



FOOTPRINTS

Member News, Events, Calendar and More...

NOVEMBER 2022

Q4 CLUB EVENTS

THANKSGIVING DAY RUN

November 24 -8:00 AM

Start Thanksgiving with your running family at our annual **Thanksgiving Day Run—5K and 10K fun run/walk!** This is a free event. Friends and family are welcome, but please help us continue to sponsor these fun events by renewing your membership dues at: LFLB.org

Meet at 8:00 am at the **WEST Lake Forest Train Station** on Waukegan Road. (Corner 43 and Everett Road) on Thanksgiving Day.

Again this year we will only be collecting monetary donations for the NI Food Bank. Please don't bring a food donations. You can make your donation [HERE](#).

HOLIDAY PARTY - DECEMBER 10, 6:00 PM

Join us for a fun and festive night out with cocktails, appetizers, dinner, dessert, and a live band at The Lake Forest Club. Enjoy several delicious and unique food stations that will create an opportunity for mingling and meeting other members and guests. We are excited to have Steve Clark's band again this year!

6:00 – 6:30 p.m. Cocktails, appetizers

6:30 - 8:00 p.m. Entree stations, dessert table

8:00 - 10:00 p.m. Program/presentations and entertainment/band

A full bar (cash or credit card) will be available all evening. Cost: \$65 per person. (Non-members: \$95) You must be a current member or guest of a member to get the \$65 rate. Please help us continue to do these fun social events by renewing your membership at lflb.org and register for the party. Link available soon. Any questions? Please contact Carol Longman at caroljanet3@comcast.net

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 Curt's Cafe, at 1766 2nd St.

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



After Run Coffee on the LF Patio

Photo by Cappy

DOOR COUNTY 50 MILE RELAY

It was a beautiful fall weekend for 2 teams from the LFLB running club competing in the Door County "Fall 50" on October 22nd. This race can be run as an individual 50 miler, a 2 person relay or a 5 person relay. It starts at Gills Rock, the tip of Door County and winds its way along the picturesque roads and many hills to Sturgeon Bay. The fall colors were at their peak and the sun shone for much of the day!



Team XLR8 consisted of Rich Martin, Larry Malles, Mike Disbrow, Scott Pomerich and Brian Terwilliger. They had a great race to finish 2nd overall in the Men's Masters!

Team Gayter Family consisted of Joy Gayter, Paul Wszolek, Liam Gayter, Meghan Gayter and Lauren Gayter. Paul, fatigued from his PR (3:06:38) at the Grand Rapids marathon 6 days earlier, put it all on the line, running a hard 10km on his first leg. Liam let rip on his 7.3 mile leg averaging 5:45's on the hilly course running through Peninsula State Park. The team finished

a commendable 15th in the Coed event out of 222 teams.



One of the highlights is the after party in a huge tent in the park. Admission is included in your race entry. There were many different beers to choose from, along with plenty of pizza and salad. The celebration included awards for the winners along with prizes for best costumes and team names, not to mention dancing until 8!

This event is highly recommended, so get a team together for 2023 and enjoy fall in Door County. Registration opens in April and sells out fast! - Joy G

CONGRATS TO MARK BAKER

Dr. Mark Baker recently retired from teaching dentistry at UIC after 38 years. So keep in mind. If you ever go in for a root canal, your Endodontist could have been one of Mark's many students! Congrats!!



History on the Run #12

The bike path, Ravinia, High School Students and interurban railroads

What does the bike path have to do with Ravinia and High School Students?

Many of us run it every Saturday and it always been there; the home stretch before we get back to the train station. But between 1899 and 1955 it was an important part of daily life in the area because it held the tracks for the local interurban railroad called the North Shore Line (officially Chicago Milwaukee and North Shore Railroad). If you were a high school student before the current

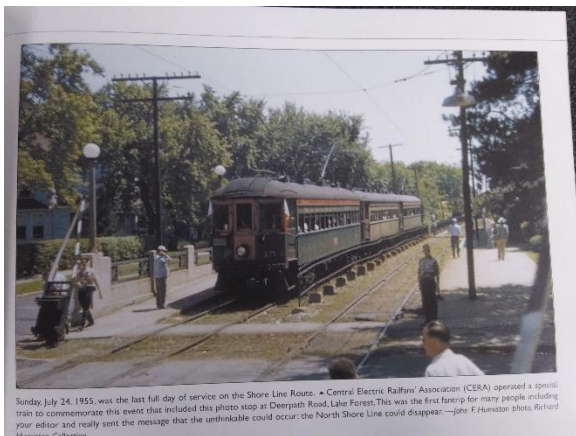
school was built in 1935, you probably rode the North Shore Line to attend the Deerfield-Shields Township High School about where the Highland Park High School is now.

What is an interurban railroad and why did they exist?



