



# FOOTPRINTS

Member News, Events, Calendar and More!

## NOVEMBER 2024

### ANNUAL THANKSGIVING DAY RUN

Thanksgiving is fast approaching, so you know what that means; Time to start getting ready for our annual T-Day Run/Walk. This year we are blessed with three generous sponsors. We continue to be supported by our longtime patron, **Lake Forest Bank & Trust**. Also back is **Forever Om**, the yoga studio on Western in LF. Finally we also have the **True Value – Lake Forest Hardware Cards and Gifts** on Waukegan in West LF. Please support these generous businesses and thank them.

The Run Walk is **Thanksgiving** morning, **Thursday, November 28rd at 8:00 AM** at the **West Lake Forest Metra Train Station**.

Again we will be collecting monies for the Northern Illinois Food Bank, who we have supported generously in the past!! Last year we raised \$7000, this year our goal is \$7500. Hope you all can donate as generously as last year.

TO DONATE NOW, CLICK [HERE](#)



### 2024 HOLIDAY PARTY

Friday, December 6 - 6:00 PM



Holiday Party - Cocktails & Dinner Friday, December 6, 2023, **6:00p.m. - 10:00 p.m.** Ravinia Green Country Club 1600 Saunders Rd, Riverwoods. Cost is \$75 per person and includes appetizers, salad, bread, two entrees, coffee/tea, cash bar and DJ.

Ravinia Green offers a convenient, highly rated venue for a very affordable night out with your running club friends and family. The family style format creates an opportunity for interacting with your friends and other runners. There will be year-end awards, induction of new officers and a Year-in-Review video presentation.

TO REGISTER, PLEASE CLICK [HERE](#):

### 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)



# FOOTPRINTS

Member News, Events, Calendar and More!

## POP-UP STORE

Hey Team, we have some Good News for you.

## Our 2024 Club Merchandise Pop up Store is now open!

Please note that the store is only open until November 10, so don't delay!

Please check the following website for all the details:

[Lake Forest Lake Bluff Running Club Fall 2024](#)

Any questions contact Kimberly at [kal1992@aol.com](mailto:kal1992@aol.com) or Liisa at [liisa.mcmahon@yahoo.com](mailto:liisa.mcmahon@yahoo.com)





# FOOTPRINTS

Member News, Events, Calendar and More!

## CLUB MEMBER RECEIVES PRESTIGIOUS AWARD



Recently, a member of our Club received a significant award. Some may not realize that the National Academy of Television Arts & Sciences, the group that hands out Emmys for TV shows, also awards Technical Emmys for technical excellence. On October 9, Ed Zylka was awarded an Emmy for his development of the Cable Modem, a major factor in getting TV and Internet into homes via cable. Today, any of us who subscribe to a cable provider, have a derivative of Ed's invention in their home.

Ed's wife, Tami, and their son, Alex, were in New York City to receive the award for Ed. As most of you know, Ed is suffering from advance dementia, and was unable to attend.

Ed was working on the development of cable modems for Zenith in the early 1990's and eventually moved to Encinitas, CA to work for General Instruments (GI.) While at GI, Ed and his team finished the design and filed patents for the first working two-way cable modem. By the end of the 90's, the Surfboard modem, as it was called, was the standard of the industry used by over 90% of the cable operators! After that, the Zylkas moved to Philadelphia and continued to work for GI. Eventually GI was taken over by Chicago based Motorola and the Zylkas moved to Lake Forest. Today, many of the modems used in our homes are branded Motorola or Arris, you can be assured that they all are based on Ed's original Surfboard design. In fact, Arris continues to use Surfboard name for its modems.

I would like to reminisce about Ed's involvement with our Club and the running community in general. Ed and Tami had an immediate impact on the Club holding after-parties after the Holiday Party. However, their most significant events were the backyard movie nights in the middle of the summer. Ed revived some classic movies for the Club to enjoy. After leaving Motorola, Ed set up a company to develop a wi-fi connected TV remote. Again, Ed was successful in his design and eventually sold the product design to Logitech, who now distributes the product. He eventually took the position as Executive Director for CARA. He made an immediate impact with a number of changes that brought a new, more positive image to CARA. One of his greatest impacts was the introduction of the GoRuns that brought casual races to a number of neighborhoods of Chicago. The GoRuns were based on the successful Park Runs in the UK.



We want to congratulate Ed, Tami, Adam, and Alex on this great honor. Something to be very proud of.





# FOOTPRINTS

Member News, Events, Calendar and More!

## RACE RESULTS

### CHICAGO MARATHON

Sunday, October 13 was a perfect day for a marathon in Chicago. The winning times for the top athletes were extremely impressive with the women’s winner, Ruth Chepngetich besting the word record by almost two minutes with a 2:09. The men’s winner John Karir also ran great time with a 2:02.

However, closer to home, we also had some solid times. Dustin Macuiba ran a 2:26 which put him in a special group, finishing in the top 100. Dustin comes from a strong running, tri family. Another person from a strong running family is Liam Gayter. Liam came to town with a goal of 2:40 and nailed it perfectly. Also, of note, is that Liam set a family record for the marathon. If you are familiar with the running accomplishments of Phil and Joy, that says a lot! Dave Zeisler, has finally overcome a number of injuries and ran a very strong 2:50. Also former pres., Dan Loeger improved his chances of getting into Boston by running a 3:45.

***Congrats to all Club members who completed the Chicago Marathon.***

- |                      |                  |                   |                    |
|----------------------|------------------|-------------------|--------------------|
| Dustin Macuiba 2:2   | Liam Gayter 2:40 | Dave Zeisler 2:50 | Dan Loeger 3:45    |
| Lori Fitzgerald 3:46 | Emily Lane 4:14  | Kim Carden 4:26   | Carol Lundahl 4:59 |





# FOOTPRINTS

Member News, Events, Calendar and More!



