



FOOTPRINTS

Member News, Events, Calendar and More!

FEBRUARY 2024



RUNNING INTO THE NEW YEAR

After a couple of jam packed issues of Footprints, your editors were ready to take a well-deserved rest. However, that was not to be. You've heard about the City that Never Sleeps, well, we have the Club that Doesn't Sleep! We are already off and running with a super turn out for our NYD run, a group running the Sno Fun Run in Lake Geneva, our idea man, Dan L coming up with a winter yoga event, a great mention of Coach Jenny, another informative write up by our historian, Rich, and finally our band of intrepid runners showing up for the Saturday runs during the Polar Vortex! So here you go, enjoy!



NEW YEAR'S DAY RUN

This we held our first run of the year at the Middle Fork Savannah. The weather was decent for Jan 1, and we had a record turnout of over 50 runners. Again Mike was there with his camera and caught some great shots of the runners. Also a few other members took some pics. It was good to see Dennis Johnson show up for the run. Better yet, Ben Gralla took Dennis for a two mile spin on the trail while Cappy was able to walk with her friends.

After the run, everyone congregated back at the West Starbucks for coffee and goodies. Overall it was a fine day, and a great way to start the New Year!



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





SNO FUN RUN LAKE GENEVA

This race has been around for over 40 years and has a reputation as a really fun event. It now takes place on the grounds of the Grand Geneva Resort (the old Playboy Resort!) near Lake Geneva. Here is a description of the event: "This event takes place at a AAA Four-Diamond resort, includes an accurately measured 5 mile run, awards for every age, fancy indoor bathrooms (no metros), schnapps stop at the finish, real food (burgers & brats) after the run, door prizes, beverages (3 kinds of beer, NA beer, soda), DJ & dancing and more. Theme this year is Retro Beach Party!"



It is a truly fun event, is well organized and has a good turnout. This year we had three Club members venture north to participate in the fun. Club member Jim Kubik won his Age Group. Jim, Jeff and Liisa McMahon had a great time after. Liisa, while not winning her Age Group, did win a special award, a beefcake photo of Tom Selleck. Why that, you may ask. Well, it just so happens that Tom was a frequent visitor to the old Playboy Club, and his favorite "playmate" was a lady name Lisa. So everyone name Lisa (or Liisa!) received the autographed picture!!

NEW CLUB YOGA EVENT SUNDAY, FEB 4

Our awesome organizer, Dan Loeger, came up with the perfect winter time event for our rusty bodies, a special Yoga class at Forever OM. Forever Om and their owner, Cilla, are a good friend of the Club and have been a sponsor of our Thanksgiving Day Run for a few years. You should have received an email with all the details, here is a summary.



Spots are still open, sign up soon

Athlete's Recovery Yoga Class
Forever Om 828 N. Western Ave. Lake Forest
Sunday, February 4th 2:30 to 3:15 pm
Cost: \$10 per person

*For additional information or to sign up,
contact Dan Loeger at
dan.loeger@yahoo.com*



forever om yoga



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COACH JENNY SPANGLER RECOGNIZED AGAIN!

Recently the USATF published a publicity piece in anticipation of the upcoming Olympic Marathon Trials. In the article, they focused on four Trials victories. Here is what they had to say about Jenny:

“She wasn’t even listed in the top 50 entrants coming into the 1996 women’s Trials at Columbia, South Carolina, but Jenny Spangler left this capital city as a star in the making after huge PB saw her win in a course record 2:29:54, taking more than three minutes off her previous best. Two years into a return to competition after a lengthy vacation from the sport, Spangler put herself into contention early in the race as she ran with a group of much better-known athletes. The 33rd-place finisher at the 1984 Trials, Spangler took the lead for good at mile 16 and started to stretch it in the ensuing miles. She yielded a bit of ground in the closing stages but broke the tape 12 seconds in front of Linda Somers to claim a most unlikely victory.”

Perhaps one of the more classic ‘winning’ photos was one of Jenny crossing the finish line that day. Totally classic.

I did want to add a personal note here. In the early ‘90’s, I had not yet joined LFLBRC, but I was doing track workouts with the Liberty Track Club, led by Maureen Snyder. Other people in the group were Craig Dean, Alex Posner, Miki Tasic, Jenny Spangler, and others. (This was before they were married!) So we got to know Jenny and appreciate her abilities. Fast forward to ‘96 and I remember watching the Olympic Marathon trials on TV. It was fascinating to see Jen come out of nowhere to lead the race. The announcers were all over themselves trying to one, figure out who she was, and, two, try and find some background on her. It was a truly remarkable and emotional experience.



