



FOOTPRINTS

Member News, Events, Calendar and More!

MAY 2026

CHILLY CHILI

It was another great day at Northrop Park for our annual Chilly Chili cookoff. A little chilly out, but that is why we call it the Chilly Chili! There were quite a few great dishes so selecting the winners was a difficult process. Again, a big tip of our cap to the Social Committee. They continue to take care of all the details so that everyone can have a great time. Special thanks to Dave W, Diana S, Deb K, and Perry G. Also, a big thank you to those who brought a dish to share and all who attended!

The award winners for the day were the following:

FAVORITE DESERT
Dean Geers



FAVORITE SIDE DISH
Scott Renken



FOURTH PLACE & HONORABLE MENTION CHILI WAS A 3-WAY TIE
Rick Young Joan Elliott Julian Gordon



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

CHILLY CHILI

3RD PLACE CHILI
Dave Anderson



2ND PLACE CHILI
Helen (&Geoff) Wilson



1ST PLACE CHILI
Debra Kruger



CHILLY CHILI



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.

TIPS FOR POST RUN RECOVERY

How many of you prioritize post run recovery? Let's face it, with our busy lives, most of us head straight to the shower or coffee shop after our run remembering hours later that we haven't been taking care of ourselves post run with fueling and rehabbing our muscles. Recovery is critical for all runners of all ability levels. Recovery gives our muscles, tendons, and ligaments time to heal, restore energy levels, and reduce inflammation. Prioritizing recovery enables our bodies to repair damaged muscles so that they grow stronger and are prepared for the next workout.



Following are a few tips for the best way to recover from a run:

1. **Refuel Immediately After Your Run.** To optimize recovery, you should refuel by 30 to 60 minutes post workout. Prioritize complex carbohydrates, protein, and healthy fats.
2. **Hydrate and Replenish with Electrolytes.** Water is extremely important but so is replacing the lost electrolytes of sodium, potassium, and magnesium as soon as possible after the run as that is when the body tends to absorb it the best. Sorry coffee lovers...caffeine is NOT an electrolyte. 😊
3. **Dynamic and Static Stretching Including Foam Rolling and Self Massage.** These improve range of motion, flexibility, and target possible muscle adhesions.
4. **Quality Sleep.** Most of your body repair processes occur during sleep so this is a critical component of recovery. Most experts say to aim for seven to nine hours per night.

Happy Running!!!!

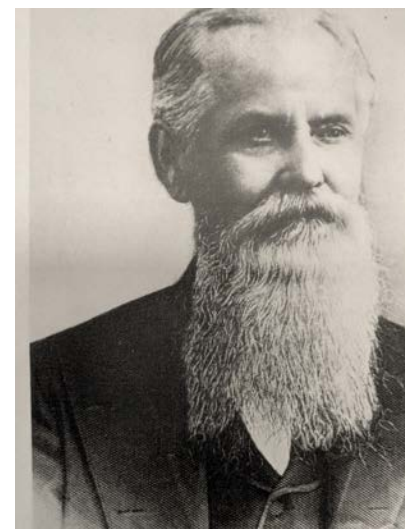
Coach Jenny

History on the Run

The Hidden Estate, Dr. Quinlan, Ether and the Preservation Movement

Most estates are very visible: often big and designed to impress. It is unusual to find one that you have to search for although it was one of the largest, if not the largest Lake Forest residence when it was built in 1870. But who built this place and what is his story.

Dr. Charles Quinlan studied dentistry in his native Buffalo, NY before moving to Chicago where he opened a dental practice and started his training to be an MD. But before this training was complete, he was recruited in 1846 to use ether as an anesthetic in the amputation of a finger at Rush Medical College. This was its first use west of the Allegheny's*. Later Dr. Quinlan moved to Lake Forest where for many years he was the only medical professional. His first house burned down. In 1870 Quinlan built the Evergreens which is the subject of this article.



The house itself flies under radar because it is not visible from the street. The house is just east of the Lake Forest library but unless you walk up the brick driveway, the best view of the house is from Triangle Park. After his death and several changes of ownership, that house was threatened with demolition in the mid 1970's. The threat to that house and others led to the founding of the Historical Sites committee of the Historical Society which successfully fought the demolition and allowed for its preservation and the preservation of many others.



