



FOOTPRINTS

Member News, Events, Calendar and More...

MAY 2023

It was a Really, Chilly CHILLY CHILI

Our annual Chilly Chili was held again on the Lake Forest beach on April 2. Although the temperature wasn't too bad, the wind off the lake kept things a little cool. However, it did not stop a good sized group showing up to have fun and share chili's! We had a number of prize winning chili's, but the overall winner this year with the Best Chili was Julian Gordon. As a special treat, Julian agreed to share his winning recipe, which you can find on the last page.





WINNERS

Prize Categories, (\$25 Starbucks Gift Card)

- Best Chili - **Julian Gordon**
- Best Vegetarian or Non-Meat Chili - **Patti Shuma**
- Hottest Chili, While Still Being Edible - **Dan Loeger**

Honorable Mention Categories, (Certificate)

- Best Caucus Chili - **Erik Burg**
- Best Final Four Chili - **Lori Lennon**
- Chilly Chili 2023 MVP - **Paul Best**
- Chili Most Likely to Succeed - **Jeff and Liisa McMahon**
- Best Side Dish - **Judy Friedes-Craig**

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 2nd 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.

STICKY BUNS RUN - Sunday at 8:00 Canoe Launch, Rtes. 60 and 21

This month we are featuring the Sticky Buns Run. This run, which started 30 years ago, originates in the parking lot of the strip mall on Rte. 60. On the southeast corner. The run then heads south down the Des Plains River Trail. This is a scenic route mostly along the river and, hence, very flat. There are many variation for this run. Runs or walks of any length can be determined by when you turn around on the trail. There is also a 7.5 mile run that takes the trail to Rte. 22 and back. There are other variations that go north, with a 6 miler going to Old School preserve and back down. All these trails are scenic and enjoyable. Come out some Sunday and see for yourself and find out why it is called Sticky Buns. As usual, there is coffee and snacks after!





NEW CLUB EVENT: FIELD TRIP TO THE MUSEUM - THURSDAY, MAY 1

The LF-LB Running Club invites you to a FIELD TRIP to the Dunn Museum of Lake County in Libertyville! **Huh??** No, we're not going to run there! Nor are we going to run inside the museum, they don't allow that! :-)

We are going to see a cool NEW exhibit on Lake County's Racing History! The fascinating exhibit documents Lake County's history in all types of racing – boating, cycling, horse racing and most notably, RUNNING! Dr. Barry Seiller was instrumental last year in supporting the curators of the museum to record the memories and the history of the Lake County Races!! Now, you have a chance to see it yourself!!

Here are the details:

Thursday, May 18

6:30 pm - 8:00 pm (FYI Museum hours are 5 - 8pm on Thursday)

Admission: FREE !!

Dunn Museum of Lake County
1899 W. Winchester Rd
Libertyville, IL

It would be great to get a nice turnout to see this fantastic new exhibit! If you can't make this date, we encourage you to get out and see it on your own sometime. The Museum has a \$6 entrance fee every day they're open **except** the special Thursday evening hours. We're taking advantage of the special FREE Thursday to sponsor this field trip!

Let's ENJOY this unique tribute to the Lake County Races and the great history of Lake County in general.

The Museum is extremely well-done and informative!!

No registration required -- just meet at the Museum!

History on the Run #18: Kiddles

You will not find anyone named Kiddle if you walk into the store at 258 Market Square so how did it get its name.

Way back in 1926 Stanley Kiddle and his brothers Joseph and Charles opened a hardware store and as was the case in those days also sold sporting goods and bicycles. The Lake Forest/Lake Bluff History Center has the original hand written register (purchaser, bike brand and color of every bicycle they sold between 1936 and 1956. (Personal note: I bought my Maury Wills Autograph Spalding baseball mitt at a Hardware Store). By the late 1960's Stanley Kiddle was interested in selling his store and posted an ad to this effect. Around the same time, Ron Shlifka and his father-in-law operated a grocery store on the south side of Chicago. Unfortunately, in 1968 the store was burned during the riots following Martin Luther King's assassination. Lake Forest is far from the south side of Chicago in more ways than one but Ron had served in the Navy at Great Lakes and was familiar with Lake Forest when he noticed the ad. Ron buys the store and has the smarts to ride the fitness wave and migrate away from repairing lamps and selling hardware. In 1969 Ron makes another wise decision and becomes only the 4rd store in Illinois to carry the Adidas brand (Another Personal note: When I started running in 1972, my first 3 pairs of running shoes were Adidas). In 1975 when the former Garnetts Department store closed Ron was able to double the space of their store. Later the product line expands to include Nike and Trek bikes. In addition to bikes and a wide range of other sporting goods, Kiddles is the go-to store for team equipment for Lake Forest/Lake Bluff and other surrounding communities.

