

# FOOTPRINTS

Member News, Events, Calendar and More!



## MARCH 2025



### Get Your Bocce On!!

### Lake Forest Lake Bluff Running Club BOCCE BALL EVENT

**SUNDAY, March 9th, 12:30 pm to 3:30 pm**  
**Highwood Bocce Club**  
**440 Bank Lane, Highwood**

*(same parking lot as the Highwood train station, at the North end)*

If you want to participate, you **MUST** bring in a clean pair of running shoes (carrying them in) to wear on the courts, i.e. no wearing shoes you just walked in with from the street.

**The number of participants is limited, so respond early to guarantee a spot.**

Guarantee your spot by sending \$10 via Zelle to [payment@lflb.org](mailto:payment@lflb.org) (preferred) or by sending \$10 using VENMO to RT: [@Ronald-Thomas-13](https://www.venmo.com/Ronald-Thomas-13) (last 4 digits of my phone is 3032)

If you cannot do Venmo or Zelle, you can send RT an email at [rwthomas4@comcast.net](mailto:rwthomas4@comcast.net) with the number of spots you are reserving (and paying for with cash at the event at \$10 each) to reserve your spot.

**DAYLIGHT SAVING  
TIME**

**Note:** Time changes on March 9. Be sure to adjust your clocks



## 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)

## MEET & GREET Plus TRAINING TIPS

We had a great turnout for this fun and informative session by our coach, Jenny Spangler. Our visitors and members were able to garner running tips from Jenny. It was a good day for the Club. Jenny kept everyone's interest and answered a number of questions. It was a great event overall and we were able to sign up a few new members!

Of course the Social Committee did another great job of providing bagels and coffee for the event.

Also a special thank you to Veep Diana for bringing an awesome Kringle.



## History on the Run

### The Lake Forest Chain Saw Massacre. Lake Forest Makes the National News

The former Laurence Armour estate, Twin Gables, at 395 Green Bay Road looks like a calm, peaceful place, not a likely site for one of the big stories in Lake Forest in the last 40 years, but looks can be deceiving.

Do you remember the 1983-87 TV program called the A team and one of its stars Mr. T; muscles, gold chains, Mohawk hair, "I pity the fool"? In 1986, with the proceeds from his roles in Rocky III and the A-Team, he purchased Twin Gables and started his version of home improvement. His first attempt at home improvement was rebuffed when the city told him he could not install white stockade fence; it needed to be plain wood. But in May 1987, because his allergies were



The New York Times/Steve Kagar

#### Mr. T's Trees, or the Lack of Them, Have Neighbors Upset

Mr. T, the television and film actor, at his seven-acre estate in Lake Forest, a suburb of Chicago recognized for seven consecutive years as "Tree City, U.S.A." by the National Arbor Day Foundation. In

recent weeks he has cut down about a hundred oak trees, left, around his mansion, angering his neighbors. It was reported he suffers from allergies and thought removing the trees would help. Page 8.



bothering him, he cut nearly every one of the 100 trees on the property. Wielding a chain saw, he participated along with the crew.

This event made the national news who dubbed it the Lake Forest Chain Saw Massacre. While not illegal, this is just not how things are done in a city whose name expresses its love of trees. Residents were upset but it was too late. Later Mr. T sold the estate and subsequent owners replanted trees so the impact of the Lake Forest Chain Saw Massacre is barely visible now.



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Other than playing lumberjack, Mr. T was apparently a good neighbor, willingly signing autographs for the neighborhood kids. I remember him making an appearance at Lake



Forest Day wearing a dark blue sweater on which lay many gold chains and seeing a red, Rolls Royce convertible around town with the license plate Mr. T.



## MEET ANOTHER NEW MEMBER

### JOHN RITTNER

John joined LFLB running club in 2024 and you might spot him zipping past with Joe Swee and Rupesh on Saturdays. After a school track and cross-country stint, he took a break and returned to running in 2010 for some stress-busting fitness. John adores trail running, especially in Lake County Forest preserves since moving from Wilmette. He's also into hiking and backpacking.

His ultimate goal? Keep pace with Joe and Rupesh and tackle the Universal Sole trail series. Best of luck in your races and we hope some of your speed rubs off on all of us!

