



FOOTPRINTS

Member News, Events, Calendar and More!

OCTOBER 2023

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

SUPER SATURDAY EVENT

Well, our President and Social Committee did it again. It seems like each event gets better. This Saturday they were able cover all the B's: Tom Onan's 90th Birthday, Bienvenue for new members, Bernard from Tri-Masters, some members brought their running Books and a few members brought Baked goods to share. It was a great celebration and as usual, we have a few pics to share from the event:







HALLOBRUNCH SUNDAY OCTOBER 28

Looks like we are going to follow one great Club event with another. Our Veep, Diana Schnell, has again graciously offered to host the Hallobrunch at her home on Sunday, October 23. Be sure to put this date on your calendars and stay tuned for details to follow.



FALL MARATHONERS

Be sure to cheer on our Club members running a Fall Marathon. Here are the ones we are aware of:

CHICAGO	Jeff McMahon	Dan Loeger
	Mike Reidy	Kim Carden
	Lori Fitzgerald	Carol Lundahl
	Julia Loeger	Anna Loeger

HENNEPIN HUNDRED

Kevin Kane (50 Miler)

KONA HAWAII IRONMAN

Amanda Macuiba

- Apologies if we missed anyone, make sure you send in your results!

HISTORY ON THE RUN – LEON (BIX) BEIDERBECKE

A famous race-A Lake Forest Academy student-A Jazz musician

Raise your hand if you ever ran the Bix 7 race in Davenport, IA. Steve Wikner I see your hand and I know you've run many of them and quite fast too.

Great, but what does this have to do with Lake Forest/Lake Bluff? The Bix 7, which started in 1975 is a race where you and I get to see elite runners such as Bill Rodgers, Frank Shorter, and Joan Benoit to name some of the old timers, who are brought in and run for substantial prize money. The race is named after a famous native of Davenport, Leon (Bix) Beiderbecke, a jazz musician from the 1920's. Early on Bix showed an aptitude for music, learning to play the piano at the age of 3 and teaching himself to play the cornet after hearing Dixieland Jazz. Because he was so focused on jazz and not his studies, his parents sent Bix to Lake Forest Academy to avoid the Davenport jazz scene. Not a brilliant idea because Bix was now just a train ride from some of some of the world's greatest jazz. The scholastic turnaround did not happen, Bix eventually was expelled and by the mid 1920's made his living playing for some of the biggest bands of the era such as with Paul Whiteman (Whiteman's band first recorded Gershwin's Rhapsody in Blue). In his day he was the equivalent of Louis Armstrong.

Unfortunately, Bix early on developed a love of alcohol and died at the early age of pneumonia in 1931, probably exacerbated by his alcoholism.

Author's note: For a change I sometime listen to jazz on WDCB 90.9. After every piece the announcer lists the performers. "That was Take Five by the Dave Brubeck quartet, Dave Brubeck on piano, Paul Desmond alto sax, Eugene Wright bass, Joe Morello drums". This would work for Rock n Roll. "That was I Saw Her Standing There by the Beatles. Paul McCartney bass guitar, John Lennon rhythm guitar, George Harrison lead guitar and Ringo Starr drums". But how about for symphonic music? That was Beethoven's 5th Symphony with the Chicago Symphony conducted by Georg Solti. Principal trumpet Bud Herseth "and then listing the 90 or so other members. Isn't it interesting to see how different cultures operate?"



SPECIAL MEMBERSHIP RENEWAL PROGRAM WITH PRIZES

BE AN EARLY RENEWER AND WIN RAFFLE PRIZES!!

Who is eligible?

- Everyone whose membership ends this year (over 75% of the club!)
- You will receive an email in OCT **if your membership is ending** this year!!

How do I get into the raffle? Do 2 things!

- 1) Renew your membership with a **2 year membership (2024-2025)**
- 2) Renew **BEFORE Thanksgiving to be eligible** for the RAFFLE!



