



FOOTPRINTS

Member News, Events, Calendar and More!

JUNE 2026

LAKE COUNTY RACES COMMEMORATIVE RUN

SATURDAY JUNE 13

Back by popular demand, the LF/LB Running Club will host its 5th LAKE COUNTY RACES "train" run/walk on SATURDAY, JUNE 13, 7:30 AM prompt start time

YOU DON'T WANT TO MISS THIS GREAT EVENT! 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).

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

9am - 10:15 am Post-Run Refreshments and Festivities at Lake Forest train station

Bagels will be provided everyone is welcome to bring other food items to add to the table!

For complete details, click [HERE](#).

For course map, click [HERE](#). (also see last page of newsletter)

Hope to see you there -- Dan Loeger
(dan.loeger@yahoo.com)



**LAKE COUNTY RACES
COMMEMORATION**



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

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.

UPHILL AND DOWNHILL RUNNING TECHNIQUE

After rounding the corner onto Lake Street off of Westminster during our Saturday morning club run, we are faced with a fairly significant (for us flatlanders!) downhill and then uphill. I have witnessed a variety of different running forms making their way down to the beach, some beautiful and some a bit cringy so I thought it would be beneficial to share a few tips for running uphill and downhill.



Uphill Running

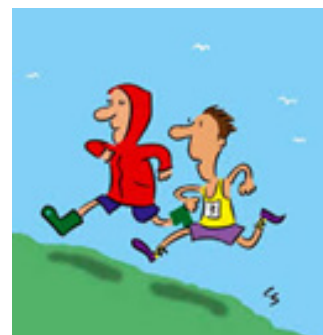
#1: Strike the ground with the middle or ball of your foot. Landing on your midfoot will shift your center of gravity forward which will help propel you up and over the hill.

#2: Lean forward but don't hunch over. Look ahead and avoid looking down at the ground. Keep your shoulders in front of your hips.

#3: Keep a steady effort up and over the top of the hill. Many runners slow down once they crest the hill but if you keep a steady effort, many of your competitors will be left in your dust during races.

#4: Increase your cadence. Some experts suggest that you increase your step cadence by 25%. Remember you are taking more steps but each step is shorter and covers less distance. It is the turnover rate of your feet that is faster - not your whole body speed.

#5: Swing your arms a little faster and further out which will take some pressure off of your legs.



COACH's CORNER

#6: Think positive thoughts when you see a hill. Many of us runners tend to get a bit anxious when we see a hill coming up. Slow down your breathing and be confident that you are ready for it!

Downhill Running

#1: Focus on landing on your forefoot so that you are striking the ground at your center of gravity. Your body should be centered over your knees.

#2: Take shorter strides - small quick steps. A quicker rhythm will help you land softly and spring off the ground more easily.

#3: Look ahead approximately 10 to 15 meters. It is important to avoid looking directly at your feet.

#4: Use your arms for balance. Your elbows should be slightly wider than you would have running on flat terrain.



Happy Hill Running!

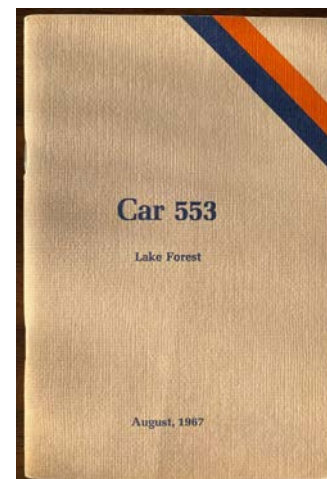
Coach Jenny



History on the Run Car 553*

The wealthy have always found ways to avoid the hoi polloi. Private jets, gated residences, security guards. Why would commuting to Chicago be any different. Now think back to before the pandemic. Do you remember one of the cars on one of the commuter trains at the East Lake Forest train station being painted the old Chicago and Northwestern colors of Green and yellow. That was the last private railroad commuter car in the country.

It first ran in 1929 so A.B Dick Jr. Stanley Field and members of the Armour family did not have to mingle with the common folk. At that time, the car called the Deerpath, employed a private porter who dispensed snacks and drinks from a buffet all for an annual fee of \$15,000. On Saturdays, the car catered to golfers. Car 553 arrived in 1949 to replace the original which had run from 1929. In 2016 it was refurbished at a cost of \$100,000 with new carpeting and a refrigerator. The membership cost was apparently less than \$4000 per year for the approximately 3 dozen members. But shortly after that with Covid and then remote work combined with the aging car, the service was stopped marking the end of an era. The “manager” of the car for the last several years was Richard “Buzz” Norton who owned the Country House antique store in Lake Forest and also had a presence at the Merchandise Mart.



