music, food and beverages, as well as fun tailgate inspired games like a football toss and corn hole. Plus, a chance to meet up with all the Big 10 mascots and usually a special guest athlete from the Big 10.

DETAILED EVENT SCHEDULE

Click [HERE](#) for our updated race schedule reflecting a number of events in 2026.

CLUB RUN REMINDER

Besides our Tuesday, Thursday, and Saturday club runs, there is another run early Thursday morning. Here are the details from Jeff McMahon:

Thursday Elawa Group:

We start at 6 am every Thursday morning. Park in the Elawa Farms parking lot. The run follows the Middlefork Savannah Trail. The run consists of a series of interval, but one group does a run/walk. However, the whole group stays together. We have a text group chat. 813-777-3000

RT's FINAL THOUGHTS

CLUB MEMBER IN LOCAL THEATER PRESENTATION

Club member, Social Committee member, and Newsletter co-editor Perry G is in an upcoming presentation by the Citadel theater group. Details follow but a number of club members will be attending the performance on Friday, July 24. Sounds like a fun time.



Announcing the cast of Citadel Theatre's ***Mamma Mia! Sing-Along!*** This outdoor fundraiser unites members of the Citadel community for an unforgettable celebration of ABBA's greatest hits. From former Mainstage and TYA performers to Education teaching artists, staff, donors and friends of the theatre, the cast and crew reflect the talent, passion and spirit that bring Citadel Theatre to life.

The Women

Bailey Angel
Annie Beaubien
Melody Rowland
Ellen Phelps

The Men

Tom Beck
Chris Dockum
Perry Georgopoulos
Kyle Twomey

Production Team

Erin Ammer (Writer & Director)
Chris Dockum (Writer & Music Director)
Grey Sindaco (Choreographer)

Contact us at 847-735-8554 or tickets@citadeltheatre.org for group and student tickets. For more information and Citadel's website, click citadeltheatre.org



Perry Georgopoulos was last seen at Citadel as The White Rabbit in *Alice in Wonderland*. Past credits include Frederic Fellows, *Noises Off* with Theater D; Dr. Carasco, *Man of LaMancha*, Madkap Productions; Jenkins/Ensemble, *How to Succeed in Business*, Music Theatre Works; Plato/Macavity in *Cats*, Highland Park Players. Other credits include Joel, *Beau Jest*; Robert, *Jane Eyre*; Bazzard, *The Mystery of Edwin Drood*; Bella Zangler, *Crazy for You*; Dan in *Joseph*; Greg, *A Chorus Line* and Garvin in *Footloose*. He has also appeared as a member of the Funny Bones improv comedy troupe.

RT's FINAL THOUGHTS

Besides Geoff and Lauren, we had some other travelers this month.

2026 GRABAAWR

Some of riders made it up to Wisconsin for the 6-day, 450-mile ride. This year Scott Renken, Jack Herrmann, Mark Baker, and Ben Gralla made the trip and had their usual fabulous time. Still searching for the best Old-Fashioned in Wisconsin!



BOB HOLLIDAY and CATHY BENTON in SCANDINAVIA

Check out some beautiful scenery.



RT's FINAL THOUGHTS

DAN and DAUGHTERS TRAVEL TO SEATTLE FOR WORLD CUP

Dan and his daughters, Julia and Danielle were fortunate enough to watch the US Team win a critical match over Australia 2-0 and a place in the Knockout round of the World Cup. What an experience!



SPECIAL HORTICULTURAL EVENT

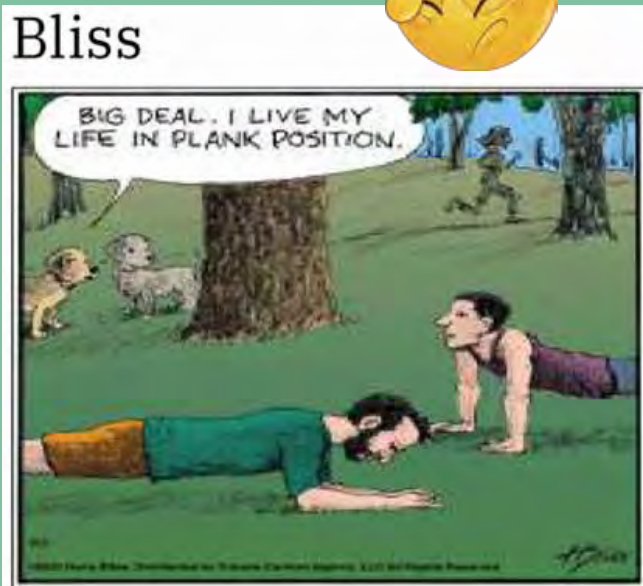


Happy Pollinator Week 🐝 Carol Longman wanted to let you know that her re-wilded forest will be part of a grow native habitat walk on Sunday, July 19th from 1 - 4 PM. There will be a few other properties on the walk as well. No need to RSVP, just come if you like and spread the word. She is hoping people will get ideas of how to incorporate natives into their landscape to support pollinators. In addition, she will have some of her honey and beeswax products and Kerrie's handmade soap for sale. **(625 Beverly Place, LF.)**



RT's FINAL THOUGHTS

A LITTLE FITNESS HUMOR (*very little*)



HAPPY
Independence
DAY

UNITED STATES
OF AMERICA
250
—ANNIVERSARY—
— 1776 — 2026 —

