



FOOTPRINTS

Member News, Events, Calendar and More!

OCTOBER 2024

NEW MEMBERS MEET & GREET SATURDAY OCTOBER 12



On Saturday we will be having our New Members Meet & Greet. Coffee and goodies (bring your favorite!) will be available after the run at the Train Station. This is a chance to get acquainted with the new members that have joined our club recently.

We will also have the opportunities to support our members that will be running Chicago Marathon on Sunday!

Dustin Macuiba
Lori Fitzgerald
Kim Carden
Carol Lundahl

Emily Lane
Dave Zeisler
Dan Loeger
Liam Gayter

3rd ANNUAL HALLOBRUNCH & RUN/WALK Sunday, October, 27 - 8:00 AM

Our Veep, Diana Schnell, again graciously offered to host the HallobRUNch at her home, **14216 W Oak Ave. Lake Forest, IL.**



The event will be on Sunday, October 27, from 8:00-11:00. We will start with a run/walk of various distances and then convene back at Diana's for coffee and brunch. Be sure to bring your favorite goodie to share. Costume optional. Recognition/Awards given to most creative.

Be sure to respond via the Evite sent out on Sunday.



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

WHAT YOU DIDN'T KNOW ABOUT RAND HARKIN (and Horses!)

Horses went extinct in North America approximately 12000 years ago. Modern horses were introduced to America by Spanish explorers in the early 1500's.

Horses are like giant squirrels. They are prey animals with an instinct to flee from perceived danger, although being large and mighty.

Within 45 minutes, a newborn horse is able to stand up and within a few hours it's able to gallop.

Horses are normally born in the darkness of nighttime. It improves their chances of survival from the threat of predators.

Both the ears and the eyes of a horse work independently to better assess their surroundings.

Horses are not able to breathe through their mouths. Their giant nostrils enable them to take sufficient oxygen.

This breathing limitation means they are incapable of vomiting which presents a high risk of ingesting anything toxic that must pass through approximately 75' of GI tract.

Although we know the cheetahs are the fastest land mammals, it's only true for the short duration of 100 yards. The horse is the fastest land animal for the distance of 1/4 mile through 30 miles.

Horses are born claustrophobic, they constantly need to have an "exit plan" to feel safe.

They were first domesticated in Kazakhstan about 6,000 years ago.

Horse hooves grow constantly.

They are herd animals with a complex communication system enabling them to coexist and survive.

People who learn horse communication can often build trusting, deep partnerships with horses.

At nearby Equestrian Connection, an important part of horse training is Tolerance. Horses are trained to safely handle the challenges of riders with multiple disabilities with willingness and confidence.



Since there is more to Rand than his knowledge of horse history, I asked Diana Schnell to add a comment about what Rand does at EC:

"When he is not riding his horses, Rand spends much of his time at Equestrian Connection working with staff and horses, particularly those helping the mental health department.

Rand works with horses to help keep their mind sharp and interested, safe and focused in their job to help clients of all types of special needs. This makes the handlers and therapists job easier resulting in more positive outcomes."

Contributor: Rand Harkins, LFLBRC a founding member, second Club president and horse trainer.



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RACE RESULTS

Sydney Marathon (and Kangaroo Island Half!)

Geoff Wilson finished in 6:39 and kept a steady 15:15 pace throughout sticking with the 6:40 age group. This was after Geoff completed a half marathon on Kangaroo Island.

Brian Falcone, from Jenny's Racing team, complete the marathon in an impressive 2:43!

Lauren Ettin from Jenny's Tuesday group finished in 4:27



Matt Palmer and Brian Falcone



Kangaroo Is Half Start Point!



Race prep for Geoff

50th Berlin Marathon



Steve Clark 3:45

Lori Fitzgerald 4:03



Jeff McMahon, 4:56, who was running to raise funds for GLASA had as much fun as you can while running a marathon. He not only was supported and cheered on by Liisa, but our own coeditor, Perry, showed up with friends to root for him. Actually, I am not sure if they were there to cheer him on or join him in celebrating with a stein or two!!





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RACE RESULTS

Ironman 70.3 Wisconsin

Carl Macuiba 5:38:50 (2nd in 65 - 69 age group)



Ironman World Championships (September 22nd in

Amanda Macuiba 10:59:08)

Door County Century Bike Ride by C.J. Longman

We Ride at Dawn!or... maybe 8:30.

LFLB Running Club represented at the Door County Century bike ride again this year. Our group stayed in an Airbnb in Egg Harbor for the weekend, and we had a delicious homemade pasta dinner the night before. Last year, our gang rode the DCC in a cold rain, but this year the weather was perfect, so we were able to enjoy the beautiful scenery and after party. Our group split-up and rode different lengths.

30 miles - Carol Longman & Loan Reidel

50 miles - Craig Fox, Patti Shuma & Perry Georgopoulos

70 miles - Norbert Reidel

100 miles - Phil & Diane Deemer & Mike Peters

Of special note was Phil and Diane's amazing and outstanding 100 miles. It was a goal of theirs to accomplish this distance, and they did it! Perry, Craig and Patti increased their distance to 50 miles this year. Congratulations to everyone!





