



FOOTPRINTS

Member News, Events, Calendar and More!

MARCH 2026

MARCH, A VERY SPECIAL MONTH

Well March is upon us and brings us a lot of special events. Of course we start the month with the club Newsletter, always a good way to start! Next around the corner on the 3rd is the Total Lunar Eclipse, followed on the 8th with the first harbinger of spring, the change to Daylight's Saving Time.

St Patrick's Day Parade in the city on the 14th, followed by the 'official' start of spring with the Spring Equinox, March 20. Then we kick off the racing season with the Shamrock Shuffle on the 22nd. Keeping in the city, the Cubs' Home Opener is on the 26th.

BOCCE BALL EVENT MARCH

Hey everyone, Bocce Ball is back again. This popular event at the Highwood Bocce Club has always been a member favorite. Details to follow shortly.

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@flb.org.

TRANSITIONING FROM TREADMILL TO OUTDOOR RUNNING

Spring is just around the corner and while the treadmill has been "our friend" through the cold, dark, and snowy winter months, it is time to move the run outdoors especially if you have a race on the calendar in the near future. Treadmill running is more forgiving on your body, so it will take some time to adapt to running on harder surfaces like roads and paved paths. Following are a few tips to transition to outdoor running:

#1: Make sure your running shoes are in good shape, new or newer, and suited for outdoor running. Picking out a pair of running shoes can be overwhelming, so my suggestion is to go to a store like Kiddle's that has knowledgeable staff to help choose the right shoe for you.

DAYLIGHT SAVING TIME



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

#2: Start with shorter runs outdoors. This will help your body adjust to having wind resistance and a different running surface compared to the controlled environment of a treadmill. Gradually increase the frequency and length of your outdoor runs.

#3: Add ankle strength and balance to your routine. Running outdoors often involves uneven running surfaces so make sure you have strong and stable ankles. A few examples of exercises include calf raises, balancing on one leg, and walking on heels.

#4: Don't forget to stretch!



See you outside on the roads!

Coach Jenny

JULIAN GORDON TURNS 90 ON FEB 10

Our club had our first even to the year, celebrating the 90th birthday of our long-time member, Julian Gordon. The Social committee was outstanding as usual providing ample coffee, goodies, all topped with a perfect cake for the occasion.

Another highlight of the event was presentation of many of Julian's career and running accomplishments. Click [HERE](#) for a copy of the speech.





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History on the Run

Why the Bears are in Lake Forest

You watch the local news and the sports reporter sign-off is “xxx reporting from Lake Forest”. We are used to it and it seems normal but why Lake Forest when many other cities would like to have the Bears?

To answer this question, we have to start with the Chicago Cardinals. Yes folks, the team now known as the Arizona Cardinals started as the Chicago Cardinals until 1959 at which point they moved to St. Louis and ultimately Arizona. While we are talking about the Chicago Cardinals, and in case this comes up in the next trivia competition, they started as the Morgan Athletic Club in 1898. In 1920 the now named Chicago Cardinals joined the Decatur Staleys (later Chicago Bears) as charter members of the American Professional Football Association (later NFL.) The Bears and Cardinals remain the only 2 charter members. What about the Packers you say? The Packers didn't join until 1921.

The Chicago Cardinals trained off-season at Lake Forest College starting in 1951 and until 1973, even after moving to St. Louis. But how did they select Lake Forest College? Prior to 1951 the Cardinals trained at Carroll College in Wisconsin. The Cardinals coach for much of the 1940's was Jimmy Conzelman (who played for the Bears in the 1920's). An assistant coach for Carroll at the time was Wally Lemm who starting in 1949 coached at Lake Forest college. I am going to make an assumption here that Lemm, who later was head coach for the Cardinals and AFL Coach of the Year for the Oilers, convinced Conzelman that Lake Forest college was a better location for the Cardinals off-season training so they moved to Lake Forest College in 1951.

Back to the Bears. In 1975 Jim Finks, Bears General Manager, disappointed with practice facilities at Soldier Field and after 6 straight losing seasons was looking for a more modern, convenient and private practice facility. Following the Chicago Cardinals, he opted for Lake Forest College. (We also have to remember that the Bears and probably the Cardinals too were familiar with Lake Forest College since Bears Coach Ralph Jones coached at Lake Forest College after coaching the Bears to the NFL championship in 1932). Together the school and Bears built Halas Hall (Washington Road) and the team shared practice facilities with the school. When a conflict arose, the players practiced at nearby South Park. Of course, as pro football has become big business, the Bears built their own complex at Conway Park which has become their pre-season and in-season practice facility. It all started with the Chicago Cardinals and the Wally Lemm, Jimmy Conzelman connection.

*Thanks to Don Pierson for helping me by identifying Jimmy Conzelman as the missing piece in the puzzle.





