



# FOOTPRINTS

Member News, Events, Calendar and More!

## JUNE 2025

### LAKE COUNTY RACES COMMEMORATIVE RUN REDUX JUNE 2025

Dan Loeger has stepped up again this year to organize the 4TH Annual replication of the Lake County Races, train ride included! Here is the key information. All details including course map can be found at the end of the newsletter or contact Dan at:

[dan.loeger@yahoo.com](mailto:dan.loeger@yahoo.com)

Back by popular demand, the LF/LB Running Club will host its 4th LAKE COUNTY COMMEMORATIVE RACES “train” run/walk on

**SATURDAY, JUNE 21, 7:30 AM** prompt start time.

YOU DON'T WANT TO MISS IT! **IT'S FREE** for you and your guests! **No registration required!** Just show up and enjoy

**MOST IMPORTANT THING!! SET YOUR ALARM – PLEASE ARRIVE 7:30 AM PROMPTLY TO BOARD TRAIN!!** YOU MISS THE TRAIN and YOU MISS THE EVENT!



**We will meet on the outbound platform, west side of the tracks**

more detail about the race at the end of the newsletter

## CLUB ACTIVITIES

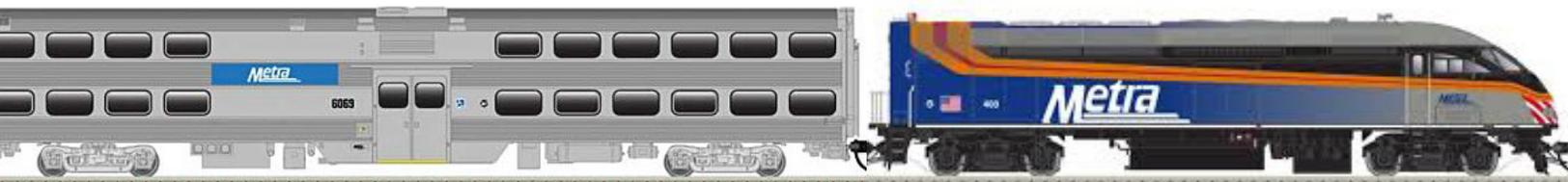
**TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at the Parking Lot just South of Central on St Johns. Run/Walk and stick around for a pastry and coffee at The Little French Guy, 1791 St John's.**

**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)

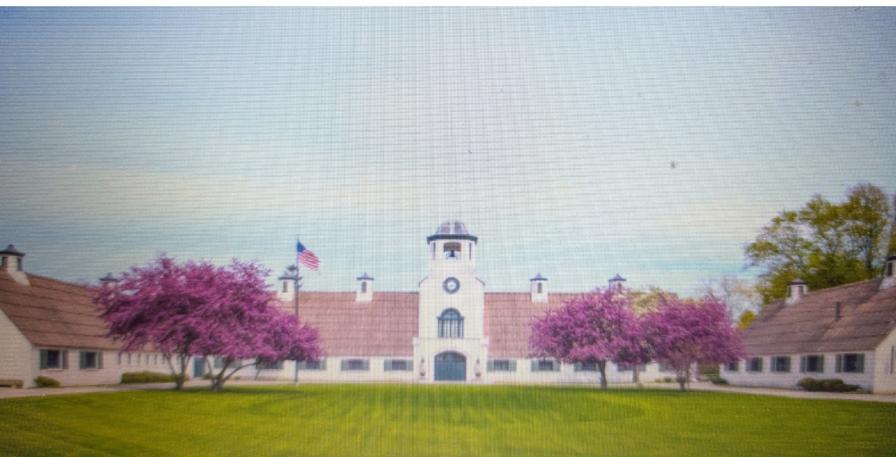


## History on the Run

### Mrs. Durand's Cows

Go back over 120 years and life in much of Lake Forest and Lake Bluff was much more “rural” than today. For example, Grace Durand ran her very successful Crab Tree Dairy from her house in east Lake Forest where she sold milk from her herd of Guernsey cows. But sometime the cows escaped and since they were not potty trained, they created farm yard smells that offended the neighbors. Fortunately, Mr. Durand, owner of S.S. Durand Sugar Company had the resources and so in 1905 he purchased 250 acres of land, just north of Lake Bluff, owned by Henry Blodgett, founder of the Chicago and Northwestern railroad and a Federal judge, which became the new location for **Crab Tree Farm**.