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History on the Run

Marshall Field and Lake Forest Connections

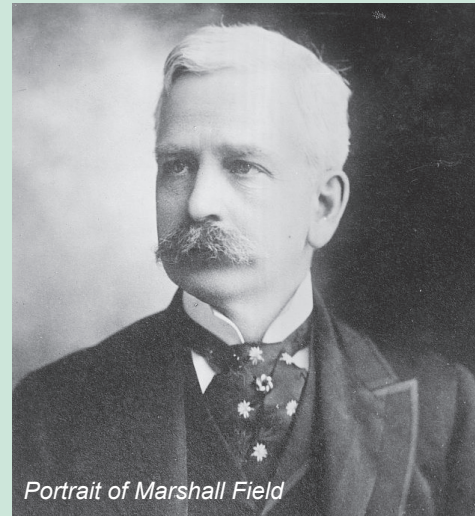
The word iconic is used so frequently these days it has lost much of its meaning. But if anything is Chicago iconic it is Marshall Field's. It changed to Macys in 2006 but the Market Square store still says Marshall Field & Company. To understand all this let's go back to the 1850's.

Marshall Field the Man and His Lake Forest Connection

In 1856 a 21 year old Marshall Field moves to Chicago from Massachusetts and finds work at dry goods firm Cooley, Wadsworth and Company, the city's largest. Pay attention now, this could be on the final exam. Meanwhile in 1852 Potter Palmer founded his competing firm. By 1860 Field and his bookkeeper Levi Leiter had become partners in the firm now known as Cooley, Farwell and Company. (Historical note: Farwell is probably the most prominent Lake Forest family of the last half of the 19th century. John Farwell eventually sold his company to Carson, Pirie, Scott. His brother Charles was a US Senator). By 1864 the firm was known as Farwell, Field and company but that same year an opportunity presented itself as Potter Palmer in poor health was looking to sell his business and Marshall Field seized the opportunity. I will spare you all the twists and turns but by 1881 the business is Marshall Field and Company and having survived the 1871 Chicago Fire it continued to grow and become a true Chicago icon.



Marshall Field & Company, Lake Forest



Portrait of Marshall Field

How Lake Forest Got the First Marshall Field's Branch

The Market Square store was the first Field's branch store. The story I read says Marshall Field III wanted his neighbors to shop at Fields without having to travel to the Loop. I have no evidence he ever lived here but I'm sure he travelled in the same social circles. In May 1928 the store opened at the northeast corner of Bank Lane and Deerpath. This store focused on women's and children's clothing and accessories. Success prompted expansion in 1931 into the building at the west end of Market Square that had originally been built for the First National Bank of Lake Forest. Initially Fields occupied only the first floor but when YMCA, the 2nd floor occupant left in 1941, Fields held the entire building.

Next time: A London department store, an aquarium and big Lake Forest Houses



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The final piece is about a running legend in Chicago who has lived in Lake Bluff for over 60 years and has always been revered by us old time runners. His story and his life is a good read. Enjoy!

Wendy Miller and the Chicago Marathon

Wendell “Wendy” Miller has lived in Lake Bluff since 1961 and is, as far as anyone can tell, the oldest person living in the West Terrace. But that’s not Wendy’s greatest claim to fame. He has quite a few of those.

A native Minnesotan, Wendy was 30 when he and his wife, Marlene, paid \$32,000 for a center-entrance, 4-bedroom model home on Birkdale Road. There they raised four children, Julie, Robin, Muffet and Peter, and built what by any measure can be called a remarkable life. She was a champion golfer who coached the Lake Forest High School girls’ golf team for 37 years and was active in civic affairs. He was an avid runner who brought masters-level racing to the Chicago area by founding Midwest Masters for runners over 40 in the early 1970s.

Fitness running was just beginning to catch on then, after Frank Shorter earned gold for the USA in the 1972 Olympic Games. Wendy also started Club North Shore, a distance running club with courses that started at Lake Bluff Middle School, ran throughout the village and into Lake Forest and back. One of these was the Lake Bluff Marathon.

“Lake Bluff was the hub,” he says.

Wendy worked in Chicago as a financial advisor, and he knew a lot of people in the city who were runners. If he could organize a marathon in Lake Bluff, he thought, why not Chicago?

“We got together and started to think about a Chicago marathon. We had no money and no access to sponsorship, but I had a contact who was a businessman in Chicago and a runner,

Lake Bluff’s Marathon Man



Lee Flaherty. Flaherty ran a sales promotion company called Flair Communications. He knew everyone. I coaxed him, and he became interested,” Wendy recalls.

In 1977, Flare Communications became the official sponsor of the first modern-era Chicago Marathon, then called the Mayor Daley Marathon after Richard J., who died the previous year. The race was held on Sept. 25 with a \$5 entry fee and nearly 5,000 runners.

