



# FOOTPRINTS

Member News, Events, Calendar and More!

## AUGUST 2024

### KID'S TRACK MEET- NEED VOLUNTEERS

SATURDAY AUGUST, 10 - NOON to 3PM

Hey Gang, we are 10 days from the Kids Track Meet and we are still looking for some more help. Keep in mind three things:

1. This is a fun event and it is really not like work. You are helping the kids learn to compete in new events and have fun doing it. You will have just as much fun as they do.
2. I have mentioned that this is one of our two public facing events. We want this event to be a success for our Club, for the Kids and to draw new members.
3. Finally, we are only asking for 3 hours, Noon – 3PM on Saturday, August 10.

*Track meet is at the Lake Forest High School Main Track This is not too much to give. Check in or text with Jenny Spangler 848-707-8576, or Kimberly Loughlin at 847-204-5563*

**DO IT NOW!** We all thank you for your help!!



**2024 ANNUAL SUMMER PARTY IS ON FRIDAY, AUGUST 16**



The **Annual Summer Party** is again being graciously hosted by Karin Seiller on Friday, August 16 at the NEW Seiller residence. We are grateful to Karin and family for hosting us to remember and celebrate the life of Barry.

**PLEASE** bring a chair, a dish to share, and your beverage of choice. The club will provide the main course.

**NEW LOCATION:** 1017 Crane Blvd., Libertyville, IL

No parking on Crane, park on Nordic (house is on the corner of the 2 streets)

There are also a couple parks/baseball fields one block east with parking spots.

**TIME:** 5:30 – 9:00pm, **The party will promptly end at 9:00!**

**CONTACT:** Dave Wiegand with any questions, [davewiegs@gmail.com](mailto:davewiegs@gmail.com)

**BE SURE TO RESPOND TO YOUR EVITE**

### 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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## RACE RESULTS

There were lots of good race results in June and July. Let's start first with the BIG10 5K/10K and our Grit lady.

### BIG 10K

The Club had some key entrants in this ever-growing race. As Diana mentioned in last month's letter, our Grit lady, Mary Ellen Swee, was training to run in the Big 10 5K Race. The good news is she made it in an impressive time of 54:15, just behind he husband John, who finished at 54:13. Now if this was Ed Packel and RT I would have suspected he tripped her and then jumped over her. Then I remembered sane people don't do that. They were probably saying you go, no, you go ... Either way congrats for a great finish.

Two other Swees finished in the 10K with Katherine at impressive 1:02 and Joe at a very impressive 38:45. Congrats to the entire Swee family for a job well done.



Finally, two of our stalwarts John Brucker and David Vargas finished the 10K tied at 1:02:45. I am not even going to comment!



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## RACE RESULTS

### 4 ON THE 4TH, ELMHURST

The 4 on the 4th in Elmhurst has always been a big standard on the CARA Circuit. This year we had three Age Group winners.

- Jim Kubik, 2nd AG,
- Judy Frides-Craig, 3rd AG
- Lynne Hans, 3rd AG



### LINCOLNSHIRE 5K

This race is also an old standard that gets a lot of attendance from our membership. This year was no exception.

We had a lot of impressive Age Group winners with Joan Elliott coming in 1st in her group, but also 2nd, and 3rd. Way to go. Theresa Peterson also took 1st in her Age Group plus 3rd OA Female. Giles Chick and Dan Loeger 2nd AG plus 9th and 15th OA. David Vargas and Liam Hilts took 3rd AG. Other runners were Rich Kosmerl and Ken Glick who took 6th in the 70 AG!!

Final comment on this race has to do with Giles attire. I notice that he is wearing the Union Jack to race in the US on the 4th of July. If I recall correctly, on the 4th, we celebrate our victory over the Brits. Next month, I will allocate space for my good friend Giles to write an article about what he is celebrating with his Union Jack.



## History on the Run

### The First Presbyterian Church and dispelling a myth

At the corner of Deerpath and Sheridan Road sits one of the key buildings in Lake Forest history. The original 1855 settlers of Lake Forest intended to create a spiritual refuge and educational center within a prosperous community. They were WASP's and in this case the P stood for Presbyterians. The first services were held either in the Old Hotel or the Lake Forest Academy chapel. By 1862, their first pastor, William Dickinson, a teacher at Lake Forest Academy, led the construction of a church built for \$400 on the site of the existing church. That church, had the unfortunate design of being on posts 2 ½ ft. off the ground. This made it easy for the wind to find cracks in the floor and participants during winter services brought blankets in an attempt to keep warm.

In the early 1880's a Reverend McClure became pastor and felt that a sophisticated church would help promote the growth of the congregation and Lake Forest. A very successful fund raiser, McClure raised enough funds, \$44,500, for the 1886 building we see now and his residence, the Manse (487 Walnut), both designed by Charles Sumner Frost, later the designer of Navy Pier. Since the First Presbyterian Church was a "descendant" of Chicago's Second Presbyterian Church, it seemed appropriate that the physical structure be built of the same stone. In fact, some of the stones used in its construction came from the 1851 building destroyed in the 1871 Chicago Fire. The stones have a spotted appearance not because of the fire but because they are of Niagara limestone, from a quarry west of Chicago and contain the remains of dead corals and other organisms.

In 1902 the church was modified and Tiffany glass windows were installed which added to the church's beauty and renown.

The attached pictures are of the 1862 church, 1851 Second Presbyterian Church in Chicago and the existing First Presbyterian Church.