*Much of this material is sourced from an article by David Sweet and Buzz Norton's obituary.

RACE RESULTS

BOULDER, CO May 25, 2026

BOLDERBOULDER by Runners Roost

An extremely hilly 10 ran at over 5,000 feet above sea level!

Laura Kennedy 53:59 1st AG

Ryan Kennedy 38:57

Emily Herron 43:37



GIRO SARDEGNA April 25-30, 2026



Carl Macuiba, not to be outdone by his two high performing adult offsprings, Amanda and Dustin, took on an extremely difficult and

interesting event. The six-day Giro Sardegna in Sardinia Italy.

The week turned out to be tougher than expected. That says a lot coming from a man who has run 13 Ironman races, including seven at Kona. The riders went over 400 miles in six days, mostly in the mountains. The overall climb for the week was 30,000 feet. The last day's ride was a 25 mile continuous climb.



This was a serious Gran Giro competition sponsored the ICU, Int'l Cycling Union, and included a range of serious competitors. Many were Cat1 and Cat 2 riders who were capable of a 25-30 mph pace. There were 200 riders from 30 different countries.

Obviously, Carl was aware of these factors and expected a challenging ride. There were two surprises that made the whole event a lot tougher. One, many days the start and finish lines were not close to their hotels. Consequently, there could be an extra 15-25 miles to get back forth from the start and finish. One day it was a point-to-point stage, so after completing the 45-mile stage, they had to bike back 45 miles to their hotel. Which leads us to the second issue. Carl has an exercise watch (Garmin) which tells him his readiness level for exercise starting the day. Most days his reading was 1, which meant his body was not ready for exercise. But he had no choice.

There were some positive aspects to ride. Carl also wanted to make sure that he did not earn the Maglia Nera, the black jersey. This is awarded as a symbolic prize in cycling competition such as at the Giro d'Italia, given to the last man to finish the race. Fortunately, he never wore it.

Next, he was able to travel to the ride with 32 other friends from the local Vision Quest training group.

Finally, the weather was perfect all week and the terrain was outstanding.



CHATTANOOGA HALF IRONMAN May 17, 2026



Amanda Macuiba
12th Overall in pro division

Athletes take on a fast, downriver swim, a rolling bike through Tennessee's scenic countryside, and a run that winds along the riverfront.

Way
to go!

ICE AGE 50 MILER May 9, 2026

This is one of the most challenging Ultra Marathon courses in the area. There is nary a flat spot on the course, and footing is always one step from falling. The 50-mile and 50k courses follow the Ice Age National Scenic Trail through Wisconsin's Southern Kettle Moraine Forest. The trails are mostly wooded, passing through evergreen and deciduous forests, marshes and prairies and exposing runners to the geologic remnants of the last Ice Age 10,000 years ago. The terrain varies from wide, rolling trails to twisting, root and rock-covered single track.



Liam Gayter 7:10 1st Overall - 23 minutes ahead of the second-place runner.

Other members of the extended Gayter family ran the Half-marathon

Paul Wszocek 1:39 5th Overall

Lauren Gayter 2:51



UPCOMING RACES AND RIDES



Cancer Center Survivors' Celebration Walk & 5K Sunday, June 7, 2026



This will be the 33rd running of this key walk/run sponsored by Northwestern Lurie Hospital. The event starts in Grant Park and goes along the lake front.

This walk/run has always been key to the Sweet family and all six members of the family plan to participate. It would be great to get more club members to join this event. Here is Mary Ellen's comment on the race.

The entire family will be participating: my husband Bob; my sons John, William, and Joe; my daughter Katherine; and me. The 5K is on June 7, 2026, at 9:15 at Grant Park. A link is in the Club Event Schedule. Also below is a photo that was used by NMH in their promotional materials for the event. Now support is needed more than ever.

