



FOOTPRINTS

Member News, Events, Calendar and More!

MAY 2025

TRI-MASTERS

Bernard Lyles will be joining us this Saturday. If anyone has any biking or swimming gear to donate, he will be here with his truck.



CHILLY CHILI 2025

The awesome Social Committee did it again in great style. There was a huge turnout on a sunny day at Northcroft Park in Lake Forest. As usual, the competition for the best dishes was hot and heavy. Here are the winners of the best dishes this year.

- 1- HOLE IN ONE: Rick Young
- 2- EAGLE: Debra Kruger
- 3- BIRDIE: Jack Zordan
- 4- ON PAR: Paul Best
- BEST SIDE DISH: Scott Renken
- BEST DESSERT: Tara Geers



Thanks again to Social Committee for all the work and to coeditor Perry for preparing all the awards.



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

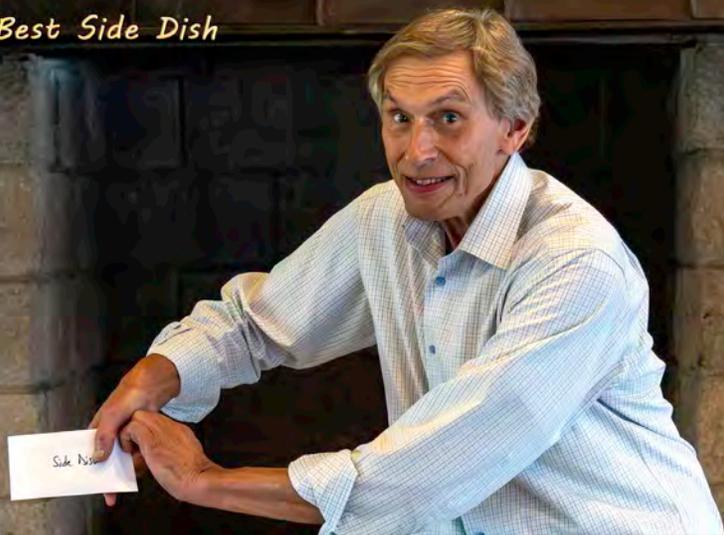
CHILLY CHILI 2025



Chilly Chili 2025

April 27th

Best Side Dish



Favorite Dessert



On Par Chili



Birdie Chili





FOOTPRINTS

Member News, Events, Calendar and More!

CHILLY CHILI 2025

Eagle Chili



Hole-In-One Chili



Congrats



THE NEED FOR SPEED Meet New Member Derek Debe

Derek Debe has lived in Lake Forest since 2009, but didn't join the LFLB Running Club until June of 2024. Derek was a sprinter back in his grad school days in Southern California (sub 11, sub 22, and just barely sub 47 in the 100/200/400), but without a lot of places for Master's athletes to compete at shorter distances in Illinois, running eventually took a back seat to other pursuits like soccer and weight lifting.



Derek

Last June, Nick Fearnley finally convinced Derek to get off the couch and run and that first LFLBRC Saturday 10k was most likely the longest Derek had ever run in one shot (back in the day his early season runs were one hour long on the loose sand of Santa Monica beach and no one ever made a full 10k). Now, with almost a year of base training under his belt, Derek plans to shorten things up again and prioritize speed. He still joins us on Saturdays, but his agenda involves going over to the new turf field at Deerpath to run plyos and 80-yard fly repeats. So, if you're curious about what an all-out sprint workout involves, feel free to join in or bring someone else along - he would love the company! It will be a slow road getting into form, but Derek hopes to be competitive again for his age in 100's and 200's so he can avoid racing in anything longer, just like the good old days.

One more thing. Derek has graciously offered to host this year's Summer Party at his home.

an all-out sprint



Derek and his kids



History on the Run

The Thorne Rooms and another Catalog Merchant

Let's see a show of hands. Who has seen the Thorne Miniature Rooms at the Art Institute? Amazing aren't they. Well, their creator was Narcissa Niblack who married James Ward Thorne, son of George Thorne one of the founders of the Montgomery Ward company and who served as a Vice President of the company.

Mrs. James Ward Thorne became interested in miniature objects of decorative arts, accumulated quite a collection during her travels domestically and abroad and decided to display them in period backgrounds (rooms) rather than in cabinets. Originally, she did the work herself but her ventures were so successful she hired artisans to build more rooms. The first set of rooms was displayed at the 1933 Century of Progress Exposition in Chicago and then later transferred to the Chicago Historical Society. A series of European rooms was first exhibited at the Chicago Art Institute in 1937 before moving to San Francisco and eventually the New York World's Fair. A series of American rooms was exhibited at the Chicago Art Institute in 1940.