The original farm buildings burned in 1910 so Grace Durand commissioned Solon Beman who designed what are now the Crab Tree Farm buildings: a large central barn with a clock tower, four additional buildings, a pair of silos and a reflecting pool. Beman is known for designing the Pullman Factory Complex and Village on the far south side of Chicago. The buildings were designed to be fireproof and in a California Mission style. Jens Jensen was hired as the landscape architect but only some of his plans were implemented. In 1926 William McCormick Blair purchased 11 lakefront acres and had David Adler design a summer home. Mrs. Durand died in 1948, the dairy stopped operating and the Blairs purchased the rest of the land which they held until 1985 when they sold it to John Bryan. John Bryan is known for having run Sara Lee and his interest in the Arts and Crafts movement. The original Crab Tree Farm buildings have been renovated and are now known for their collection of Arts and Crafts furniture.



*Crab Tree Farm*



*Mrs. Durand's Cows*



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## NEW MEMBER PROFILE

### Michael Strupp

#### *Tell Us a Little Bit about Yourself*

My name is Michael Strupp, I am 53 years old and I live in Lake Forest. I have lived here for about four years; previously, I lived in Elmhurst, Illinois, and, before that, in downtown Chicago. I am a software engineer by trade, and I work at home alongside my partner Bonnie and her two children. We're both widowed. We also have several cats and dogs.



*Michael Strupp*

#### *When Did You Join The Club? Why?*

I started running actively during the Covid years, since I could no longer go to the gym. When I moved to Lake Forest in 2021, I would see bands of runners pass by our house every Saturday morning, and I soon discovered that they were part of the Lake Forest and Lake Bluff Running Club. I joined online in 2022 or 2023, but I didn't start participating in the weekly Saturday morning runs until the beginning of 2024. I try to attend every week if possible.

I really enjoy the camaraderie, support and good cheer among the runners. There are very dedicated runners in the group! Their achievements are very impressive and inspiring, and I have learned a lot about running by being part of the group.

#### *How Long Have You Been Running?*

I never ran as a student, but I would run off and on as an adult. For example, when I lived in the Hyde Park neighborhood of Chicago, I would run frequently but when I subsequently moved to the US Virgin Islands, I stopped running because it was difficult to run outside (too hot and no sidewalks).

I didn't become disciplined about my running until about five years ago, and now I run several times a week. I also participate in a lot of organized runs and races. Being a member of the running club has helped me to focus on becoming a more dedicated and stronger runner.

## Do You Have Any Running Goals?

My two running goals are (1) don't get injured and (2) complete my first marathon, here in Chicago, in October. I have signed up to participate in the CARA 18-week marathon training program this summer. Unfortunately, this probably means I won't be able to participate in the club's Saturday weekly runs for a while.



## What Are Your Likes / Dislikes When Running?

I get such a kick out of running in organized races. It's like one long party. There are thousands of like-minded people who actually pay money to run. We're all crazy. I like to yell out cheers and support to the other runners as we go, as this gives me an energy boost as well. The other runners probably think I'm crazy.

I prefer to run outdoors early in the morning, which can be a bit of a chore during winter. I must make sure to have the correct running gear, including hat, gloves, fleece coat, pants, waterproof shoes and running lights. When it gets too cold (or wet), I run on a treadmill in the basement, which is not as fun.

Running can be a bit like going to church: you may not want to go but you feel so much better about yourself once it's done.

## What Is Your Next Race / Run?

I am participating in the Bank of America 13.1 Half-Marathon on Sunday, June 1st.

*Have a great race Michael!*




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## UPCOMING RACES

Be sure and check Dan and Diana's list of running, biking and tri events [here](#) for a comprehensive list of events.