Mary Ellen

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

UPCOMING RACES AND RIDES

SOME INFORMATION ON CLUB BIKE RIDES *by Diana Schnell*

Ask a cyclist if they run and you'll usually get a polite no. Ask a runner in our club if they cycle — and the answer is often yes. For many of us in the club, cycling started as injury rehab. It became something more. Combined with physical therapy, it helped several members avoid knee surgery and come back to running stronger than before. Whether you're sidelined, in peak training, or just curious — read on.



There's a local bike ride out there with your name on it. According to Marathon Handbook — and backed by our own club's experience — cycling builds aerobic fitness, strengthens your legs, and gives your joints a real break from the repetitive pounding of running, all while making you a faster, more resilient athlete. And when injury strikes, it can be the thing that keeps you from going under the knife.

Personal experience from club members: Cycling combined with physical therapy helped many of us avoid knee surgery entirely. It builds the leg muscles that protect your joints — and has kept many of us in shape during recovery when running was off the table. Cycling helps your knees recovery and can make for a great vacation trip. (See below.)

Dr. Bill Sterett (a dual-fellowship trained physician with an added certificate in sports medicine with training and experience in treating knee and shoulder injuries) puts it, 'cycling is "a low-impact, cardiovascular-friendly activity" that helps maintain aerobic fitness and supports leg muscles while completely avoiding the impact associated with running.

Benefits include:

Joint health: the smooth, circular pedaling motion stimulates synovial fluid — your knee's natural lubricant — reducing stiffness and keeping cartilage healthy.

Muscle support: Cycling strengthens quads, hamstrings, and calves — the muscles that act as natural shock absorbers, taking stress off the knee joint itself.

Fitness maintenance: Stay cardiovascular fit and preserve leg strength during downtime — no repetitive pounding impact, no setbacks to your aerobic base.

Many of our LFLB Running Club members have discovered a great local cycling community through the Bike Club of Lake County (BCLC). With rides for all levels, it's an easy way to get rolling — whether you're cross-training through an injury or just looking to mix up your routine.

Always consult your physician or physical therapist before beginning any cross-training during injury recovery. (My PT would make me add this.) 😊

Weekly rides include:

Saturday - 6 :00 AM (LFLB MEMBERS)

24.8 mile ride prior to the 8 am run. Lake Forest Train Station.

Tuesday-6:00 PM (BCLC) Beginner–intermediate

15 - 18 miles no-drop ride

Various groups of speed on the paved bunny trail and local streets through Lake Forest, Lake Bluff, and Highland Park.

All paces welcome — no one gets left behind. Lake Bluff Train Station



Thursday - 6 PM (BCLC) Beginner/Recovery

11-mile recovery-friendly no drop ride

A relaxed 11-mile route at ~11 mph — perfect as a standalone beginner ride or a low-effort recovery spin after a hard training week. Route is similar to Tuesday but shorter.

Avg. 11 mph · 11 miles. Lake Bluff Train Station

Please note: Helmets and sign-in are required, but you don't need to be a club member to join either ride. Both wrap up with refreshments at a local brewery or restaurant — consider it a well-earned rehydration station.

BCLC offers plenty of other ride options beyond these two. Search BCLC on Meetup to see the full schedule and find a ride that fits your pace and goals. They also sponsor the BCLC Ramble Ride on June 7th, which many of us will be doing. It is a fully supported ride with distances from 25 to 100 miles. Registration and information can be found on Meetup as well.

Cycling might be the best thing you add to your routine — and many of us in the club can vouch for that firsthand. Hope to see you out there and happy to help anyone get started.

Sample Weekly Structure

- **Monday:** Rest and Recovery.
- **Tuesday:** Structured Intervals (Sweet Spot or Tempo).
- **Wednesday:** Light Endurance Ride (60-90 min).
- **Thursday:** Tempo Intervals or Group Ride.
- **Friday:** Rest or Very Light Spin.
- **Saturday:** Long Endurance Ride (Race Prep).
- **Sunday:** Active Recovery Ride (Optional).



RT's FINAL THOUGHTS

INTERNATIONAL TOURING

Last month we had a few club members taking international tours.

First up was Phil and Diane Deemer and the tour of Belgium and the Netherlands. In addition to the windmills, they were able to tour the beautiful tulip fields that are blooming this time of year.



FANTASTIC!

RT's FINAL THOUGHTS

Next was Diana Schnell and her daughter traveled to the the coast of Spain and spent 6 days biking on the islands of Mallorca and Menorca .

