

# Flying Feet Run blends family, fun and fitness

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As the Glenview Park District staged its second-annual Flying Feet Run on Sept. 22 at Gallery Park, officials wanted to organize the day around three themes: fun, family and fitness.

About 80 people arrived that Saturday morning to race in a 5K trek around the Glenview park, with many being cheered on by family and friends. Once the race concluded, it was time for a short, family-friendly “fun run.”

“I’m all about promoting fitness, and this is

a fun way to do it,” said Kathleen McInnis, the Park District’s fitness director.

For the 5K, there was a competitive aspect to the day with medals presented to the top three finishers in each category. Runners were classified by gender and age groups, from 14-and-under racers through racers aged 70 to 79.

Despite the competition, the racing in many cases just served as a way to spend some quality time with family.

Such was the case for Glenview resident Lauren McMillin, a third-grade

teacher in Bannockburn with a 5-month-old daughter named Maisie.

McMillin had run in the area before with Maisie in her carriage, but the Flying Feet Run was the first time McMillin raced on a course with some small peaks along the route. Still, she was not dissuaded by the challenge.

With her husband, Ryan, and two friends nearby, McMillin pushed Maisie in the carriage while holding a chew toy, mostly one-handed. She said she stayed back to not interfere with the other runners and had to stop to feed Maisie once along the way.

The up-and-down nature of the course was cumbersome at times, but the McMillins were not strangers to the area.

“The hills are definitely more difficult than the flatland, but we run this area a lot, so we knew this course,” McMillin said.

Glenview Stacey Goldberg used the race as family time as she ran the course with her 10-year-old son, Alex. Like the McMillins, the Goldbergs have trekked in Gallery Park before, but Stacey noted how their dynamic has changed over time.

“We get to do it together,” she said. “It used to

be he had to keep up with me. Now, I have to keep up with him.”

Setting the pace was 55-year-old Glenview native Greg Kurtock, who crossed the finish line first with a time of 19 minutes and 52 seconds.

Kurtock — who said he does other races and is training for a marathon in Sacramento, California, at the end of the year — had some fun with what it meant to win Glenview’s Flying Feet Run.

“I’m a big fish in a small city,” he quipped.

Kiki Patton, a 13-year-old member of the Springman Middle School cross-

country team, was the first-overall female finisher in the race.

“It makes me feel good, and it makes me stay in shape,” Patton said of what she enjoys about running.

After the medal ceremony for the 5K race, there were many smiles on faces of both adults and children taking part in the fun run.

It was there that Glenview native Tony Lindsay was joined by his wife, Mara, and their three children.

“This is our family’s favorite place in Glenview,” Lindsay said. “It’s the first day of fall. What could be better?”

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## Willowbrook School thanks first responders on Patriot Day

SUBMITTED BY DISTRICT 30

Willowbrook School hosted a Patriot Day assembly on Sept. 11 to honor first responders, police officers, firemen, soldiers and paramedics who have chosen to spend their lives helping others.

Seventeen years ago, Presidents George W. Bush and Barack Obama named Patriot Day as the National Day of Service and Remembrance, in honor of the terrorist attacks that claimed thousands of lives on September 11, 2001.

“We remember this day and honor first responders because 17 years ago, a small group of men tried to hurt America, and we salute the courage and bravery of the many responders that came to the rescue to help all of the Americans who were scared,” Willowbrook Principal Scott Carlson told the audience of faculty, parents and students.



**Glenview Police Officer Joel Detloff speaks to Willowbrook School music teacher Kurt Barker.** PHOTO SUBMITTED

Carlson explained that a patriot is someone who feels strongly for his/her country and chooses to spend their lives serving the country and helping people. They are the first to arrive and provide assistance at the scene of an emergency.

A group of first responders representing Glenview, Des Plaines and neighboring communities took the time to attend Willowbrook’s assembly, include Glenview Police

Officers Joel Detloff, Jim Foley and John Calvey. Des Plaines Police Officer Dustin Kauth and fireman Jered Milton were also in attendance.

Eight first-grade flag raisers posed respectfully during the recitation of the Pledge of Allegiance and the National Anthem. They raised the flags again when everyone sang “My Country ‘Tis of Thee,” accompanied on piano by music teacher Kurt Barker. The first-graders included

Johnny Dore, Lee Eichmiller, Graham Lezak, Kyra Sikaras, Alex Zhang, Benny Schwartzberg, Ariela Cortesi and Fyodor Trotskin.

“On September 11, 2001, so many people took care of each other and helped each other that day. We solemnly remember those who were hurt and the bravery of our patriots.

“We are so proud of our people and our communities. In honor of Patriot Day, I challenge everyone to thank a patriot. Write them a letter, wave at them, or shake his/her hand and tell them you appreciate their service. I also challenge each one of you to be a patriot, and follow the pillars of good character by being an upstanding citizen,” Carlson said.

After the assembly, many adults and children wearing red, white and blue came up to the first responders and thanked them for their service.

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