



# FOOTPRINTS

Member News, Events, Calendar and More...

SEPTEMBER 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](mailto:jandmfitness@comcast.net)

## ONE MORE CLUB RUN – TUESDAY 6 AM AT ELEWA FARMS

In addition to the four weekly Club runs listed above, there are various ad hoc runs that pop up. This summer a small group began meeting at Middlefork. Here is their story from Jeff McMahon: "On Thursday mornings at 6 AM, there is a group run on the trails of Middlefork Savannah starting from Elawa Farms, at 1401 Middlefork Drive, Lake Forest. This weekly run occurs during the Chicago marathon training period (June through early October). This run is an all-inclusive interval run, led by Coach Joy Gayter, based on the official CARA marathon training program. It is all-inclusive because although participants run at different speeds, everyone regroups between intervals during the walking "recovery" before the start of the next interval. The crushed limestone trail romantically weaves through a mixture of oak savanna and woodlands, wet and mesic prairies, sedge meadows and marshes. So, if something seems to be missing in your life, and you like to be swaddled in nature's diverse species of plants and water fowl, and you want to be entertained by some of the club's most extroverted members, please join in on the fun.



Anyone interested in being added to the weekly planning and reminder group text, please email Coach Joy at [gpjlm123@aol.com](mailto:gpjlm123@aol.com) or Jeff McMahon (Chicago marathon trainee) at [jmcmahon100@hotmail.com](mailto:jmcmahon100@hotmail.com)."

## SPECIAL MEET & GREET SEPTEMBER 23

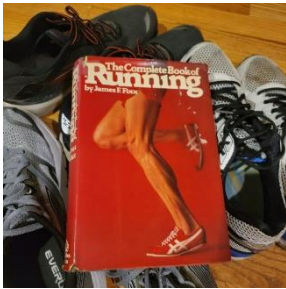
### The B's are Buzzin' this September

#### Birthday, Books, Bienvenue, and Bernard

Plan to join us on Saturday, September 23 after our regular Saturday morning run at the East Lake Forest train station, followed by a special Meet & Greet!

#### BIRTHDAY!!

First, we want to celebrate the **90<sup>th</sup> Birthday of Tom Onan**. We will have cake, coffee, and bagels to celebrate this once in a lifetime event!! And we'll have some waters on hand to help wash it all down. Feel free to bring along a treat to share of you want. The more the better, especially after the morning exercise.



#### BOOKS!!

Our 1st ever informal book browsing! Bring in and show off one or two of your favorite running books (e.g. training or non-fiction or fiction!) and get inspired to add a new running book to your fall reading list!

#### BIENVENUE!!

A special **WELCOME** to all those **NEW** members who the joined the club this year!! We'd love to see as many of our newest members as possible! Bienvenue to the club!!

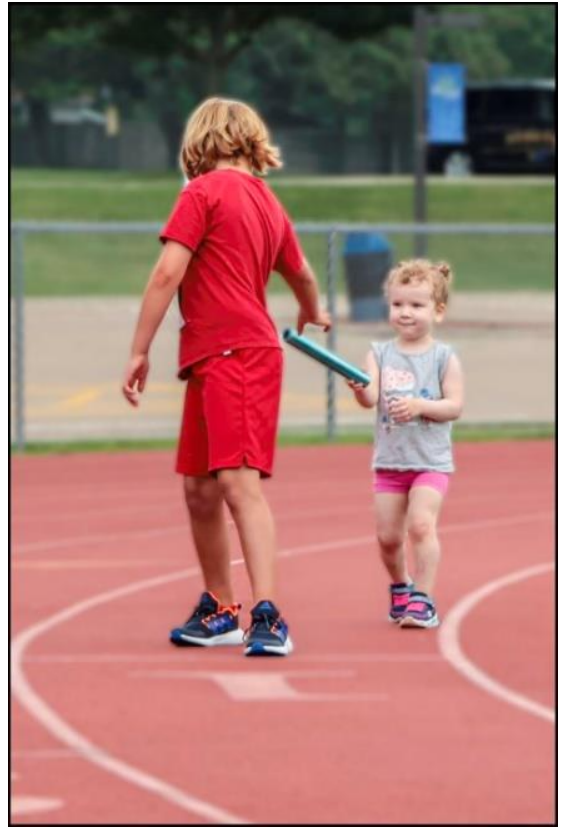


#### BERNARD!!

Bernard from *Tri-Masters Sports Initiative Programs* will join us as well. Please bring along any sports related items you have that can be donated.

