



# FOOTPRINTS

Member News, Events, Calendar and More...

**MARCH 2022**

## 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 Curt's Cafe, at 1766 2<sup>nd</sup> St.**

**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 area.**

**TRAINING PROGRAMS:** Check with club coach Jenny Spangler on programs and dates: [jandmfitness@comcast.net](mailto:jandmfitness@comcast.net)

## HAPPY 90<sup>TH</sup> KEN!!



## WELCOME NEW MEMBERS!!

It was great to see some of our new members join us on February 11 at the club's Meet & Greet! We'd like to extend a warm welcome to our newest members and we hope you all enjoy a FANTASTIC first year with the club!

### Woo Hoo!!

#### Introducing 16 NEW MEMBERS!! (All have joined in the past 6 months)

Patrick Coneff (Sept 2022)	Kelly Canlas (Oct 2022)
David Riddle (Oct 2022)	Laura Elliott (Oct 2022)
Dennis Sparacino (Oct 2022)	Kelsey Chin (Nov 2022)
Megan & John Looby IV (Dec 2022)	Bill Leiner (Dec 2022)
David Vargas (Dec 2022)	Daniel & Mary McMillen (Dec 2022)
Derek Johnson (Jan 2023)	Emily & Dave Lane (Jan 2023)
Michael Hill (Feb 2023)	Eva Heilman (Feb 2023)
Veronika Doherty (Feb 2023)	

## FUTURE CLUB SOCIAL EVENTS

**MARCH 17** Party at home of Dan and Julie Loeger. Look for Evite on March 1.

**St. Patrick's Day + March Madness Watch Party** 🏀 🍀

**APRIL 2 Chilly Chili** Save the date. We will back at the LF Beach again this year!

## Joys and Benefits from Running with a Group

Running is an excellent form of exercise that provides many health benefits, including improved cardiovascular health, increased muscle strength and endurance, and reduced stress levels. However, running alone can be monotonous and can make it difficult to stay motivated. This is where running with a group can make all the difference.

Running with a group offers a social aspect to exercise, which can be enjoyable and fulfilling. It allows runners to connect with others who share similar interests and goals. This can lead to new friendships



and a supportive community, making running a more enjoyable experience. Additionally having a group to run with can provide accountability, which can help to keep runners motivated and on track with their fitness goals.

Another benefit of running with a group is that it provides a sense of camaraderie and competition. Running with others can push runners to perform at their best and strive to improve their time and distance. This can be especially beneficial for those who may have been struggling with their motivation to run. A supportive group of runners can provide the encouragement and inspiration needed to keep pushing forward.

Group running can also provide a sense of safety, especially for women and individuals who may feel uncomfortable running alone at night. Running with others can reduce the risk of injury, as well as the risk of being targeted by criminals.

Furthermore, running with a group can provide a platform for learning and development. Runners can learn new techniques, tips and tricks from more experienced runners, and can receive guidance on proper form and posture. This can lead to improved performance and reduced risk of injury.

In conclusion, running with a group provides numerous benefits that can enhance the overall running experience. From increased enjoyment and motivation to improved safety and learning opportunities, running with a group is a great way to stay active and healthy. Whether it's a local running club or a group of friends, the social aspect of running can make it a more fulfilling and enjoyable experience.

## History on the Run #16: Divides and Ravines and the growth of Chicago

What do you think of when you hear the words Continental Divide? Trail Ridge Road in Rocky Mountain National Park, the alpine landscape and thin air induced headache?

### How about a Continental Divide in Lake Forest?

Let's say you are running in the rain on the sidewalk on the east side of Green Bay Road near Onwentsia. The rain falling on the west side of Green Bay Road will make its way to the DesPlaines river which flows into the Illinois river and eventually the Mississippi and the Gulf of Mexico. Rain on the east side will flow into Lake Michigan and eventually into the St. Lawrence Seaway and the Atlantic Ocean. Now I know what you are thinking, the flow of the Chicago River was reversed so it too flows into the gulf so some molecules of water could follow that path. Officially this is called the St. Lawrence Divide



The most important continental divide/St. Lawrence River Divide in the Chicago area is the site of the **Chicago Portage** to which Marquette and Joliet were directed by Native Americans in 1673 as they were returning to St. Ignace from the Mississippi River. Native Americans had been using this 6-mile portage between the Des Plaines and Chicago Rivers for years. Joliet recognized its importance and the French marked it on their maps and used it as the shortest route between Montreal and New Orleans back when goods moved by boat. Early Chicago settlers recognized its significance, and developed the Illinois and Michigan Canal, which parallels the Chicago Portage as a way to link agricultural lands and their products with east coast markets via the Great Lakes and the Erie Canal. Without the Chicago Portage Chicago would not have become the industrial and transportation hub it is and there might not be a Lake Forest and Lake Bluff!

### **Ravines**

Let's face it, we don't have lots of natural elevation changes around LF/LB but we do have ravines. How did they get here and why are they fairly unique to the area from Wilmette to Waukegan? Let's go back about 10,000 years. The last glacier was here and we were under thousands of feet of snow. Talk about great cross-country skiing conditions. The glaciers melted and that snow, now water had to go somewhere and where it went is to Lake Michigan and as it did it created the ravines by eroding the bluffs lining this part of Lake Michigan.



\*\*\*Editor's Note: In true transparency, the article on group running was generated in 30 seconds by ChatGPT (AI) when your editor fed the title into the AI program. By the way, Marilyn, a former 8<sup>th</sup> grade language arts teacher, without knowing the source, said she would have only given me a C+ or a low B for the essay!

