

THE JOHN POND MEMORIAL JULY 15TH INVITATIONAL RESULTS – 2025

Measured Mile (14)

5:16 Dave Petersen - Every July, I face my dusty stationary bike in the garage for my yearly workout. Today I had the arcane pleasure of riding my cheap and cheesy Chinese stationary bike to nowhere.

Alas, unable to find my Glenbard baseball cap this morning, I settled for the aged White Sox World Series cap, now 20 years old. Wearing a faded headband, I climb on, the bike creaking under me. I pedal slowly at first, pretending I'm somewhere picturesque. My thoughts wander as I ride to an idyllic setting at a Tibetan monastery nestled high in the Himalayas. The air is crisp. Towering stone walls, adorned with colorful prayer flags flutter in the breeze and enclose the courtyard where I ride. Monks in crimson robes stand motionless having taken a vow of immobility. Their soft chants mingle with the chime of prayer wheels spinning. A golden stupa gleams reflecting the pale morning light. Snow-capped peaks loom in the distance, and a profound stillness wraps the courtyard, broken only by the distant caw of a raven. The atmosphere feels ancient, serene, and alive with quiet reverence as the monks stand motionless. They quickly discover that I had not taken the vow to be stationary seriously even though I pled that I was going nowhere on a stationary bike. They noted the whirling motion of my feet. Unfortunately, they had not taken a vow of silence and they railed against me without mercy. I was unnerved by the menaced shaking of their pointed quills until the ride took me elsewhere. The overall experience left me with the realization that hell is real and probably staffed with angry monks.

Then my wandering mind took me to Tuscany where I glided down a winding road past vineyards sprawled across the Tuscan hillside, bathed in golden sunlight. Rows of lush green vines, heavy with clusters of deep purple Sangiovese grapes, stretched toward the horizon, their leaves rustling in a warm breeze. Ancient olive trees dotted the landscape, their silver-green foliage shimmering. In the distance, a centuries-old stone farmhouse with terracotta tiles stood proudly, its walls weathered by time. Cypress trees lined the road, casting long shadows. The air carried the scents of ripe fruit, earth, and wild herbs. Caught up the beauty of my surroundings I cycled carelessly around a bend in the road and hit a horse-drawn carriage with a high-spirited wedding party on board. Suddenly, I was pedaling as fast as I could with drunken winos burping Tuscan wine chasing me. It appeared that my subconscious had turned a happy challenge into a darkened escape from the bonds of exercise. I rode 1.6 km (they use the metric system over there) (1.0 mile), in 5 minutes and 16 seconds. The bike, silent, waits for next July.

6:00 Mary Hanson Hirsch - Thanks for doing this again. We would feel a bit of defeat if we didn't continue or at least try. That put me on the recumbent bike again, not much of a challenge, but a "doing something". One mile is accurately recorded on that equipment, and I did it two times--once in 6.0 and then in 6.4--Wahoo! I haven't given up on getting back out there with a good stride, and "you never know" how you can improve until you just keep trying. This is not the time to try outside again because of the heat and rain. The heat grips you immediately and can make you sick quickly. I still love this state and the way of life, but July 15th isn't pleasant weather usually.

I am loving reading about all of you who participate and appreciate hearing from those that don't. I guess that we all are doing the best that we can.

9:08 John Windeguth - Greetings from Barrington, IL. Well I must be getting old. I was not able to walk the mile today because of an arthritic hip. I knew I had a problem Sunday while at the Art Institute, where I could at least sit down every other room. So I decided this morning that if I could get my leg over the seat of a bicycle I would try riding the mile. This I was able to do. My son-in-law measured out a mile down a local street, and I was able to stay on the bike for the mile. (rode a bike about four times in the last twenty years) Used my daughter's bike. Started at 8:15, temperature 75, clear but air pollution warnings. Finished with a 9:08 time. Subsequently met Roger and Judy Iden at the boat house. We then met with the rest of the group at the Seven Dwarfs. See Roger's report. Am so glad we were able to meet again under these circumstances.

10:23 Steve Capel - I reminded my dad, Steve Capel, about your incredible reunion and he asked me to report for him since he no longer uses a computer. He wanted me to let you know that he rode a stationary bike for a mile in 10:23.

LISA (CAPEL) JONES

10:23 Tom Chandler - I guess I won't quite finish the reports on the 15th but I had many interruptions during the day including two visits to my audiologist as for some reason, I could not hear anyone I called or who called me. My hearing aids were fine. It was the phone settings that needed help.

