



F^{OOT}PRINTS

Member News, Events, Calendar and More...



OCTOBER 2017

UP A CREEK... without a paddle

We're all familiar with the idiom up a creek without a paddle -- maybe you heard the awesome news that club members Rick Young and Patti (Young) Pulkownik finally tied the knot?! But hey, no no...don't think we were referring to Patti here!

Sincere congratulations from everyone in the club, to two of the kindest and finest friends on their knuptial knotting!



QUOTABLE

What do you get if you divide the circumference of a pumpkin by its diameter...pumpkin PI

Reinhold Niebuhr (and you were thinking Ed Packel)

CLUB NEWS

New Club Website and Membership System

Do you want the good new or the bad news first? Over the past 20 years the Lake Forest Lake Bluff Running Club has sent out newsletters and email blasts to all past and present members to keep people informed and encourage membership. Anyone who moved out of the area, stopped attending club functions, forgot to pay yearly dues, or just elected to utilize other avenues of recreation continued to receive the club information (unless you opted out).

Swinging Bridge 8K Kayak Race?

Mother nature laid a surprise on us the Saturday before the trail race, dumping a bunch of precip into the Skokie river. The bad news...this resulted in the first ever cancellation of the trail race. The good news--who knows better how to turn lemons into maalox than Rick Young, so he took it upon himself to grab a paddle and establish the very first Swinging Bridge 8K kayak race in its place! Also in the October edition of Footprints, we report on the mano y mano battle at the Buffalo Grove 5K Stampede on Labor Day, between Ed Packel and Ron Thomas for supremacy in their CARA age group competition. It was an epic showdown and our very own Thrilla in Manilla! Also, lots of Fall marathon stuff to report on. And we even have some updates on Club kids in KIDZ KORNER (member news) to share, along with an updated Club Event Calendar. Also not in this issue is Giles McSully. If you listened to his White House interview with POTUS Trump in the September issue of Footprints, you might have found it to be biased, funny and biased, or just plain HA HA funny. Well, we did have one club member, Marco Panadero write to McSully in the Footprint Mailbox. So read up on Marco's retort to McSully.

The (possibly) bad news: While anyone (member or non-member) will be able to access some parts of the website, member information, email blasts, the FOOTPRINTS club e-newsletter and other aspects of the site will only be available to active members. In other words, if you are paid-up you will continue to receive club emails, etc. Otherwise, you will be dropped and this could very well be the last FOOTPRINTS newsletter you will receive.

Live Out of the Area? Still want to keep up with club gossip and laugh or cry with Giles McSully by reading the monthly FOOTPRINTS club newsletter? Well you are either in luck and/or a glutton for punishment! There is a modest "out of area" membership fee for those too far away to share in the full delights of the club. If you are in this category, please consider signing up with this option for a measly \$10, the equiv of 2 pints of bitter in a Manchester pub @ £3.15 GBP each.

New Website benefits

- Access to the current monthly Footprints eNewsletter
- Online Membership Directory
- Online renewal of membership
- Latest LFLB Running events
- Local race information
- Member News
- Ability to easily connect with other members.

MEMBER NEWS

Passing of club alum Linda Gill



Former club member Linda Broderick Gill passed away peacefully on August 28. She ran at UCLA, where she was an All-American and member

CLUB EVENT CALENDAR

ANNUAL HOLIDAY PARTY--FRIDAY,

DEC. 1

Good News! This holiday season we are returning to the Deer Path Inn for the first time in several years. They recently completed a major remodeling project, so we expect that it will be an even more attractive venue than ever. You will also be pleased to learn that we'll be able to offer reduced prices for this year. Menu details and reservation forms will be available soon. In the meantime...Save the Date!

PUMPKIN CHASE LAKE BLUFF PTO -- Saturday October 28

The final race of the 2017 CARA Runners Choice Circuit takes place on home turf in Lake Bluff. The 5K starts @ 8AM and the Fun Run starts @ 9:15AM. Looking to add some star power to his event, Race Director Rich Martin has been working on recruiting Ichabod Crane to kick off this year's Pumpkin Chase!

[Link to register http://www.runningguru.com/EventInformation.asp?eID=27166](http://www.runningguru.com/EventInformation.asp?eID=27166)

EVANSTON RUNNING CLUB CROSS COUNTRY (XCI) -- Saturday November 11

Annual Cross Country Invitational @
Harms Woods

Join the LFLB team for some camaraderie and run this fun 5K. Check in with club Race Director Steve Clark if interested (racedirector@lflb.org). Last year, in an incredible **Men's Masters race, Track and Trough edged out Lake Forest**. Literally. If LFLB had been 0.5 seconds faster, we would tied. If LFLB had been 2.5 seconds faster we would have won outright.