In 1954 she donated money to the Chicago Art Institute to create a permanent setting for the rooms where they reside today. In 1909 they commissioned architect Edwin Hill Clark to design a summer residence for them on Ridge Road in Lake Forest. Clark was the architect responsible for the Lake Forest library, Brookfield Zoo and several other Lake Forest estates. An interesting coincidence is that Robert Wood of Sears, Roebuck lived only a few hundred yards south at 700 Ridge Road. The current address of the Thorne House is on Broadmore Dr., but the original address was 780 Ridge Road.



The Thorne Room



Mrs. James Ward Thorne

UPCOMING EVENTS – RUN, BIKE, TRI-

Here is a save-the-date reminder for an important event. Dan Loeger will head up the organization of the **3rd Annual LCR Re-enactment**. This event will be **June 21**. Details in the June Newsletter.

The Event Calendar compiled by Dan L and Diana is constantly being updated. For a 'live' copy of the spreadsheet click [here](#).

In addition, we would like to highlight some races that some of our Club members are doing and would like some company.

First is the Wisconsin Marathon and Half in Kenosha on May 3. Joe Swee will be running the marathon and Kathryn Swee and Jeff McMahon will be running the half.

Next is Highland Park Half and 5K on June 1. It is a good race and usually well attended by our members.

To help support a good cause there is The Walk for Lurie Children also on June 1. The whole Swee family will be participating in this one.

For a destination marathon, Jeff McMahon is doing the Dublin Marathon on October 25. Road Trip!!!

Finally, the McMahon's are continuing to raise interest in the Gasparilla Races in Tampa. Registration is now open for 2026!!



RACE RESULTS

I want you all to know that I am super excited this month. The results from the past week have literally been rolling in. We have results from MA, IL, GA, OR, TX and CA, plus London!! We have never had such a variety of success by our members. Be sure and check the comments, there were a number of very impressive performances!! Congrats to everyone who got out there and did the work.

Also, I think we have some proud parents out there. Tracy and Carl Macuiba and Jill and Sid Glick. I am sure Ken Glick is a proud grandfather. Finally, Andy Hamlet joins this group as his daughter, Jen, won her age group. Shout out to Joy and Phil as son-in-law, Paul completed Boston. Congrats to all of you.

Boston Marathon - April 21st

Paul Wszoczek – 3:27
Lori Fitzgerald - 3:42:51
Mike Disbrow - 4:09:55
Sarah Glick - 4:19:57



Paul W



Lori Fitzgerald



Sarah Glick



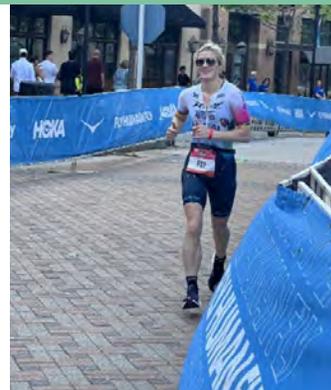
Brian, Lori and Mike D



X, Joy, Bill Rogers, Mike & '73 winner J Hansen

Ironman Texas - April 26th

Amanda Macuiba - 9:47:58
14th female in the pro division
and HUGE 60 minute PR



RACE RESULTS

River to River Relay - April 26th

LFLB had 3 members running on the Jenny Spangler Racing Team

Steve Clark

Jim Burgess

Dustin Macuiba (5:25 pace on hilly legs!!)

The team took 3rd place overall with a time of 7:48:30 (approximate)



Dustin Macuiba, Jim Burgess, Dave Z, Steve Clark and R2R Team

Eugene Half Marathon - April 27th

Dan Loeger - 1:39:02



Big Sur Marathon - April 27th

Lori Fitzgerald - 3:49:23

*** Lori completed the Boston 2 Big Sur Challenge (racing Boston and Big Sur only 6 days apart) ***



RACE RESULTS

Univ. Of Illinois Marathon and Half Marathon – April 27

David Vargas - Marathon
John Buckner - Half
Mike Reidy - Half



TCS London Marathon - April 27th

Laura Kennedy
3:52:13



Laura and UK Support Team



Laura, Julian, and friends

Get You Rear in Gear Savannah, GA March 26

Andy Hamlet – 26:22 1st place age group (70+)
Jen Riordan – 1st Age Group

WOW!