I actually took off from emails at about 10:30 AM and went to the high school track of the neighboring town where I had run a 10:43 a few days ago. I thought the sea level track would have less impact from any wind at our 1000 foot local high school which is more exposed. It started overcast with only a slight breeze but a little harmless sun started to break through. Just two kids kicking a soccer ball and a younger old guy than I running a mile with a stopwatch. He ran a fast pace but was not a factor for me. I

didn't pay attention to the elements but it was about 69-70 I would say, and so little humidity, I didn't draw a sweat.

A few days before, my first lap was 2:25 and I was pleased to hit the same time at the quarter mile as I knew I could break 11 minutes, my goal. So I could just run my race, needing only a 2:45 for the other three laps to beat my 10:50 from 2024. I ended up with a 10:23. I looked up 2023 and I wasn't that far from my 50:10 from two years ago. It was a good feeling.

Thank you all for your participation. It makes me feel like we are all doing our mile together, which was the original idea.

11:29 Hardy Wieting - Literally, one second less than last year. At least there's no degradation. I wanted to run on my birthday, the 19th. Not often that my birthday coincides with one of my regular mile-run days. Beautiful morning under the marine layer, which did not withdraw until noon. Been in the 70s here. On the packed-sand track behind the elementary and middle schools, which I discovered when covid shut me out of Soka U's track. Not another person there. A very large area with a football/soccer field occupying the grass in the center of the track, and other grassy areas, plus two baseball fields and a fenced-in lacrosse facility. Ps. Capo was founded in 1776.

14:56 Dave Hollinger - There is no way I can compete with Dave Petersons' eloquence. So I'll just say he's got me beat by a mile !

And I'll lay out a little of my day. Today was a busy day taking care of doctor appointments, PT, shopping, picking up the car after a 70,000 mile maintenance (& leaving the car dealer \$1000 richer, and me a \$1000 poorer). So after dinner, there was only a little time left to get the mile completed. I skipped my nightly cornet practice, even though I'm playing in the Band of The Two Rivers concert this Thursday.

Here in Ocean, NJ, it was a hot muggy day. By evening it was still 78 degrees, and not likely to cool down much. So, I decided to do the treadmill, and use the handrails to reduce the impact on my right knee. I tried to beat a 4 minute mile - I mean 4 miles per hour - and recorded a decent 14:56 mile - not quite as good as last year, but I was able to run the last 100 yards or so.

It's great to hear from all of you. I would like each of you to know that I treasure my memories of the wonderful people I met and mingled with. You are all special ! Kudos to those that are in the next generation. And next year I'm going to scheduling a trip to visit family in Carol Stream for July 15th. I plan on attending the mini-reunion at Lake Ellen, and more importantly, at 7 Dwarfs in Wheaton. How about others doing the same thing? See you there!

15:52.2 Teun Schoolwerth - From Chesterfield, NH, where it is 85 degrees, 62% humidity, and sunny. I did my mile on the Keene High School track. Time was 15:52.2. Good luck to all of you on this day.

17:14 Helen Moran Lemal - 1 mile by Apple Watch: 17.14" uphill both ways, or so it felt. Hot at 9:45 am at 6300+\'-. Walked all but a little jog. Knees still mine and holding up so far. Still play tennis regularly. Getting harder to find tennis players, too many have switched to pickleball. Most of the ones I can find are 10-20 yrs younger. Great to hear from all of you! Wonderful time, Tom!! Can I turn in times from grand kids who aren't with me except in spirit? Helen

17:49 Jo Rice Borden - Greetings from Surprise, Arizona, where it was 105° when I did my mile this morning. I did my mile in 17 minutes 49 seconds. Not sure how that happened, but that's the way it is.

Tom, thanks for doing this each year. It is always fun to hear from different people and see the results of our abilities as we begin to get a little older.

18:56 Jim Lewis - I did my mile in 18:56. No dogs, no wind, no sun as I have been inside the Cluj-Napova, Romania airport for 7 hours today en- route to London. Spent a week driving around Transylvania, beautiful countryside and majestic mountains. Wishing all a great day, and good health looking forward. Kind regards to all.

19:41 Roger Griffith - Thanks once again Tom for all the work you've done over the years, organizing this event, and bringing us all together, even though it's mostly a remote gathering, and reminding us all of what a wonderful life, high school, and all the wonderful memories we've created together with our many classmates!