Oh...and free grilled hot dogs and beer too!

THANKSGIVING DAY RUN WALK--Thurs November 23 @ 8am

*Annual Tim Plum Run/Walk 5K & 10K
(free!)*

Invite friends, family and neighbors, and join us for the club's annual run walk to

of the 1977 NCAA Division 1 Cross Country National Championship team. Linda started her family in Lake Forest but managed to find time to win the Rockford Mile (1990) and place 2nd woman overall in the Lincolnshire 5km (1988) and the Shamrock Shuffle (1989). She was coached by Greg Domantay and ran for his team Run Chicago. She often went to Naperville where they would allow her to compete against collegiate athletes. She enjoyed the many simple things in life like early morning sunrises, coffees with her many friends, and long Sunday runs.

KIDZ KORNER

Elle Burgess



Newest and now youngest club member Elle recently made her debut. In this photo, she resembles her mom in looks, and her dad in napping. Congrats to newly minted parents Kristine and Jimmy.

Max Zeisler and his cross country mates at Parkside Junior High, had an amazing experience at the State Cross Country Finals! Congrats for making it to the big dance!



kick off the Thanksgiving holiday. While the event is FREE, it does support the Northern Illinois Food Bank, so please plan on providing a cash donation or bring canned goods for the food bank.

SEPTEMBER MEET & GREET recap



The September Meet & Greet was sponsored by our good friend, Lee Harkleroad, owner of Courtyard Wines and Lake Forest Food & Wine. Lee has been a very strong supporter of our Club, not only sponsoring the Swinging Bridge trail race all 5 years, but he also hosted a very enjoyable wine tasting for our Club last spring. Lee is an accomplished Ironman, competing in all corners of the world, having run 19 Ironman events including the big one in Kona. Lee was named an Ironman All World Athlete in 2013.

FALL MARATHONS

BoA Chicago Marathon: The 40th anniversary of the Chicago Marathon was run on October 8. Rich Martin shared this blast from the past! In honor of the 40th Anniversary of the Chicago Marathon. "My Pop is running Chicago nearly 40 years ago (1978 - look closely and see the inscription at the bottom...Good luck to everyone running tomorrow and keep thinking fast and relaxed."

Kellie Tosic: Here's Kellie competing in the all conference meet representing Lakes Community HS.







Riley Loughlin: Getting full swing into the 'football' season shows his true colours and his support for Manchester City FC. Riley told Footprints, he is tired of watching the Tottenham Spurs be not so hot, and wanted to support a winning club. How can one argue the logic of that?! Smart lad that Riley.

Ryan Kennedy: Fresh from graduation and onto a professional career, Ryan Kennedy is taking a walk in the woods on the Pacific Crest trail. Just a short jaunt of 2,659 mi and 420,880 ft in elevation gain, from California to Canada.





FINISHERS Chicago Marathon
 Congrats to Carol Lundahl (a 4:04 PR and a Boston qualifier), and finishers Miki Totic, Maureen Goodwin and Giles Chick (Giles was the 2nd chick overall).

2017 Chicago Marathon	
Top Chicks in order of finish	
Tirunesh Dibaba	
Gender : F BIB : Dibaba Nationality : Ethiopia	
Last Crossed : FINISH - 2:17:56	
Giles Chick	
Gender : M BIB : 5457 Nationality : USA	
Last Crossed : FINISH - 02:59:07	
Michael Chick	
Gender : M BIB : 3060 Nationality : USA	
Last Crossed : FINISH - 03:04:26	
Sean Chick	
Gender : M BIB : 34799 Nationality : USA	
Last Crossed : 30K - 03:04:25	

FOOTPRINTS MAILBOX

Giles McSully... You've got mail !

Hola McSully: I got to write to you about the interview with the Donald Trump in the last Footprints. You clever using his own spoken words to make me laugh about our club. But I never see you wrote anything to make fun of politics before, but then I read your old articles and see that you amigo, are an equal opportunity offender.

First, you make fun of my name Marco Panadero by translating it in the English to Mark Baker--does this gringo even exist or is he fake news like everything else you write?! I remember when you had Peggy eat Chuck's schweddy balls...in a hot tub! I even gotta photo!!

How bout the time you made jimmy's beer belly so big he looked like he was impregnated! After the election you make fun of Hillary Clinton because she wore a lucky white pant suit that turns out wasn't so lucky for the señora or that donkey party.

