July 15th Invitational – 2005 through 2010

ANNUAL SUMMARY OF RESULTS

2005

1. Stakes at 7:06
2. Mutz at 7:19
3. Chan at 7:21.83
4. Teun at 7:23
5. Jim Lewis at 12:10
6. Chuck and Skipper at 13:22 for 1.278 mi.
7. Dave's Two-Dog One-Mile at 14:28

2006

1. Dick - another 3:54 for a mile. ho hum

2. John - Including an extra 10-12 yards (to round out a mile on what I assume was a metric track), I clocked 6:55.84 at 7am this morning in 82 degrees with 66% humidity. As last year, the legs weren't the limitation, the lungs were.

3. Mutz - To all, the temp was 75 with a 85% humidity. The lungs were great but alas no more legs. Time was 7:18 same as last year not getting better but holding my own. WAIT UNTIL NEXT YEAR

4. Teun - No training, sore legs, no excuse: 7:52.

5. Tom - I ran 7:54.8 (zero humidity, 70 degrees, after a morning baseball game, washing the car and dog, two gin and tonics but also no training).

6. Pondy - Not good, much pain and now this morning more pain, but this may provide the motivation for some conditioning, now I know how bad of shape I'm in. 12:10

7. Dave Z - I suppose it's time for me to report on my effort. It isn't going to get any better by 7-15. I walk a measured two mile course on moderate up and down grades on a paved path. I wear a heart monitor with the objective of keeping the heart rate between 95 and 105 for the duration of the walk. I take my two hounds with me. My best time for this exercise walk is 28 minutes, not including warm up or cool down. So that's the two dog walk for this year.

7. Mary - One mile in excessive heat in 14 minutes. A second mile wandering around the neighborhood perusing garage sales. A cancellation of the usual last two miles because of the heat.

9. Helen - 90+ degrees and 100+% humidity, after 3 sets of tennis and several laps in the pool, the 3 dogs and I ambled our requisite mile in anything but a cool 17 minutes.

10. Jim Lewis and Beth - Beth and I did a six mile walk in Eastern Long Island in 1 1/2 hours, so I`m reporting a 20 minute mile. It wasn`t the legs or lungs, but the lard, that held me back.

2007

1. 4:13 – Teun Schoolwerth (NH) – 19 miles in 80 minutes, unknown terrain, unknown bike, unknown weather, bad knees. "My knees and orthopedist have ended my running career (it would have been better if some cartilage had been left after arthroscopic surgery on both knees in the early '80s). So, I rode my bike 19 miles in 80 minutes. Can we create a new category?"

2. 6:51 – John Staedke (OK), 1610 meters on track "Tom, I'm in at 6:51 over 1610 meters"

3. 7:39 – Tom Chandler (CA), one mile (presumed) on track, weather fair, humidity low, 70 degrees, July 8 (approved)

4. 8:12 – Gary Mutz (GA), 1610 meters on track. "And now for the whiner, due to my non training of 8 weeks in South of France drinking wine, eating Fois Gras and Cheese, coupled with no training for 10 weeks and add a blistering 10K at 53 minutes last week which left me leg tired I have to report 8'12".

5. 13:20 – Barb Fossum Mutz (GA), 1610 meters on track, virgin mile "Barb did her mile or 1610 meters in 13'20" not bad for her first try at the mile."

6. 14:00 – Mary Hanson, 3 miles, hilly route, July 14 (approved)

6. 14:00 – Dick Cassidy (TX), borrowed from Mary Hanson (at no interest).

8. 14.30 – Dave Zinn (AZ) – one mile, paved paths, with hounds (unspecified number, breed and gender), 8:30 AM, 85 degrees. "I walk over a paved set of paths at the Mountainview Park in PV. My time for a measured mile is 14.5 minutes, after which the hounds and I are tired and must rest a bit. It was 85 degrees at 8:30 AM when we went walking."

P.S. "I read the Event Report to my dogs. They wish to amend the stats. I have two (2) dogs, they are girl dogs, they are mutts (as in rescued dogs of unknown origin). Perhaps you could make that revision to the report in order to avoid hurt feelings..."

