



FOOTPRINTS

Member News, Events, Calendar and More!



:Lake Forest / Lake Bluff Running Club
East Train Station
Lake Forest, IL

Sep. 20, 2025



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NOVEMBER 2025

ANNUAL THANKSGIVING DAY RUN



Thanksgiving is fast approaching, so you know what that means; Time to start getting ready for our annual T-Day Run/Walk. This year we continue to be supported by our longtime patron, **The Bank & Trust of Lake Forest**. Also back is **Forever Om**, the yoga studio on Western in LF. And we also have the **True Value – Lake Forest Hardware Cards and Gifts** on Waukegan in West LF.



We are pleased to announce we have a new supporter this year, **Krugel Cobbles**, a high end Hardscape company based in Lake Bluff. Please support these generous businesses and thank them.

The Run Walk is scheduled for Thursday, November 27rd at 8:00 AM at the West Metra Train Station in LF.

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



HOLIDAY PARTY REMINDER FRIDAY, December 12th at 6:00 PM

Get you fancy clothes and your dancing shoes ready! It's time to save the date for the Holiday Party. This year we will be returning to the beautiful **Ravinia Green Country Club**. We will also have our DJ returning to spin the tunes throughout the evening. Notices will be coming out soon.





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4th ANNUAL HALLOBRUNCH

Our indomitable hostess, Diana Schnell has done it again. Everything was perfect for this year's HallobRUNch, including the weather.

Some great costumes and lots of good food and conversation. For the second year, we had RT and Lucy's (and Marilyn's!) Coffee Stand to add extra libations.

Thanks to the Social Committee and others who made this event so successful!





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4th ANNUAL HALLOBRUNCH





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LFLB & EVANSTON RUNNING CLUB JOINT EVENT

Our two Running Clubs have collaborated in the past several years in hosting joint Saturday runs. We hosted Evanston for the Lake County Races re-enactment followed by a Meet & Greet. Now they are returning the favor in a November joint run in Evanston. Here are the details:

- DATE: Saturday, Nov. 15
- TIME: Arrive at 8am. Run starts at 8:15
- COURSE: run/ walk parallel to the Lake. Paces and distances vary. Coffee and snacks at 9am
- LOCATION: Norris University Center, 1999 Campus Dr., Evanston (use the west facing doors at the top of the hill)
- PARKING: Most folks park in the 2-story surface lot just north of the Segal Visitors Center (1847 Campus Dr., Evanston). You can also park in the garage attached to the Segal Visitor Center (1841 Sheridan Rd., Evanston)



Plan to join us on our visit to Evanston. It gives us a chance to run/walk in a new venue and enjoy some great friends!



NEW MEMBERSHIP PROMOTION TIME TO RENEW

It is time to renew your membership with the Lake Forest-Lake Bluff Running Club!
This year there is an extra incentive for early renewal:

Any member that renews their 2-year membership (family or individual) before December 1st will be entered into a drawing to win a free membership!

And any member that renews their 1-year membership (family or individual) before December 1st will be entered into a drawing to win a Starbucks gift card!

The drawings will be held at our annual Holiday Party (attendance is of course preferred, but not required in order to win).

Sign up
now!

RUNNING CLUB WAIVERS

The next time you log on to the club website at lflb.org, you will be prompted to read, sign, and submit an online membership waiver.

Each member 18 or older, whether in a family membership or an individual membership, will need to log on to our club website and complete the waiver.

We are here to help with this process! If you have any trouble logging on, or remembering your sign on name or password, please contact us at info@lflb.org. and we will assist you as soon as possible.

History on the Run

What is this place and what is Marktown?



This simple white frame farmhouse is on a quiet lane off the major street in Lake Forest's high rent district. It looks out of place surrounded by million-dollar houses. What is it? And the answer is: The gardener's cottage for the Clayton Mark estate at 999 Lake Road. Who was Clayton Mark?

