



FOOTPRINTS

Member News, Events, Calendar and More!



SEPTEMBER 2026

ANNUAL SUMMER PARTY

What a great night for a party, and what a party it was. There are so many people to thank for this extraordinary event. Let's start with our gracious hosts, Derek and Kathy. After a great party last year, they hosted again, but this time a pool added to their home, What a treat. Again, a superb performance by our social committee, Dave, Perry, Diana and Deb, with some added help from Jeff McMahon. Special gratitude to our hosts' children who kept busy serving and cleaning up. Thanks also go to our inveterate grill masters, Rick and Ben. Here is what Rick had to say about their duties. ***"Had a blast grilling with my buddy Ben! Not only did he constantly check internal temperatures, we also meshed like a well-oiled machine! The equipment was a huge upgrade from last year when I was alone in front of mosquito-laden bushes in high heat, grilling on a flatbed grill with charcoal that was difficult to light. This year we had a huge propane-driven grill with a staging table and a warmer! Kudos to Derek for the upgrade. Sign me up for next year!"***

Besides pool activities for the young kids, we had a special celebration. Scott Renken, who was celebrating his 75th birthday, was honored with a special cake and a rousing chorus of Happy Birthday!

It was a great night and thanks again to everyone who worked hard to make it a party to remember.



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 6:00 AM Elawa Farms

The run consists of a series of intervals, but one group does a run/walk. However, the whole group stays together. Contact Jeff McMahon for info 813-777-3000

THURSDAY Morning: 11:30 am Lake Forest College run. Six miles through Lake Forest. Meet at the college's Sports & Rec Center.

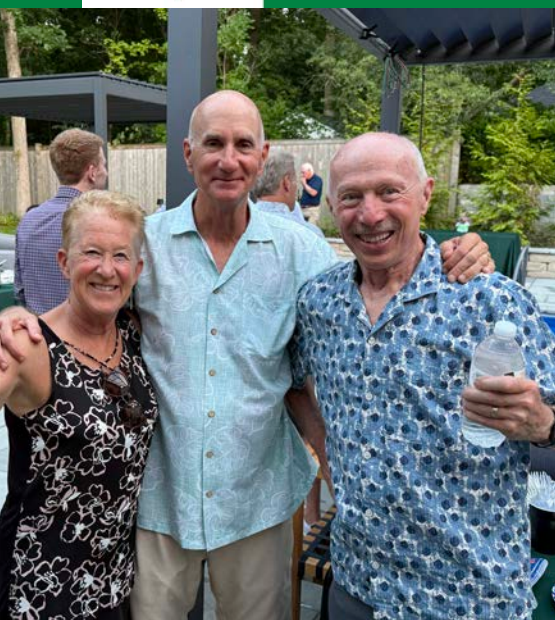
SATURDAY Morning 8:00am: CLUB RUN: East Lake Forest Train Station. Weekly club run preceded by announcements. Run or walk 6 miles through Lake Forest. Dogs are welcome.

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 & dates. jandmfitness@comcast.net

ANNUAL SUMMER PARTY









** FOOT PRINTS EXTRA **

ANOTHER MILE RECORD SET



Last month we reported on the new record in the outdoor mile plus a list of other records set in the past year. This month a new record for the mile while pushing a baby stroller was set in the great state of Ohio. The record setter was a former collegiate (Miami of Ohio) miler, Dr.

Stephen Biebelhausen, an ER doc working in Akron, Ohio. This one was special in that there were a few connections to our running community. First connection was that he ran with Jenny's group from 2020-22 and was usually the fastest on the team. He was in medical school at Rosalind Franklin in the Chicago Medical School. You need to keep reading to learn the other connection!

Please check out this amazing video of Dr. Steve and a very happy, energetic Blake setting the record before reading further. Click [HERE](#).

Through Jenny and Miki, I was able to make contact with Dr. Steve for an interview. The following are his answers to the questions posed. He was very gracious and thoughtful in his response.

1. What was your motivation/inspiration for this attempt?

"I wouldn't necessarily call it an "attempt". My goal this summer was to have fun, fall in love with running, and spend time with my daughter. I think this race, regardless of the outcome, was going to meet all three of those criteria. So when I signed up those were truly my only big goals... and the course record of 4:44 was also a nice little goal I thought I might get. At no point did I think I would get a WR."



2.What special training techniques did you use?

“Time with the stroller. Didn’t over complicate anything, just wanted to spend time with my daughter and the technique came!”