9. 15:00 - Helen Moran Lemal (NM) – 2 miles, 30 minutes, with dog (unknown breed and gender), through fields, at altitude. "The farmer's fields over which I walked had no mile markers.... the dog's still panting heavily, does that count?"

10. 18:00 – Jim and Beth. "Beth and I did a mile walk today, the first real opportunity we had to "exercise "since the 15th. Log us in at 18 minutes.Best, Jim"

12. Susie B - With my two new knees, they are actually 5 years old now. I hit the Curves work out 6 days a week. I am in Idaho now trying to escape Arizona heat. I applaud all of you. We will see when next year comes.

2008

4:45 – Teun: Report from the Granite State: I cycled 29 miles in 2:09 (129 min). This is a bit slower, though not much, than last year's pace on a route with fewer hills. Lest you think my middle name is Armstrong, my ride last year was 19 miles in 80 min, not 80 miles in 19 min.

6:57 – Margie - From Precinct # 59 in Nashville, TN...The poll/tracks opened here at 7:50 a.m. CDT and closed 6:57 seconds later. The votes/times were close, but the incumbent John S. still holds the record. The two poll watchers/timers found no hanging chads.

7:29* – John S.: I lied. The weather was good (sunny, 70 degrees, no wind), there were a handful of people jogging and walking laps, and I hadn't exercised for two weeks so nothing ached. As I walked a warm-up lap, I thought of Cassidy gimping around on bad wheels for years and thought "screw it, if he can do that I should be able to do at least a mile." So I ran the four laps, walking twice (remember the lungs?), and finished in 7:29. Subsequent icing of the knee and an Advil or two have kept me mobile the rest of the day.

7:51 – Tom: I finished my mile on a dirt track in Hamilton Montana, underneath snowcapped Bitterroot mountain scenery, with no wind, blue sky, perfect temperature, no humidity, no bugs, at 3500', and went out too fast, suffering through the last three quarters before salvaging a 7:51.

10:42 – Dave McCollum: I jumped the gun and did my mile today to save me the agony of trying it tomorrow in Italy. Time 10:42 - half walk-half jog.

11:06 – Gary: I finished the mile in 12:49 walking and was bummed out to be so far back in the pack. Therefore, I invented a new gait called the Mutz Glide or most commonly recognized as the Cassidy Shuffle, which is a jogging gait but with no leg lift so there is always one foot on the ground at all times, this dramatically reduces the impact on the knees, allowing me another 5 – 8 years before knee replacement. That time was 11:06, a bit better and I can improve on that time next year maybe I can break 10 minutes.

11:55 – John P.: OK OK Reporting in, just finished, only a day late, it is hot here in AL. actually TN. However, it doesn't seem to bother Margie. I waited for the cold front to pass this afternoon. Time running and I admit some walking was 11:55. Maybe this is a start back to where I was five years ago.

12:30 – Barbie: I finally quit procrastinating and waiting for cool weather, but have a new handicap to report…diminished mental capacity….ran/walked a mile starting at 11:00 am in Atlanta, in July, on a dark colored unshaded track. How bright is that! Anyway, my time was 12 minutes 30 seconds. I think that is approximately the same as last year, no? I'm sure I win the non-honor of last to report…a position I will probably hold next year and to infinity and beyond.

12:40 – Helen: Helen reporting in: 12:40 -- do you want the list of excuses? :)

14:00 – Jim: Greetings from Hanoi. I jogged/walked several miles today around one of the several scenic lakes in Hanoi. And, because I have never worn a watch, I am going to register 14 minutes for my time this year.

14:26 – Linnea: Linnea reports 14 minutes and 26 seconds on a treadmill at absolutely NO incline!

14:58 – Mary: Patti and I just finished our walk, and here are our results: The first mile was mine, and it was slightly disappointing since it was seconds under 15 minutes. The second was Patti's, and it was slightly over 17 minutes. Measurements were highly accurate with a

pedometer and a stop watch. The weather was perfect. Scientifically speaking, I have slowed down. This was my best effort, and I suspect that I have been influenced by life at the Home.