## STEAMBOAT CLASSIC

Throughout the Midwest during the 1980's and into the 2000's, there were a number of classic road races. If you want to meet Bill Rogers, Frank Shorter, Joan Benoit, the list goes on. All you had to do was show up at one of these races. There was the Bix in Davenport, Bobby Crim in Flint, Park Forest 10 Miler, even the Lake County Races were well attended by the elite. But one of the big races that has now been around for 50 years is the Steamboat Classic in Peoria. It often drew an awesome field and I remember running the race when Arturo Barrios was the main runner after setting the WR in 10KM.

But there is another famous runner, well known in the environs of Peoria that we want to discuss.

I'll let Dave Engelke tell his story!

For 50 years, the Steamboat Classic 4 mile & 15K races has been Central Illinois' premier running event. (Peoria, IL). I believe the first one was in 1974. But it's more than a race—it's a community event. Our Chillicothe, IL (go IVC) High School XC coach took our entire team to run the 1st annual "Steamboat Classic" 4 mile race in 1974. There were 154 participants and the results of the top 15 are in the article below. I placed 6th with a time of 22:13 for the 4 mile. Also is a picture of me with my Steamboat trophy back in 1974. (The top 10 finishers received trophies), I'm the one in the middle, if you can't tell.





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I don't know exactly, but I've probably ran over 25+ Steamboat races over the years. Over time this race became legendary and attracted some of the fastest 4 milers around the country, with thousands of entries each year.

Sometime in the 1990's I started running this event with my kids at various times and we still run it today. We always enjoyed this race. The "50th" anniversary race was held this year in June....and I ran it with my daughter Brooke.....there is a picture below of the two of us after the race. So running the very 1st Steamboat race in 1974 and the 50th anniversary race in 2024 was pretty special for me.



***Great story Dave. Awesome to be there for the first and the fiftieth. It was also great to see you at the LCR Runs.***

## THE BIX 7 RACE

Earlier I mentioned the Bix 7 in Davenport as one of the other Midwest big races. It happens that this year is also the 50th Anniversary of that race. Not only did they have a big celebration, but they also brought back Frank Shorter, Bill Rogers, Joan Benoit Samuelson and Meb Keflezighi. Quite a line up.

Our good friend Dave Zeisler ran this race for the 18th time and took 2nd in his Age Group with a 6 minute pace. Great job!



## CLUB MEMBERS SUPPORT LAKE BLUFF BIKE RACE



Our members are always providing service to the community. In this case, two of our members have opened their homes to a team entered in the recent LB Bike Races. Here is Judy Frides-Craig and Sandy Berg to introduce the teams they hosted!

Judy: The team of professional bicycle racers is the Fearless Femmes. Two 20 year old students from Australia, one studying to be a civil engineer. One from the Toronto area who is a civil engineer and project manager. One from Boulder who finished a premed undergraduate degree and is now a barista and racer. She hasn't decided her next step. Each of them has their own coach. The coaches are not here. There's also a man with them who manages the team and the equipment. He fixed my bike. They are so much fun to have around.

Sandy: My team was composed of four bikers, but one got sick and had to return home. Of the three that remained one was from Canada, one from the UK and the other from Belgium.

It was a great service by our members, in addition to the Club members who worked at the races.







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## THE FINAL WORD

### DIANA AND I WOULD LIKE TO INTRODUCE ANOTHER NEW MEMBER

This month we want to introduce you to another new Club member, **Nick Fearnley**. Nick is from around Leeds in England and when he was in grade school and high school was a good 100m runner, taking after his father who was also a good high school runner. Nick didn't do too much to stay in shape after that and by the time he was 47 he was weighing over 200 pounds and knew he didn't look good nor feel good. At that time he had some personal challenges with his mom being diagnosed with ALS and also going through a divorce. So he decided to get in shape and created a little gym in his basement where he could start running. That was working well until he had an accident and destroyed his treadmill, (ask him!) but he had finally gotten the bug. He was feeling better and starting to finally get in shape.

Nick had recalled seeing an ad for our running club in Facebook and decided it was time to take up the challenge. He showed up on a lovely May day in 2023 and was surprised how welcoming every was. He thinks it was Dan who first met him and started introducing him to the group. His first run was very hard. He thinks he ran with Dan and Craig and although he thought he was only running a 5K he ended up running the whole course, which of course we know is 10K. He finished hung around and never looked back, and has been coming back to the running club ever since.

A good thing about Nick is that he has enjoyed getting in shape and working out with our club so much that he has been a real advocate with all his friends. He has brought a number of people to the club and continually encourages them to come back and run with the club. Some of the people that he have brought are Tom, Stefan, Brian, Dereck, Bennet, Rupesh, and Ruan.

Nick feels a running club has had a huge impact on his life. It got him through an extremely difficult period in his life. And continues to be a focal point whenever he needs to burn



## THE FINAL WORD, cont.

some negative energy He is also impressed by the fact that it looks like he could keep doing this for another 50 years based on the longevity of our club members.

Nick's biggest achievement came in June, when he completed the Highland Park Half Marathon. He completed it in one hour and 55 minutes, under his target time of two hours. He thought it was a hard run, so he really felt great completing it. Now he's thinking his next challenge is to do a marathon next year.

Besides downing, a few brews at some of the local establishments around town with his buds, Nick loves to work on restoring his house, do woodwork, and restoring classic VWS. He also likes flying powered paragliders.

Nick, it is great to see you around! You and all your mates continue to add a lot to our group!!

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## A RUNNING JOKE

