



FOOTPRINTS

Member News, Events, Calendar and More!

SEPTEMBER 2025

ANNUAL SUMMER PARTY



I feel like we need Frankie Valli to sing out, Oh What a Night. This year's party was a great event at a new and ideal venue. Derek Debe and Kathy Mucci really rolled out the welcome mat for our club. All the comments about the party were over the top, in spite of a very hot evening.

Everyone cooperated to make sure there was a wide variety and ample amount of food. Another big thank you to our crack social committee of Dave, Perry, Debra, Diana, and Carol who took care of setting up and insuring that there were ample provisions. Probably the biggest kudos of the night goes to Rick Young. After graciously agreeing to be the grill master, he didn't count on a small hitch. Two days before the party, NS Gas decided to shut off the gas to Derek and Kathy's home, leaving their grill non-functioning. Derek quickly went out and rented a large charcoal grill for our event. Unfortunately, this made it ever hotter for our grill master on a 90 degree evening. Fortunately, buoyed by lots of water and a few adult beverages, our Rick made it and the food turned out great.



Thanks again to everyone who made this happen and especially to Derek, Kathy and their kids who were the clean-up crew.

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





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LAKE FOREST DAYS 5K RUN

As usual, in spite of an early start time of 7 AM, our Club had another great turnout for this local event. Last time we checked, the race results were not out, but rest assured, there was a lot of hardware won by our member. Again, Mike captures some great photos at the race! Check out Mark Baker's 1986 vintage LF Days shirt. Why do Jeff and Nick look like they are heading to a fight?





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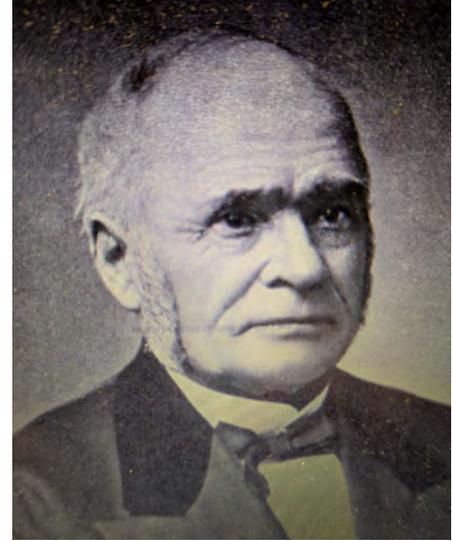
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History on the Run

Lake Forest College - The Early Years (Before Ed Packel)

Your name is D.R. Holt and you are lying in bed in your Chicago residence in 1855. What are you thinking about? The Cubs or White Sox? Not for another 50 or so years. The Bears? Not for another 70 years. Most likely you are thinking about your vision, shared with other Presbyterians, to create an educational institution within a small village away from the tumult of Chicago, the world's fastest growing city. You have heard that in 1851 the Methodists have just founded Northwestern University in Evanston. The recent rail line going from Chicago to Waukegan presents an opportunity to go beyond Evanston to find this ideal location and fulfill your vision.



- 1855-1856 we know how this ends. Holt (picture of his house at 570 Sheridan Rd.) and other prominent Presbyterians led by Robert Patterson pastor of Chicago's Second Presbyterian church take the train to what is now Lake Forest and descend around Ryan Place, like the area, form the Lake Forest Association, buy land, the proceeds from the sale to be used to fund building a University Park in its center focused on education. But how specifically did Lake Forest College come about?
- In 1857 Lind University is chartered, funded by an \$80,000 donation from Sylvester Lind (pictured) and to be supplemented by an additional \$100,000 from Chicago's Presbyterian community. Because of the 1857 financial panic most of these pledges are not made.
- Nevertheless, in the fall of 1859 college level classes are held in the Lake Forest Academy building which was completed in 1858.
- By 1861 additional college level classes are held.
- But by 1863, the Civil War siphons off many of the students and Lind University is forced to close.
- In 1865 Lind University is formally re-chartered as Lake Forest University recognizing Lind's greatly diminished funding.
- In 1876 Lake Forest University re-opens as a co-educational institution with the Reverend Robert Patterson as President. The co-educational status is due to Mary Eveline Smith Farwell who wants her daughter to receive a college education. Her daughter, Mrs. Reginald DeKoven becomes a noted author.



RACE RESULTS

Islandsbanki Reykjavik Marathon

Our intrepid world traveler has done it again. On August 23, Geoff Wilson completed the Reykjavik Half-marathon. Great job Geoff.