*Georgia Physician Dr. Crawford Long was the first to use ether in 1842 but did not publish his results until 1849. In 1846 Dr. Morton, a Boston dentist used ether and Dr. Quinlan probably heard about the Boston use from his brother who lived in Buffalo.

2026 CARA AWARDS BANQUET Redux

Many apologies to long time club member, Judy Frides-Craig who also received an award, she came in 2nd for the Ladies 80-84 Age Group for the season. Congrats, Judy. Great job!

RACE RESULTS

PARIS MARATHON April 12

Josh Frietlander 5:15

Josh had an injury on tibial tendon at mile 10!
He mustered the strength and still finished the
Schneider Electric Marathon de Paris.



WISCONSIN MARATHON & HALF MARATHON April 25



Marathon

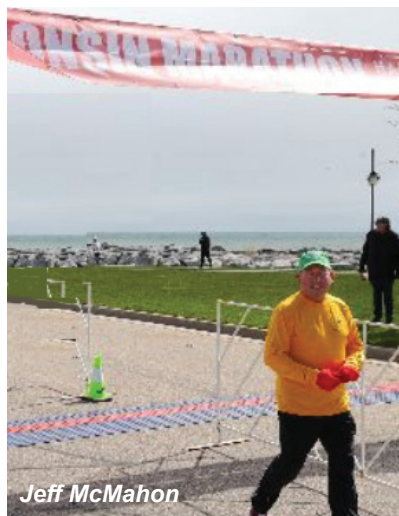
David Vargas 4:54

Michael Strupp 4:31

Half Marathon

Dan Loeger 1:50

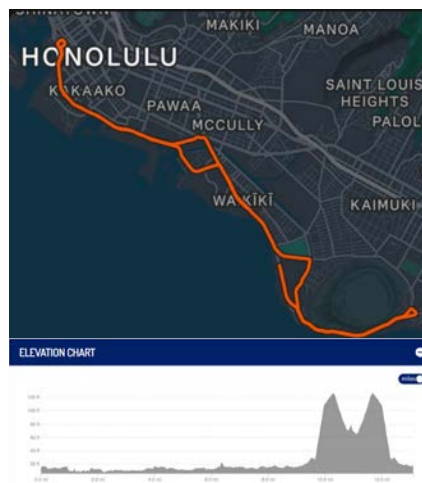
Jeff McMahon 3:14



HAPALUA HALF HONOLULU MARATHON April 12

Kim Carden 1:20

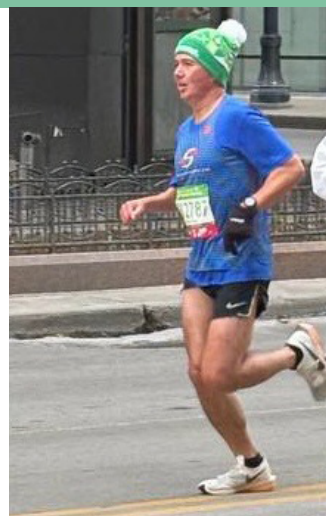
Kim was able to complete the Hapalua Half in spite of hot, humid conditions. Good news was that her whole family also ran the race. Course was flat and beautiful along the coast until an unpleasant surprise at mile 12. Check the elevation plan, that is tough for the final mile!



BOSTON MARATHON April 20

Steve Clark 3:03

Great run Steve!



Winnetka Bunny Hop Dash 5k, April 4

Judy Frides-Craig 1:20 1st AG

Congratulations Judy, great job!



UPCOMING RACES AND RIDES



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.



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. 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

BolderBoulder 10 - May 25, 2026 Boulder, CO



This is one of those races that you should do at least once in your life time. It is run in the scenic area around Boulder and has a classic finish inside the CU Buffalo's Stadium full of spectators. Check with Laura Kennedy if you would like to go out for the race.

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.