Below is my report on my mile on the Glenbard track, along with my pictures of another wonderful gathering with my fellow classmates! Judy Iden Hesrick & I had a wonderful, slow walk & talk around beautiful Lake Ellyn. I then followed that with my 4-lap mile on the track. The 11 AM temperature was about 90°; humidity about 70%; with mostly sunny skies. So I was soaked with sweat when I completed my very slow mile. As with every year in the past, the Lake Ellyn area had many people enjoying the fabulous park.

It was interesting that when my stopwatch showed 4-minutes & 45 seconds.(which was my normal pace for an entire mile in cross country at college), and yet I'd only covered about 3/4 of a lap around the track. By the time I did my 4-laps, my time for the mile was 19 minutes & 41 seconds (which struck me as being very interesting, as that was the year most of us were born in!)

20:77 Neal Whitecotton - I met daughter Anne Carpenter at Cibolo Nature Center in Boerne TX. 8 am, 74 degrees, 95% humidity. With her trusty dog Walter, we covered our mile in 20.77. I will attempt to send a couple photos of '59 memorabilia I ran across

42:58 John Staedke - Good morning all. Happy 4th of July. Congratulations to all who manage to traverse a mile today! You rock!

I changed my venue this year from a local park to the campus on which we live. The route was part neighborhood and part ring road around the building complex, with a 22' elevation change up and down. Sporting Gary Mutz' Glenbard hat (in his memory and John Pond's) and hanging on to my trusty rollator, I trudged my mile in 42' 58" and was glad to be able to do it. The 76 degree temp had a 90 degree feel though there was a gentle breeze. Humidity was 95%.

Non-Conforming (7)

19.2 Bob Stoothoff - I walked 2.2 miles with Cindy and our grandson this morning here in San Luis Obispo, Ca. where we spend some of our summer each year. Walking and talking is a pleasure with these two so, I did a leisurely pace, averaging 19.2 minutes/ mile according to my watch. We are grateful to have these opportunities with family and the escape from the summer heat in Williamsburg, VA. We will celebrate 40 years of marriage in August by returning to Killington Vermont where it all happened on the top of Killington Peak in 1985. I doubt, though hopeful that we will be able to climb the last 200 feet up from the chairlift on our 50th anniversary 🙄. We also look forward to seeing the Schoolwerth's when we are in Vermont this summer.

22:00 Cathy (Ayers) Allen - I did my mile in Ann Arbor, MI on the city streets - lovely warm weather, lots of flowers, greenery, birds to cheer me and an occasional squirrel running around. I don't have a precise measurer of a mile but we timed the route out in the car to a mile. My time was 22 minutes and fun.

25:00 Barrie Good Burr - Nice walk in our 92 degree heat today. I walked a mile and a half in 25 minutes.

I have finished my book, People Live Here and it's up on Amazon. I have worked as a medical insurance examiner going into more than 35,000 homes to do medical exams. People love to talk and have told me their stories. My book tells many of these stories. I used a photo of the house I grew up in Glen Ellyn on the cover.

25:00 Diane Meinert Curran Harrel - I am happy to report my time. 1 mile in 25 minutes uphill for the first half on an 80 degree day. I am anxious to hear from other milers.

65:00 Marybert Buethe Carveth - Thought I might walk this year with Cliff and Thor on the Bellevue Park circuit! Even offered a Molly Moons ice cream afterwards! I've recently moved from my roots in Glen Ellyn to my daughter's home in Yarrow Point WA. I walked early because of 90 degree heat warnings - and it was a beautiful time - although lengthy - 65 minutes. Hope my former bunch at Lake Ellyn had a good day!

Karen Murphy - Karen Murphy in Wickenburg, Arizona, elev. 2,202 ft, where it's 99 degrees outside and a pleasant 82 degrees inside, humidity 28%, and air quality from Phoenix registering moderate. I did better than the CHEATER challenge by doing a one-hour Pulmonary Rehab class by video. We start and end with breathing exercises and in between are the stretching, upper body and lower body exercises. Time for a nap now! It's so great to be connected with my fellow graduates at least once a year! Thank you, Tom, for making it happen.