15:07 – Chuck: Becky and I did a turn around the beautiful Rose Bowl and golf course today: 3.1 miles 46.54 minutes.

15:07 – Becky: Becky and I did a turn around the beautiful Rose Bowl and golf course today: 3.1 miles 46.54 minutes.

17:02 – Patti: The second was Patti's, and it was slightly over 17 minutes. Patti, however, did quite well in that she was side-tracked only by a beautiful rose garden and then a brief conversation with a neighbor. We can conclude that a) she would have made it to her third-grade class on time at this rate and b) she will set some kind of record in 2009.

17:36 – Dave Zinn: Hello Tom and the 59ers plus. It was a lovely day here in PV. At 9 AM, it was 75 degrees with 60% RH, the elevation is 5100 ft here. There was no wind. I hooked up my two girl dogs and we walked on gravel pathways for a mile and a quarter in 22 minutes.

18:43 – Dick: It's done, finito, in the can, a wrap. 18 minutes 43 seconds, or 3.205699 miles per hour, rounded off. I like to call that a Three Minute Mile. Others are likely more inclined to call it Three Miles Per Hour, but that doesn't sound as good as a Three Minute Mile. Caveats and explanations to follow.

About two weeks ago, I remembered we have an athletic center in my little town, so I've walked there three or four times in the last two weeks. It's indoors and air conditioned, and that's not to be lightly dismissed in Texas in July. [For vouching and affidavits and whatnot, see Beverly and John Staedke.] I didn't get out and get after it until 1230 pm or so today, and the relative coolness of the morning was long gone. Thus, I opted for the indoor track at the athletic center.

NT – Susie Wallace Burwell: The weather is beautiful in Idaho. I thought about you all yesterday as I sat sipping a margarita like Tom under beautiful blue skies and 85 degrees but a little wind.

* Subject to Smoking Council Review

2009

1:00 – Maribeth: I did My mile in less than a minute. I drove to Surprise (Phoenix suburb) about 65 mph. You didn't say if we can cut off those in our way. I've learned to be assertive over the years. 115 degrees, 40% humidity (monsoon weather--we lose the dry heat and get humidity).

4:22 (avg.) – Teun: I too couldn't ride tomorrow as I am working so I rode 19 miles in 1:23 on my bike. As per John, same route, same distance as last year.

7:04 – Margie: Here in Nashville, I got up at 5:00 a.m., ate a half a piece of wheat bread with almond butter and banana on it, ran around the block, did some stretches, and then went to the track where I warmed up some more with my coach and pacers. At 7:00 I started the race (oops, I mean "run".. Sorry, Tom) Seven minutes and four seconds later I finished the mile, About 5 minutes after that, I finally could stop huffing and puffing.. I bet you all had (or will have) more fun than I did.

8:02 – Tom: Margie ran a great time, her 7:04 unimaginable for me, but probably disappointing for her not to be under 7 minutes. Similarly this was my first year out of the 7's as I just missed with an 8:02 but no complaints. It may not be a true race but some of us do have personal objectives to shoot for year to year that keeps us motivated to stay fit, painful as it is. Temperature was a beautiful 73, wind 10mph, humidity at 49%, and I ran on the HS track at about 1000' with a view across LA on a beautiful morning.

8:21 – John: Does stepping out 24 hours early constitute a false start? I trust not. For a variety of reasons I won't bore you with, I couldn't do this tomorrow morning or later in the week, so I ran today. Same track as last year, same 10 yards added to counter the yards-to-meters issue, different results.

Run Time: 8 minutes, 21 seconds
Starting time: 6:45AM
Temperature: 82 degrees (F)
Humidity: high (at least 78%)
Wind: 10MPH easterly breeze
Sky: overcast
The bar has been set!

