



FOOTPRINTS



Member News, Events, Calendar and More!

JULY 2024



SAVE THE DATES!!

KID'S TRACK MEET – Saturday, August, 10, 1:00 PM

SUMMER PARTY – Friday, August 16, 5:30 PM

THIRD TIME RUNNING OF THE LCR COMMEMORATIVE EVENT

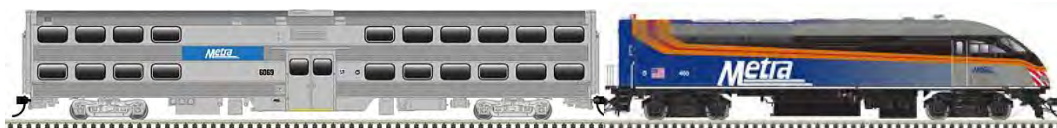
We can call it a Three-peat, a Trifecta or even the Triple Crown, but the third running of the LCR Commemorative Races was a superior success. This year there were over 100 attendees with special friends from the Evanston Running Club, Amy Kessler and her Lake Bluff Runners plus our member with the longest Chicago commute, Bernard Lyles. Among our own Club members were many runners who either competed in the LC Races or supported Barry in the complex job of putting three point-to-point races on simultaneously. A couple of the surprise old timer showing up were Bob Holliday and Dave Engleke.

The commemorative event also had three distances: 10K from the Great Lakes Train station, 3.5K and 2.0M from the LB Train Station. Parts of these routes even duplicated parts of the original routes. A little something for everyone. However, the most significant replication was the inclusion of the Metra train ride. The experience back then to be able to board a train at your finish point and ride to the Start line was an amazing and unique experience. To replicate that today was pure joy for the runners.



But that was not all. You can see from all the pics, that everyone enjoyed pleasant routes and the camaraderie at end with the snacks, coffee, water and Gatorade for hydration on a hot day. Which brings us to the kudos for such a well thought out, organized day. First, obviously, is our chief conductor and main organizer, Dan Loeger, for the third year. Dan works hard to make sure all details are covered and that everyone has a great time. He did not fail! This year he had some strong support from Perry G. and Eric Matrejek in setting up at the train station. Phil, Dave W., Jim Kubik and Jenny also helped in organizing. Thanks to all for a great day!!

For more photos go to our website, www.lflb.org, click CLUB COMMUNITY, then CLUB PHOTOS.



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



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JUNE IS A GREAT MONTH FOR A BIKE RIDE

We have had members far and wide on bike rides this month. Here is Scott Renken to describe a more rational ride he took this year!

2024 Grabaawr Event

On the week of June 8-15, Mark Baker, Jack Herrmann, Ben Gralla, Scott Renken and Bill Raymore participated in the GRABAAR road biking event- a 450 mile 7 day marathon of biking from Eagle River to Prairie du Chien, Wisconsin, roughly following the Wisconsin River on country roads. What keeps some of us coming back year after year are 2 things:

- The natural beauty of the State of Wisconsin in June, hills, dairy farms and the fabulous people.
- The camaraderie and sense of accomplishment that combines fun and biking.

This is a strenuous yet low key ride with only 45-75 people of all ages. The weather was almost perfect with moderate temps and no rain during the days. A typical day consists of rising about 5:45am and departing by 7am. The daily rides vary from 50 – 72 miles with an option for 100 miles the first day in the Northwoods (for crazy people only). We finished up each day by early to mid-afternoon. After that, we were on our own to explore and find the best Supper Club in each town to eat and search for the best Brandy or Bourbon Old Fashion. Then for the best ice cream place. Highly recommended is the “Windmill” between Rhinelander and Tomahawk. Lights out at 9:30 at night on whatever gym floor or Church basement was reserved. Gear was transported by the staff while riding.

The participants were asked 2 questions: How many times have you done this event and what stands out as the highlight of this year’s ride:

MARK BAKER:

- I did it a couple of times earlier about 30+ years ago with maybe 1,000 riders, shower trucks, camped like sardines in fieldhouses, wall – wall tents & semi-trucks for luggage. In the last 10-15 years, I’ve participated most but not all years.
- Highlight- Tex (no filters), Matt (sleeps directly on wood floor), Kevin (sleeps in a hammock outside, Kay (rides solo self-contained to Washington D.C., etc.
- Smooth roads, no traffic and NO rain

BEN GRALLA:

- 2nd time participating
- Highlight- Making it up that last big climb on the last day (seemed like a mountain!)

JACK HERRMANN:

- 4TH time participating
- Highlight- Being there with Mark and Bill when Ben made it up to the top on that last day after celebrating Ben’s birthday the night before.

BILL RAYMORE:

- 6TH time participating
- Highlight- Another last day big hill story: A wild turkey flushed a few feet away and flew across the road in front of me! Don’t know who was more surprised.





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SCOTT RENKEN:

- 5TH time participating
- Highlight- I have 2 highlights. Day 2 ride from Tomahawk to Wausau is my all-time favorite leg with awesome views and huge hills dotted with dairy farms along with stately brick farmhouse architecture. The other is meeting interesting characters such as Tex, Iowa and Pittsburgh, whose nicknames were their hometowns that defined their personalities.



