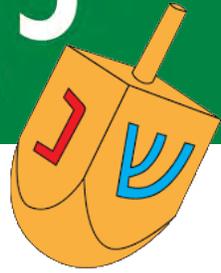




# FOOTPRINTS

Member News, Events, Calendar and More!



## DECEMBER 2025

### HOLIDAY PARTY REMINDER

**Friday, December 12th at 6:00 PM**

**\*\*\* I M P O R T A N T \*\*\***

**TIME IS RUNNING OUT. SIGN UP NOW!**

Time is running out, only one more week to sign up for our big, annual gala. It is important that you sign up now, as we need to meet our number. This year we will be returning to **the beautiful Ravinia Green Country Club**. **Cost is \$75 per person and includes appetizers, salad, bread, two entrees, dessert, coffee/tea, cash bar, and DJ.** Hope you can join us.

Click this link to sign up: [REGISTER HERE](#)



**JINGLE BELL RUN**  
**Saturday, December 13th**



Get your jingle bells out and get ready for our annual Jingle Bell Run. We will have bells for the runner and a celebration with Santa after the run. We will be serving up bagels and coffee, but we would still like you to bring for favorite holiday goodie to share. See you there.

### 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](mailto:jandmfitness@comcast.net)



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## ANNUAL THANKSGIVING DAY RUN

It was another great year for our annual Thanksgiving Day Run. Our large team of volunteers had their hands full this year. In addition to the set up on Wednesday afternoon and acquiring the food, coffee, and water, Jeff McMahon's other responsibilities this year were to manage the waiver signings and actively work the crowd for Food Bank contributions. The teams led by Dan Loeger and Perry G were successful in getting these tasks completed successfully. It turned out to be a great day in spite of blustery weather.

Remember to support our generous sponsors: **The Bank & Trust of Lake Forest, Forever Om, True Value – Lake Forest Hardware Cards and Gifts and Krugel Cobbles.** In addition, we received in kind donations from **Starbucks and Sunset Foods.**

This year our fund raising for the Northern Illinois Food Bank, has been extremely successful! Last year we raised \$7500, this year our goal was \$8000, but we have already reached over \$20,500, thanks primarily to the generosity of our Club members. If you haven't donated yet, there is still time to help out.

TO DONATE, CLICK [HERE](#)  
or use this QR code





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## ANNUAL THANKSGIVING DAY RUN



## ANNUAL THANKSGIVING DAY RUN



## History on the Run

### The Lake Forest Shop and what was there before



Many local residents are familiar with the Lake Forest Shop on the south side of Market square, official address 265 Market Square. Designer trunk shows, women who fill the pages of Forest Bluff, big expensive SUVs parked outside. For 103 years it has been where the Armours, Swifts and today fashionable women shop. Founded in 1922 it was originally called the Lake Forest Sports Shop since it sold clothes beyond formal wear. In 1998 Bill Blass called Lake Forest women the 4th best dressed in the US in great part due to the Lake Forest Shop. Ellen Stirling was the owner until her recent death following in the footsteps of her mother and grandmother. But before the Lake Forest Shop, when Market Square was just built and had not yet become the elegant shopping district it currently is, it had a more utilitarian and less elegant function.

From 1916 to 1917 that space, or at least part of it, was occupied by.....a pool hall. Menghinelli and Flossi ran a pool hall that sold cigars, cigarettes, tobacco and candy. Although I could find no pictures of the inside let me help you visualize it. A few pool and billiard tables with lights positioned directly above them, cigar and cigarette smoke, spittoons, and a counter where you paid for the pool and bought their products. There were chairs along the wall where you waited until a table was available or to observe the players. We don't know why it closed but it was probably part of what today we would call gentrification. I don't think many future patrons of the Lake Forest Sports Shop spent any time there.



**Menghinelli & Flossi**  
 Successors to Mrs. W. K. O'Neill  
**Cigars, Cigarettes, Tobacco, Candy**  
 Pool and Billiards      Daily Papers  
 Telephone 870                      Lake Forest



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## LFLB & EVANSTON RUNNING CLUB JOINT EVENT

We met again with the Evanston Running Club in Evanston for a joint run. We had a good turnout from our Club for the event. We were able to enjoy their run, partially on the Northwestern campus and then North to Gillison Park and Michigan Shores.

After the run everyone met in the NU Student Center for bagels, coffee, and camaraderie. It was enjoyable to meet up with our old friends and to make some new ones in their Club.





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## RACE RESULTS

### Indianapolis Monumental Marathon - November 8th

Jim Burgess 2:52



## UPCOMING RACES AND RIDES



### Special Destination Events

Plan ahead for these two races. The first in frigid January in Wisconsin. The second in sunny, warm Tampa in February. Jeff McMahon has more information. Click the links to access more details.

### Gasparilla Distance Classic - February 21-22, 2026 Tampa, FL



Fun weekend in the sun with 5K, 8K, 15K, and Half Marathon races.

Click [HERE](#) for more info.

### Snow Fun Run January 10, 2026 Lake Geneva, WI



5 K Run/Walk/Party. Great time to break the winter doldrums. All action at Grand Geneva Resort.

Click [HERE](#) for more info.

**CLUB RUN, BIKE and TRI Schedule** Click [HERE](#) for the updated race schedule

## RT's FINAL THOUGHTS

This is a season of heightened activity for our Club. We started at the end of October with the Hallobrunch. Again, through the superb commitment of Diana and her helpers, it was another magnificent event. Next came our 35th Annual Thanksgiving Day Run, again under the awesome direction of Jeff McMahon and his host of helpers it was great. Next up is our Annual Holiday Awards Party on December 12th. Dave Wiegand, Diana and the rest of the Social Committee are working hard to make this a great event. Finally, we end the year with our Jingle Bell Run on December 13, which the Social Committee is working on now.

However, the biggest impact on me during this period has been the overwhelming generosity of the club for our Food Bank drive. I think everyone must have realized that there are extraordinary pressures on all the Food Banks this year. I was totally overwhelmed by the two matching offers and then the Club's quick response to make sure we were able to 'earn' the matches. I wish I could name these people, as they really stepped up this year. Also, my full hearted thanks to everyone who donated this year. So much kindness, so much caring. It makes me so proud to be part of this community. Thank you all.

*Thank  
♥♥♥ You*