3.How did Blake react during training and the race? (She looked like she was having a good time!)

“We mostly do easy runs, but every now and again I would put a little sprint in and she would do that leg kicking thing that is now famous (She will also do this when she sees a dog). She squeals for joy when she sees the stroller going in the car and when we pull into a running spot, so she is fully aware and I think that she loves it.”

4.Any personal anecdotes from your training, the race, or your cramped schedule?

“Mostly just that with the cramped schedule she makes it so much easier to get out the door. I know that she’ll have a blast and appreciate the outdoors so it gets me out the door as well. Usually this leads me to doing a couple more miles than I had put as my minimum which helps me too. She’s a great cheerleader.”

5.Do you have any other children?

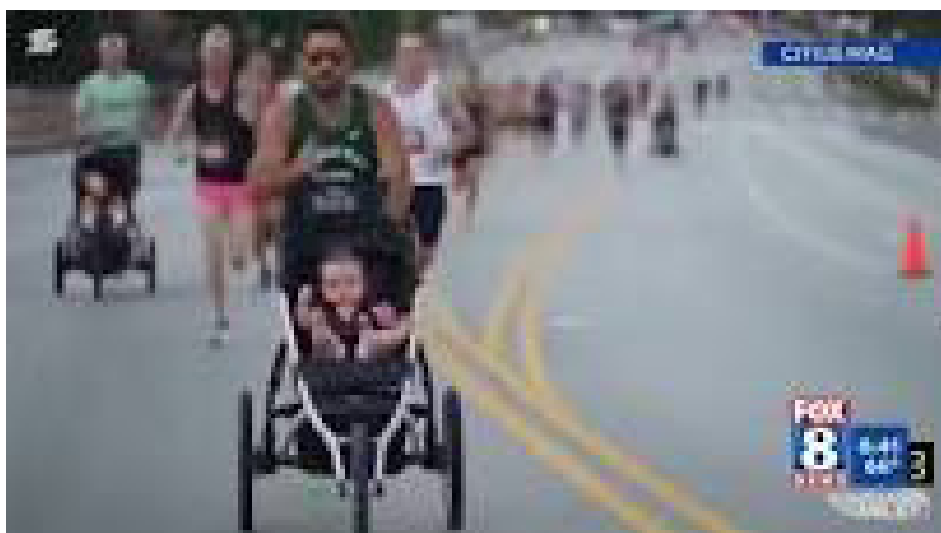
“Nope, just Blake! for now...”

6.Was that the Jim and Kristine Burgess/JSR baby jogger?

“Yes! It is a JSR legendary stroller before I ever got a hold of it and so happy to add to the legend. I think there might have been a couple of family/kids that have ridden in this stroller as well. Still works like a charm!”

(Check out the stroller in the two photos.)





7. Any future goals or plans for your running?

"None yet! Like I said above, I just wanted to get back to enjoying running again and this experience definitely re-ignited that passion. All that to say nothing on the calendar for now but I am definitely looking into some potential races."

Besides being a strong miler, Steve is very fast at a number of distances. He has run a 2:25 marathon, 52:14 10-Miler and a sub-15-minute 5K!

A trend started in our club over 25 years ago as some of our members had new offsprings, the runners started doing the Saturday run pushing their child in a stroller. As with many activities it turned into a competition.

There were many who hammered out strong times with their little one on board. Chuck Wathen, Jim Burgess, Kristine B, Jenny, Miki, Trey Robinson, Drew, Rob Wylie, and many more. Our unofficial stats had Miki holding the record for a while with 41 minutes and then Rob came along and topped him with a 39-minute run!



COACH's CORNER

"THE TAPER"

Depending on your training plan, your pre marathon taper can last for 2 to 3 weeks. I find that most runners, me included, have a "love-hate" relationship with the taper. On the one hand, your tired body welcomes the reduced workload, but at the same time you become nervous about the possibility of losing fitness, and your body can feel a little "off" from backing off your normal rigorous weekly training schedule. This is absolutely 100% normal!

There are three points I would like to make about the taper:

- #1: Your aerobic capacity will not be reduced during the taper.
- #2: Your body is repairing the micro muscle damage that has occurred during training.
- #3: During the taper, it is the REST more than the WORK that is making you strong.

Following are five tips for tapering that I hope you will find useful:

#1: Keep the same routine - if you are used to getting up at 5:30 in the morning to train, continue to get up at that time even if your training plan calls for a rest day or shorter runs. You can use this extra time to stretch, go for a walk, and/or practice mental imagery.