Or when you played the voice of Lynne Hans running yarmulke which made fun of his bragging on the CARA race circuit when he was



Carol Lundahl with future marathoner grandson Ethan



Maureen Goodwin knocks off yet another Chicago marathon



Volunteering as pacers were Steve Clark, Julian Gordon, Dave Zeisler (pictured here) and Mike Marty



Our very own Jenny Spangler served as the broadcast voice of the women's race

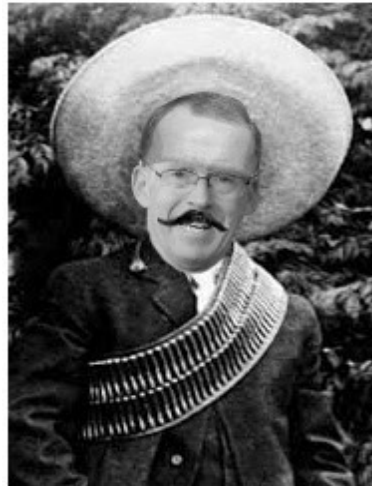
in 1st place, making his head swell so big his kippah not fit no more. And you picked on vegans saying they could get derailed by bacon...as their kryptonite.

You once used Mike Terry as a stand-in for the Pope Benedict XVI when he retired and showed a photo of Mike wearing the Papal Tiara. I think the church no like that.

I don't know if anyone can call you biased because you are loco when it comes to lampooning...but to be fair you do treat everyone equal! If this mark baker really is a real hombre (and not a bad hombre) I wanna a picture with that dude.

me haces reir,

(the real) Marco Panadero



LOCAL RUNNING NEWS



GLASA Honored U.S. Paralympian Tatyana McFadden at the 10th annual Twilight Run. Tatyana is paralyzed from the waist down, but travels all over the world as an ambassador of

running. She has won 17 Paralympic medals

Ach du liebe Zeit! Berlin Marathon September 24



Geoff and Helen Wilson travelled to Deutschland for the race, where Geoff quickly recovered from indulging on strudel, spaetzle, schnitzel, sauerbraten, streusel, stollen and sausage -- to knock(wurst) out a 4:23 Berlin Marathon.



Working on running all six marathon majors to earn his Abbott World Majors medal, Geoff also plans on eating his way through more international cuisine and has his sights set on sukiyaki, sushi, senbei, sobu, sashimi and sunomono (along with running a marathon) in Tokyo next, which will also 'serve' to qualify him for an Anthony Bourdain bistro badge.

(including seven gold medals), has 15 marathon wins including four consecutive Grand Slams (first place in Boston, Chicago, NYC and London marathons in the same year) and has broken five world records in track and field.

PHOTO: Cindy with Tatyana

Tatyana said she did not have the opportunity to participate in a program like GLASA growing up in Maryland, adding that Cindy Housner, executive director and founder of GLASA, has been helping physically disabled children and adults to achieve more than anyone thought possible for years.

RACE NEWS-CARA CIRCUIT LFLBRC'S NATHAN PAVLIK WINS CARA CIRCUIT RACE



Nathan Pavlik (**right**) ran a blistering 16:09 on a blistering day, to win the Lycee Oui Run, a 5K CARA Circuit race. Nathan beat the second place finisher by 3 seconds and was just 6 seconds ahead of third. In fifth place was club member Jason Russ (**left**) with a 17:01, good for second in Masters. Nathan was drafted to the Club after winning last year's (and every) Swinging Bridge trail race.

BUFFALO GROVE STAMPEDE

In this CARA Circuit race, a solid LFLB club



Oh geez, Kim and Stacy ran the marathon...I betcha they did good!
Minneapolis (not Fargo), Twin Cities Marathon Oct 1

Club participants racing this year were Stacy Tackett 3:50, Kim Carden 4:08. Well done girls!

Flat Landers of LFLBRC invade Wisconsin

Waiting to get things started says Rich, adding...next stop: podium in Sturgeon Bay.



Nice job by the LFLBRC team, Scott Pomerich, Rich Martin, Scott Streightiff, Mike Disbrow and Sai Padmanabhan at the Door County Fall 50 Mile Ultra, as they took 1st in the Men's Master's division!



turn out put the stamp on our competition.
From L-R: Dan Bergeson (1st AG), Nathan Pavlik (1st AG), Jack Zordan (should woulda coulda been 1st in AG), Joette Gdovin (1st AG), Ron Thomas (2nd AG), Eddie Packel (1st AG), Eric Burgess (1st AG), Eddie Zylka (ahem...4th AG).



THE MONEY SHOT!



WHAT'S BETTER THAN A POST RACE BREAKFAST?



