



# FOOTPRINTS

Member News, Events, Calendar and More!

## JANUARY 2024

### EVENTS • EVENTS • EVENTS December Recap



Well, talk about ending the year on a high note, Pres Dan culminated a great year for the Club by creating a superb Awards Ceremony for our Holiday Party. During dinner we had one of Mike McMahon's awesome video presentation of all the year's events. Well done!

Dan started the awards with a special category, Outstanding Athletic Achievement. Nominees were Joan Elliott, Tom and Carol McIntosh, Kevin Kane, Nick Fearnley and Scott Renken. ...and the winner is... Scott Renken. Scott's 235 mile ride from Lacrosse to Milwaukee will go down as an awesome accomplishment. Congrats Scott.

Kim Carden and Jeff McMahon were Female and Male Runners of the Year. Service to the Club award went to Liisa McMahon for her continued contributions especially with Club merchandise. Finally, Spirit of the Run was awarded to Perry Georgopoulos, for his long time amazing support of many of our Club activities. He continued to impress by doing his best Vanna White impression in support of Dan's presentation.

### Award Recipients



Outstanding Athletic Achievement



Service to the Club



The Envelope Please.....

## 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)



## Award Recipients



*Spirit of the Run*



*Female Runner of the Year*



*Male Runner of the Year*

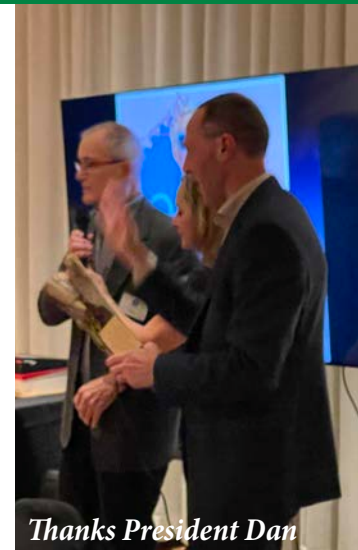
Dan wrapped up his presentation by thanking the Board and all who had supported him during the year. Next was a heartfelt tribute to Dan and his accomplishments by RT and Veep Diana.

New president, Phil Gayter then took over and, in his first address to Club members, he failed to introduce his new Board. After this snub, all the Board member stood up, resigned and then walked out! Not really, Phil laid out some of his plans for the year and turned the floor over to Steve Clark and the Electric Biscuit for dancing. So that Phil doesn't forget again, here is this year's Board:

Veep: Diana Schnell, Treas: RT (Ron Thomas), Social: Dave Wiegand, Perry Georgopoulos, Sarah Sellers, Dan Loeger Merch: Liisa McMahon and Kimberly Loughlin, Newsletter: RT and Perry G, Special Events: Jeff McMahon and Jack Zordon, New Members; Miki Totic, Website: Phil Gayter, Photos: Mike McMahon, Coach: Jenny Spangler.

All in all, it was a great night for the Club.

We have many more photos from the party, to see them all click [HERE](#).





*Thanks President Dan*





**Nominee # 5**  
**Scott Renken**  
Ride Across Wisconsin  
Finisher

235 miles in a day!  
Scott's cycling prowess, strong will and  
cunning overcame many obstacles to  
achieve this amazing athletic  
accomplishment!

Helping a  
friend reach his  
running goals!

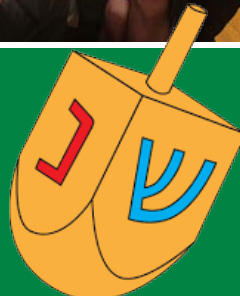
FEB. 25 & 26, 2023  
BASPANIA




Jeff Melanson Aidfriend Jay Dabney from









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## JINGLE BELL RUN



This year we had another delightful Jingle Bell Run. Santa was there taking wishes from all those present. Check [HERE](#), for a list of Santa wishes.

Members brought a lot of treats to share along with ample coffee for the crowd. Here are some of Mike's photos from the day, to get a better view and see additional photos, click [HERE](#).





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## History on the Run #27

### Who is Ralph Jones and why should we care?

Let's all sing along now.... You know the words,

***“Bear Down, Chicago Bears, Make every play clear the way to victory  
Bear Down, Chicago Bears, Put up a fight with a might so fearlessly  
We'll never forget the way you thrilled the nation with your T-formation”....***

Wait a minute! What is the **T-formation** and why should we care?