10:11 - Gary: We are at our house on Skidaway Island in Savannah, Ga and went out at 8:00 with a temp of 82 degree, 80% humidity and 5 feet elevation. I did better then last year at 10 minutes and 11 seconds and Barbara accomplished 13 minutes 56 seconds,,not better than last year, she thinks. Congratulations to everyone.

11:00 - Patti: I decided to do my own mile yesterday in Capistrano Beach (under clear skies and 75 degree weather at sea level) although Mary already did one for me. My time was 11 minutes.

11:00 – Helen: 80° in the shade at the unshady start -- 83° in the shade at the end. (the only shade around my home is on my porch -- nice in the winter) As Karen said, an uncharacteristically high 34% humidity, and by 9:30 am, windy -- not breezy. 11 minutes -- not sure the time from last year, and too hypoxic to find it now. The dog is sprawled on the cool tile floor and panting like a steam engine. Think I'll go join her.

12:48 – Dave M. Here's the report from coastal Connecticut which involved two time trials. I first walked a mile alone and then with our 9 month old dog.

	Dave alone:	Dave and dog:
Time:	12:48	17:36
Temp:	68	69
Tide:	Medium low	same
Elev:	4 feet	same
Stops:	None	9 bathroom (1 req. clean up), 17 for good smells

13:56 – Barb: We are at our house on Skidaway Island in Savannah, Ga and went out at 8:00 with a temp of 82 degree, 80% humidity and 5 feet elevation. Barbara accomplished 13 minutes 56 seconds,,not better than last year, she thinks. Congratulations to everyone.

14:00 (avg.) – Mary: Overcast, low 70's, rolling terrain with two significant hills plus down and up three stories of stairs, with cell phone timing AND a step counter on the belt, Patti Galligan Witt and I walked two miles in 28 minutes, so count us in for one mile each at 14 minutes.

14:00 – Linnea: I managed an exact 14 minutes on a blue sky, 68 degree morning. Caveats and handicaps include, but are not limited to: Waiting for traffic to clear at a few intersections, avoiding an over-eager tennis mom exiting the Tennis Club in SUV and paying scant attention to foot traffic, carrying my re-usable shopping bag (this IS Seattle!) and finally, the fact that I have not run anywhere since this race last year! End of run reward was Michael and I having skinny, tall lattes at Starbucks and then a shop at the local market for dinner tonight. Life is good.

18:22 (avg.) – Jim: I walked 4.5 miles in Central Park, starting at 7:15 and finishing at 8:37. Beautiful, sunny day, 71 degrees, no wind except the breeze of other runners passing me. Best wishes to all.

19:20 – Dave Z.: I took my two dogs to the Mountain View Park in Prescott Valley At 7 AM. The elevation is 5100 ft. The temp was 70 degrees F and 33% RH. It was clear, with a lite breeze. I let the dogs sniff around for a few minutes while i stretched. Then shortened up the leashes and we walked a mile in 19 minutes and 20 seconds. It was a very nice day here. Hope you all had a good day too. Dave Zinn

19:52.45 – Dick: I imported a trainer from San Antonio, and she was with me step by step. Turned out to be early for me, around 815 am, and breezy (though no wind-aided) and sunny. Surprise, surprise, surprise. About 1.45 miles in 28:48:69, or 3.019 mph, which for a mile would be 19:52:45.

21:20 – Karen: Here's the first report of July 15 - I should get extra credit for being first. We took our dog for our typical morning hilly residential walk, just over a mile. We stopped for a few minutes to watch three mule deer careening over our path from one back yard to another and to admire neighbors' native plants. Like Helen, we live in Silver City, NM, which is high arid just bordering the Gila National Forest. You say that we are to compare our own times from year to year. Well, I guess I've slowed down immensely. Last year on this date I was on a plane to Alaska, so you do the math! Here are the figures for this year:

Walk Time: 21 minutes, 20 seconds
Starting time: 7:01 AM
Temperature: 72 degrees
Humidity: unusually high at 39%
Sky: sunny, slightly overcast
Altitude: Lowest 6,018 ft., Highest 6,081

2010

1. 0:0.50 – Pat (Patti Jamieson) Mangas. Jerry and I did go out onto Interstate-176 yesterday and did a measured mile on the motorcycle at 74.7 mph. The time was under 50 seconds somewhere. I don't have a clue if this was a "legal" mile according to event guidelines, but it was exhilarating, even at 92 and 75, temp. and humidity resp.