When fast Eddie Packel treats his mates from his prize money!

FEATURE STORY

BRUISING BATTLE in BUFFALO GROVE (ROUND 1)



The CARA Circuit Race, Buffalo Grove Stampede 5K served as our Thrilla in Manilla, with 'heavyweights' Ed Packer (EP) and Ron Thomas (RT) battling it out in a race finish for the ages. Tied for 1st place in their age group, they went mano y mano at the Stampede. They began the race "holding hands" at the start line to ensure they departed at precisely the same time over the electronic timing mat for the chipped timed race. Watching at the finish line were Jack Zordan, Ed Zylka and CARA Exec Dir. Greg Hipp. Coming down the stretch, Ed had a slight lead over Ron with both runners exhausted from an all out effort. Ed was starting to wobble and lean forward like the Tower of Pisa as they approached the finish mat.

FUN RUNS...CLUB RUNS

Meet up for impromptu runs during the week.

Check with the group at the club's Saturday 8:00 am run to confirm schedules as dates, times and locations may change. Post-run cool down may lead to coffee and sometimes lunch.

TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at ArrivaDolce coffee shop. Run and stick around for a pastry and coffee afterwards.

THURSDAY Morning: 11:30 am Lake Forest College run. Six miles through Lake Forest. Meet at the college's Sports & Rec Center.

THURSDAY HILL REPEATS: 5:45pm Lake Bluff Main Square. 3.5 mile warm up, Lake Bluff beach hill repeats. Apres run beverages (beer and or non-alcoholic bevs) at Lake Bluff Brewery. Contact Mike Terry, email: tidriver@comcast.net

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. Dog walkers welcome.

SATURDAY Morning 9am: Chicago Area Runners Association 'GO RUNS.

Free 1 mile & 5K timed runs. Kids, adults, walkers, runners, strollers, dogs on a leash--Chicago [Link to information and locations](#)

SUNDAY Morning Long Run (options) 8:00am: "Sticky Buns Run"-- Lake County Preserve Canoe Area Launch Rt 60 & Milwaukee Rd

7:30am: North Lake County distance runs, locations vary. Check with Dave Zeisler dzeisler@gmail.com

TRAINING PROGRAMS: Check with club coach Jenny Spangler on programs and dates. jandmfitness@comcast.net



Ron managed to pick up his feet and his pace, took the lead and hit the the finish mat first. Then Ed hit the finish mat...literally. He lost his balance and fell forward just before the finish line mat, got to his feet, pirouetted and then fell forward over the finish line. The medics hustled over to check on a clearly gassed Ed. Clear cut right winner right? So we thought.

To be continued...

POINT TWO to GO!

Jim Sykora shows he can reach across the political aisle wearing a feel the bern (Bernie Sanders) tee shirt. Said Jim, "Unlike McSully I go both ways. HA! I mean politically!"



CLUB RUNNER QUESTION

Seeking folks to answer this interesting question: Over your many miles of running have you ever found anything interesting or even valuable on your run? Send your response to giles.mcsully@outlook.com and we'll publish in an upcoming Footprints issue.

*****kudos to you if you actually read this far down in the newsletter (you will be rewarded with a free donut at Lake Forest/Wintrust bank on Saturday!).***

SCENE & HERD



Social chairs Melissa and Joan host the September Meet and Greet

WHERE IS REFEREE TONY PEREZ? (the story continues)



Unlike the Thrilla between Ali v Frazier, referee Tony Perez was not present and there were no judges to give a decision, so we had to rely on chip timing results. Ed and Ron queued up at the race result table. Ed's confidence was low, thinking he may have finished as low as 3rd place. So, the results were in...Ed won the race by 0.4 seconds (or the equivalent of a hanging chad) over Ron.

RUN LIKE A BUTTERFLY...STING LIKE A BEE! (FINAL ROUND) Winner Take All at the PUMPKIN CHASE

The CARA standings have EP one point ahead of RT. If RT wins the Pumpkin Chase, they will end the season tied for 1st place. If not, EP wins outright and RT will be in 2nd place, 2 points behind. This is a battle for the ages!! Just how big is this battle? *It is so big it we placed two exclamation points after the last sentence.* Be there to run it, support local racing and a good cause. Or grab your coffee, bagel and defibrillator, then buckle up and watch this epic battle for Chicago race supremacy...Saturday October 28 @ 8AM !



Good guy Dave Z bags a box of donuts to share with his co-workers after his spot on 3:00 pace job at the Chicago Marathon.

**For more information check out the
LFLB Running Club website
www.lflb.org**

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