RT's FINAL THOUGHTS

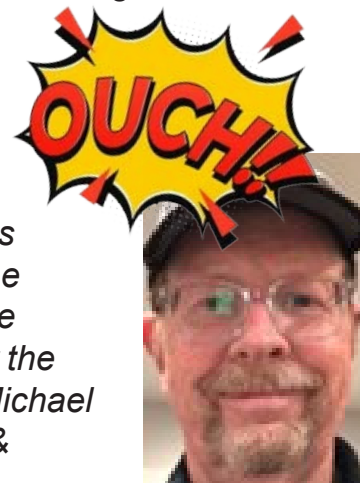
Acts of Kindness

This month we have two impressive acts of kindness from the world of running:

For the first one, former president, Mike Reidy, relates his challenging situation at the Shamrock Shuffle.

I came to shuffle but took a fall...

I have fallen a few times when running, but this time was special. I was recovering well from a hip replacement and ready to walk 2 miles in the Shamrock Shuffle. However, on the way to the starting line, I fell on the recently repaired hip and had to go through 'revision' surgery to repair the damage. Fortunately, I was with Diana Schnell, Sharron Sykes, and Michael Roberts who helped the emergency personnel get me on a stretcher & ambulance and to the hospital.



Sharron Sykes rode in the ambulance with me and stayed with me until my wife and son came. She thought she was on vacation from ambulances (her work back in No. Ireland) and was ready to run, but she took the time out to assist me. Diana Schnell also stopped by the hospital to see how I was doing.

David Vargas visited me at Condell when I was recuperating from surgery and provided some encouragement.

Races don't always turn out the way you planned, but I am very fortunate to be in a supportive running club. May I be able to return the favor when someone else needs help.

-MR

The second occurred at this year's running of the Boston Marathon

At the 130th Boston Marathon on April 20, 2026, a 21-year-old Massachusetts runner named **Ajay Haridasse** collapsed multiple times from extreme cramps and exhaustion within 300 meters of the finish line on Boylston Street.

In a widely shared act of sportsmanship, two fellow runners stopped to help him, sacrificing their own personal best times to carry him across the finish line.

- **The Helpers:** **Aaron Beggs** (40, of Northern Ireland, North Down Athletic Club) and **Robson De Oliveira** (a Brazilian runner).
- **The Incident:** Haridasse (bib 1636) collapsed near the 26-mile mark and was contemplating crawling before Beggs stopped to pull him up, followed shortly by De Oliveira.
- **The Finish:** The two men linked arms with Haridasse, supporting him as they together jogged the final stretch.
- **The Outcome:** All three runners (who all wore red, first-wave bibs) finished with

RT's FINAL THOUGHTS

an unofficial time of 2:44, qualifying for the 2027 Boston Marathon. De Oliveira was reported to have ended up in the medical tent after his effort.

- **Fun Fact:** Aaron Beggs from NI is in the same running club that club member, Michael Roberts is in!

"It's not like in shorter races where you're head-to-head trying to beat people. In the marathon, you're cheering each other on and encouraging everybody," said Aaron Beggs.



A Word about 90-Year-Olds

Our club is blessed to have three impressive 90-year-olds as an active part of our club. They show up every Saturday to do their thing. Check out the Ken, Julian, and Tom here:

Also, there are a few other 90-year-olds out there shaking up the running community:



90-Year-Old Runner Breaks Two Marathon World Records in Just One Week

90 feels like just a number in marathon running! On April 19, 90-year-old Chikashi Oguchi finished the Nagano Marathon in 4:48:01, a time that would have made him the M90 world record holder. But just a few days earlier, an Italian runner who started running after a cycling accident had already changed the story with a run of 4:30:30. (10:18 min/mile!!) And what makes it even more surprising is that he did not stop there, as a few days later, he set another record!

RT's FINAL THOUGHTS

The Turin native Giuseppe Damato recently took part in the Turin Half Marathon on April 19, 2026, where he ran 2:07:36 (9:42 min/mile!!), setting the M90 half-marathon world record and bettering the previous record by almost 50 minutes.

However, before this, on April 12, 2026, at the Milan Marathon, he had already delivered the bigger breakthrough, running 4:30:30 and setting the M90 marathon world record. This was the run that shocked the Masters athletics world because he took more than an hour and forty minutes off the previous mark of 6:14:44, set in 2023 by Antonio Rao.



Two Runners finish London Marathon in under 2 Hours

Check [HERE](#) to read up on how the two runners, Sebastia Sawe from Kenya and Yomif Kejelcha from Ethiopia were the first to break this mystical barrier.