Today the store is run by Ron's son Jay, his wife Denise and their sons Aric and Lee. Jay and his family know bikes and running. Jay has a long history of belonging to and supporting our club and before knee problems curtailed his running would join us on long, Sunday morning, marathon training runs.



PRESIDENT DAN RUNS LONDON MARATHON IN 3:47



The race started at 10:30 am so it gave plenty of time to ride the trains (they were FREE for runners) to get from the hotel to Greenwich. London is a point to point race starting in the east and heading west toward Buckingham Palace. It drizzled for an hour before the race but that didn't seem to bother anyone. The early part of the course weaved through small towns and the rain didn't hold back the cheering crowds. Crossing Tower Bridge at the halfway point was exhilarating and quite memorable as the London police lined the bridge every 5 meters. We had a police escort across the bridge! As things got a little more difficult in miles 23 and 24, I just thought of my wife Julie waiting at Mile 25. I needed to reserve some energy to look somewhat alive at Mile 25! Luckily, Julie jostled her way to the front row, so she got a couple good pics! Finishing along the famous "Birdcage



Walk" was pretty memorable and the finish line was a welcome sight as the rain started up again for the closing stretch! It was pretty cool as the crowds eventually dispersed into the outlying neighborhoods for a post-race party like no other. The pubs were overflowing into the streets which were all blocked off. The finishers regained their energy to enjoy a pint!!

Editor' Note: As part of his London experience, I asked Dan to take a try on



the special treadmill that has been at the top marathons. This treadmill is set to go at the speed of Eliud Kipchoge's record marathon pace, a blistering 4:37 a mile!! Unfortunately, he passed on it, saving his legs for the marathon. If you would like to check out others trying this pace, check this out: [NYT Article](#).

SPRING FLOWERS by Sarah Sellers

Let's close out with look at the spring flowers at the Botanic Garden! Hopefully we will be seeing spring weather soon!



John Brucker and son enjoying a cold brew after the University of Illinois Half-Marathon, finishing in Memorial Stadium!



Julian's Chilly Chile

Global Warming Re-visited

Ingredients

1lb ground turkey
4 cloves garlic
4 medium size carrots
4 Jalapeno peppers
1 tablespoon ground coriander
1 tablespoon garam masala (mixed spices from Indian grocer)
2 onions
2 10 oz cans commercial chilli
Half cup Kali Dahl (black lentils from Indian grocer)
Can of diced tomatoes
4 tablespoons tomato puree.
1 cup broth (can be beef or vegetable based)
1 sprig of fresh tarragon, finely chopped
A little olive oil.
1 tablespoon freshly ground black pepper.

Background.

The original Global Warming was my first-ever chili attributable to a verbally communicated process from the late Betty Holcombe. "Re-visited" is my reconstruction from memory after 30-odd years. At that time, global warming referred to the melding of folk music from various cultures.

Procedure

Cook the ground turkey separately, very slowly, perhaps add a little water to stop it from drying out. This can be done while you prepare the other ingredients. Also, soak the Kali Dahl about an hour, then gently simmer for 30 minutes. Drain and discard liquid.

In the meantime, prepare the rest of the ingredients. Coarsely chop onions. Chop garlic into small pieces. Cut peppers in half lengthwise and remove the seed with the pointed tip of a knife. Chop into small pieces. Peel carrots and cut lengthwise repeatedly until you have long strips of carrot, but not so thin that they fall apart. Then cut into pieces about 2 inches long.

Put just enough olive oil in the bottom of a heavy saucepan, heat till it begins to smoke. Fry onions in this until they turn golden brown. Then continue frying and add successively Jalapeno peppers, garlic, garam masala, coriander. After this has sizzled for a minute, stir in ground turkey. When turkey is thoroughly nixed with other ingredients, stir in carrot pieces. Stir in the cans of chili. Stir in the drained

kali dahl. Cook for a few minutes and stir in diced tomato and then the tomato puree. When it has all simmered for a few minutes add the broth. Finally add the chopped tarragon. Add the freshly ground black pepper.

Very slow cook for about one hour, stirring occasionally to make sure it does not burn in the bottom.