Clayton Mark was the co-founder, with his father of what ultimately became The Mark Manufacturing Company, manufacturer of pipe, joints, and castings used in wells. In 1912 Mark commissioned Howard Van Doren Shaw to design his 999 Lake Road residence. In addition to that, he had Shaw design Marktown, which was to be

a planned community for his workers near the East Chicago, IN plant he owned. This was similar in concept to what Pullman built for his employees except the Pullman district remains intact on the south side of Chicago and is visited as a National Historical Park. Marktown which was started in 1917 was never completed due to the impact of WW1 and the sale of Mark Manufacturing.

The original concept was an English village with high pitched roofs and narrow streets so that residents parked on the sidewalk and walked in the street. It was added to the National Register of Historic Places in 1975 but that does not provide the protection of a National Historical Park with the result that some of the original buildings have been destroyed. Mark died in 1936 and is buried in the Lake Forest cemetery. Since I could not find his picture, a photo of his final resting place will have to do.



999 Lake Rd.



Clayton Mark Tomb



Marktown



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RACE RESULTS

Twin Cities Marathon - October 5th

Kim Carden - 4:54:08

Garrett Carden - 4:04:51 Son

Claire Carden - 4:23:27 Daughter

Kim Carden (Plus four other family members, covering three generations, including her father!!) all ran and finished.



Canal Corridor 100 Miler October 11

Whitney Carrier 25:30



Chicago Marathon - October 12th

Dave Zeisler 2:53:18

Steve Clark - 2:58:29

Dan Loeger - 3:57:52

Emily Lane - 4:09:52

David Vargas - 4:57:50

Lynne Hans

*** Amanda Macuiba was the bike escort for the top America Woman (see photo)





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RACE RESULTS

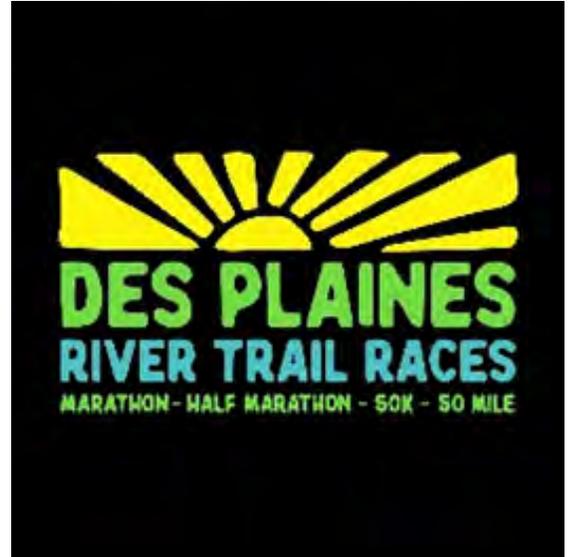
Des Plaines River Trail Races - October 11

Des Plaines River Trail 50 K

Steve Weinstock
Kevin Kane

Des Plaines River Trail 1/2 Marathon

John Rittner (3rd overall) - 1:30:36
Joe Swee - 1:39:24
Katherine Swee - 2:16:22
Jeff McMahon - 2:16:25



Dublin Marathon - October 25

Jeff McMahon 4:42



RACE RESULTS

Pumpkin Chase 5K - October 25

Joe Swee	18:27	23rd OA
John Rittner	19:18	3rd AG
Bill Lenier	23:08	1st AG
David Vargas	24:49	
Katherine Swee	27:04	
Dave Anderson	28:51	2n AG
Mark Baker	30:43	
Robert Swee	30:47	
Mike Reidy	34:54	
Joan Elliott	42:02	1st AG
Kathleen Ballen	45:22	
Ken Glick	45:07	1st AG
Ben Gralla	50:09	
Mary Ellen Swee	51:51	
John Swee	51:53	
Judy Frides-Craig	57:31	3rd AG
Lynne Hans		



WOW!