Lake Zurich 10 Miler

Jim Kubik 2:13 2nd AG
Lynne Hans 3:10 3rd AG



UPCOMING RACES AND RIDES

CLUB RUN, BIKE and TRI Schedule



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

There are some key events we would like to highlight to encourage Club member participation

NORTH SHORE CENTURY Evanston September 21

40th year for this ride. Ride through the beautiful lands of the North Shore and northern Illinois.

HARMON 100 Wauconda September 7

Another long time ride that covers the far Northwest suburbs

THURSDAY NIGHT EASY RIDE Lake Bluff 6:00PM

Also the BCLC has a beginner/easy run on Thursdays at the Lake Bluff Train Station at 6:00 PM

RT's FINAL THOUGHTS

In Memoriam

Captain James A. Lovell

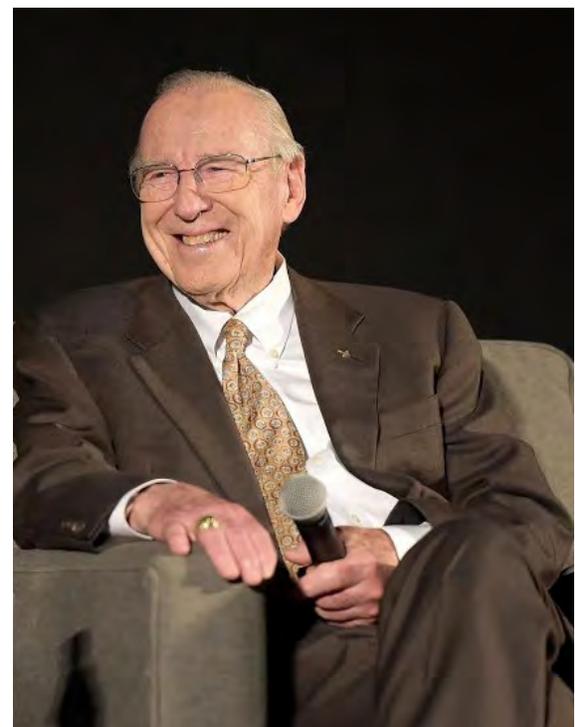
March 25, 1928 - August 7, 2025

On August 7 our club, our community, and our country, lost a great hero. Captain Jim Lovell passed away after a career as a storied astronaut. Just about everyone knows the heroics that occurred on Apollo 13 in 1968. However, to those who knew him, and there are many in our club, he was known for his friendliness and congeniality. He never passed a request for an autograph, a selfie or a discussion; sometimes while his meal was getting cold. He was always accommodating and never arrogant.

In a statement NASA said, *“Jim’s character and steadfast courage helped our nation reach the Moon and turned a potential tragedy into a success from which we learned an enormous amount. We mourn his passing even as we celebrate his achievements.”*

And actor Tom Hanks wrote on his Facebook page, *“There are people who dare, who dream, and who lead others to the places we would not go on our own. Jim Lovell, who for a long while had gone farther into space and for longer than any other person of our planet, was that kind of guy. His many voyages around Earth and on to so-very-close to the moon were not made for riches or celebrity, but because such challenges as those are what fuels the course of being alive - and who better than Jim Lovell to make those voyages. On this night of a full Moon, he passes on - to the heavens, to the cosmos, to the stars. God speed you, on this next voyage, Jim Lovell. - Tom Hanks”*

May he rest in peace. Our condolences to his family.





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TRAVELING PEOPLE

It is that time of year and I have noticed that a number of our members have been taking some pretty interesting trips. This list is in way recognizes all the trips our members have embarked on. These are just the ones that have been brought to my attention in no particular order:

- Chuck and Jan Luciano, Iceland
- Ben and Barb Gralla, Ireland
- Mark and Ayse Baker, Vancouver and Alaska
- Phil and Diane Deemer, Getting ready for a Tandem Tour of Italy and Portugal along the Mediterranean coast.
- Geoff and Helen Wilson, Iceland for the Reykjavik Half-marathon
- Dave Anderson, Boundary Waters in Northern Minn. for camping and fishing
- Perry Georopoulos, Heading for Greece (as soon as he completes the Newsletter!)

I would be glad to mention any other trips and include photos, just let me know. By the way here are a few photos from our travelers.



INTERNATIONAL MEMBERS

Checkout what our Aussie member, Matt Palmer, came across on a recent bike ride. I guess our deer, coyote, and fox sightings don't quite measure up.



WOW!



HEALTH AND WELLNESS

Are Marathons and Extreme Running Linked to Colon Cancer?

Click [here](#) for NY Times article.



ELEWA FARMS THURSDAY RUN-6AM

You may want to wake up early and meet at Elewa Farms and run the Middlefork Savannah after you check out the pics below.