History on the Run

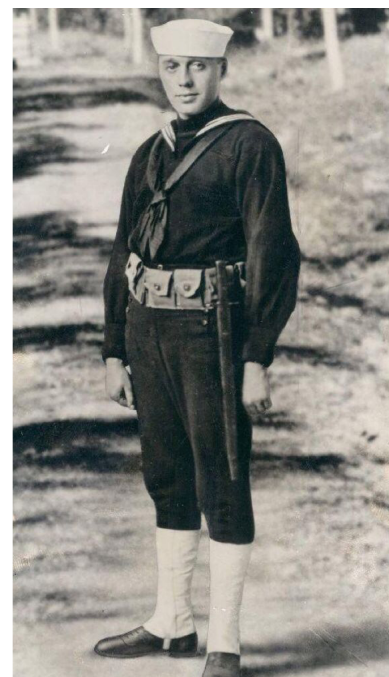
Mayer Kubelsky's son

Warning: *If you are less than 60 years old, stop reading and go back to scrolling social media on your phone since none of this will resonate with you.*

Back when Market Square was still young it was much more utilitarian and much less fashion oriented. It contained a grocery store, hardware store, pool room, post office and tire store to name a few. From 1919-1926 one of the spaces was occupied by Mayer Kubelsky's tailoring and haberdasher (men's clothes and furnishings). Kubelsky hoped that his young son Benjamin Kubelsky would one day take over the business but his future was as an entertainer, not retail.



Young Kubelsky, who started violin lessons* at the age of 6, was proficient enough that in high school he was playing in dance bands and soon dropped out of school to perform on the vaudeville circuit. Serving in the Navy during WW1 and entertaining sailors with his violin playing, Kubelsky resorted to ad-libbed one-liners when the sailors started booing the violin playing. From that point on comedy became a bigger and bigger part of the act. Mayer's Son in Waukegan HS Band.

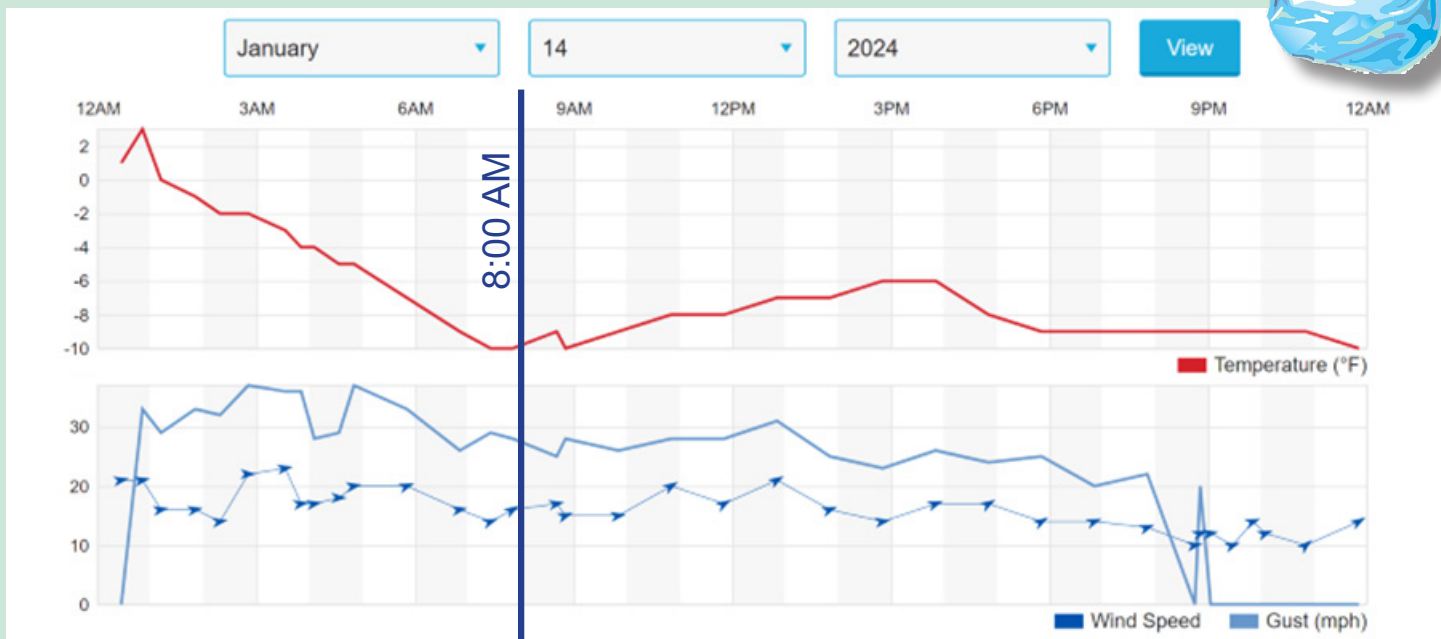


Well, one thing led to another and Benjamin Kubelsky became a big star on radio and eventually TV under the name Jack Benny.

