

“FOOTPRINTS”

January 2005

Happy New Year!

Be watching for news bulletins on upcoming club events, especially the Fashion Show / Pizza Party and Chilly Chili, which will be coming up in the next couple of months. When the exact dates are established, they will be announced at the station on Saturdays, and by email. If your email address changes, please make sure we get the new address. Send it to the membership chairman, Bill Bracken.



2004 Holiday Party

Once again our annual Holiday Party at the Hotel Morraine in Highwood was a big success, thanks to the efforts of our social directors, Tony Vukovics and Joanne Donnelly. We were greeted at the door by our president, Laura Kennedy... no, actually it was a mannequin with Laura's face on it. After cocktails and dinner, Laura (the real one) addressed the group, followed by Jack Zordan's presentation of the 2004 running awards and Larry Smith's introduction of the new board for 2005.

Following all this business, we were entertained by the comedy of Rick Young and the Phil Gator, better known as the amazing, incomparable, Green Man Group. You had to be there!! Hope they'll be back again next year.

Finally, we danced to music provided by Rob Woolson. Jeff Rozak even managed to get in one full dance with Laura Kennedy (the mannequin) before all the other guys started cutting in on him.

BOARD OF DIRECTORS

President

Larry Smith
821-7320

Vice President

Joanne Donnelly
548-5883

Treasurer

Ron Thomas
835-5327

Membership

Bill Bracken
367-4257

Social

Tony Vukovics
548-5883

Race Director

Jack Zordan
724-4194

Merchandising

Steve Weinstock
847-651-0092

Editor

Joan Elliott
945-8125

Web Developers

Miki Tasic
245-4507
Ken Wasetis
356-7407

Photographer

Julian Gordon
234-2089

Founder

Barry Seiller
295-5858

2004 Club Awards:

Female Runner of the Year

Laura Kennedy

Male Runner of the Year

Steve Weinstock

Female Spirit of the Run

Leigh Stewart

Male Spirit of the Run

Julian Gordon

Service to the Club

Jack Zordan

Rick Young won the tennis shoe decorating prize...his shoe design was a replica of the train station!

2005 Club Officers:

President	Larry Smith
Vice-President	Joanne Donnelly
Treasurer	Ron Thomas
Race Director	Jack Zordan
Membership	Bill Bracken
Social	Tony Vukovics
Merchandising	Steve Weinstock
Editor	Joan Elliott
Web Developers	Miki Totic Ken Wasetis
Photographer	Julian Gordon

Party Pictures

To see pictures from the Holiday Party go to our web site, lflb.org. Or check out Julian Gordon's personal site, <http://photos.yahoo.com/juliangordon@sbcglobal.net>. Look at album "LFLBXmas2004".

FROM THE RACE DIRECTOR

Jack Zordan

Watch for a new Running Awards program for 2005. Everyone will have a chance to "run away" with exciting end of the year rewards.

Once again the Club will be participating in the CARA (Chicago Area Runners Association) race circuit for 2005. We encourage all club members who like good competition to run as many circuit races as possible. Let's make the Club number 1 in '05.

A tip for those planning to run a marathon: PLAN AHEAD. Not only should you train properly, but you should sign up as early as possible. Many of the more popular marathons fill up very early. Don't get left out.

Want more running time with your friends at LFLB? Beside Saturday, you can find club members running Tuesday and Thursday nights and Sunday morning. Everyone is welcome. Soon the Sunday runs will move to Barrington. For more info please consult the Club web site (lflb.org).

Membership

Have you paid your 2005 dues yet? If not, please don't forget to do so soon. You'll find a membership form on our web site, lflb.org, and at the train station.

And whether you're paid up or not, be sure to provide our membership chairman, Bill Bracken, with your current phone number, address and email address. We want to stay in touch with you!

SANTA'S WISH LIST 2004
Or
What Do You Want for Christmas, Little Girl?

Our Holiday Run (12/11) down the path to the evergreen trees near Old Elm and back was, as always, a warm, sentimental journey (except for that cold wind out of the north.) First Larry Smith, our new president, welcomed us and then Santa arrived in the nick of time to join the run, and off we went. Come to think of it, we never did actually see him on the path, but that just must have been some of Santa's magic, because at the end... there he was, waiting to lead us in Christmas carols. We sang, decorated the trees, ran back to the station and enjoyed bagels and beverages. As is his tradition, Santa posed that age-old question to club members, kids, and total strangers: "What would you like for Christmas?" Following are some of their wishes, along with Santa's comments. (He is such a rascal.) Just in case anyone doesn't believe.... check out some of the wishes Santa granted last year.