***Make sure you say hi to John when you see him on Saturday mornings!***





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## THE FINISH LINE Race Results and Upcoming Events

### SHAMROCK SHUFFLE 2025



Every year we have a good Club turnout for the Shamrock Shuffle. This year we would like to go bigger and get more runners out there. Registration is open now and could fill up so sign up now!



**Details:**

**DATE: March 23 TIME: 8:00 AM PLACE: Grant Park**  
Register [HERE](#)

### GASPARILLA RACES TAMPA BAY, FL by Liisa McMahon



Jeff ran the distance classic, (Michelin Ultra Challenge) 4 races, 30.4 miles. Saturday 15k and 5k, Sunday half marathon and 8k. He now has lots of bling (5 medals) and a really cool jacket. Liisa just did 8k... and is all in to do a challenge next year. Sunday Jeff paced a friend for the half and then ran the 8k with Liisa.

This is the third year we have been to the race, and the Gasparilla never disappoints. We encourage everyone to join us next year!



### PALM SPRINGS 5K and HALF

To quote Dave Anderson: "I did a 5K this morning and in 27:35. Just 3:20 min/mile off my PR!"

But, as Douglas McArthur said, "Age wrinkles the body. Quitting wrinkles the soul!"

To show he is not a quitter, Dave also did the **Palm Springs 100K Bike Ride.**

### EVENT CALENDAR



The **LFLB Running Club Races&Cycling Event Calendar**, compiled by Dan L and Diana, is constantly being updated. For a 'live' copy of the spreadsheet click [HERE](#).

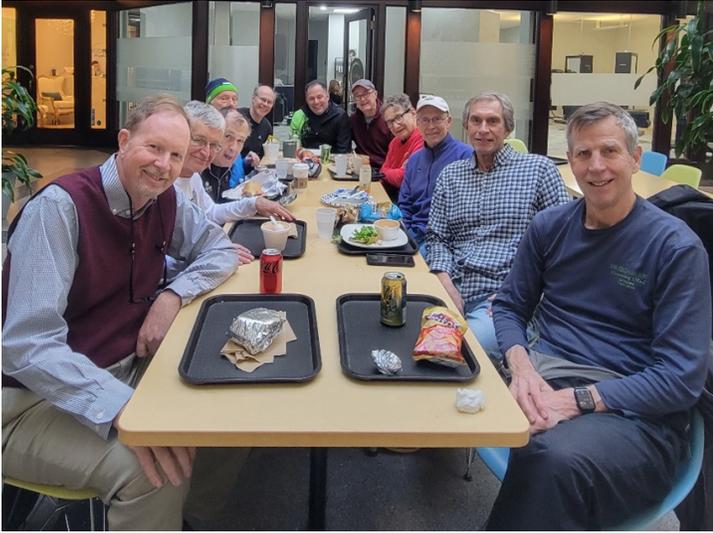




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## RT'S FINAL THOUGHTS



Thursday after run lunch!



Thursday group before lunch.



Tuesday group on GBT



Saturday after run



Dave Anderson, Hummingbird trainer!!



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## RT'S FINAL THOUGHTS



John B. passed on the Tuesday run for this!



Phil and Diane biking in Viet Nam



### The Argyle Sweater By Scott Hilburn



**THIS MONTH'S RUNNING JOKE**

*Finally, Dan Loeger came across the following and felt it was an important thought to share.*

## Commit To Something Great

***I was reminded of something when I read this quote from Scottish climber W. H. Murray:***

“Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamt would have come his way. I learned a deep respect for one of Goethe’s couplets:

***“Whatever you can do or dream you can, begin it.  
Boldness has genius, power and magic in it!”***

I have seen this happen. It’s what happened when I decided to run my first marathon. Or go to the South Pole. Or run all the continents. Or when we decided to start the Grand Rapids Marathon. As soon as the commitment was made, things started falling into place. People came out of the woodwork to help. Things started to happen. As I often say, “throw it in the air and it turns into sunshine.”

So, here’s what I like to tell people: Find an adventure, a few months out, that’s outside your comfort zone. Sign up for it. Decide you’re going to do it and put some money on the line. The next thing you know, your brain will just figure out how to make it happen. Don’t worry about the details, you’ll do them anyway once you’re committed.

**(ED NOTE: Let us know if you decide to do something out of your comfort zone and what it is!)**

**We are open to comments, corrections and ideas for future Newsletters. Contact us at [info@lflb.org](mailto:info@lflb.org)**