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RACE RESULTS

HOUSTON MARATHON, JANUARY 11

Trevor Tomich turned in one of the best club marathons in a while with a solid 2:45 on a perfect day for racing. His time works out to a 6:17 pace for the 26.2 miles. Trevor came in 204th in the race. That may not sound that impressive, but this is a very competitive race with almost 9,000 runners. That means he was in the top .023% of all runners! Pretty great.

Many congrats to Trevor on this fine performance.



GASPARILLA TAMPA, FL FEBRUARY 21-22

Three club members made it to Tampa to enjoy the warm weather and the hot racing. They ran a combination of the multiple races over the weekend. As usual, Bernard Lyles, Jeff and Liisa enjoyed the racing and the party atmosphere of the weekend. Here are some of their comments from the weekend.

This was the 49th annual Gasparilla Distance Classic event and included over 20,000 runners across the 4 distances... 5K, 8K, 15K, and ½ Marathon.

Liisa and Bernard both did the Michelob “Zero” challenge which is a combination of the 5K on Sat and the 8K on Sun. Jeff did the Michelob “Ultra” challenge which is a combination of all 4 races including the 15K & 5K on Sat and the 1/2M & 8K on Sun.

Bernard somehow found Jeff and Liisa in the 5k corral, among 7432 people. Jeff then ran the 15K. We ran for the booty, and not lulu lemon kind, though there were some nice ones. Sunday was the half and then 8k with Bernard cheering at the finish.

A great afterparty was celebrated, Mich ultra and food from the Columbia restaurant (Cuban restaurant in Ybor since 1905) was amazing. Liisa and Bernard were entitled to 2 free Michelob beers at the after-race party, while Jeff earned 4 of them and shared one with Liisa so that they were evenly content.

A few photo ops with Meb Keflezighi, the only marathoner to win Boston, New York, and the Olympic Marathon. And then were the crazy costume girls who dress and play a part every year was the cherry on top. Check out some of Bernard’s new friends.





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Longtime Publix Gasparilla Distance Classic Race Director Susan Harmeling is retiring after the 2026 race weekend, concluding a 34-year tenure leading one of Tampa Bay's premier running events. Harmeling has managed the race since 1992, overseeing its growth into a major community tradition. Please see picture with Susan below.

Next year will be the 50th anniversary of this event and will no doubt have additional fanfare and special events you won't want to miss. Please join Jeff, Liisa, and Bernard for Gasparilla next year on February 20 & 21, 2027 in Tampa. Arrrrr you wondering how the Gasparilla was this year? Awesome!!!

Great job carrying our club colors to this great event!





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UPCOMING RACES AND RIDES



Shamrock Shuffle - Sunday March 22, 2026

The race is now sold out, but for those of you who have already entered, here is some helpful information from Pres Carol:



*The Shamrock Shuffle is happening on March 22nd this year. The running club often has a good turnout for this kick off race of the spring running season. If you sign up, you will have the choice to have your packet mailed to you or to pick it up before the race, but you can't pick up on the morning of the race. I am planning to pick up my packet on Friday, March 20th mid-day. **If you would like me to pick up your packet, then I will need a copy of your Packet Pick-up ticket by Thursday, March 19th.***

Club members planning to participate include the following: Pres Carol, Carol Lundahl, Leslie Gleason, Miki Tomic, Jenny Spangler, Steve Clark, Jim Burgess, Mike Reidy, Michael Roberts, Sharon, and Lynne Hans.

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 Swee family and all six members of the family plan to participate. It would be great to get more club members to join this event.

EmpowerRUN 5K Break the Silence May 2

The run takes place in Independence Grove, Libertyville.

A Safe Place is the only women's shelter in our area, supporting victims of violence and trafficking. This non-profit has been around for almost 50 years and continues to provide an invaluable service to families on the North Shore.

Plan to join this race and get a group together to run the race.



BolderBoulder 10 - May 25, 2026 Boulder, CO



This is one of those races that you should do in your life time. It is run in the scenic area around Boulder and has a classic finish inside the CU Buffalo's Stadium.

DETAILED EVENT SCHEDULE

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

RT's FINAL THOUGHTS

This month we have a new contribution from President Carol's Kitchen
She wants to share her totally heathy and totally delicious Banana, Mocha, Espresso
Smoothie

Check it out here:

Banana, Moca, Espresso Smoothie ...(with cherries)

1/2 cup Frozen dark cherries

1 Frozen cut up banana

1 cup unsweetened almond milk (or soy for higher protein)

1-2 tbsp Unsweetened cocoa powder
or alternative: use chocolate almond milk

1 scoop instant coffee

Blend all together.



And finally. Your Editor and Treasurer is falling on hard times. New Pres Carol is a starting to audit the books a little closer and his salary as Editor has not kept up with inflation. So, to save money he has hired a new lawn service. Check them out in action.



RT feeds the crew



RT's new lawn service at work



Time for the crew to rest

RT's FINAL THOUGHTS



Just another great Saturday morning, apres run/walk



Dave A. encounters a four foot rattler while hiking