A Trip of a Lifetime: Celebrating 40 in Mallorca and Menorca

There are few things in life better than sharing an adventure with your child. To celebrate my daughter's 40th birthday, we did something neither of us will ever forget — a six-day cycling trip through the Spanish islands of Mallorca and Menorca with Backroads.

Mallorca, nestled in the Mediterranean south of Barcelona, is a true cyclist paradise. On some roads, bikes outnumber cars. It was the perfect place to begin.

We spent our first three nights at the elegant Son Brull Hotel and Spa, easing into the journey with a 25-mile ride through rolling hills. Day two brought a bigger challenge: the Tramontana, a roughly 3,600-foot climb. Slow and steady got us to the top — but the descent, with its sharp turns, oncoming cars, and streams of fellow cyclists, was nothing short of terrifying for me. Still, confidence has a funny way of building when you have no choice but to keep pedaling.

By day three, that confidence paid off. I checked off a true bucket list item: Cap de Formentor, one of the most legendary rides in all of cycling. Over 46 miles and 4,000 feet of climbing, the views of the Mediterranean were nothing short of breathtaking. Jen kept coming back down to check on me after she reached the top.

On day four, we flew to Menorca — a quieter, more rural sister island. Leaving Mallorca was bittersweet, but Menorca had its own magic. We rode 28 miles through the s'Albufera Natural Park, climbing 1,900 feet to a lighthouse perched at the island's edge. Day five took us past grape vines and olive tree-lined farmland to the Cape of Cavalleria, the island's highest peak. The descents still brought their share of high-speed heart-in-throat moments, but the stunning scenery made every one of them worth it.

Our final ride on day six felt almost gentle — just 22 miles and a 1,100-foot climb along the southern coast, ending in the charming, whitewashed village of Binibequer. After six days in the saddle, it felt like a victory lap.

But the cycling was only half the story. Each evening brought something new to discover: local wine and vermouth tastings, lessons in mushroom farming and olive oil

production, and incredible dinners celebrating the food and culture of the islands. Every day was full.

If you're looking for a milestone trip — one that challenges your body, feeds your soul, and gives you something to talk about for years — look no further than the Balearic Islands on two wheels. And if you can share it with someone you love, even better.



RT's FINAL THOUGHTS

LFLBRC ARTICLE IN FOREST & BLUFF

Hopefully, most of you have seen the terrific article our president, Carol was able to get placed in this glossy North Shore magazine. We have recently signed up a few new members as a result of the article. Here is a copy if you haven't seen it: [FOREST & BLUFF](#)



As the Lake Forest-Lake Bluff Running Club celebrates its 45th anniversary, members say the group's greatest strength isn't speed—it's connection.

words by **Bill McLean** / portrait photography by **Katrina Wittkamp** / sports photography courtesy of the **Lake Forest-Lake Bluff Running Club**

AT 8 A.M. ON SATURDAY MORNINGS, the East Lake Forest train station becomes less of a commuter stop and more of a gathering place.

Runners and walkers of varying ages and ambitions arrive in layers, stretch a little, swap a few words, and head off together on a familiar route—down toward the beach, back up through town, past stately homes and Lake Forest College.

Some cover the full six miles. Others peel off earlier. All start in the same place. And, just as importantly, many end in the same one, too: over coffee.

That rhythm has helped sustain the Lake Forest-Lake Bluff Running Club for 45 years. Founded in 1981, the club—now nearing 200 members—has become a fixture in the two communities, offering far more than exercise. It is a place to train, certainly, but also to socialize, volunteer, support neighbors and strengthen ties in town.

"It's not cliquish," says club president Carol Zuegel-Longman, who joined shortly after moving to Lake Forest in 2020. "It's enduring."



Zuegel-Longman, a former high school and collegiate cross country and track athlete, said the club's appeal is its openness. Members range in age from their early 30s to 90, and they include everyone from marathoners, Ironman competitors and triathletes to people who simply enjoy walking 2 or 3 miles with company.

"Runners in general are nice people," she says. "Being a member of a club like this is a good way to meet members of the community."

That welcoming spirit traces back to founder and first president Barry Seiller, who died in 2022. Seiller once said he was proud



that the club had become "a shining example of people bonding together by a common goal of keeping fit through running, or walking."