What can I win?

- **GRAND PRIZE is \$60 – your 2 year membership is FREE!**
- Many other FUN raffle prizes!!
- Good PRIZES and Good FUN!

****** RENEW EARLY for TWO YEARS AND YOU CAN WIN !! ******

RT'S FINAL MUSINGS

I know that everyone appreciates the fine articles that Rich Kosmerl puts together about the history of the local area. It was nice to see Rich recognized by the LF-LB History Center, of which he is a very active officer and volunteer. Congrats to Rich!



Here's What's Happening

Issue #37 | 13 September 2023

WHY I AM A MEMBER

History Center member Rich Kosmerl

Why are you a member of the History Center?

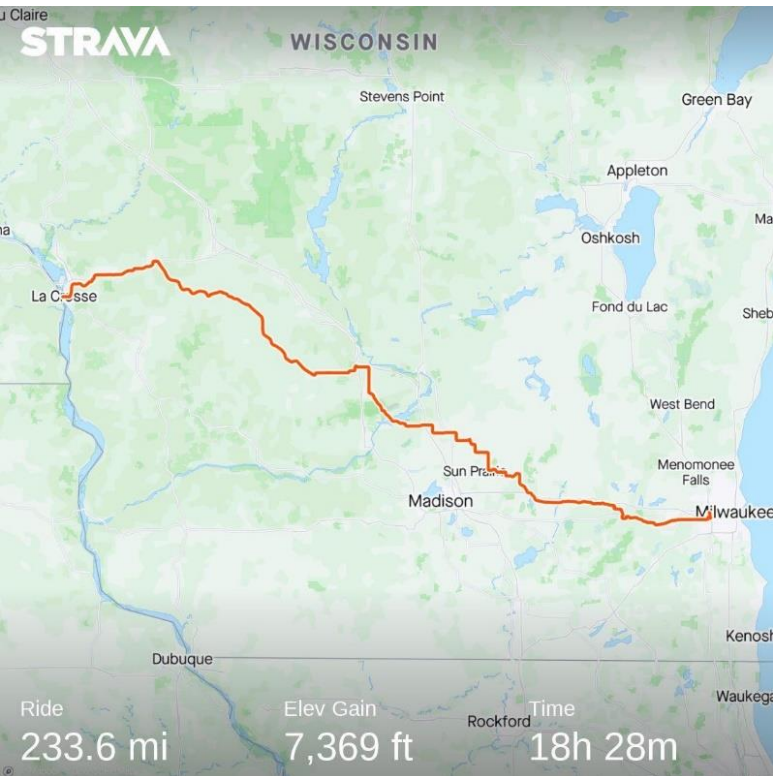
I became a member because I was curious about the history of the community. After I retired, I pursued my interest in history and started to volunteer at the museum. I am continuously learning interesting stories and facts about the community I call home.

Which program or exhibit really piqued your interest?

The program that really changed the way I thought about the History Center was the History of Pandemics in October 2019. It was a roundtable discussion with representatives from Abbott Laboratories, Abbvie, Northwestern Medicine Lake Forest Hospital, and the AIDS Foundation. It was very timely since the COVID pandemic occurred the following March. The program connected local history of how Lake Forest navigated these health crises to national and international narratives.



Scott Renken Redux



Just a few more pics from Scott. One is the route he took from Lacrosse to Milwaukee and the other shows that he actually made it to the finish line!!



Late September Thoughts

Last month we carried a photo of Dave Anderson's damaged toe, which is healing quite nicely!!

This month we have a more esoteric contribution from Dave. As he was coming in from a walk a few nights ago, he decided to pen his thoughts:

I went for a walk on this late summer evening.

The choir was out: the chorus of crickets longing for a mate,

The wail of a few cicadas trying to hold on to the warmth of summer,

And the staccato of two tree frogs in a futile duet.

Aah, summer, so long.

Finally, thanks to Phil Gayter for our new masthead!!