#2: Practice mental imagery for race day - picture yourself running the course and gliding through the miles. Also practice different race day scenarios that all end in your crossing the finish line strong. For example, what would you do if you began the race too fast or even too slow? If you miss an aid station or your shoe becomes untied..., how will you handle that? Mentally practicing some of these different scenarios will calm your nerves on race day. Think of a few mantras that you can use during the race to help you get through any rough stretches. Always great to have a plan!

#3: Go for a run with the shoes, socks, and clothing you are planning on wearing during the marathon. Make sure you have your nutrition plan in place and everything you need for both pre and during the race.

#4: Do NOT try anything new - NO new foods, NO new drinks, NO new sports. If you have been thinking about taking up roller blading or pickle ball, wait until after the marathon. 😊 You will have increased energy during the day, due to less mileage. I advise against starting a new project around the house, reaching up into the attic or closet to clear things out, or any new routine.

#5: I recommend that you stop your lower body strength work weeks out from the marathon. Upper body strength work should be reduced during the final week before the race.

Don't hesitate to contact me if you have any questions about the taper.

See you on the roads of LF!

Coach Jenny

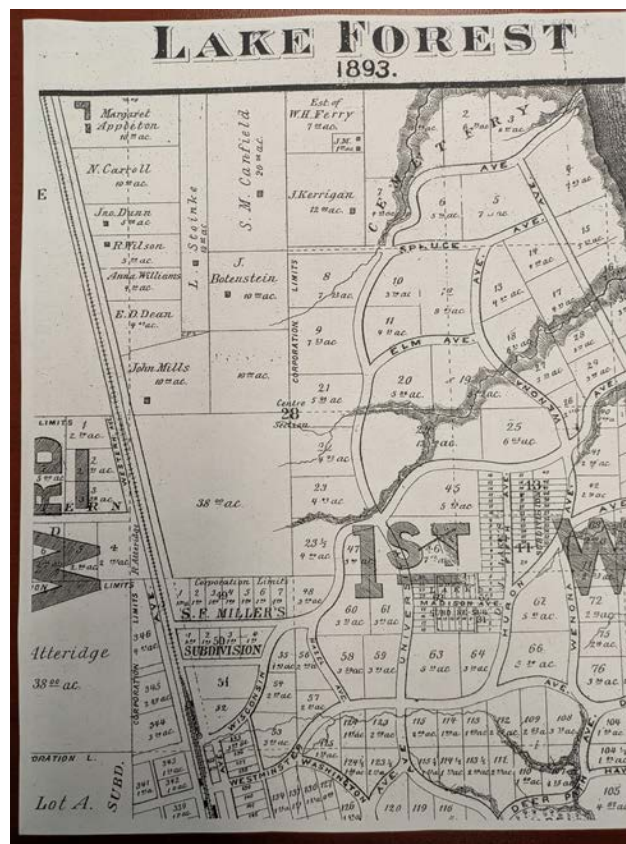


History on the Run

Street Names

Maybe you are researching an address in Lake Forest. Years ago, someone lived on University or maybe Linden or Poplar. But when you try to find University, it does not exist. You would have the same experience if you looked for Linden or Poplar or Myrtle.

What happened was someone decided it was a good idea to switch street names. In 1897 the city decided to change University to Sheridan Rd. In 1915 the mayor's wife changed nearly all avenues to roads. Furthermore, Elm Street became Elm Tree Road, Linden was renamed College Road, Myrtle became Ringwood, and this is just a partial list of the changes. There were, as you can imagine, objections to these 1915 changes. One comment said "To think she presumed to do this when she had lived in Lake Forest for only 22 years. Nevertheless, the changes remained. In 1927, the city made two significant changes. Jessamine Road was renamed Westleigh Road and street numbering was changed from the center of Lake Forest being Deerpath and the east Lake Forest railroad tracks to the center of town being on the Onwentsia property reflecting the 1926 annexation of much of what is now west Lake Forest. Additional changes were made to eliminate confusion. Where several short connecting streets changed names, one of the existing names was given to the entire street.

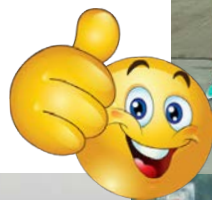


RACE RESULTS

LAKE FOREST 5K & FUN RUN - AUGUST 7, 2026

As usual, there was a great turnout for this home course race. We had some key outcomes with Liisa McMahon edging Jeff at the finish. And even though Craig Fox was 6th Overall, a fine performance, he finished behind a 12-year-old!!

