



# FOOTPRINTS

Member News, Events, Calendar and More!

## MARCH 2024

### MEMBERSHIP REMINDER

We were happy to see that a number of members took advantage of our December promotion and renewed their membership by the end of the year. However, we have a few member who have not renewed and are in jeopardy of being stricken from our list. To avoid this dastardly outcome, we encourage you to renew now. To make it easy, all one has to do to renew is click [HERE](#), to get to our website. Any questions or issues, please contact us at [info@lflb.org](mailto:info@lflb.org).

One other message for everyone is that a handy way to let your friends and neighbors learn about our Club, is to forward them this Newsletter. It will give them an idea of what we are doing, but also give them a link to sign up!

### EVENTS – EVENTS – EVENTS

Hey Gang, more great news in the Club Events area. We off to a good start with our New Year's Day Middlefork Run and the Forever Om Yoga class, but check out the list below. Our crack Social group has worked hard to put together a wide range of event for the year. We will be filling in details as the year moves along.

### 2024 Social Calendar

- **Sunday March 3 – Highwood Bocce Club**
- Sunday April 21 Chilly Chili
- Saturday June 22 – Lake County Races Train Ride & Run
- Saturday July (date TBD) – Kids Track Meet @ LFHS
- Friday August (date TBD) – Annual Summer BBQ
- Sunday October 27 – Hallowbrunch
- Thursday November 28 – Thanksgiving Day Run 5K/10K
- Friday December 6 – Holiday Party
- Saturday December 14 – Jingle Bell Run

### 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 area.

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



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**Our apologies for the joke. Keep scrolling to enjoy the April edition**



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## APRIL 2024

### (NOT SO) CHILLY - CHILI

OK Gang, it is almost here. Get your taste buds ready for our Annual Chilly Chili!

**DATE: Sunday April 21**

**TIME: 3:30-6:30 PM**

**LOCATION: Northcroft Park, 1365 S. Ridge Ave., LF**



Obviously, there are a lot of logistics and details, so please pay attention. First, this is a Club participation event. We need everyone to bring something to share. We will have awards for the best chilies, but we will need side dishes too. This year we are again going high tech and have a spreadsheet where you can enter what you will be bringing. On the sheet you can see the various chili categories and some of the other items we need. It is fine if you don't want to deal with the spreadsheet, just contact Dave Wiegand with questions or contributions, [davewiegs@gmail.com](mailto:davewiegs@gmail.com). Also, keep in mind this is a BYOB event, so be sure to bring your favorite beverage. Here are answers to some concerns:

- **This event is inside an enclosed park shelter house.**
- **There will be a fireplace, so we will warm up, if required!**
- **There are electrical outlets for crock pots.**
- **There are washrooms and running water**
- **Parking is OK for non-LF residents**

Let us know what you plan to bring by adding your name to the Google doc...but if you want to just show up, that's OK too!

**Here is the link to the spreadsheet:**

**Chilly Chili 2024**



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## SHAMROCK SHUFFLE



This year the Club had a big turnout for the Shamrock Shuffle. The race has been around for over 40 years and officially kicks off the Chicagoland racing season. It is a huge race with over 30,000 runners and is known for its parties and celebration after the race. Always a good reason for our group to show up.

Again, our people showed up, ran hard, competed and had some good results. Here are a few pics from the (gray) day and the results from the Race. Great job, Shufflers !

John Brucker	42:24	
Giles Chick	34:07	Top 5% AG
Mike Disbrow	35:11	Top 4% AG
Nick Fearnley	42:00	
Miki Totic	54:55	
Mike Hill	54:59	
Dan Loeger	34:20	4th AG**
Mike Reidy	57:55	
Ken Wasetis	54:46	
Amy Kessler	46:04	
Diane Schnell	54:15	
Joy Gayter	46:49	Top 10% AG
Judy Friedes Craig	90:43	
Liz Condren/Duffy	56:47	
Liz Condren/Duffy	56:47	
Sarah Sellers	54:58	
Jeff McMahan	47:24	
Jack Herrmann	49:00	



*We also did well in the team results.  
Check them out!*

Women's 8th

Men's 10th

Mixed 10th





## BOCCE BALL IN HIGHWOOD

About 30 members from the Club enjoyed a cool March afternoon in the warm confines of the Highwood Bocce Club. It was the second time for this event and continues to be a well enjoyed, and, as always, a competitive event. There were team competitions and a few individual events. Some of the winners for the day were Sandy Berg, Mike Hill and Dan Loeger. Thanks again to our stellar Social Committee, but especially Dan L and John Brucker, for organizing such a fun event.