2. 0:0.56 – Esther (Houlder) Charlton. My drive around Cincinnati on our circle freeway was a fun adventure. I drove 83 miles and it took one hour and 18 minutes, much less than I had thought. My friend that was with me, thought this a very unique project was impressed with all that our class has done.

3. 4:43 – Barrie Burr (Good) Just finished my 10 mi bike path ride in 47.14.2. 79 degrees SSE wind 8 mph humidity 76% dew 71. This little B-urr 69 flew through the forest preserve, around the golf course crossing residential streets while dodging hairy beasts, leashed and unleashed, scaring old people (oops) ambling along who leaped to safety as I sped by. I must admit I did stop 4.2 minutes to watch the Wed. morning tennis doubles league. Tennis drill $200, watching league players hit into the net - priceless.

4. 4:52 – Teun Schoolwerth (Spofford Lake, NH). My contribution was a 1 hr 52 min bike ride over a hilly 23 mile route along the Connecticut River and back to the lake. I chose a different route from the last two years so I wouldn't have to face up to a slower time.

5. 4:55 – Chuck Gelhaar. Used my LifeFitness Advanced Workouts exercise bike. Temp 85, Humidity 52% (very high for La Canada, CA). 2 min warm up, 30 min uphill climb, 2 min cool down hart rate 71 to 130, 6.1 miles with my iPod listening to Neil Diamond and ending with the song that reminds me of Becky: Glenn Yarbrough- I fell in Love With You for Life.

6. 5:33 – Eileen Dowiatt Quinn. My Plan B was going to the Courts Plus where it was pleasantly air conditioned at 11:15 a.m.and did 15 minutes of floor exercises, 30 minutes walking on the treadmill covering 1.8 mi.,10 minutes on the exercise bike (at full throttle, of course) and 20 minutes with the various weight machines lifting 30 to 60 lbs. The view from the treadmill was the parking lot, so nothing exciting there.

7. 5:57 – Ruth Kolberg Newton. I always ride in the morning... except today and I found I'm definitely a 'night rider'. I rode my stationary bike 1 mile in 5:57, at 9:43pm; but its not a very exciting ride. By July 15, 2011 it would be great to be riding outside -- I'll have to work on that. But the view will still be the same as out the window - corn & beans & more corn and beans. Its such fun reading everyone's stories and many of them may inspire me to try to do more.

8. 6.33 – Neal Whitecotton. 59 minutes. In honor of the honorable class of '59, I decided on a 59 minute bike ride. I rode on the Peters Canyon Mountains to the Sea bike trail, Irvine CA. Sounds rural . . . it is not. There are no mile markers; eyeballing the map I guess the ride may have been 9 or 10 miles. Conditions: 71 degrees, 67% humidity, wind 1 mph. Not a cloud in the sky, and headed to 90 degrees plus today.

9. 7:13 – Margie Shaw Stoll (Reporting from Nashville, TN) Mile run yesterday but reporting today: 7:13. John S. tells me that my time is a 2.1 degradation from last year...which means that if I keep slowing down at the same rate that I'll be running just under 11 minutes when I'm 90.

10. 7:33 – John Staedke. It was 80 degrees and overcast with 90% humidity at 6:35AM. I completed my mile in 7:33. Same conditions, just a bit later. After all my foot/leg complaints, once again the lungs were the limitation.

11. 7:47 – Tom Chandler. Tom's legs have carried him to a 7:47 mile at South HS in Torrance, but pretty close to Redondo Beach where the temperature was mid-70s, slight breeze and unknown and inconsequential humidity at 9:45 or so. The track is perhaps 50 feet above sea level, and I ran under clear blue skies, a gorgeous day. I had been working toward getting back into the 7's and under my 8:02 last year and I am happy that I was able to beat my 2006, 2008 and 2009 times, fueled by my personal goal and to see if I could stave off Staedke from putting me in my rightful place again, in his wake, which I couldn't.