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## RACE RESULTS

### Wisconsin Marathon race on 5/3

#### Marathon

Joe Swee: 2:56:47

#### Half Marathon

Jeff McMahon: 2:18

Katherine Swee: 2:12

Kim Crimin: 2:17

Dan Loeger: 1:39:39 1st AG\*\*\*

#### 5K

Mary Ellen Swee: 53:27

John Swee: 53:25



### Dirty 5K Hanover, NH 5/11

Dan Loeger: 26:44 22nd OA, 2nd AG

Get up  
Run like the wind  
Recover  
Repeat



### Bayshore Marathon Traverse City, MI



presented by MUNSON HEALTHCARE

Steve Clark: 2:55



**NORTH SHORE CLASSIC**  
HALF MARATHON • 5K • 1-MILE

**Good Luck to all  
that are running the  
North Shore Classic in  
HPK on Sunday!**



## RT'S FINAL THOUGHTS OLD MEMBER PROFILES

### Geoff Wilson

As most of you already know, Geoff Wilson has a real obsession for running marathons all over the world. He has set out to run marathons on every continent, plus, run all the Abbott World Marathons. Fortunately, he has accomplished this, but not easily. Throughout his quest he has had two knees and one hip replaced. Yes, when he goes through airport security, he sets off all scanners near him!



Geoff planned to run the Antarctica Marathon in Feb, 2022, however, between the weather and his gimpy knee he was only able to complete the Half. After having his knee replaced, he ran the Patagonia Marathon in October. Then the other knee was replaced and his next race was the Kangaroo Island (Australia, of course) followed by the Sydney Marathon in Sep 2024.

In March of this year it was back to Antarctica again, this time completing the full marathon. A few days later in the city of Ushuaia in Tierra del Fuego, he completed a tough trail Half sponsored by UTMP.

Future plans include the Reykjavik Half in August and then a marathon in remote Bhutan in the Himalayas next March.



## RT'S FINAL THOUGHTS

Geoff Wilson, *cont.*



Please click [here](#) to read more about Geoff's latest Antarctica race. It was a complicated, challenging experience for him.

### Phil Gayter

Phil has been a long time member, past president and a super-fast runner. Many of you may also know that Phil had an exciting career as a big time ad man (think Jon Hamm!) at some of the big firms in Chicago. What a lot of people don't know is that Phil is an extremely accomplished artist. He has been painting for most of his life. Phil has now embarked on a new path with another artist meeting in a verbal and artistic competition.



To learn more about Phil and especially his show entitled Oil and Water, check this [link](#).

### Bernard Lyles

We all know that Bernard is well known in the Chicago area because of his work with kids in his Tri-Masters program. He is also a successful runner, tri-athlete and event organizer. One other expertise that many may not be aware of is Bernard's accomplishments in SCUBA Diving. Check out this short interview about Bernard. Click [here](#).



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## GLASA MARATHON OPPORTUNITIES

“The Great Lakes Adaptive Sports Association (GLASA) still has open slots for several international marathons. These races are difficult to get into and come with the full support of GLASA who helps to plan, organize, and support you throughout your event.



- Berlin - September 21, 2025
- Dublin - October 26, 2025
- Valencia - December 7, 2025
- Tokyo - March 1, 2026

Our very own and beloved, Jeff McMahon, will be running the Dublin marathon with GLASA on Liisa’s birthday no less. For more information, please go to the following web page <https://glasa.org/event/marathon/>

### Let no one sit on the sidelines - [GLASA](#)

TCS New York City Marathon – Nov. 3, 2024 **FULL**

BMW Berlin Marathon – Sept. 21, 2025 – **OPEN!**

Bank of America Chicago Marathon – October 12, 2025 – **FULL**

[glasa.org](https://glasa.org)

Jeff is also on the Executive Board for GLASA, so please feel free to reach out to him with any questions you may have at [jmcmahon100@hotmail.com](mailto:jmcmahon100@hotmail.com). That’s right, Jeff still uses Hotmail. We are just happy that he stopped updating his Myspace page.”