## RACE RESULTS

### CLUB HAS BIG SHOWING AT 2024 LB PTO PUMPKIN CHASE

Again we had a large turnout for the Lake Bluff PTO Pumpkin Chase, over 35 runners and 9 award winners. It was a great day for the race, and a great day for taking photos. Check out the Mike McMahon photos below. Love the great smiles! Here is the list of Club finishers. Apologies if I missed anyone.

**NOTE: More photo at the end of the Newsletter!**

- |                          |                      |                   |                       |
|--------------------------|----------------------|-------------------|-----------------------|
| Paul Wszolek, 3rd AG     | Bill Leiner, 1st AG  | Dave Vargas       | Dave Anderson, 3rd AG |
| Mark Baker               | Geoff Wilson         | John Swee         | Dave Lane             |
| Kristine Burgess, 1st AG | Mary Driver, 2nd AG  | Liisa McMahon     | Judy Frides-Craig     |
| Joe Swee                 | Carl Macuiba         | Jeff McMahon      | Perry Georgopoulos    |
| Robert Swee              | Ken Glick, 1st AG    | Ben Gralla        | Barb Gralla           |
| Emily Lane               | Joy Gayter           | Carol Longman     | Patti Shuma           |
| Dan Loeger, 1st AG       | Bob Holliday, 2nd AG | Jim Kubik, 2nd AG | Kelli Shuma           |
| Rich Kosmerl             | Lynne Hans, 3rd AG   | David Vargas      | Fanny Gonzales        |
| Katherine Swee           | Lauren Gayter        | Mary Ellen Swee   |                       |



## History on the Run

### Marshall Field: Lake Forest Connections Part 2

In part one we learned that Lake Forest's John Farwell gave Marshall Field his start and that Lake Forest was the first site of a suburban Marshall Fields store. But indirectly Marshall Fields had additional impacts on Lake Forest and Lake Bluff.

#### An Aquarium

When Marshall Field died in 1906, he was replaced by Vice President John Shedd. Shedd joined Marshall Field in 1871 as a stock clerk and continued to rise through the ranks. During his tenure as President, Marshall Fields grew to become the largest store in Chicago and the largest wholesale and dry goods company in the world. Shedd died in 1926 but before his death contributed funds for the construction of the Shedd aquarium not far from the Field Museum of Natural History. We have Marshall Field and his successor to thank for two of the museum campus' buildings.

#### Two Big Houses and A Library

John Shedd had two daughters. Daughter Laura married Charles Schweppe and as a wedding present dad built them one of Lake Forest's grandest estates, Mayflower Place at 405 Mayflower (Frederick Wainwright Perkins 1915). Daughter Helen married Kersey Coates Reed and together, dad was dead by then, they started building the house at 1315 Lake Road designed by David Adler. Unfortunately, Reed died while the house was being built but Helen continued with the construction and for a while lived in the tennis court house which also contained apartments which had the address 1310 Lake Road but is more visible from Elm Tree.





# FOOTPRINTS

Member News, Events, Calendar and More!

## History on the Run cont.

As a memorial to her deceased husband, Helen donated the funds for the Library we now see on Deerpath (Edwin Hill Clark 1931).



## A London Department Store

This one also has no Lake Forest connection but may be of interest to the reader who has traveled to London. Harry Selfridge started working as a stock clerk at Marshall Field in 1876 and rose to be a junior partner in the Marshall Field company. Apparently, Selfridge is the one who started the “Only ---- Shopping Days Until Christmas” catchphrase. After a trip to London, he saw an opportunity and opened Selfridge’s Department store in London’s West End. I believe there was a PBS series regarding this several years ago. I visited Selfridge’s earlier this year and it resembles the original State Street Marshall Fields store much more than today’s Macy’s version does.



Selfridge's, Oxford Street, London, UK



# FOOTPRINTS

Member News, Events, Calendar and More!

## ANOTHER GREAT TURNOUT FOR THE HALLOBRUNCH

Our fantastic hostess has done it again and with this year's Hallobrunch. There were over 60 people to enjoy the run/walk and settle back at Diana's to enjoy the vast array of goodies supplied by the Club members. It was a little warmer this year. From the photos below, you can see a lot of members got into the spirit with some great costumes. Again, thanks to Diana, Dave, Perry, Lynn and the others who helped to support this event. A special addition this year was a Pop-up Espresso Shop manned by RT, Marilyn, and granddaughter, Lucy. Over 40 lattes, cappuccinos, and espressos were served to the crowd!! Also congrats to the Costume Award winners:

Scott Renken, Tom McIntosh, Carol McIntosh, Perry Georgopoulos, and Julian Gordon

**NOTE: More photo at the end of the Newsletter!**







# FOOTPRINTS

Member News, Events, Calendar and More!

## FINAL THOUGHTS FROM RT

Looks like your editor made a boo-boo last month and forgot to include the riders from the North Shore Century Bike ride. So here they are with my humble apologies: Scott and Warren Renken, Mark Baker, Jack Herrmann, Phil and Diane Deemer. Note, photo on right is from Carol Longman's home with signs encouraging the bikers!!



Finally here is the latest group photo from our Club Photographer, Mike McMahon.



**'Meet & Greet' Social Event  
Saturday, Oct. 12, 2024**



# FOOTPRINTS

Member News, Events, Calendar and More!

## LB PTO PUMPKIN CHASE MORE PHOTOS





# FOOTPRINTS

Member News, Events, Calendar and More!



## HALLOBRUNCH MORE PHOTOS