## 2023 KID'S TRACK MEET

Again the Kid's Track Meet was a huge success this year. There was a good turnout in spite of threatening weather before and during the meet. As usual, our thoughtful, supportive group of volunteers did an awesome job, and all the kids seemed to have a fun time. This is starting to be an important activity for the Club, and is giving us more exposure to the public. If these pics from Mike McMahon don't convince you that this is a fun event and you might want to volunteer next year, nothing will!!





## LFLBRC AGAIN DOMINATES AT LF DAYS 5K

Our Club had great representation at the annual LF Days 5K race. Fortunately there were a number of age group runners amongst our ranks!!

- |                  |                      |
|------------------|----------------------|
| 5 Dan Loeger     | 49 Dave Weigand      |
| 17 Craig Fox     | 57 Dave Stresser     |
| 26 Jeff McMahan  | 58 Mary Driver       |
| 33 Jack Herrmann | 68 Liisa McMahan     |
| 36 Carol Lundahl | 77 Carol Longman     |
| 38 Joy Gayter    | 81 Lynne Hans        |
| 44 Patti Shuma   | 82 Judy Frides-Craig |



## 10 CLUB MEMBERS COMPLETE THE FORT2BASE 10 MILER

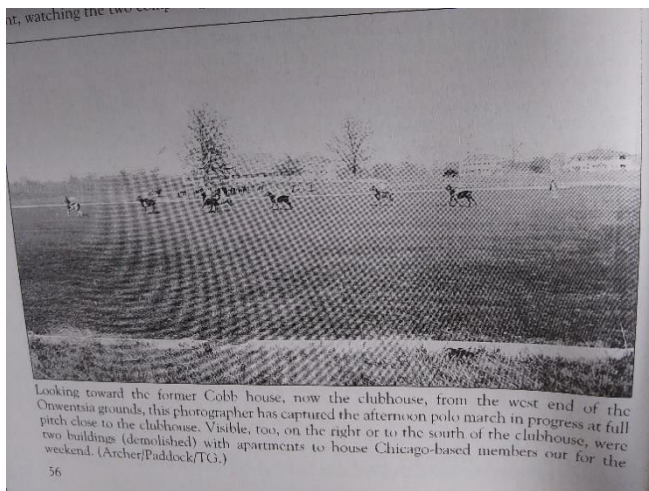
10 finish 10!

Theresa Peterson (3rd overall female), Lori Fitzgerald (1st age), Carol Lundahl (2nd age), Emily Lane (3rd age), Kim Carden, David Vargas, Stephen Bedrin, Mike Reidy (2nd age), Lynne Hans (2nd age), Dan Loeger (3rd age)



## History on the Run #22: Polo before Ralph Lauren

Early in *The Great Gatsby*, the narrator talking about Tom Buchanan says "he'd brought down a string of polo ponies from Lake Forest". For a time Lake Forest was one of the centers of polo in the United States. Polo requires land and \$s and Lake Forest had both. In those days, there was lots of undeveloped land west of the Onwentsia Club which is where Lake Forest polo was organized.



Looking toward the former Colb house, now the clubhouse, from the west end of the Onwentsia grounds, this photographer has captured the afternoon polo match in progress at full pitch close to the clubhouse. Visible, too, on the right or to the south of the clubhouse, were two buildings (demolished) with apartments to house Chicago-based members out for the weekend. (Archer/Paddock(TG.)