12. 8:55 – Mike Wright (Georgetown, Texas) As I recall in high school cross country, there were times we ran a mile in the sixes. Those days are long gone. Today I did three miles. I picked up the middle mile and did an 8:55. I run regularly, but not at that speed. It hurt. C.A.R. Johnson would have been proud of the effort.

13. 10:16 – Gary Mutz. Under the blazing southern sun at 87 degrees and 85% humidity I did a blistering 10:16 performing the famous and popular Mutz Slide, which I have patented. Next year the goal is to break 10:00. Mutz

14. 10:22 - Helen Moran Lemal. 10:22 at 8:45 am after my 75 min. tennis lesson, overcast :), humid for SC (>50%), at 6300', but on a track.

15. 10:23 – Jill Buettner Hollifield. Tractor girl reporting in at 7:51 EST. Did the mile on my trusty Kubota with curious dog in tow--well not actually, she chases rabbits etc. as we go. Oh, and by the way, temperature here was 83, humidity outrageously high as it always is in NC, and the time 10:23.

16. 10:26 – Roger Griffith. I did my mile jog on the oval track (now rubberized, not cinders like in the 50's). I jogged a 10:26 mile on the Glenbard track, (which is fantastic for me, because it's my best time since my last 2 surgeries, but still pretty sad for a guy who used to run a 4:45 per mile pace in college Cross Country).

17. 11:48 – Dave Petersen. After a ten hour day at work, I ran 3.0 miles in 35.4 minutes, at an elevation of 3,200 feet and a temperature of 92 degrees. I am happy to be able to run after being side lined from running (not bicycling) for six out of the last 12 months. I am also pleased that I did not use Ace bandages or Voltaren Gel.

18. 12:00 – Marilyn Furer (Markowski). Started at 6:30 am with an adult size scooter using foot power. I was so breathless pumping that scooter I called it at 1/2 mile. It bothered me so much that I didn't finish, that I put on my rollerblades at 10 am to try to make the whole mile. Turns out blading is much easier than scooting and I did 1 1/2 miles for a grand total combination of two miles. Temp 89, humidity 72%, cloudy, Est. wind 15 mph, l 1/2 miles, 18 minutes for the rollerblading segment.

19. 13:05 – Dave McCollum. Report from coastal Connecticut. Two time trials again this year. Walked a mile in 16:16 with dog, 8 stops, 1 clean up and a second, no dog, just Dave-no stops, no clean up, in 13:05. Temp 75, humidity 70, dead low tide. My recollection is that the dog did better and I did worse than last year.

20. 13:28 – Bruce Spencer. CHANGED LOCATION TO KANKAKEE RIVER STATE PARK BIKE PATH. BETWEEN MILE MARKER 7 AND MILE MARKER 8. CONDITIONS: TEMP. 85 F, HUMIDITY 79%, PRESURE 29.96 , WIND SW@8MPH. MOON PHASE WAXING CRESCENT. FULL CHARGE ON THE WHEELCHAIR. TIME 13MIN. 28 SEC.

21. 13:45 – Barb Mutz. I will be really busy tomorrow, so I ran today…it is Bastille Day! 13 minutes 45 seconds. In an attempt not to fry what brains I have left….inside track w AC, health club….all the good conditions I could round up.

22. 14:30 – Marybert Buethe Carveth. 90 degree weather here in glen ellyn yesterday -- and 90 percent humidity. a bit uncomfortable for anything! but ginger and i did the morning mile 5:30 am around glen ellyn woods in 14.5, and the evening one at the arboretum was just a bit better at 14.9 -- a breeze helped cool the conditions.

23. 14:32 – John Pond. Not good, 14.32, next year will be much better, if I can get up off the couch and start training.