Zuegel-Longman said Seiller intentionally wanted the club to feel inviting and accessible.

"He appreciated how running brings people together and allows them to make connections," she says.

The club's reach extends beyond Saturday mornings. Members gather for four weekly meetings, summer track workouts led by Jenny

Spangler—the 1996 U.S. Olympic marathoner—and social events throughout the year, including a holiday "Jingle Run" and an annual chili cookoff. There are also partnerships with local organizations and businesses, including Kiddies Sports in Lake Forest.

The club's sense of purpose also shows up in service.



During its Thanksgiving Day 5K and 10K in 2025, it raised more than \$21,000 for the Northern Illinois Food Bank. Over the years, it also has supported projects such as the restoration of Walden Bridge, the East Lake Forest train station and the Lake Forest Beach pedestrian ramp.

Ron "R.T." Thomas, the club's treasurer and newsletter editor, has been a member for 30 years. He now walks with the club after what he calls "40 years of competitive running," and he said the group's loyalty is what stands out most.

Years ago, after a bike accident put him in the hospital, he missed the club's Tuesday track workout.

"Half the running club visited me in the hospital on that day," Thomas says. "I received a basket of oranges from them."

That, in a few pieces of fruit, may explain the club better than any race result.

Yes, the Lake Forest-Lake Bluff Running Club keeps people moving. It helps them train, stay healthy and get out the door on cold mornings. But its real strength may lie in what happens during and after the miles—in the conversations about travel, work, family and life, in the laughter over coffee, and in the easy, steady companionship that has carried this club for 45 years.

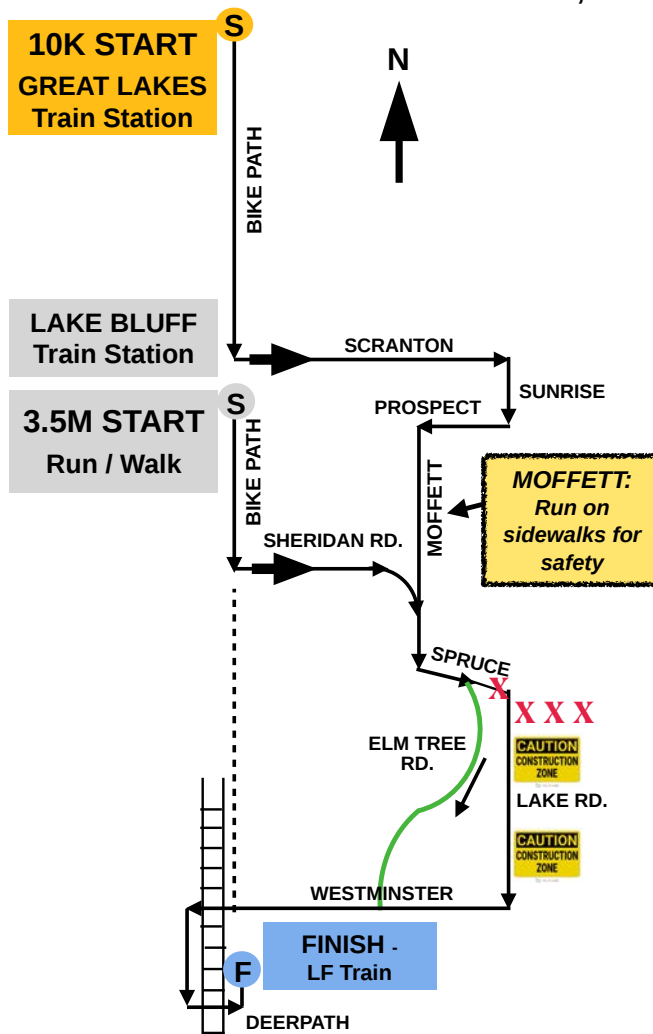
And counting.

Visit [lflb.org](#) for more information.



LAKE COUNTY RACES COMMEMORATIVE RUN SATURDAY JUNE 13, 2026

Train Station	Metra Train Time
Davis St. Evanston	6:58 am
Central St. Evanston	7:01 am
Lake Forest Station	7:35 am (board)
Lake Bluff Station 3.5M Start Line	7:39 am
Great Lakes Station - 10K Start Line	7:43 am



Lake Forest / Lake Bluff & Evanston Running Clubs
'Meet & Greet' Event