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As early as 1898 Onwentsia played against teams from Buffalo and St. Louis. Apparently, the difficulties of transporting the polo ponies and perhaps the feeling among easterners that it was beneath them to play teams from the "west" precluded east coast competition. Remember, it wasn't,

until 1958 that major league baseball expanded west of St. Louis. In 1907 Onwentsia organized the first polo tourney in the west.

The big tournament that enhanced the reputation of “western” polo was the East-West match of August 1933, held in Lake Forest, pitting the best eastern players against the best western players. This event attracted 15,000 fans and the west won 2-1. I guess this was the equivalent of the 1969 NY Jets Superbowl victory over the Baltimore Colts. To circle back to an earlier History on the Run story, Frederic McLaughlin, Lake Forest resident and founder of the Chicago Blackhawks and avid polo player, was on the Onwentsia board of governors and the US Polo Associations Board of Governors. So if you wear one of those Ralph Lauren Polo shirts, you have more of the backstory and its history in Lake Forest.

## RT'S MUSINGS

### CLUB WARNING, Danger Lurking



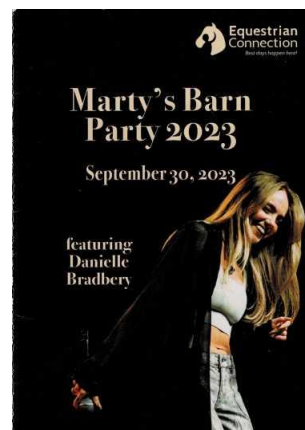
In the past month the Club has seen a rise in broken toes. First to go down was Dave Anderson who ended up breaking 3 bones in his big toe. A week later it was Leslie Gleason who bashed her barefoot and ended up with broken little toe. So it is time for our members to be aware of what can happen. As the sergeant said in Hill Street Blues, “Let’s be careful out there.”



The other danger is that Geoff has been so proud of his new club sox, that he wears them all the time!! C'mon Geoff!!

### SEPTEMBER, EC BARN PARTY TIME

This year Equestrian Connection will be holding their Annual Barn Party on Saturday, September 30. Hope you can plan to attend. We always have a large number of Club members to support Diana on this fun night. Good food. Good entertainment and all round good time. Fun way to support a genuine great cause. Click [here](#) for more information.



### WHAT HIGH TEMPERATURE AND HIGH HUMIDITY?



Last Thursday, the temp was listed around 100 and humidity over 90. As noted above, runners don't always do the smartest things. So not to be deterred by dangerous conditions, the three septuagenarians in the group headed out for the normal Thursday run, albeit with a little more walking intervals. Smartly, the one octogenarian in the group made a much wiser choice and went inside and rested!!

## SCOTT RENKEN CONQUERS RIDE ACROSS THE STATE OF WISCONSIN

Since the beginning of our Club, club members have been doing amazing feats. There was Peggy Gudbrandsen competing in the World Tri Competition, Julian running his many, many marathons, a few people, including Steve W, running 100 mile ultras. Finally there are the many fast, strong runners who were able to perform strongly in the CARA Race Circuit and join the CARA HOF. And now we have another major feat by one of our members. Here is Scott to tell us what his 'bike ride' was like:

On August 19 I rode the R.A.W. (Ride Across Wisconsin). This is an annual event that runs west to east. This year it started at La Crosse and ended in Milwaukee at Brewer Stadium, a distance of 235 miles over country roads and trails. Most of the 850+ entrants choose the 2-day option, staying overnight at Mirror Lake near the Wisconsin Dells. About 200+ crazies like me entered the 1-day 235 mile option. This decision was made in June after getting in the best biking shape of my life aided by some organized rides

- Texas Hell Week- Fredericksburg, Tx.
- 3 Stooges Metric Century- Lebanon, Il.
- GRABAAWR 500 mile 1 week ride in Wisconsin, Eagle River to Prairie du Chien, Wi.
- Tri-State Century- Hammond to Kenosha
- Dairyland Dare 200k in Dodgeville, Wi. 2 weeks before

Would this be enough of a training base for 235 miles? Probably not, because the longest ride of my life was 122 miles 2 weeks before the event. I couldn't even comprehend how to approach 235 miles. Bonking or muscle cramps would most likely cut it short, however this was the year to go for it!!