Jan(et) Kelley Halvorsen - I had to do the C.H.E.A.T.E.R. Challenge this year. I'm on my way to Hawaii and have a stopover in Seattle. I went to gate S2, a section that was sparsely occupied to do the set of exercises twice as recommended, doing 10 sets of each the first time through and 20 sets of each the next time. I used the base of a chair for the foot exercises. As people come to sit in this section, they just ignore me and talk to each other and play with their phones. I guess it's not odd to be punching the air or doing make believe jump rope. Airport Security wasn't notified, I guess. I hope I can do the mile walk next year. Best of luck to all!!

No Time or Distance Reported (15)

Kay Hall Konepka - THANKS FOR SENDING THE PICTURES! I PLAN ON BEING THERE, KAY

Pam Wildish Bosworth - I am not going to be able to do my mile this year - I had knee replacement surgery 5 weeks ago, but I hope to be back participating next year, so keep me on the list! I do look forward to reading classmates' emails - always entertaining and a way of keeping up with our Glenbard '59 grads.

Barbara Fossum Mutz - Tom, A bit of a change from River Chase days. Good memories but was more fun living those memories. We will probably never get Wells back from UCLA. She is loving it there and getting all A's, applying to the engineering school, dating a guy from Newport who is on the volleyball team, Luka Curci.

I will be in France for the run so will count steps or something.

Judy Wood Talley - I know I am late but alas I have little to report. I have had an ankle problem for over a year and while it is probably fixable, I cannot take the rehab as I have to

help my hubby who is on dialysis. So I do a little pickleball, water vb , ping pong and not much running or walking other than the grocery store. Hate it but some things are more important than others. I thought of everyone on the 15th as I entertained my son and family--a once a year visit. So congrats to you and to all!! Maybe next year.

Janet Whittaker Rink - In addition to the one-mile event with all its strict rules about measured miles and stopwatches, July 15 offers circa 84-year-old classmates who have never run a mile to create alternatives. They absolutely will NOT be accepted as official by the maker of the rules, but they offer the possibility of observation. Cherokee Park is a 409-acre park in Louisville, KY., designed by Olmstead and Co. For those who want measured distances, it offers a 2.2 loop mercilessly without shade this time of year. For those unconcerned with measured miles, the middle path connecting one side of the loop with the other offers shade from a canopy of trees (luminescent undersides of leaves closest to the ground), birdsong as well as gentle tapping from Downy Woodpeckers or pneumatic drilling from Pileated, a creek for dogs to wade or swim in, 15-foot cup plants that hold water in their leaves and attract yellow birds with black stripes (Eastern tiger swallowtails), narrow paths for fawns to run laps while their moms graze nearby, gray chunks of Sycamore trees inviting games of "What do I look like?" Meeting a young woman who calls herself "Sunshine," and walks barefoot, so the protruding roots can massage the arches of her feet. Appreciating the beauty in tiny clusters of star-shaped white and pale lavender flowers growing on a perennial weed called Horsenettle. Then there's the man with scraggly black hair sitting on a bench cradling the case holding his acoustic guitar. A bare trunk about 50 feet tall dreams of becoming a totem pole. When I see the loop road rounding the bend, I turn and return on the middle path.

Linda Kellogg Pond - Hi Tom, I like your new alternative for the mile run 😊 that I can do. I have been doing core class several times a week for years. Also water aerobic, thanks.

Kirkie Morrissey - Tom, I am so sorry I will be unable to participate this year's John Pond mile. I had a bad fall a week ago that will keep me from participating this year, unfortunately. But please do keep me on the list. I do enjoy hearing everybody's updates and fun comments. How I wish I could join you at the seven dwarfs restaurant. I have great memories there.

One update on a class member Laurel Gunderson Davey, whose husband Rodd passed away a week ago. Rod suffered from Parkinson's and battled valiantly,

Thank you, Tom for all you do and staying on top of all these records every year and passing on updates and fun comments. We have a great class!

Jeff Baker - Hey Tom. Please include me in the results recap as I won't make it on the 15th as I'm working, still, at Arrowhead. I also want you to know that I'm so sorry to hear about Chuck: a great friend of yours for so many years. I know these things happen and unfortunately much too often. Take care Tom and thanks for all you do for this great class we were all privileged to be members.

Nancy Fricke Johnson - Greetings from The Woodlands, TX! You are terrific to be organizing the run another year. Your efforts have kept the Class of '59 moving and communicating for years. Thank you for doing this again!