**Please reach out with any questions and thank you so much for your consideration.**

## SATURDAY JUNE 21 - LAKE COUNTY RACES COMMEMORATIVE RUN

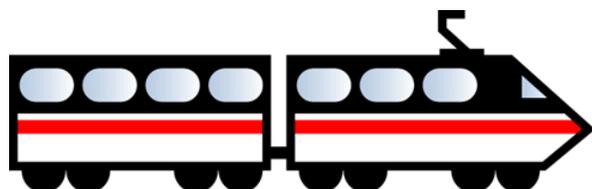
**YOU DON'T WANT TO MISS IT! IT'S FREE** for you and your guests! No registration required! Just show up and enjoy!

We will commemorate the history and relive the excitement of the great LAKE COUNTY RACES (held from 1981 to 2000).

We'd like **everyone** to take part as we have an ambitious goal of **100 participants** from our club and the Evanston Running Club!!! We have also invited our running friends from Lake Bluff, Amy Kessler's LB running group. If you're a newer member and joined the LF/LB club within the past year, we'd LOVE for you to come out and join this FUN event!! You won't be disappointed!

Please contact Dan Loeger at [dan.loeger@yahoo.com](mailto:dan.loeger@yahoo.com) if you have ANY questions!

On SATURDAY JUNE 21, all running club participants and guests will hop on the Northbound Metra train to experience the unique POINT TO POINT nature of the Lake County Races!!



**MOST IMPORTANT THING!! SET YOUR ALARM – PLEASE ARRIVE 7:30 AM PROMPTLY TO BOARD TRAIN!! YOU MISS THE TRAIN and YOU MISS THE EVENT!**

### YOU PICK THE DISTANCE:

- If you run the 10K distance, you'll get off at GREAT LAKES Train Station. It's more like a training run than a race, it won't be timed. :-)
- If you run/walk the 3.5M route (or 2 miles), you'll get off at the LAKE BLUFF Train Station. For optional 2 miles, you would walk on the bike path from Lake Bluff directly to the Lake Forest train station. For 3.5 miles, follow the course route.
- Everyone finishes at the same location – the Lake Forest train station – where there will be refreshments for everyone to enjoy!!

### RACE BIBS:

- We'd encourage everyone to wear a favorite "race bib"
  1. you can wear your LCR commemorative bib from a previous year if you have it
  2. OR wear your FAVORITE race bib! (we'll have extra pins if needed)

## COURSE MAP:

- See the Course Map on the following page.

## TRAIN SCHEDULE INFORMATION:

### Saturday June 21

7:01 am Davis St. Evanston

7:04 am Central Evanston

7:38 am Lake Forest station - LF/LB club runners board the train

7:42 am Lake Bluff station - 3.5M / 2M runners/walkers de-board the train

7:46 am Great Lakes station - 10K runners de-board the train

***All runners and walkers will finish @ the Lake Forest train station!!***

**9am - 10:15 am Post-Run Refreshments and Festivities at Lake Forest train station  
Bagels will be provided and people can bring other food items to add to the table!**

10:24 am Lake Forest station - Evanston runners board the train to return home

10:57 am Central St. Evanston station 11:00 am Davis St. Evanston station

## FAQ:

**Q: *Do I need a Metra ticket to ride?***

A: YES

For Lake Forest train riders, a group ticket will be used to cover everyone boarding, so Lake Forest riders don't have to worry about paying any fares.

For Evanston train riders, it is recommended to purchase a \$7 Saturday Day Pass via the Ventra App to enable unlimited rides on Saturday. This will allow you to travel to Lake Bluff / Great Lakes and then return back to Evanston from the Lake Forest train station on the 10:24 am train.

**Q: *Does Metra require masks?***

A: NO, Metra does not require masks, but they are OPTIONAL if you want to wear one.