Preparation was like a military exercise. Every detail needed to be worked out. Compact saddle bag, Garmin, I-phone, portable charger for both devices, special sunglasses with Bluetooth speakers picking up voice commands from "Ride With G.P.S.", 2 spare tubes, goo packets, electrolyte tablets, Tums, CO2 cartridges, 2 rear lights, 1 front light and compatible cables.





The logistics were complicated: Park car at Brewer Stadium on Friday. Bus takes me and bike to La Crosse Friday afternoon, hotel at La Crosse Friday night, hotel in Milwaukee on Saturday night (provided I make it). There was no turning back.

The 5am start in Historic downtown La Crosse was chaotic & exhilarating, having slept little the night prior. It was a mass start of 850 of the most beautiful bikes I had ever seen in one place. Imagine going 15 mph shoulder to shoulder on a bike in darkness hoping not to crash. Very similar to a Shamrock Shuffle start on wheels. As riders thinned out at daybreak, I tried to cope mentally by breaking the course into segments: 10%, 50 miles, 100 miles, 50% at 117, 200 miles, etc. The wind was not in our favor that day and it would be 85 degrees by 11am, therefore my goal was to conserve energy, spinning easy and relaxing the legs every rotation. To my surprise, the rest stops (approx. every 25-30 miles) were not good. There was no peanut butter, pickles or sandwiches. Luckily I took a turkey sandwich from the hotel vending machine and ate that around 10am.

By 75 miles I felt strong from months of training! The course was beautiful! Western Wisconsin has majestic hills, and about 40 miles was the Elroy- Sparta Trail. The 100 mile mark at Wisconsin Dells was the finish for most riders for the day (but not me). There was a finish party that I crashed



involving beer, much good food and revelry. It was a sobering thought to know that I was not even at the halfway point while they were celebrating the end! By the halfway point (117 miles), I wondered how I could grit out another 117, considering this was my previous all-time high. At mile 137 disaster struck! My worst fears came to fruition. Muscle cramping started in the right leg sporadically and turned into a tidal wave of sharp pain by mile 140. As a last resort, I ingested everything possible: Tums, Medi-Lyte anti-cramping pills, goo packet, electrolytes and food. After about 10 minutes, the cramping subsided never to return! What luck! From that point forward, I took 2 Tums tablets and 2 Medi-Lyte pills every hour in addition to eating salty snacks voraciously & staying hydrated.

By mile 165 my body felt great 14 hours into the ride, however dusk was setting in with no other riders in site. How did I know the route? In one word- technology. The latest Garmin device was programmed for turn by turn visuals that lit up at night, "Ride With GPS" program for this course was loaded on my I-phone transmitting a woman's voice to my blue tooth sunglasses telling me voice command for each turn. This, along with green arrows on the road at key turns. After dark, if I lost power to any of these devices, I would be stranded. The officials did not want riders on the course after about 10pm, so the SAG vehicle was patrolling the course for people like me to pull off the course and drop off at the finish in their van. More about that later!