I will not be participating again, but please keep me on the list. I love hearing from everyone and enjoy all of the responses. I loved hearing about you running with your grandkids and motivating them to keep it up. Those memories will stay with them all of their lives. Thank you for keeping me on the list although not participating!

Eileen Dowlatt Quinn - Sorry to say I won't be participating this year due to a groin pull. For some reason this year my body has been manufacturing injuries causing pain in various parts of my body. I suppose this is what to expect at our age. Any suggestions for treatment and prevention? I'm impressed that so many of us are still continuing to actively participate. Bravo! I sure hope to join you again next year.

On a positive note, my husband and I will be traveling, along with our immediate family, to San Diego, California in several days to attend our granddaughter's wedding. We're extending our time there afterwards to spend some days near the beach. We're both working on getting ourselves physically and mentally prepared. Packing sure isn't fun. It seems we need to bring more along now.

As a side note, I'm curious how many of us are still living in our homes independently? We're still in a townhouse but are looking at other options. Any input on your present living accommodation would you care to share?

Sorry, Tom, if I've gotten off topic. Thanks again for organizing this event and please include me in the results. Our best wishes to all, Eileen

Becky Bulleit Gelhaar - I look forward to hearing from our dear classmates. We are so lucky to keep in contact through Tom's July 15 event!

Thank you also for the MANY cards and emails about Chuck's passing. It still does not seem real but I am doing well. Yesterday I also put our precious 18 year old dog Mitzi to sleep. I will take her ashes to mix with Chuck's when we take them to the ocean outside Newport Beach where we kept our boat.

I will walk my mile today but since I don't have a stopwatch and was disqualified last year I will not be reporting my time. I will be thinking of all of you as I walk. My 2 new knees are really great! Love to all of you,

Cliff Argue - I also will not be participating in the John Pond July 15 Invitational Mile this year. I have two medical procedures this coming week. Even without them, I am not sure my legs could make even a 1/4 mile right now. Like Judy, I plan to participate in 2026.

It has been great fun all these years both participating and then reading the reports from everyone. Thank you, Tom, for keeping us moving and together, and to Roger for organizing the local Lake Ellyn/Seven Dwarfs activity.

I trust that this message will satisfy the Executive Committee for continued participation.

Judy Smith Noren - Unfortunately, I will not be able to participate this year as I just got home from 2 months in the hospital and rehab. I plan on participating in July 2026. I look forward to reading the responses from those who do their mile.

Kate Knowles Strasburg - I will not be participating this year because of a family crisis, but I would like to still read the responses. Thanks,

Joni Paulsen Fuchs - Thank you Tom. Although my brain is still working well, I couldn't begin to do the exercise in any form. My vertigo makes it impossible for me to do this, or the alternative. Please keep me on the list.

Friends and Family Members

(3)

8:05 Lisa Capel Jones - Since Steve no longer runs, he also asked me to report my best mile of my 4.27 mile run this morning. At 5am (before the sun would beat on me) in a cool 80 degrees with 37% humidity in Anthem, AZ, the 3rd mile was the quickest at 8:05, according to my Apple Watch. (I was shocked that I improved by 5 seconds over last year.) I did not encounter any monks or Tuscan vineyards, but I did give a nod at the (world famous) Anthem Veterans Memorial where we laid a paver in memory of Glenbard's Original Hitter, my Uncle Bruce, along with all his Quantico Marine Athletes of the 60s who were KIA. I could not help but smile as I know Uncle Bruce would approve of your camaraderie and active lifestyles.

We hope you have fun today enjoying your classmates and your renewed activity! I will enjoy reading all your stories to my dad and he will be smiling with lots of great Glenbard memories!

12:47 Rachel Pond Dibble - I am so honored the John Pond Memorial is still in action. He is cheering us on now as we endure unstaggering heat, and all the other human aspects to aging! Here in Nashville it is a steamy 96 degrees. No breeze, humid, sticky, also known as a sauna. Brought back memories of running 1/2 marathons in Southeast Asia many decades ago, with the Hash Hat Harriers global running community.

Anyway, back to the run. Of course listening to my fathers unwavering voice of how to run in heat, keeping pace, stride, breath, etc. These strategies yielded a 12:47 mile, down Belmont Blvd and back. Much love!

20:77 Ann Carpenter - Neal Whitecotton met daughter Anne Carpenter at Cibolo Nature Center in Boerne TX. 8 am, 74 degrees, 95% humidity. With her trusty dog Walter, we covered our mile in 20.77.

No Report