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## History on the Run

### THE LONG DISTANCE SWIMMER FROM LFC\*

Maybe you swam in high school or college and remember those long hours in the pool. Maybe you still swim now and venture out in Lake Michigan for the challenge or to get ready for an upcoming triathlon. But, do you think you could swim for 8 hours straight or how about 53 hours from Cuba to Florida?

Diana Nyad started swimming seriously in 7th grade. She was the three- time Florida high school 100 backstroke champ and had her sights set on the 1968 Olympics. But in 1966 she spent 3 months in bed with endocarditis (heart infection) and had lost speed when she returned to competitive swimming. After high school she enrolled at Emory University but was expelled for jumping out of a 4th floor window wearing a parachute. She subsequently enrolled at Lake Forest College and graduated in 1973 with degrees in English and French.

Shortly thereafter she started her marathon swimming career. In 1975 she swam 28 miles around Manhattan (remember it is an island) in 7H 57 minutes. In 1979 she swam from the Bahamas to Juno Beach Florida in 27 ½ hours taking advantage of favorable wind and sea conditions. She is best known for swimming from Cuba to Florida. After several unsuccessful attempts, she finally completed the challenge in August, 2013 taking 53 hours to complete the 110 mile journey, at the age of 64. To report objectively, this swim was never certified due to incomplete documentation of a 9 hour period. To show that she could perform on land too, Diana Nyad was a 2014 participant on Dancing with the Stars but finished in last place.

\*Thanks to Miki Tasic for suggesting this topic.

*(I heard a rumor that Diana Schnell gave Nyad swimming lessons when she was at LFC! Haven't been able to fact check it yet.)*



## SOMETHING GOOD TO KNOW

*This month we are kicking off a new feature. We feel there are some things out there that could be beneficial to the group. Our initial article is submitted by Jeff Mc Mahon. Here we go.*



### ROAD iD by Jeff McMahon

Each year approximately 450,000(globally) unconscious patients are treated at hospitals without identification, primarily due to accidents. This causes delays in timely care while medical staff try to identify the injured. Some of you may be aware of a potentially lifesaving and inexpensive piece of personal safety equipment called ROAD iD”.

The concept is simple. You wear a badge, a bracelet, or a dog tag on your wrist, your shoe, or around your neck that contains vital information about you. Should you become injured or incapacitated, this ID can alert first responders to any health concerns (e.g. “diabetic” or”allergic to penicillin”), provide vital information(e.g. your name, blood type, emergency contact information), and even include a motivational mantra. These are used by runners, bikers, walkers and come in a variety of sizes, styles, and colors to allow you to personalize your Road iD. In addition to your personal safety, this also gives your loved ones peace of mind while you are out exercising. An online subscription is also available to maintain your personal information in real time. On top of all that, ROAD iD is made in the USA and donates a significant amount of revenue (not profit) to several organizations listed on their website. Please see <https://www.roadid.com/> (or click [HERE](#)) for more information about their products and how to order.



## RT'S FINAL THOUGHTS

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work becomes, the more necessary it will be to find some outlet for this craving for freedom. No one can say, ‘You must not run faster than this or jump higher than that.’ The human spirit is indomitable.

---Roger Bannister

## FOOTPRINTS REQUEST

You can see that we have added a new feature “Something Good to Know.” We are requesting submissions from our members, as we think there are a lot of hidden gems out here. Please send in your ideas, or even other Newsletter topic you would like to see covered. Thanks!

## VOLUNTEERS NEEDED FOR GLASA

As most of you know, there are a few non-profits in the area that we like to support. First, of course, Equestrian Connection and the great work Diana Schnell does helping so many people. Next is GLASA. We have supported their work over the years in many ways. Often we have had one of our members on the Board. At this time, our Club member on the Board is Jeff McMahon. Jenny Spangler also volunteers for them. We have a request for volunteer coaches for their program. If you have any interest in helping this awesome organization, contact Cindy Housner.

## PARA TRACK & FIELD



**GLASA**  
GREAT LAKES  
ADAPTIVE SPORTS  
ASSOCIATION



## COACHES WANTED

Great Lakes Adaptive Sports Association (GLASA) is seeking volunteer coaches to assist with our Para Track and Field program. Athletes are ambulatory with a physical or visual disability such as an amputation, paralysis on one side, blindness, etc.

- Experience in track and field is required
- Experience working with athletes with disabilities is not required
- Practices are typically on Saturday mornings in the northern suburbs, with meets conducted on weekends
- A weekly commitment is strongly encouraged, but not mandatory

FOR MORE INFO CONTACT CINDY HOUSNER: 847-494-8483  
[CHOUSNER@GLASA.ORG](mailto:CHOUSNER@GLASA.ORG)

GLASA is a non-profit organization that provides adaptive sports and wellness programs for individuals who have a physical or visual disability.

[GLASA.org](http://GLASA.org)