RT'S FINAL THOUGHTS

Last weekend Dan Loeger ran a half marathon in Eugene, OR. Home of the University of Oregon (the Ducks) and Hayward Field. It also the focus for the career of Steve Prefontaine. Dan has written the following covering his race and the impact of Pre.

Go Pre! Eugene Half Marathon

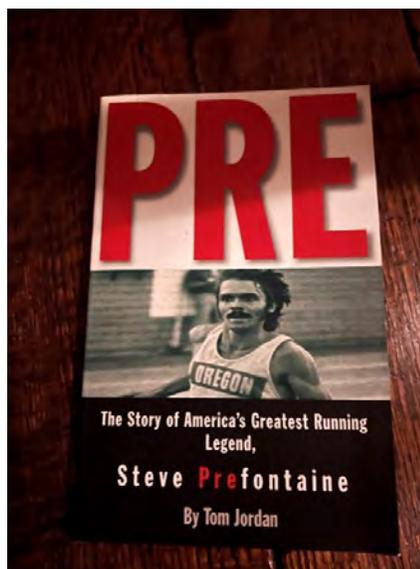
I ran the Eugene Half Marathon on Sunday April 27th. It wasn't a typical half. I ran with Pre in mind. I'm a middling runner but I re-read the book on Steve Prefontaine on the plane to gain some inspiration. I convinced a good college friend Pete who lives in Portland to engage in a "Pre Pilgrimage" the day before the race. We visited Prefontaine's home town of Coos Bay, Oregon - and visited a dedicated Pre gallery at the Coos Art Museum, followed by the large Pre murals, his Marshfield High School track and then paid respects at his resting place at Sunset Memorial Park.

Pre died tragically at 24 at the peak of his running career in a single car crash 50 years ago on May 30, 1975. Whenever he spoke to young runners, he always ended with, "To give anything less than your best is to sacrifice the Gift". Pre's Gift was his running. Prefontaine was known for his relentless work ethic in practice and his front running leave nothing on the track style.

I was limited in my training leading up to this race but that was not going to stop me from giving everything I had on this course and on the iconic Hayward Field track. After 13 miles, I entered Hayward Field with tired legs but sprinted the final 200 meters with everything I had as chants of Go Pre sounded off in my head. Pre took 4th in the 5000m in the '72 Olympics. I took 4th out of 69 in my age group in 1:39:02. (haha)

Pre provided the running world with inspiration and excitement and passion. And this past Sunday I had the humbling and exhilarating experience of running on the track of legends.

Go Pre!



RT'S FINAL THOUGHTS

Club member, John Burrell, working on Habitat for Humanity in Moinesta, Romania.



Doing great work John!

NOTICE on CLUB POLICY

Many years ago, the Club established a policy about promoting individual charities on Saturday morning or through the Newsletter. As expected, in a group like ours almost everyone has a favorite charity or two. If we allowed everyone to promote on Saturday before the run, it could become unmanageable. We hope you all can understand the rationale for this policy.

The Club does have a few agencies that we have supported for a long time, that have a close connection or affiliation with the Club. They are No IL Food Bank, Diana's Equestrian Connection, GLASA and Tri-Masters.

Thank you for your understanding and adhering to this policy.

APRIL FOOL REDUX

We all had a good time with our April fool prank. Hope you all did too. We did elicit some comments that we share below. You can decide who was fooled and who wasn't. We are eliminating names to prevent any lawsuits. (But we will be glad to share in private!!)

A delay in the newsletter is not acceptable.

I expect your resignation as well.

Sorry to hear about the alignment of duties issues. You do a great job with the newsletter.

Scott,

Not sure if you can do anything here to help but I kinda like my newsletter on time. RT must have been pretty difficult to have Perry make such a drastic move. I don't know...maybe an emergency coffee w/ RT? Invoke presidential order not accepting Perry's resignation? Try something??? This isn't good.

I hope the club doesn't fall apart on your watch.

Former Pres

Oh my. Anyway to discuss the direction of the newsletter together and agree on a plan? I'll help any way I can but really loved how it was going.

I am Sorry, I do not handle conflict well and do not need any additional issues outside my work and family life.

I may need to step away.

Board Member



I must admit I feel a bit of a FOOL today, but I agree with previous writer.

And this is the best one:

Scott,

I have always found Perry to be a reasonable person that is easy to get along with and he helps the club however he can. R.T. has also been a long time club member and helper. Clearly, they have had a falling out.

I agree with Dan that there needs to be an intervention to understand what went wrong and find a resolution. Best to do this sort of thing in person if possible.

Peace & Love to the LFLB Running Club

*I am such an **APRIL FOOL !!!!!!!** (From pervious writer!)*