An interurban railroad is an electric self-propelled train that connected cities with suburban or rural areas. In 1900 there were 4192 automobiles registered in the United States and in 1910 there were still only 200,000 although that number was rising rapidly with the introduction of the Model T in 1908. In those days if you wanted to get somewhere locally you either walked, relied on horse drawn transportation or took a streetcar/interurban railroad. By 1915 there were 15,000 miles of interurban tracks in the US, most in the Midwest. The interurban railroad was made possible by the domestication of

electricity and the development of the traction motor in the mid 1880's. If you've been paying attention, you know that what became the Chicago and Northwestern, built tracks through Lake Forest in 1855. But the North Shore line, using electric trains had several advantages; more stops and much more frequent trains, and was ideal for short trips to a variety of destinations. For example, there was a stop at Barat College/Woodlands Academy and also at Noble Street. The North Shore Line originally came south from Waukegan through Lake Forest and Lake Bluff in 1898. By 1908 you could travel to Milwaukee and by 1919 into Chicago's Loop after consolidation by Samuel Insull. In 1903 a spur was built from Lake Bluff to Libertyville and extended eventually to Mundelein. There are catenary towers near the bike path, parallel to 176 near the Mariani building that are from that line. On June 24th, 1926 the North Shore Line operated 850 trains that carried 200,000 people to Mundelein for the International Eucharistic Congress.



In 1926 the Skokie Valley Line (bike path parallel to Rte. 41) was opened to allow for higher speed trains and lower

the Chicago to Milwaukee transit time and help promote development in the Skokie Valley. Eventually these trains cruised over 80 MPH when driving 40-50 MPH in your Ford or Chevy was normal.

Hey! What about Ravinia?

In 1904 the railway was having an operating crisis and in order to promote ridership, built Ravinia Park. At that time, it was an amusement park, with baseball diamonds, an electric fountain, dining rooms and a dance hall. The Martin Theater is the only remaining original building. So, thank the North Shore Line the next time you are there.

By the 1950's nearly everyone had an automobile and the Edens Expressway was opened in 1951. The North Shore Line shut down in 1955 and the Skokie Valley Line in 1963 although parts of the right of way continue as the Skokie Swift.

There is one remaining interurban railroad in the Chicago area: The South Shore Line through the dunes and parallel to the Indiana Toll Road.

HALLOBRUNCH



There was again a great turnout for the popular, HALLOBRUNCH. Hosted again by our veep, Diana Schnell, there was great food, great costumes and great route for our running and walking. Thanks again to Diana for being such a gracious and welcoming hostess

PUMPKIN CHASE 5K





Another great turnout from the Club for this year's Pumpkin Chase. The race was again professionally organized by our own Rich Martin. We had some good runs by Club members. Second overall in the race was Nathan Pavlik and we had Age-group wins by Ed Packel, Joy Gayter and Mike Disbrow. It was a great day for running and for taking photos, as can be seen from the awesome photos by Club photographer, Mike McMahon.



GEOFF WILSON GOES TO PATAGONIA TO RUN A MARATHON

Yes fans, Geoff has done it again in his quest to run marathons on all seven continents. The following is a condensed version of his quest. Click the link below for the full story:



We got started at 8am and immediately encountered that wind. The gusts were unbelievable. I thought I was in a hurricane or something out of a Jim Cantore Weather Channel hurricane report. People were lying on the road holding on to one another. Guys were holding the women's arms to keep them from being blown off and down the embankment into the lake. I got blown into a ditch at one point, another time I was blown against the guard rail and was holding on for all my worth. At first we were laughing but that turned to some scary moments. The wind was ripping the bib out of the safety pins so when it got to the last pin, I unpinned it and rolled it up, put it in my jacket pocket and zipped it up. I soon buddied up with 2

guys from Toronto, Kevin and William, a doctor and lawyer. Kevin was doing the 50K and William and I the 42K. We encouraged each other. When someone was in trouble and dropped off the pace we would wait for him to catch back up. It was now not a race. It was a survival test. At the half Kevin was doing better and 2:40 marathoner, so we told him to go on and run his race. He and William have run marathons all over the world. But I assured him I would stick with William. At that point Kevin said let's put our heads down and do this. And that became our mantra. We went out the first half in 3hrs 37 min. On the second half we learned how to better manage the wind and did 3' 34" -- woohoo. We negative split it. William and I regarded ourselves as bunker buddies by the time we crossed the finish in 7:11:57. We raised our arms in exaltation and then had a group hug. The Tour Operator have us huge hugs took our photos and then William's wife and Helen gave us each major hugs and kisses. We did it!!



Of the 150 who started the 42k only 91 finished with official times. Mainly because the wind tore off most everyone's bibs. I heard they just gave runners that finished the times they had on their watches. Overall I finished 2nd in the 70 and up age bracket (out of 2 males). No females in that bracket. And Helen kindly pointed out that I was the oldest runner. We learned later that night from the park rangers that there were prevailing 29-49 mph winds all day with numerous gusts of 60-70 and some recorded at 90 mph. They explained that a large air mass from Antarctica collided with another from Ecuador and created a wind tunnel effect in the Park all day. Of course the next day things had calmed down again.

So that is my Patagonia report. That was the 6th continent that I've run on and 5th marathon continent. Next up is Australia or New Zealand in the fall of 2023.

Geoff & Helen

Click [HERE](#) for full article