Big Boy: A presidential vote recount. *Did he mean Larry or George?*

Little Kelly: A ducky! *Well, isn't that just goosey!*

Leigh: Happiness. *Just hang around with us.*

Jack: A big screen TV, a Ferrari, a boat and a pair of socks. *The pair of socks I can handle. Check the tree at the south end of the bike path.*

Barry: A new set of knees. *Did you say knees or needs? If you said needs, we have plenty to share.*

Peggy (2003): A good showing at the World Triathlon Championships. *Done.*

Peggy (2004): A new knee. *Take some time off. You deserve it.*

Jenny: Faster legs. *Try the web site for Kenyan body parts.*

Miki: An injury-free 2005. *You may have to stop running so much!*

Julian: A solar powered micro-Hummer. *Do you mean a car or something else?*

Sammy: Testosterone. *See Barry Bonds.*

Mike: A heart. *Yours is strong enough.*

Kate: Tall, dark, handsome and dressed in red. *Could that be Santa?*

Beautiful woman: Tall, dark and handsome in just a bow. *Pant, pant!*

Barry: A QB for the Bears. *Chad may be the man??????*

Lovely middle-aged woman: A job for my son. *Mine too!*

Rene: Abercrombie khaki's. *No more pants, just hugs!*

Karen: Another puppy. *The shelter is close by.*

Tom: A new BMW convertible. *What color?*

Kristine: A new pair of running shoes. *Check out the tree on the bike path.*

Dave: A presidential impeachment. *Do you mean Larry or George?*

Carol: Santa. *I'm booked through the holidays but how does February 3 sound?*

Jackie: A boy friend. *I'm booked through the holidays but how does February 4 sound?*

Nancy: A man. *I'm booked through the holidays but how does February 5 sound?*

Mike: Fewer carbs. *Stop eating bagels after the run.*
Amanda: I-Pod. *Try Best Buy.*
Brook: I-Pod. *Use Amanda's.*
Carole: Diamonds. *Talk to Tom.*
Little Megan: Running clothes. *See Jane for merchandise.*
Young Man: A Ferrari and a super model. *How about a toy car and Barbie?*
Joan: A new house. *How about moving in with the "Young Man?"*
Jeff: A real mannequin. *Don't you mean a womanequin?*
Little Aaron: My two front teeth. *Can do.*
Sherry (2003): A hug from Santa Claus. *Done!*
Sherry (2004): Continuing Saturday morning runs with my friends. *No problem.*
Brad (2003): The Cubs to win the World Series. *Wait until next year.*
Brad (2004): The Cubs to win the World Series. *Wait until next year.*
Sid (2003): Snow and a successful Ironman. *Done.*
Sid (2004): A tandem bike. *Too much training with Steve.*
Christina: Be able to run faster. *Hang out with Jenny!*
Carol: Something from Tiffany's in a little blue box. *Every year the same thing! Will somebody, like your husband, please buy this sweet lady some jewelry!*
Brian: Good cheer to all! *Agreed!*
Jack & Charlie: Peace in the Middle East. *Amen.*
Marie: Smiles. *A meaningful and modest wish that is granted every Saturday morning.*
Lucas: Yoh-go-oh cards. *My little elf Chuck will take care of that, won't he?*
Chuck (2003): My adoption to go well. *Done!*
Chuck (2004): Three good nights sleep in a row. *You got last year's wish, wait until next year.*

Santa wishes to all: Good health, good running and, most of all, continued LFLBRC friendship!!

*Thanks to **Ben Gralla** for submitting these articles on self-help in medical emergencies:*

ALL OF US SHOULD LEARN THIS!!!

Is It a Stroke? Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- *Ask the individual to smile.
- *Ask him or her to raise both arms.
- *Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Heart Attack Self Help....

Let's say it's 6:15PM and you're driving home alone after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Many people are alone when they suffer a heart attack. Without help, the person whose heart is beating improperly and who begins to feel faint may have only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many people as possible about this. It could save their lives!

ChiRunning, anyone?

Joan Elliott

The other day a friend emailed me, asking what I thought about ChiRunning. I had never heard of it, so I wondered whether this is something everyone knows about except me. If you have any experience with it, I'd like to hear about it.

According to a site on the web advertising ChiRunning sessions, it "combines the inner focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of the sport of running. The ChiRunning program increases mental clarity and focus, enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being." According to founder Danny Dreyer, 65% of runners in the U.S., 15.6 million people, will have to stop running at least once during the year due to injury. He says that Chi Running addresses this by teaching people a bio-mechanically correct running form that is in line with the laws of physics and with the ancient principles of movement found in T'ai Chi. ChiRunning technique is based on the same principles and orientation as Yoga, Pilates, and T'ai Chi: working with core muscles; integrating mind and body; and focusing on overall and long term performance and well-being.

And from the inimitable Kevin Koy...

Are You Sick & Tired of Wellness & High Energy? Take your Running (& your mind) to New Elevations with this Packel-Holliday Math Course

Calculus reveals the rational workings of the world. It presents a precise understanding of motion and change. Effective and accurate thinking is the result of a math background. Indeed, the transformation that took place – from the dark drudgery of 500 years ago, to the wealth, safety and quality of modern life in this burg – emerged because of calculus. Just as calculus know-how enables society’s technical advances, it can enable your advances too – *and in the privacy of your own run.*

Remember when...driving to work, you mimicked tapes teaching that useless foreign language...you livened up boring runs with headphones blasting new age music and the theme from Rocky. Now, LFLBRC lets you blend these two very human instincts – self improvement and the need to spice up humdrum exercise: Master the secrets of mathematica while boosting the meaning of your run, one calculating mile at a time. These jog-along-lectures will reveal to you parts of the secret world of integers on every run.

