



FOOTPRINTS

Club News, Updates, Events, Information, and More...



DECEMBER 2010

ANNUAL HOLIDAY TREE RUN

SATURDAY DECEMBER 11
JOIN US AT 8:00AM
EAST LAKE FOREST
TRAIN STATION

Join us for our annual holiday tree run! Run down to the holiday tree with fellow club members to sing some festive songs and decorate the tree -- with your old running shoes! Celebrate after with coffee, bagels & other yummy treats. Everyone is welcome to bring baked goods. There may even be a very special guest visiting from the North Pole!

CLUB NEWS

MADAM PRESIDENT, THANK YOU!

Thanks to Shelley Cook for an outstanding year of leadership as our President!

Please welcome Eric Leuck as the LFLB RC President for 2011. Read his letter to the club in the STARTING LINE column.

NEW BOARD MEMBERS FOR 2011

President: Eric Leuck

Vice President: Trey Robinson

STARTING LINE

“Never stop moving, never look back and always, always think positively.”

These are words I have lived by for the past five plus years. Everyone goes through many phases in life with the hope that the positive will outweigh the negative. At the time, my wife Melissa and I had a 1 year old daughter and I still referred to myself as a runner, even though that meant perhaps running once per month. Where had the desire gone to lace up the shoes and go run that I had when I was in my teens? In 2005, I reached my tipping point after maxing out on the scale and then a month later, finding out one of my closest friends had an aggressive form of cancer. Rather than negatively looking at it, he lived life to the fullest and lived by the above mantra.

This led to my realization not to miss out on life experiences. Thus began my re-birth into trying to become a competitive athlete in basketball, biking and running. Over the next few years, I signed up for and completed my first triathlon, 100 mile bike ride, half marathon and marathon.

Which has led to this: enjoying running, meeting a great new bunch of people and being asked to be president of the LFLB running club for 2011. I never would have had this opportunity if I was not seeking out new running venues and groups. It is easy to fall into lazy habits, but much more gratifying to seek out new challenges and meet new people with whom you share a like interest. When I first began attending LFLB Saturday club runs in the summer of 2009, I was impressed with the turnout. And even when the season turned to winter and I expected a drop-off, I was excited to see week after week a hearty group of runners

Social: Kate Smith & Joan Eliot
 Racing: Steve Clark, Dave Zeisler
 and Ed Packerl
 Treasurer: Ron Thomas
 Membership: Patti Shuma, Craig Fox
 Club Coach: Jenny Spangler
 Website: Miki Tasic & Ken Wasitis
 Photographer: Mike McMahon
 Special Events: Jack Zordan, Larry Smith
 News: Ed Zylka
 Merchandising: Sandy Berg, Joy Gayter
 Ambassador: Shelley Cook

brought together through the simple joy of running and camaraderie.

I want to thank Shelley Cook, the outgoing President and the club's board for the opportunity to be the voice for the club for the upcoming year. I will do my best to keep the club moving forward through growth and carrying on treasured traditions.

Although I have had the chance to meet many people in the club, there are still some I have not met or I may recognize your face from Saturday mornings, but not yet know your name. If we have never met before, please come introduce yourself.

Until Next Saturday,
 Eric Leuck
 President, Lake Forest Lake Bluff Running Club

HOLIDAY PARTY BANQUET

On Friday evening December 3, the club hosted its annual party and award banquet. Master of Ceremony Jack Zordan did a great job and even pulled out his Don Rickles impersonation - the resemblance was utterly amazing. To view photos of the party courtesy of Dave and Olivia Zeisler, please please click [<PHOTOS @ LFLB HOLIDAY PARTY 2010>](#) to access Dave's album.

Congratulations to the following members who received club awards for competitive and service achievements in 2010. As the outgoing President, Shelley Cook was honored with a special wood sculpture for her great leadership effort. In the photo below, Shelley is with incoming President Eric Leuck.

RUNS FOR FUN

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.

A HOLIDAY RUN will likely be organized the mornings of Christmas and New Years which fall on Saturday.

TUESDAY morning 9:00 am track work out at Lake Forest High School track.

TUESDAY evening 6:00 pm run during the winter months have started again. Meet at Ft. Sheridan Metro train north parking lot at 6:00 pm. Six mile run through Ft. Sheridan.

THURSDAY morning 11:30 am run from Lake Forest College, six miles through Lake Forest, begins and ends at North Hall (Middle Campus).