A little football history lesson first, Cliffs Notes version. In the early days of football, until around 1940, the single wing formation was king and the quarterback was just another back. For more details see below. I wasn't around in 1940 but I did some research. Fast forward to 1940 and as a devoted Bears fan, you know that the Bears won the NFL championship over the Washington Redskins 73-0 in great part due to the T-formation, which is the formation most teams use today with the quarterback receiving the snap from the center. Much more deceptive, the quarterback can pass the ball, hand off to a running back or receiver or keep it himself. The individual who is given the most credit for developing the T-formation is Ralph Jones who first coached the Bears in 1930 as he was recruited by George Halas from Lake Forest Academy. Imagine that today. A high school football coach being recruited to coach in the NFL. Ralph Jones has a fascinating background and I will give you just some of the highlights. As an Indiana High School student he organized the first Indiana high school basketball team in 1899. His 1906-08 Crawfordsville High School teams were a combined 36 and 0. At the same time he coached basketball at Wabash College and over about the same time frame over a 4 year period went 75-6 defeating much larger schools, Illinois, Notre Dame and Purdue. He next coached Purdue from 1909-1912 to a 32-9 record before coaching Illinois for 8 years to a 85-34 record in addition to being the assistant football coach. His next assignment was Lake Forest Academy where from 1920-1930 his basketball team went 94-9 and the football team 75-6. Now things get interesting since in 1930 George Halas hires him to coach DA Bears and Ralph Jones leads them to the NFL championship in 1932. His winning percentage with the Bears is the highest in team history. With the depression, Halas could not afford to pay him so Halas returned to coaching and Jones coached football at Lake Forest College where he started implementing and perfecting the T-formation. Jones approached Halas with his knowledge of the T-formation which Halas implemented resulting in the 1940, 73-0 victory and the quarterback dominant football we see today.



\* Imagine today's offensive line and the quarterback is directly behind the right tackle, the fullback is further back and behind the right guard, the tailback is even further back and behind the left guard and a wingback is slightly behind the line of scrimmage and behind the right end. The center would snap the ball most often to the tailback with the quarterback and fullback blocking but could snap it directly to the quarterback or fullback or maybe even the wingback in motion. The quarterback was not the key player he is now.

## *In Memoriam* *Bobbe Greenberg*

1946 - 2023



Although Bobbe was not a member of our Club, she had many friends and training partners in the group. She was a regular at Jenny's Tuesday track workout and was at world class level in the Ironman. She was twice the top Ironman in the world in her Age Group. Her spirit and her companionship will be missed by many.

For her full obituary, click [HERE](#).



## **AND NOW A WORD FROM YOUR NEW PRESIDENT**

The platform I ran on was simple. The southbound platform of Lake Forest station (east) although I have also run on a northbound (Kenosha) platform on several occasions. This platform has served me well offering the following benefits to me and all club members.

1. It is the start of the run.
2. It is the end of the run.
3. It is where Rick Young has dressed as Santa on too many occasions to count.

I will take this role very seriously and I hope to address the following burning issues facing us in the coming year.

- Runner's nipple – should we Vaseline up or not?
- Is Keith Stewart real or just a digital manifestation?
- How many miles is the Saturday morning run? Current estimates place it between 4 and 11.5 miles.

I am sure you are also wondering what my fiscal plans are. All I know is I hope to secure the bank account details from RT and will tell you my plans once I get to Acapulco.

Other issues:

Healthcare. I am instituting “philgaytercare” immediately. This allows you 3 visits a year to a vet of your choice and a flea and tick injection in the butt.

Education:

I think it is important that we understand numbers, all too often I hear times that sound unbelievable and wonder whether folks are counting a 5K as a 10K and/or vice versa. From now on I am

Employing this running equation: **Distance + pace + burrito (x2) = race time**

Or put another way: **Imagination x expectations – reality = actual time**

We will also instigate a heavy study on the four pillars of running:

- **Injury**
- **Ed Packel**
- **Injury**
- **Injury**

With these changes in place, I can assure you a successful year for the club full of increased membership, social development, and annoying injuries.

Peace and love to all.

## RT's FINAL THOUGHTS

### Thank you note from No IL Foodbank:

*“That’s fantastic, Ron! It always feels good to reach your goals (and for tech to run smoothly on event day!).*

*Please share our thanks with everyone that came out and supported the run. \$7,000 means that we can provide \$56,000 worth of groceries to our neighbors! And that is truly incredible.*

*If you or anyone in your club is ever interested, I’d be happy to give you a tour of our Lake Forest Center! It’s a great way to see a snapshot of the impact your giving has. Just let me know when would be best for you!*

*Wishing a Happy Holidays to you and your club, as well. Thank you, again!*

*Best,  
Tori,*

*Development Officer, Strategic and Legacy Gifts  
Northern Illinois Food Bank*



## HAPPY NEW YEAR!!

I wanted to share a few more thoughts as we end the year. It has been a great year for the club, gaining new members, having a number of successful social events, and spreading camaraderie and friendship amongst our members. The amount of effort put in by the Board and other members to support the club and the club activities has been amazing! Hats off to every one of them.

But it is time to look forward. We need to continue an upward arc: attract more new members; support the club and our various activities; and above all support and encourage each of our members to be the best they can be. We have a great thing going here and I am sure we can all work hard to keep it going.

**Cheers and all the best for a happy and successful New Year!!**



-rt