Since the few rest stops were no longer functioning because it was too late, I looked for any farmer to fill up my water bottle, but none were outside. They were all inside milking. Lucky for me, there is a country tavern about every 20 miles in Wisconsin. I was out of water with 100 miles to go and found this nice tavern. Upon opening the door, I felt like Patrick Swayze in the Road House movie. Every head turned to me. The pool players stopped. The music stopped. I walked up to the bar and said "fill up these 2 water bottles". I'll pay you anything. (I had \$40). The bartender looked at me for a few seconds and says "I'll not only fill them up for free, but give you ice"! The crowd

laughed, and I was on my way! On the way out the front porch, I spotted the SAG vehicle about 300 yards up the road going about 10mph looking for me with lights on. I immediately hid around the corner while the van lumbered by, never to be spotted again. After waiting 10 minutes to make sure he was gone, I embarked on the most thrilling and dangerous part of the ride. I was determined to finish the entire route no matter what the consequences. It would be a huge disappointment to get this far and not finish. Having dodged that bullet, the feeling of strength and exhilaration surged through my body. From that point I saw no other bikers and there were no more organized rest stops. 6 more hours to go in the dark, and I had to conquer the adversity:

**PROBLEM #1:** I hit a 3 mile stretch of loose gravel. Going slowly, my tires held up.

**PROBLEM #2:** I couldn't use sunglasses in the dark, but needed the blue tooth feature to navigate. The solution was to wear them low like bifocals to see over the top yet be able to hear the turn commands.

**PROBLEM #3:** Front light lost power with 30 or so miles to go. This was huge and could have ended the ride. This was my only equipment error, should have brought 2 lights. Somehow I got through the pitch back Glacial-Drumlin trail by going slow and standing up on my pedals to see down. This was extremely nerve racking and scary! I don't recommend riding this way.

**PROBLEM #4:** Ran out of food and water again. Being on country roads & trails, there is not much commercial civilization. At about Lake Mills, I was never so glad to find a Quick-Trip station. Having a bit of money, I bought super-sized Snickers bars, potato chips, water & Gatorade. I stuffed my body with as much as I could handle on the spot, and stuffed my pockets for the remainder of the trip.

After Waukesha, I was determined to finish the last 25 or so miles no matter what. Legs felt fatigued and reasonably strong, but I was falling asleep while riding, and after getting off the bike, I would wobble unsteadily instead of walking straight. It seemed like forever, but finally reached West Allis, bordering Milwaukee at about 1:30 am. Somehow after 230 miles, my Garmin directions didn't make sense, so I stopped at a couple of late-night bars to ask for directions to Brewer Stadium. I was within 5 miles but couldn't find it. Then I realized- what would I do even if I found it? No car keys or clothes, which were in my suitcase in the hands of race officials- who were in bed. There would be no marching band or even 1 person to greet me. At that point I stopped the ride on my Garmin & phone,

having put in the 234 miles. What a feeling of pure joy and accomplishment!! I DID IT! MISSION ACCOMPLISHED! This ranked in top 5 athletic experiences of a lifetime! And my power held out to record it. 13+/- mph average was not bad considering the headwind and heat.

Now my only job was to find a hotel at 2:30am with a credit card, me, my bike and a phone that was almost dead. I had already paid \$220 for a room somewhere in Milwaukee, but didn't know the name. That information was in my car. After 2 or 3 dead ends and totally exhausted, I finally found a room. What a relief to take a warm shower at 3:30am and get to sleep in a soft bed by 4am! The next morning I slept until 11am and missed the free breakfast. The phone was now dead, so I had to find Brewer Stadium on my own. This was an easy task in the light, only a few miles away. Race officials had my belongings and were waiting for the 2-day riders to arrive. I was now officially finished. They even commented on some guy they couldn't find on the course the night before. That would have been ME!

Everything had to align to make this happen.:

- Technology & bike components had to work- they did.
- Diana Schnell's massage therapist kept my legs loose and strengthened my weaknesses.
- Sunday 3-hour riding partners sharpened endurance & speed.
- Thanks to Shanty group, Sat. morning group (especially Mark Baker & Jack Herrmann), Texas Hell week group, GRAABAWR group & Scott Weakley
- No crashes in the dark
- Held off any cramping or bonking

Last but not least, I thank Debra Kruger for tracking that little "S" symbol on her I-phone map for the entire ride- especially important in the wee hours of the night under uncertain circumstances. At least someone could call an ambulance or police if that "S" stopped moving or communicating.