John Ritter	19:32	1st AG	2nd OA
Dan Loeger	21:08	1st AG	4th OA
Craig Fox	21:34	2nd AG	6th OA
Katherine Najjar	24:00	1st Female	9th OA
Chris Weigand	24:55	1st AG	
David Vargas	25:54	2nd AG	
Perry Georgopoulos	28:06	2nd AG	
Jack Herrmann	28:08	1st AG	
John Kelley	28:33		
Patti Shuma	28:39	1st AG	
Dave Wiegand	29:14		
George Angelopolous	32:34	2nd AG	
Liisa McMahon	35:09	1st AG	
Jeff McMahon	35:13		
Mark Baker	36:04	1st AG	
Carol Longman	38:11	2nd AG	



RACE RESULTS

RACE THE LAKE Fond du Lac August 16



Scott and Diana traveled north to Fond du Lac in Packerland to do the 88-mile ride/race around Lake Winnebago. Unfortunately, they were unable to go around the lake due to tornado damage, but did an out-and-back 88-mile route. Both ended up on the podium

Scott Renken 3rd AG

Diana Schnell 1st AG

UPCOMING RACES AND RIDES



DETAILED EVENT SCHEDULE

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

ATTENTION FALL MARATHONERS



The fall marathon season has just begun. If you are planning on running Chicago, Minneapolis, Milwaukee, Indianapolis, Marine Corps, or any other, we would love to hear from you by the end of September. Let us know where you plan to run, if you want, share your goal, and any other info that may make this race significant to you.

RT's FINAL THOUGHTS

WORLD TRAVELERS Quite a month for the world travelers in our club.

Greg Petry

Greg Petry, our intrepid traveler, decided it was time to go skiing in August. So, he did what any other logical being would do --- travel down under to the Southern Hemisphere to ski in Australia! After his trip down the slopes, he headed off and caught some of the other sights in Aussie land.



Phil Gayter

Phil Gayter, former president, decided to take in some travels. He headed for Macedonia (off the coast of Africa) with his brother Chris. Phil's comment: "I would highly recommend this stunning Island; it's described as the Hawaii of the east. I then went home to the Cotswold region of the UK again hiking with my brother Chris and my friend Ruth. I even came back quite fit!"



RT's FINAL THOUGHTS

Andy Lyle

Andy Lyle, never one to shy away from a challenge, just completed the Tour Du Mont-Blanc. The [Tour du Mont-Blanc](#) is a classic 170-kilometer (105-mile) hut-to-hut circuit that circles Western Europe's highest peak, passing through France, Italy, and Switzerland. Andy just finished hiking the Tour du Mont Blanc (TMB) and took eleven days to do it. The trek is 95% single track and filled with sharp rocks, scree, and gnarly roots combined with 10,000 meters (30,000+ feet) of lung-sucking ascents and knee-destroying descents.

Congrats, Andy!



GOLF EXPLAINED

Some of you may have wondered over the years why so many people get so passionate about golf. Jason Gay, sportswriter for the WSJ summed it up clearly:

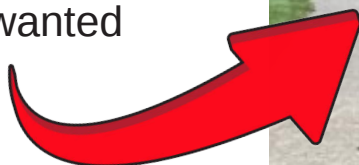
“The other day I played a miserable round of golf, a rotten sport invented by bored Satanists to rid the average human of all self-esteem. I enjoyed it very much.”



RT's FINAL THOUGHTS

THURSDAY RUN/WALKS GETTING POPULAR

We have been having good turnouts at Thursday 6 AM and 11:30 AM runs. Check out the photos below. Also note the two other 'runners' that wanted to join the 6 AM run.



RT's FINAL THOUGHTS

VICE PRESIDENT ADOPTS DUCK

Last Saturday, club VP Joe Swee adopted a duck. Jeff McMahon reports: "The name of the duck Joe sponsored at Elawa Farm is Cappy. It's short for cappuccino and Joe picked this name because he likes to order cappuccinos at the Elawa Cafe. She's the smallest duck of the flock. Her breed is called Orpington and she's very gentle. As part of the sponsorship, Joe received a dozen duck eggs, which are higher in protein than regular chicken eggs." Fortunately, the duck will stay under the care of the folks at Elawa.



A LITTLE RUNNING HUMOR, (very little)