**Q: *Will the Course be marked with Signs?***

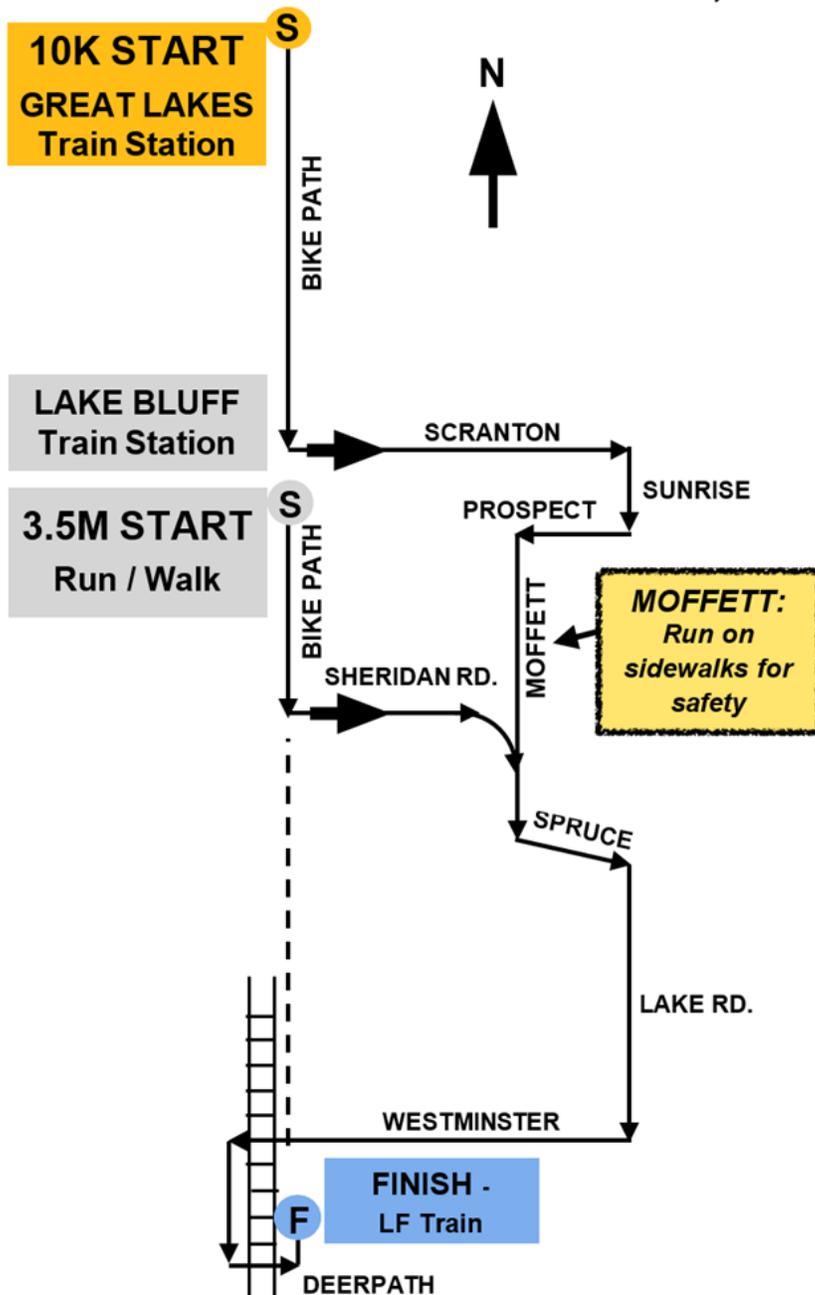
A: Generally NO, but a handful of signs at key turns will mark the course. Course maps will be available. For Evanston runners, it'd be good to hang with fellow LF/LB runners/walkers to stay on course!

Q: *Will there be fancy prizes at the end?*

A: YES, of course, the thrill and satisfaction of finishing the Commemorative Run is your prize! Ha ha!

## LAKE COUNTY RACES COMMEMORATIVE RUN SATURDAY JUNE 21, 2025

Train Station	Metra Train Time
Davis St. Evanston	7:01 am
Central St. Evanston	7:04 am
Lake Forest Station	7:38 am (board)
Lake Bluff Station 3.5M Start Line	7:42 am
Great Lakes Station - 10K Start Line	7:46 am



**See everyone on the platform**