24. 14:49 – Bev Staedke. (Honorary class member) Beverly walked her mile in 14:49 at 6:35AM (way before her normal rising time). It was 80 degrees and overcast with 90% humidity.

25. 14:58 – Linnea Asplind Riley. Knees and ego truly hurting. Find it vaguely disconcerting. 14:58 Not so great. Could've been worse, I guess. Next year I'll try for less!

26. 15:19 – Steve Capel. 24:30 for our 1.6 mile loop in the Piemont hills of Virginia. Checked our favorite stand of blackberries--turning to raisins in the heat; the bluebirds are nest building for their 2nd effort; and the Carolina chickadees (must talk to our VA border security folks about this) have 3 brand new chicks. Hope C.A.R. would be pleased with this report. Steve & Claire Capel

27. 15:25 – Dennis Achilles. I really do not like running .. therefore I set off on a 2 mile walk .. temp is 90 heat index is 96 .. first mile took 19 minutes. That was embarrassing so I jogged part of the second mile and got it down to 15min 25 sec.

28. 16:30 – Jim Lewis. My 16:30 minutes time for a one mile walk around a lake in central Hanoi, at 6am today, July 15th, when it's 4 pm Tuesday, the 14th in California, , should make me the first truly official finisher-unless your never-in-print rules and regulations prove otherwise.

29. 16:37 – John Windeguth. Made my run/walk this morning in Frisco, Tx at 7:11am. Temp 81, felt like 86 with humidity of 79%. Time was 16:37. This of course included a stop for a breakfast burrito, coffee and an oxygen tank! Did not see much of the landscape as my eyes were focused on my feet in case they stopped when I wasn't looking!

30. 16:39 – John Zorn walked the MILE this morning in Naperville's RiverWalk. Took 16 minutes 39 seconds.

31. 16:45 – Judy Wood Talley. Well my time (16:45) for my jog/run is pretty pathetic for an ole' cross-country coach although it is twice my average mile time for my marathon of 20 years ago. I am just sure I can beat 16 minutes next year! 82 degrees, 80% humidity and a slight breeze--actually perfect weather! (Slightly overcast too!)

32. 18:20 – Dave Zinn. 18:20 for one mile walking. Took my two dogs to the Mountain View park, alt. 5100 ft, time was 9:30 AM, temp was 98 degrees, humidity was 68%, clear skies... we walked, it was hot! We re glad to find some shade to cool off and re-hydrate after the walk.

33. 18:22 – Linda Kettlestrings Molloy - I walked a mile this morning @ 7:00 am in 18 min and 22 sec. Thought it was the 15th! So tomorrow on 15th, I will ride bike for 5 miles here at home in Lisle, (Four Lakes - very hilly) and then come to Lake Ellyn @ 10:00 for the "walk".

34. 18:26 – Bonnie Sporka Shableski. I walked two miles this a.m. but only timed the first one. Results: a "no excuses" 18 min. 26 sec. I probably flew the second mile, but I will never know. It was 80 degrees with 64% humidity. IF you are taking votes for 2011, I'm in favor of a cooler time of the year. I could probably knock 2 -3 seconds off my time.

35. 18:29 – Arlene Kirkie Morrisey. Kirkie and Joy just completed 1 mile in 18:29 at 6500ft, 80 degrees with sunny skies.

36. 18:29 – Joy Aigner Baldwin. Kirkie Morrissey and Joy Baldwin just completed walking 1 mile in 18:29 at 6500ft, Colorado Springs, CO in 80 degrees with sunny skies.

37. 20:00 – Cathy Ayers Allen. I considered giving a time based on an earlier class. However, I was sure that I would be scolded by the straight-arrow rules enforcers so I stayed at the rec center and walked a mile on their indoor track - it was really warm but not as bad as outside - no AC but big fans blowing. My time was 20 minutes for 12 laps = 1 mile.