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UPCOMING RACES AND RIDES



Indianapolis Monumental Marathon - November 8th

Jim Burgess Dustin Macuiba

Special Destination Events

Plan ahead for these two races. The first in frigid January in Wisconsin. The second in sunny, warm Tampa in February. Jeff McMahon has more information. Click the links to access more details.

Gasparilla Distance Classic - February 21-22, 2026 Tampa, FL



Fun weekend in the sun with 5K, 8K, 15K, and Half Marathon races.

Click [HERE](#) for more info.

Snow Fun Run January 10, 2026 Lake Geneva, WI



Fun weekend in the sun with 5K, 8K, 15K, and Half Marathon races.

Click [HERE](#) for more info.

CLUB RUN, BIKE and TRI Schedule Click [HERE](#) for the updated race schedule.



Just another Saturday run/walk!

RT's FINAL THOUGHTS

TRAVELING PEOPLE - Bob Holliday



Check the photo of Bob Holliday sporting his club gear while visiting Florence.

Last Elewa Farm Run of the Year

As the mornings get darker and the days become shorter, our hardy band of Elewa Farm runners had their last run of the year. As you can see, it is getting pretty dark, this run was also special for another reason. It was the sendoff for Jeff and Liisa leaving for Dublin later that day.





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Ed Packel

Ed Packel Receives LFC Club Forester Impact Award

On October 12, Charter LFLBRC member, Ed was awarded the Club Forester Impact Award. 50 years ago Ed coached the men's soccer team to a league Championship and a trip to the NCAA Division III Tournament. This was the the LFC team to advance to the tournament.

Ed was joined in the celebration with family, friends, and the championship team from 1975. A very impressive induction.

Congrats, Ed! Well deserved.



Congratulations!

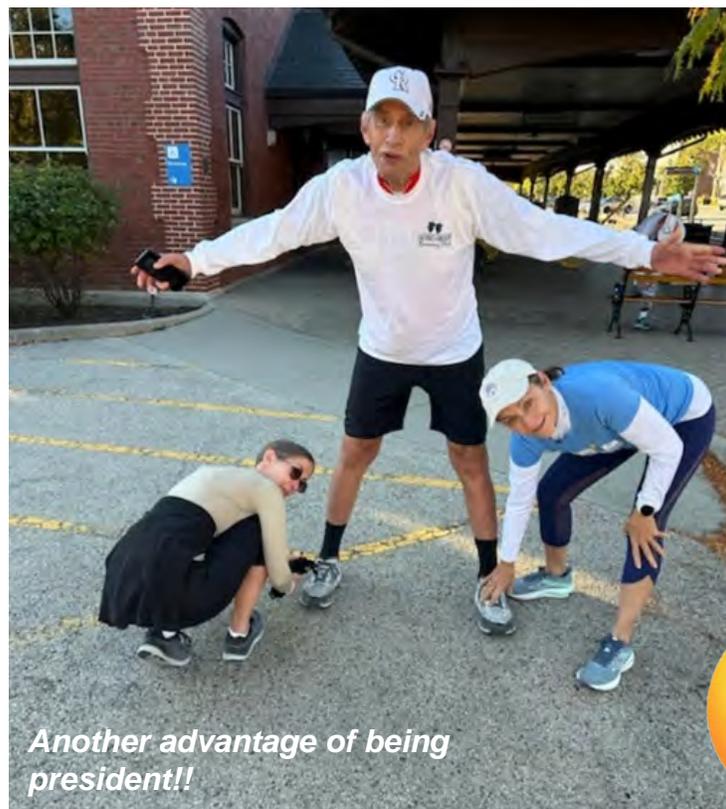
A Statement from CARA

CARA has released a statement to all Cara affiliates regarding an issues that has affected some members. To read the statement click [HERE](#).

A Running Joke, (or two)



"I don't want to improve so much that I feel like I have to participate in a triathlon."



Another advantage of being president!!

