



Lake Forest Lake Bluff Running Club

Winter 2008-2009

Footprints

Editor's Note Annie Gasway

I am happy to have acquired the post of Newsletter Editor. You might be thinking, but wait, didn't she move to Detroit? You are correct, I did. That won't stop me. In fact, selfishly, it will keep me in the "know" on the LFLB front. I am hoping to revitalize our club newsletter. Of course this will not happen overnight, and I cannot do it myself. I want to start small. Knowing what intelligent, funny, and insightful people we have in our midst I want the newsletter to showcase our talent, anecdotes, and the spirit of the club. Basically I'd like to utilize the newsletter as a gathering place for the club, a place to impart important information, pass on traditions, share experiences, replenish our love of running, and reinforce the clubs identity. A watering hole so to speak.

As the editor, of course I will do a majority the writing, all the editing, formatting, and publishing. I am hoping to turn the publication into a PDF that will be sent out by email, and up-loaded to the website. I would like submissions of stories, photos, articles, and quotes from members. The stories are to be a vital part of the newsletter. The stories will be non-fiction, and will re-tell of adventures on the run. I would love it if we could get stories from the early days of the club as well. I am excited about creating a format in which we can share our "big fish" stories with one another while simultaneously, preserving the history and identity of the club. Other columns ideas I have thus far are; nutrition, training news, club news, editor notes, results, and recipes. Submissions for any column would be accepted. I am really excited about manufacturing this meeting place for us, and look forward to receiving your submissions. Annie Gasway [annieruns24_7@hotmail.com]

Letter from 2009 President Amy Haney

What an honor to serve as President, in 2009, of the long-standing LFLB Running Club; comprised of so many wonderful and devoted people! Like many of you, running is my passion and through it, life balance. Over the past fifteen years, my challenging desk jobs have required countless hours negotiating with suppliers, muddling through office politics, pouring over daily emails (seemingly all directed to my in-box),

responding to many phone calls and wishing a lock existed on my ever-revolving office door. Fortunately, the perfect medicine was discovered, running! I don't know about all of you, but I find it miraculous how something as simple as lacing up my running shoes and logging a few miles can melt away seemingly impossible problems!

We are fortunate to have discovered this simple "life secret" (running), which positions us to make lemonade from the lemons that are tossed our way. As we sip our lemonade, others struggle to find balance and happiness. Perhaps in the coming year we can share our lemonade and invite our struggling friends to lace up their shoes on Saturdays and join us for the lovely runs through the beautiful streets of Lake Forest.

As we strive to bring new energy and membership to the Club, let's not forget all the "old timers"! The energy the youth exude is refreshing, but it's the "old timers" who have made this Club what it is today. For those of you who have indulged in your holiday CD gift, you realize the immense amount of time and energy that was expended to make this treasure possible for us. Following is a snippet of an email I recently received:

"Julian shared 4-5 years of his time as well. Judy Friedes-Craig, Grady Harris, Keith Stewart, Joan Elliott and others shared their talent and time to produce 25 years of "Footprints" memories. Then Kris Scharp spent the good part of a year, in her spare time, scanning every page of every newsletter to create 1 CD that represents 25 years of Footprints." This, in addition to realizing that Cappy personally wrote and edited a 10-page "Footprints" newsletter every month for five years screams dedication. Thank you to all of you who have made this Club so special!

It is my honor and pleasure to be a part of this Club and I thank all of you for your dedication to "our sport" and to this Club Let's work hard to make 2009 a happy, healthy and fun year!!!

Amy R. Haney

Tim Plum Run

Congratulations to all of you who participated in the 2008 Tim Plum Run. We have just received our Donor Receipt from the Northern Illinois Food Bank and they acknowledged that our Club contributed 263 pounds of food for distribution. Thanks to all who generously contributed at the run.

Lacrosse Festival of Races

On the weekend of May 2-3, 2009 there will be a Festival of Races in beautiful La Crosse, WI. A good friend of Ron Thomas and Barry Seiler, Wayne Goeldner is part of the organizing committee and promises everyone a good time in one of the most beautiful cities in Wisconsin. Wayne was one of the founders of the Chicago Marathon and has commented that the race routes will be some of the most

beautiful you have run on. The confluence of the three rivers, Mississippi, the La Crosse and the Black, provide an unbelievable backdrop for the runs.

