



# FOOTPRINTS

Member News, Events, Calendar and More!



## OCTOBER 2025

### 4th ANNUAL HALLOBRUNCH & RUN/WALK Sunday, October 26

Diana Schnell has stepped up again and offered to host the HallobRUNch at her home, 14216 W Oak Ave. Lake Forest, IL.



Be sure to respond via the Evite that will be sent out to all who dare....



The event will be on Sunday, October 26,  
from 8:00-11:00.

We will start with a run/walk of various distances and then convene back at Diana's for coffee and brunch. Be sure to bring your favorite goodie to share.

**Costumes optional. Recognition/Awards given to most creative.**



### Bernard Lyles of Tri-Masters Will Be At Run on Saturday October 4

Bernard will again be collecting bikes, running, and swimming gear for his Triathlon training program in Chicago. Cash donations are also gleefully accepted!

### 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)



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## NEW MEMBERSHIP PROMOTION --- TIME TO RENEW

### It will soon be time to renew your membership with the Lake Forest-Lake Bluff Running Club!

Reminder e-mails are on their way, so please look for a reminder in your inbox, and consider renewing your membership at that time.

Club membership offers many benefits, including Meet 'N Greets, special events like Chilly Chili, the Lake County Races Commemorative Run, the Kid's Track Meet, a fun Summer Barbecue party, the Thanksgiving Day Run, a great Holiday Party, and of course health and fitness and getting together with your friends.

***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).

As always, thanks so much for being a member of our special club!

*Miki Tasic*

*Membership Team Director*



## RUNNING CLUB WAIVERS

Recently the running club board has been reviewing our insurance and liability responsibilities and we have learned that we are required to obtain individual signed waivers from all of our club members.

The next time you log on to the club website at [lflb.org](http://lflb.org) you will be prompted to read, sign, and submit an online membership waiver.

Each member, whether in a family membership or an individual membership, will need to log on to our club website and complete the waiver. In addition, if any family members are under 18 and participate in any club activities, they need a waiver signed by a parent.

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

As always, let us know if you have any questions about this new requirement, or anything to do with the club, at [info@lflb.org](mailto:info@lflb.org).

We really appreciate your help with this new requirement so that we can move forward in a safe and responsible manner as a running/walking/fitness club.



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## History on the Run

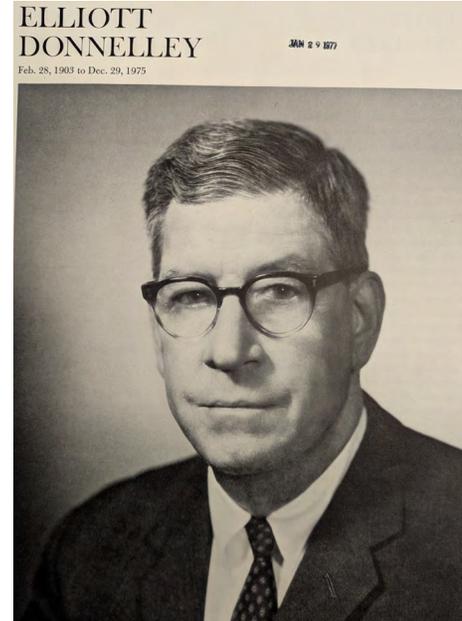
### Elliott Donnelley and his Model Railroad

What do you think of when I say model railroad? Pull out the old Lionel or American Flyer around the holidays and run it around the Christmas tree. Or maybe something bigger, set on plywood in the basement with a village and landscaping. How about something big enough for passengers to ride on with its own train station, a real steam powered locomotive and lots of track.

If you visit Lake Forest Open Lands Melody Farm, walk past the gate house and go left down the hill you will find the Hunter education center. This was originally the train station for the Stet & Central railroad created by Elliott Donnelley. Donnelly was a 3rd generation printer (R.R. Donnelley and Sons), who from his first toy train under the Christmas tree fell in love with trains big and small. Soon, even the basement wasn't big enough and when he moved to a large plot of land just south of the current Open Lands site, he created a several miles long layout with the station, a shed, a steam locomotive and cars capable of holding passengers.