SUNDAY morning 8:00 am check with the group after the Saturday run as location varies based on seasonal weather. The "stickybuns" trail run (weather dependent) starts in the parking lot adjacent to Eloise's Bakery, south east corner of Rt 60 & Rt 21. Distances up to 10 miles. During the winter, a group meets at the East Lake Forest train



Female Runner of the Year: Judy Friedes-Craig

Male Runner of the Year: Eric Leuck

Service Award: Mike McMahon

Spirit Award, Female: Peggy Gudbrandsen

Spirit Award, Male: Jack Zordan

And finally, Jack explained the club is not only a collection of runners, but the menagerie will soon include a Wolf (Kate) along with our Fox (Craig). But somehow he failed to mention our... Gayter (Joy).

NEW FOOTPRINTS

As the new news editor for the club, I am pleased to provide you with a re-kindled digital edition of "Footprints" the official newsletter of the Lake Forest Lake Bluff Running Club. By going "digital" there are now links to take you directly to web sites like clicking on the CARA logo to access their race calendar as posted in the **LOOKING FOR RACE** column. The club website www.lflb.org remains the key repository for LFLB member information. In addition for those of you on Facebook

station, distances around 6 miles through the streets and trails around Lake Forest/Lake Bluff.

LOOKING FOR A RACE?

Registration for the **March Madness Half Marathon in Cary** will open up December 31 at 12:00 noon. Last year it filled up in just 6 hours! Don't be left out. Go to <http://www.hillstriders.com/> for race info and link for online registration on signmeup.com. If you are thinking of running this race, put this down in your calendar on your to do list for the new year!

Feel like racing this weekend? Check out calendar listings for local races and other events by clicking on the logos below with direct links to:



RUNNING GEAR HERE

Interested in club logo gear? Clothing includes singlets, shirts, zip ups, hats, socks and more! Check with Joy Gayter, Sandy Berg or email merchandise@lflb.org for sizing, availability and purchase information.



GIVING BACK...

Many club members recently participated in two terrific events to support our community. Throughout the year many members volunteered to support running related activities for charities and other non-profits including the Knollwood 5K, Lake Bluff Pumpkin Chase, LEAD Run, GLASA Twilight and CARA to name a few.

we now have a group posting which can be accessed by clicking the Facebook logo found at the top of the newsletter. Contributions and input will be thoroughly appreciated including any news of interest for running and sport of course, by email to news@lflb.org. I've already received unsolicited editorial input from a number of unnamed club members with suggestions to post DVD, Youtube videos and MRIs from their surgical procedures -- knees, achillies, hips, rotator cuffs, et al. to share with the club. Comments and feedback are welcome. I Hope you enjoy and happy running!

Ed Z.

For submissions to Footprints, please send news and information to news@lflb.org. For race, social, membership news and updates, refer the web site for the appropriate [club coordinator email address](#). Articles are also welcome, but due to space constraints we would ask to limit the length to 200 words.

For more information check out the LFLB Running Club website.

www.lflb.org

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The Lake Forest-Lake Bluff Running Club (LFLBRC) acquired your e-mail address through the registration form you filled out when joining the club, or through an e-mail you sent to a board member requesting to have your address added to our newsletter subscribers list. If you'd like to unsubscribe from our club newsletter e-mails, please select the UNSUBSCRIBE link above we will remove your address from our club's master e-mail address list.

Lake Forest & Lake Bluff Running Club

The food drive organized as part of the Annual Tim Plum Thanksgiving Run netted a whopping 331 pounds. This more than doubled our previous record of 150 pounds. It was delivered to the Northern Illinois Food Bank and will be distributed to local food pantries purchasing food through them. They were very appreciative of our support and are happy to obtain donations from small groups like ours as they recognize this as a true community effort. Thanks to Jack Zordan and Larry Smith for organizing the Run and to Kate Smith, Jane Smith and all the club members who expanded the focus on the food drive.

A large contingent of club members came out to volunteer and work water stop mile 5 at the 2010 Chicago Marathon. Our participation was recently recognized through a letter received from the race organizers. The club received a donation for its participation as a non-profit organization having a volunteer crew larger than 25 people. Special thanks to all the club members who volunteered their their time and contributed to the success of the marathon!

12/28/2010

|MC:SUBJECT|
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www.lfb.org