



FOOTPRINTS

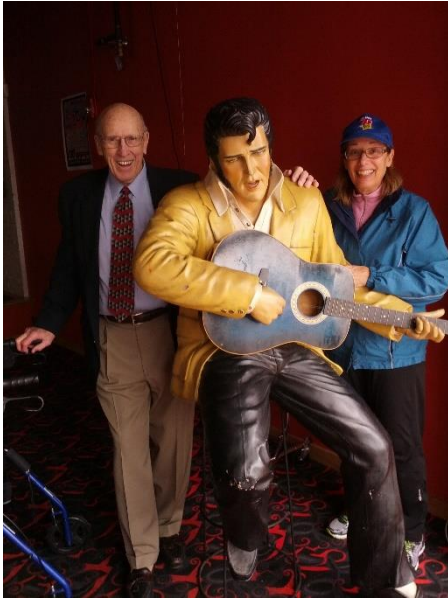
Member News, Events, Calendar and More...

OCTOBER

Monte Craig – RIP

6/23/1928-9/2/2022

It is with sadness that we share the quiet death of Monte Craig on September 2, 2022, He was a running club supporter, bicycler and cross country skier. He enjoyed all the running club



Events- bowling with Elvis in Highwood, skiing in Eagle River, and parties with conversation. More information can be found [here](#) or ask Judy Friedes-Craig. Monte was a long time member of the Club and was always a great person to connect with at our events. He will be missed.

His service will be on October 15, 2022 at The Church of the Holy Spirit on Westminster in Lake Forest at 11 AM with a reception to follow at the church. All are invited to celebrate his life.

PARKING UPDATE

Mike Reidy, current president and Dan Loeger, next year's president, had a meeting with the Kevin Zelk from the Lake Forest Police Department. We agreed that the club will be allowed to park until 11:00 am in the north lot on Saturdays. Officer Zelk asked us not to park in the south lot to make it easier for them to patrol this area. We will be getting new parking stickers to put on the cars for the members in mid-October

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

FALL MARATHONS

A late add to our marathon runners is Julian Gordon who will be running Chicago.

NOTE TO RUNNERS: Make sure you capture your run with some nice pics. We can include them in the next Footprints.

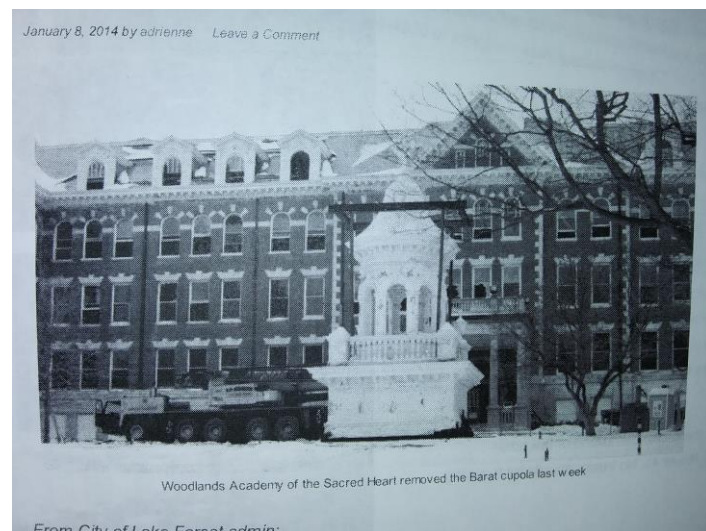
HISTORY ON THE RUN #13

What is that low, yellow, Mediterranean style building at 1150 Westleigh just before you turn right on to Walden Road? Those buildings are the only remaining pieces of the Walden estate. The implements sheds and workshops as they were known have now been re-purposed into luxury residences.



What is that large, white structure sitting on the lawn on your right as you approach the bike path for the home stretch back to the train station? It

is the cupola which stood on top of the Old Main building of Barat College which occupied that site for 100 years. Barat College started as Barat academy in Chicago in 1858 and moved to Lake Forest in 1904 and became a 4 year college in 1918. The school was founded by a French order, the Society of the Sacred Heart, started in 1801 by Sophie Barat. In the 1950's the high school part of the institution was separated and is what we recognize as Woodlands Academy of the Sacred Heart. Barat College was known for fine arts and I remember attending a Shakespeare festival on the front lawn. Barat College fell prey to financial difficulties even after being associated with DePaul University in 2001 and was eventually closed in 2005. After an attempt to develop the property failed and after several other steps along the way, an anonymous donor purchased the land and donated it to Woodlands Academy. Old Main was demolished in 2013 and the cupola restored and placed on the lawn. Among other graduates was former Chicago mayor Jane Byrne. I always thought it odd that Jane Byrne who I saw as rough and tumble would graduate from an institution known for fine arts. Wikipedia has excellent pictures of Old Main.



Q4 CLUB ACTIVITIES

HALLOWBRUNCH

October 30 – Sunday 8:00 AM

Run or walk a lovely course in Mettawa ending at Diana Schnell's house for brunch outside. Costumes are encouraged. Coffee and beverages will be provided. Bring a dish to share. Evite R.S.V.P. coming out soon.

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. Donation link will be up soon.

HOLIDAY PARTY

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 a 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: **\$TBD** per person. You must be a current member or guest of a member in order to attend. Please help us continue to 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

JOHN BURRELL SETS WORLD RECORD

On September 14, a clear, crisp day, John Burrell completed 262 laps of the Northbrook Velodrome in 2 hours 48 minutes and 27 seconds, setting a new age group record for biking 100KM on a recumbent bike.



Many of you may not know John, but he has been around the running circuit for a while and is a member of our Club. A biking accident left him with a neck broken in two places, forcing him to stop running and cycling on a standard bicycle. So he began logging miles on his recumbent, staying in great shape.



He recently realized that he had a chance to break the 75-79 Age Group record so upped his training, including many workouts on the NB Velodrome. Congrats to John on an awesome job well done.



John and wife, Cindy



RT adding more Cow Bell!!!

KIPCHOGE SETS NEW MARATHON RECORD

BTW, another international record was also set recently. Eliud Kipchoge ran the Berlin Marathon in a time of 2:01:09. On a sunny morning in Berlin, Kipchoge, a 37-year-old Kenyan won the Berlin Marathon, for the fourth time, in 2 hours 1 minute 9 seconds, a world record.

The world record he broke was his own — 2:01:39 — set four years ago on this course.



This certificate recognizes the significant achievement by John Burrell, of Highland Park, IL, USA for setting a new WUCA World Record in the Recumbent & Outdoor Velodrome - category, at the 381.8 Meter Ed Rudolph Velodrome in Northbrook, IL USA.

Date: Sept 14, 2022

Categories: Solo, Male, 75-79 Age Group, Recumbent

Record:

100 Km Outdoor Velodrome Record: 100 Km in 02:48.26.99 = 35.62 kph (22.13 mph)

Certified by WUCA Records Chairman: *Lenny Oeland*