Distinguished and erudite running lecturers, Lake Forest’s so-called “weapons of math instruction,” (brains registered with Dept. of Homeland Security!!) Professors E. W. Packel and Dr. Robert (“Math Takes a”) Holliday conduct this LFLB University Calc Course over a 30-week marathon build-up season. These men are both accomplished runners and acknowledged math royalty (the “Counts of count”). And if you’ve spoken to either about politics, you know of their uncommon gift for transmuting the world’s complex and intractable problems with a wave of the hand and a simple liberal construct. Additionally, Dr. Packel is the noted author of ‘Probability in Gaming,’ and his recent hiring by Las Vegas Mirage CEO Frank Huel -- to enhance casino returns at the craps table -- prompted some to whisper that Packel was operating in F. Heul’s pair ‘o dice.

An Inspired Launch = The End to Tedious Running

Our LFLB club offers this inaugural university credit course in response to a bevy of complaints about club runs being boring now that ultra ultras are the fashion. We first formulated this calculus curriculum during a hilly fartlek. Theorems and derivatives poured forth from Holliday und Packel over the run’s infinite slopes and planes. At first we thought we couldn’t keep up. But then, the pace! The ideas! It was riveting, like we couldn’t stop! (By the way, for you slower math minds, rear-of-the-pack tutoring will be conducted by Prof. Eramus B. Draggin.)

Sign up now and as a charter member your only homework’ll be tying shoelaces. (You can handle that!) You’ll quickly master these mind-bending concepts. You’ll excel -- while maintaining the same pace. In fact, the teachers promise Number Magic so smooth, not coarse, that this course will be doled out evenly over the course of the course.

“This calculus running combo is an astonishing achievement. I trumpet them to everyone I meet.” --Louis Armstrong

“I didn’t want each run to end!! Jogging for calculus had me on the edge of my seat!” --Keith Stewart

BIKOMETRIX

Julian Gordon

Do you worry about knowing exactly how far and how fast you go on your bike? Do you have faith in your bike computer? Probably more than I do.

When you set up a bike computer, you either ask the dealer to set the adjustment so that it corresponds to your bike, or, if you are like me, you want to put it in yourself. The manual instructs you how to measure the wheel circumference. I did an extra careful job by placing a piece of tape to mark a position on the tire, a piece of tape on the ground to mark the start of the measurement, and rotating the wheel twice and marking the end position corresponding to the tape on the tire. The distance between the two tapes on the ground is then twice the circumference. I measured this in millimeters and divided by two. To make sure I was getting it right, I repeated this twice. I came up with 2215, 2205, 2210 mm. There is obviously a degree of inaccuracy in this measurement, but at the time, I could see no way of improving the method, so I took the average of the three results as 2210.

Another nutty thing I do is to use a GPS to keep the distance and pace of every single mile I run. I had noticed a curious coincidence – every single time I ran the route from my house and out on the bike path parallel to 176, I noticed that where I crossed the railroad just West of Highway 41, it reads exactly 2.00 miles. What a wonderful omen. It is almost like the railroad company had placed their railroad at exactly the location to provide a standard unit of distance for me.

When I crossed the same point on my bike, the bike computer read 2.05 miles, more than a 2% error. Terrible! Admittedly, I had taken more trouble to get exactly the right tire pressure by this time. Even so, my weight (including a back pack containing some surprisingly useless things as well as a change of clothes for my destination at Abbott Park) could also have affected the result by compressing the tires and reducing the effective wheel circumference.

With some positive thinking, I was able to turn disappointment into opportunity. I forced the bike computer to read correctly with a fudge factor. I multiplied the original 2210 by $2.00/2.05$ and came up with a corrected circumference of 2156. I went back to the computer and entered the corrected value.

Now both my bikes read exactly 2.00 miles every time I cross that railroad, day in day out. So, what else do I have to worry about? Well, my bike computer is the CicloMaster Model CM436M, as used by the US Post Office Tour de France Team. This computer also measures altitude and temperature, remembers the data and downloads it into a PC. It can then do more things than I have been able to or want to figure out, but just to show you the basics, the accompanying plot shows a typical ride home from Abbott Park to Lake Bluff.

The bottom axis shows distance in miles, and the lowermost curve is speed in miles per hour. The troughs are where I have had to stop at traffic lights. The ribbon that looks like a road is actually a plot of altitude in feet above sea level showing the ups and downs. The initial vertical descent was going down four floors in the elevator from my office before I got on the bike. The trough at mile four is the underpass at the intersection between 176 and Sheridan Road. Note that instead of going flat out on the downhill, I lost my nerve and braked on the blind curve at the bottom of the descent. I cranked so hard back up hill that I never recovered the same speed, and was significantly slower the rest of the way home - or was there a wind from the South? Finally, the upper curve shows the temperature, and a clear lake effect. It continuously fell through about 10° during the journey home.

I guess this is really useless data, but I love it!