In addition to the Marathon, half Marathon and 5K Races, there will be a cycling criterium, children's events and a Fitness Expo. La Crosse is a short 4 1/2 hour road trip from Lake Forest/Lake Bluff and could be a great destination for those wanting to get a good race/run in the spring

Details and further information can be found at the event website, <http://www.lacrossefitnessfestival.com/>

Nutrition?

The holidays are over, but do you still find yourself paralyzed in front of an open fridge, looking at the carrots, then the cookies, the carrots, then the cookies only to grab a cookie? It happens to all of us (not just at the Holidays). Healthy choices don't always have much to do with price or knowledge. Sometimes not even convenience is a factor. Now that the Holidays are over it's the perfect time to explore some things that might help us be more successful in making healthier choices.

We all have a nutritional Achilles Heel. It is no secret that I have a voracious sweet tooth. It just takes over. Sometimes I discover myself above an empty bag of Bit O Honey's wondering where I am, who are these children calling me "mom", and where can I get more candy? Okay so maybe it's not *that* bad. I hope. Binging on our favorite food happens when we do not allow ourselves to enjoy "it" in regular controlled portions. We shouldn't limit our diet. For example, I keep No Pudge Fudge on hand at ALL times. It's sweet, and chocolaty, and delicious, and wonderful. Oh yeah it's also organic and fat free. I mix it with low fat organic vanilla yogurt making it a healthfulish compromise. I also eat my treat every evening after my kids go to bed. This gives me something to look forward to. I think the schedule has helped my will power, by giving me a light to focus on, and curbed my cravings by programming my body. Scheduling your eating is also an extremely helpful tool.

Life is crazy, at least for me. I can't always follow a schedule for eating meals, "beepbeepbeep" "Oh my it's 10:15 I must eat my mid-morning snack! Now if you'll just excuse me." Uh yeah, that's not always going to be a possibility. However, I have been most successful in making healthy choices when I have been able to follow a schedule. This works by allowing you to prepare your food *before* you get hungry. Hunger during meal preparation leads to "panic eating" Homer Simpson style. You are just grabbing the most appetizing convenient food as fast as you can. This type of eating is equivalent to impulse buying. It's best to prepare food when you are able to actually consider it's nutritional value. Speaking of Homer Simpson, there are two reasons why many people make unhealthy choices, stress and boredom.

Stress is complicated, and as runners you'd think we'd have a healthy coping mechanism. We are in denial. Leave the Blasé attitude to the surfers, this is an activity reserved for the compulsive, the perfectionist, the "Type A" personality (except for me, of course). The same personality traits that make for good runners, also makes us prone to stress related

health problems. This means "emotional" or "stress" eating could blemish our prized self-discipline. It is important to deal with stress in a healthy manner. Don't just rely on your running; we do get injured at times. Whether it is yoga, a stress ball, writing, reading, or talking with friends find a way to deal with your feelings that doesn't involve food. As for boredom, most "Type A's" don't get bored too often. Just in case you do, try making a list ("make a list" see I am Type A) of things you can or need to do. Post the "to do" list on the fridge, then when you go to eat it'll be there reminding what you can do instead of stuffing your face.

Most of us know Foods are best raw, or steamed. All fruits and veggies can be eaten just as they are purchased, although, a raw Plantain isn't too yummy. Keep on hand plenty of fruits of veggies you can plop on a plate and eat; grapes, apples, bananas, carrots, celery. If you cook a vegetable, asparagus for example, use REAL butter or olive oil. Keep the list of ingredients simple and familiar. If you don't know what's in it don't eat it. If you love meat, as I do, cook a couple of pounds on the weekend, and put it in the fridge. Heard any of this before? These tips are all great and true, but if you are eating because of boredom, panic, or stress they will be impossible to bring to fruition. Healthy choices aren't made simply because of what you buy, how much you spend, of what you know. Healthy choices are made when you are living a balanced life.

Nutrition isn't only about buying the right types of food; it's about a well balanced life.

2008 Board Members

President - Amy Haney

Vice President - Shelley Cook

Treasurer - Ron Thomas

Membership - Bill Bracken

News Editor - Annie Gasway

Social Directors - Melissa Nides and Patty Shuma

Race Directors - Dave Zeisler, Steve Clark

Photographer - Mike McMahan

Merchandising - Craig Fox

Coach - Jenny Spangler

Web Site - Miki Totic & Ken Wasetis

We're on the Web www.lflb.org