2024 Peninsula Century Spring Classic

This year was the 35th year of this classic event. They offer four distances from 25 miles to a full century throughout beautiful Door County. Our intrepid five of John Brucker, Jeff and Liisa McMahon and Eric and Lisa Matrejek took on the Metric Century so they could more comfortably enjoy the beautiful rolling scenery, the ample aid stations and the adult beverages afterwards. Always a good time.



Ride Around the British Isle

Phil and Diane Deemer continue to cover the world on the 'bicycle built for two!' In their latest iteration of their tandem, they are traveling through Ireland, Scotland, Cornwall and Wales. It looks like more beautiful scenery for our bike riders while they cover some classic areas. I am sure we will hear more from them when they get back, but until then, enjoy some of the scenery they have biked through.





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History on the Run

Where Lake Forest started

The Old Hotel, built in 1858, was located in Triangle Park, probably near the trees on the high point. The Lake Forest Association needed a place to lodge prospective land buyers and construction workers. It also served as the site for the first church services and in addition Lake Forest Academy classes were held there from 1858 until January 1859 when the academy building on the adjacent Lake Forest College campus was completed. It was the site where residents voted to incorporate Lake Forest.

When the original Lake Forest Association disbanded in 1870 the Old Hotel ended up in the possession of Henry R. Pierson. By 1870 the Old Hotel had competition in the form of a new hotel, 6 stories, 60 rooms built in 1870 off Mayflower Road near the site of the Schwegge Estate (405 Mayflower). By 1872 the "Old Hotel" was no longer a hotel but a boarding house and temporary offices. In 1877 it came to the rescue when the New Hotel burned down and it temporarily served as classrooms for Lake Forest University.

Pierson refused to sell the "Old Hotel" building which was becoming more run down and when he died in the 1890's his heirs sold the property to a group of Lake Forest residents who in turn gave it to the city. The former Old Hotel was then moved to a site on Wisconsin Avenue where it served as a boarding house until its demolition in 1973.



SHAMELESS PLUG: The Lake Forest/Lake Bluff History Center gives tours of the Triangle Park neighborhood and other significant sites.



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SUPPORT FOR KID'S TRACK MEET

Not surprisingly, our Club members stepped up to support this key summer event. The following people offered their support within hours of the announced request: **Jim Kubik, Judy Frides-Craig, Sarah Sellers, Ken Glick and Katherine Herrmann.**



Many thanks to these five generous individuals. Because of their generosity, we will now have a budget of \$500 to put on a quality event for the kids.

RACE RESULTS

CIRCUIT RUNNER JIM KUBIK

Jim has been having a good year on the Circuit and has come in 2nd in his Age Group in all his races in some good times:

Oak Park:

Lemont:

Roselle 5K: 27:02



HIGHLAND PARK HALF MARATHON

We had some good participation in the HPk Half this year with the following runners:

Nick Fearnley

Stefan Florentinus

David Vargas

Daniel Makins (not pictured)



CHICAGO HALF MARATHON

We had two strong finishers this year:

Mike Reidy and John Brucker



LINCOLN PARK ZOO RUN

John Brucker



NOTE! Apologies to anyone we missed. We would love to get everyone. Please make sure you send in your results and a photo if possible.



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DIANA'S FINAL THOUGHTS

*This month, I am turning over the Final Thoughts to **Diana Schnell** for a special article on a special new Club member. It has been a long FOOTPRINTS, but please engage yourself in this inspiring story.*

GRIT

As you all know, our connection with the Lake Forest/Lake Bluff Running Club is deeply cherished. This incredible community has enhanced our lives with lasting friendships and unity, binding us together through our collective love for running and walking, no matter the weather or personal situations. Collectively, we bring a rich tapestry of backgrounds, skills, and experiences, promoting growth and shared enrichment. Among one of our new dynamic members is Mary Ellen Swee, a shining light of resilience, motivation and unwavering determination. Mary Ellen and her lovely family have always been an integral part of the Lake Forest Lake Bluff community and have all recently joined our Club. The Swee family continues to move forward. Katherine is running her first half marathon in October, Joe qualified for Boston, 2025 with a 3:02.27, William and Bob keep running and Mary Ellen is training for the Big 10 5k July 13th.

I had the honor to meet Mary Ellen and her family when they generously volunteered at Equestrian Connection, even amidst her cancer treatments. Her spirit has continued to inspire me since that day. Even after being diagnosed with metastatic cancer 13 years ago and living with a terminal prognosis, Mary Ellen's spirit never wavered. Her family stands strong by her side, their lives molded by her treatment schedule at Northwestern in Chicago. Despite the adversities, Mary Ellen stays positive, filling her days with exercise whenever she can. She perceives her journey as a path, steadily advancing till she reaches her destination.

“The oncologist called me an outlier. I had survived longer than all the other patients with the same version of the same disease. ‘What are you doing?’ he wanted to know... ‘I just live my life’ is what I said.” (JAMA, The Long Walk, published June 2, 2024.)

To learn more about Mary Ellen's motivating “Long Walk”, please read a recent article published in JAMA. Mary Ellen epitomizes GRIT through her fervor, bravery, persistence and resilience towards living a positive life - she truly is an awe-inspiring woman!

THE SWEE FAMILY

Katherine, William, Bob,
Mary Ellen,
John, and Joe
(left to right)



link to JAMA article
on Mary Ellen:

<https://jamanet-work.com/journals/jama/fullarticle/2819642?guestAccessKey=2c09bf07-0a62-4fc8-8ab0-67e10cddd418>