Donnelley used the site to host children's parties and other activities. Some of Donnelley's other railroad related activities include providing a steam locomotive and significant financial support to the Hesston Steam museum in LaPorte, IN, as well as supporting the Illinois Railroad Museum and organizing trips for railroad enthusiasts including chartering an entire train.

Locally, Donnelley served as a trustee of Lake Forest College starting in 1942 and chairman of the board of trustees from 1967 to 1971. During his time the school built the Donnelley library and the Sports Center both since expanded. He also played a crucial role negotiating with students during the late 1960's student protests. Donnelley died in 1975.



## FALL MARATHONS

### Twin Cities Marathon - October 5th

Kim Carden (Plus four other family members, covering three generations, including her father!!)

### Chicago Marathon - October 12th

Steve Clark

Dan Loeger

David Vargas

Emily Lane

Lynne Hans

### Dublin Marathon - October 26th

Jeff McMahon

### Indianapolis Monumental Marathon - November 8th

Jim Burgess

Dustin Macuiba

### Des Plaines River Trail 50 Miler

John Rittner

Kevin Kane

Steve Weinstock



# WOW!

## UPCOMING RACES AND RIDES

### CLUB RUN, BIKE and TRI Schedule



Click [HERE](#) for the updated race schedule.

Annual Evanston Running Club Cross Country Race - October 26. For further info, check here:  
<https://runsignup.com/Race/IL/Evanston/ERCJohnHennellyPublicCrossCountryRaces>



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## RACE RESULTS

### Berlin Marathon



Laura Kennedy: 3:44

Katie Kennedy: 3:58

Again Laura was a victim of the marathon gods. Laura who is not a warm weather runner, appreciates temps around 40 degrees, was hit by very warm weather in Berlin. With temperatures reaching 80 by the end of the race, sunny all the time and no cover on the course, her plans for a fast marathon on a normally fast course were dashed. In spite of these impediments, Laura still ran an 89% Age Graded time, which is pretty awesome, even on a good day! Congrats Laura. Also special congrats to daughter Katie with a fine time in her first marathon.



### Race to Wrigley

Mike Ready, Dave Vargas, John Brucker, and Beth ran the Race to Wrigley 5K - September 21st. The rains stopped and gave us some relief from the heat.

The last mile of the race included a run inside the park around the warning track. The race was fun and sold out! Although Mike is a Sox fan, he allowed himself a temporary break that morning to include the Cubs and wishes them well in the playoffs.

Dave was able to join us even though he completed a 20 mile training run the day before!



### Harmon 100 Bike Ride

Scott Renken rode the 75 mile option. Mark Baker rode separately on the 50 miler. Scott rode with some other women that went on the June GRAWBAAR ride.

It was hilly and beautiful through northeast Lake County and parts of McHenry co. Weather was perfect. The ride started at Wauconda HS.



### Lifetime Half Marathon

Lynne Hans



## RT's FINAL THOUGHTS

### TRAVELING PEOPLE - Joan Elliott

My daughter and I are in Spain with her daughter, Lauren. She's going to spend a semester in school at the St Louis University Madrid branch.

One picture is of Lauren at a park in Barcelona. And one of me, introducing myself to the patrons at Bar Joan, also in Barcelona.

We aren't doing any running here, but miles and miles of walking.



*I would be glad to mention any other trips and include photos, just let me know.*



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## HARDY RUNNERS

On September 13, the year's long streak of our Saturday runs almost came to an end. The rains, thunder and lightning kept most people home or concerned about running in such nasty weather. Thankfully, some hardy souls stuck around until there was a break in the weather, and extended the tradition of the Saturday club run. Thanks to you!

**Saturday Morning Run/Walk  
Delayed by Lightning**

Sep. 13, 2025





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## GETTING SCARY on the GREEN BAY TRAIL





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## JUST FOR LAUGHS