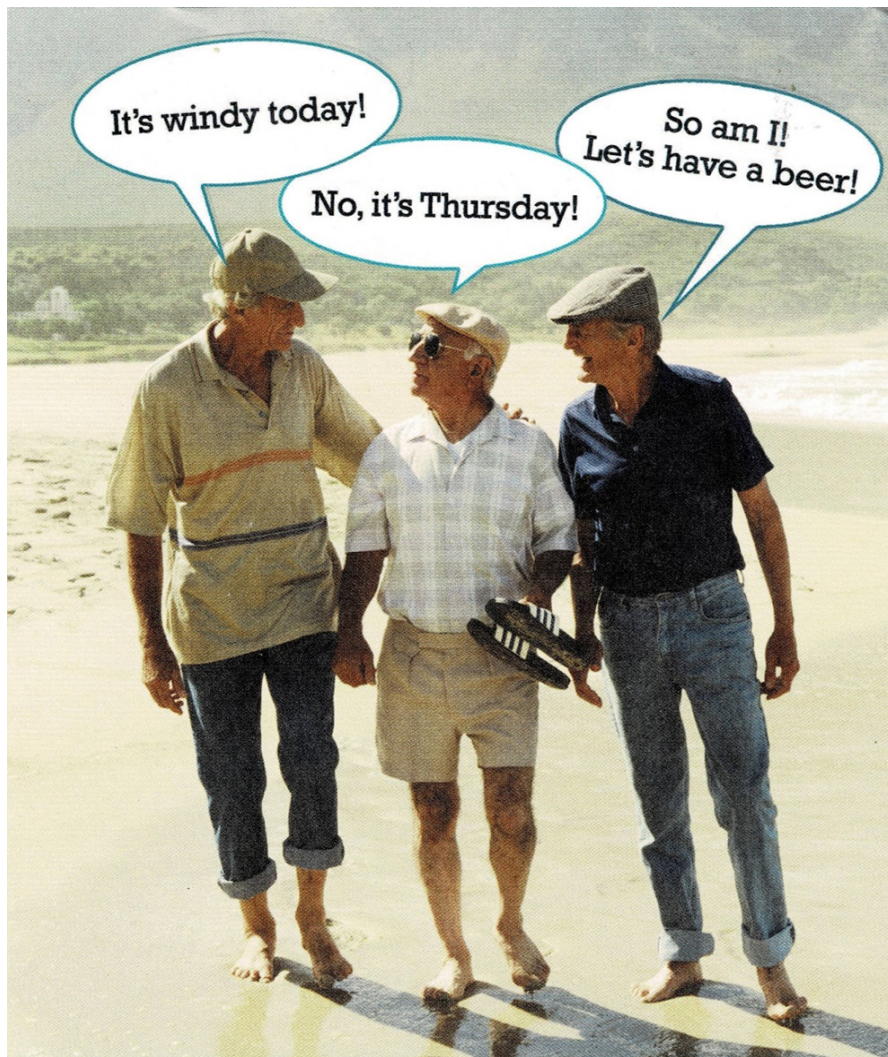
***Trivia: His music teacher was Otto Graham Sr., father of future football Hall of Famer, Otto Graham.**

THE INTREPID RUNNERS OF THE COLD

On Jan 14, the temperature was around -10 and the wind was gusting to 30mph resulting in a wind chill of -30, very cold. However that did not stop the intrepid 13 members from keeping the Saturday morning run alive. No members were frozen in this run!! Here is the weather for that day and the intrepid 13!



RT's FINAL THOUGHTS



IMPORTANT MESSAGE FROM THE EDITORS:

We just wanted to remind you again that this is YOUR Newsletter. We are anxious to hear from you. What would you like us to write about or cover in the Newsletter? If you would like to contribute an article or picture for inclusion, please send it in. It is up to you. We would really like to hear from you. Contact us at: info@lflb.com