Today the Chicago Marathon attracts 50,000 runners with a \$150 fee and is one of six World Marathon majors and the fourth-largest race worldwide by number of finishers. It’s sponsored by Bank of America and brings in big bucks — the 2023 race contributed a record-breaking \$547 million to the city’s economy. The 2024 event is on Oct. 13.

“I happen to feel that it’s Chicago’s most successful sporting event,” Wendy says.

Wendy has run in 40 marathons worldwide, but in Chicago he has mostly been an admin for the big event. “I was too involved in logistics,” he says. “I was race director in the early years before we hired a person to do that job, and I stayed involved after that.”

Now 91, his running days are over. “The fact of the matter is that there is a kind of tell-tale story with running. We fulfilled an age-old American adage that if something is good, more is better. And we all overdid it. Something gives – the hips, the knees, the meniscus.”

“Now, I walk,” he says.

Arthritis has forced Wendy to retire another beloved activity — the guitar, one of his favorite accomplishments. “When I say I play – I can’t play, but I can chord it so I can sing. And I started a band.”

The band through Grace Methodist Church Lake Bluff was called Hillbilly Hobos, a name crafted by Wendy’s friend and West Terrace neighbor adman Cal Gage. The band included Frank Townsend, then head of the LFHS English Department and an accomplished musician who performed with North Shore Symphony.

“We could do a tune, but we had one major drawback,” Wendy remembers. “I was the only one who knew the words to the songs. They were hillbilly songs. I could sing, and Frank could play the rhythm. We played churches around the area, and we played at the Rotary Club and Kiwanis, and I had the ability of taking a familiar song and putting in words that were relevant to the Presbyterians or the Rotary or whoever the audience was.”

At one point they decided the band needed a bass player, but they wound up with a musician who played the gut bucket – an old washtub converted to an instrument.

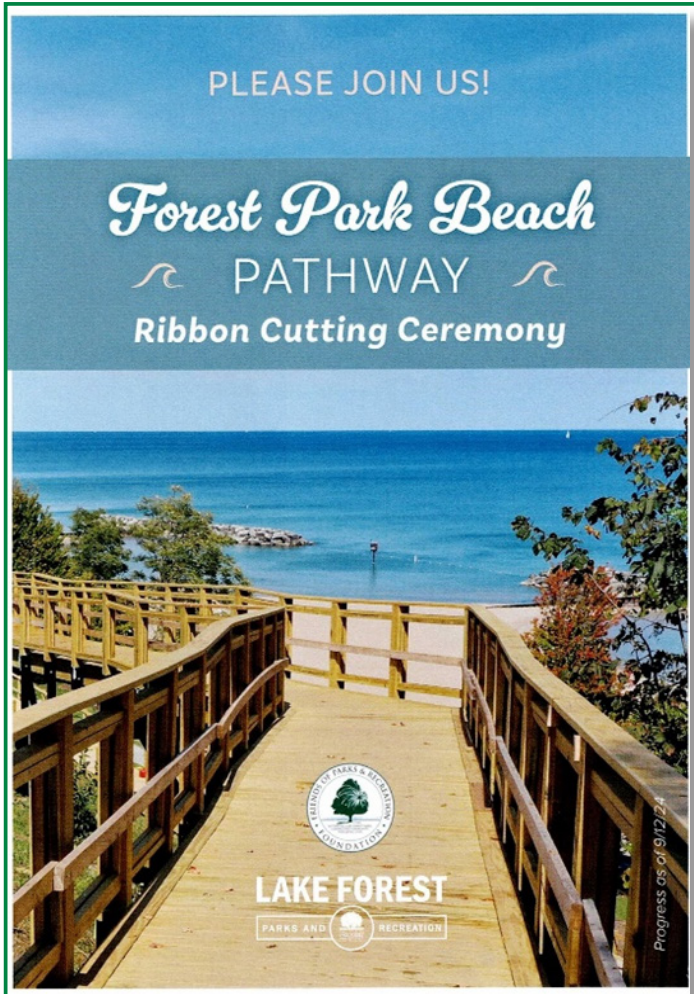
“I couldn’t put a price tag on the fun I had playing that guitar,” he says, pointing to the instrument in the corner of his living room.



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Beach Pathway Opening



YOU'RE INVITED!

Please join us for a
Ribbon Cutting Ceremony
to officially open the newly completed
Forest Park Beach Pathway!

Sunday, October 13
1:00 pm

FOREST PARK BEACH PATHWAY ENTRANCE
(UPPER SOUTH PARKING AREA)

Your generosity helped make this project possible and reflects the strong philanthropic spirit of Lake Forest.

We are excited to celebrate this remarkable achievement with you!

Scan for event details and parking information

Questions?
Contact Kristin Elliott at ElliottK@cityoflakeforest.com

As most of you recall, we gave a \$500 donation to the Beach Pathway rebuilding project.

We recently received a thank you note and an invitation to the opening next Sunday.