38. 20:11 – Dick Cassidy. I literally thought I'd die as I labored to get out of my car and crawled the seventy-five feet across a steaming hot asphalt parking lot to the Addison Athletic Center for my walk on the indoor, air conditioned (with water cooler nearby) walkway. On the world's only one mile, uphill, indoor track requiring 17 laps around a basketball court to make a mile, under the most grueling conditions imaginable, I managed to come up with seventeen laps, one full mile, in 20:11.

39. 21:13 – Karen Murphy (Reporting from Silver City, NM). On my residential (up and down) walk with dog and husband as pacers (not to mention my own pacemaker - does that qualify for an asterisk?). Elevation at beginning: 6100 ft. and gain of 200 feet. Temperature 71 degrees, humidity a whopping 58%, which is high for here! I got an early start by getting up at 6:30 and beginning the walk at 6:43 under a cloudy sky.

40. 21:24 – Joe Petter. The time for my 5:30AM walk/powerwalk around the 3.4 mile Gainey Ranch circuit here in Scottsdale was 53:18. Sorry I couldn't jog the course but my knees can't take the pounding any more.

41. 22:15 – Nancy Fricke Johnson. I took my mile walk at 7:30 this morning on one of the beautiful tree covered walking paths in The Woodlands, TX (north Houston)! It was 81 degrees with 93% humidity. It took me 22 minutes and 15 seconds! It was VERY uncomfortable, but I DID IT!! Best Wishes to All!

42. 22:21 – Jim Undem. 22:21 walking Delray Beach, FL. Temp 84, Humidity 82, drizzling at 5:45 am. Poor time, must be Rookie Nerves!

43. 23:05 – Bruce Thatcher. I never ran cross country in high school but I rowed that distance this morning. 3.38 miles in 1 hour and 18 min. I was looking good at the start but it was all I could do to get out of the canoe at the finish.

44. 23:20. Ruth **Steele** Rice. Arnie and I took our walk this morning at 7:30 in the shadow of the beautiful Sandia Mountains. Well actually it was cloudy so there was no shadow. The walk was 1.8 miles at about 5500 feet elevation and we did it in 42 minutes. Even though we do this walk several times a week, it was special this morning because we were doing it with classmates from all over the country.

45. 23:46 – Wendy John. It was a walk of 6.73 miles around Lake Union in Seattle, accomplished in 2 hours 40 minutes. Hardly broke a sweat! I agree; Tom is a very amusing fellow.

46. 28:00 - Dorothy Johnson Kuch Did my mile walk mid-morning around beautiful, award-winning McCullom Park in Downers Grove. I was out there for 28 minutes, but that included a few bench sits and a quick stop to watch some Japanese fan dancers practicing their routine, so 20 minutes net walk time. Temperature upper 80's, 75% humidity, feels like 101, flat terrain, sun & shade, and a nice breeze.

47. 43:49 – Jerry Cundiff. Got up at 5AM went over to the golf course cranked up the electric Bag boy and teed it up at 6:48 last putt was at 8:22 1hr 32 min Approx 2.1 mi only played 9 holes no time for 18 today did not play Cog Hill played carillon in Plainfield instead it was hot hot hot lost 3 lbs

48. 45:00 – Cliff Argue. We were on a family vacation in the little resort town of Harbor Springs, Michigan. On Thursday evening we walked at least a mile or more through the downtown area enjoying the street musicians and other performers. It was not our typical "hard walk" but provided some cardio activity nevertheless. From a time standpoint, including occasional stops to listen to the music, we spent about 45 minutes for the mile.

49. 56:00 **–** Judy Smith Noren. I just finished swimming 1 mile in 56 minutes. This is the first time I've swam a mile in many years - I usually swim 1/2 mile. I had to do my mile a day early as I'll be playing golf followed by bridge tomorrow.

50. 57:30 – Bob Stoothoff. I said I would swim/walk a mile, but, Judy Smith Noren swam a mile and inspired me to try the same. Cindy timed my successful effort at 57 and one half minutes for the mile, just behind Judy's 56 minutes.

51. 1:04.31 - Hank Vanderleest. Living in the Reno-Tahoe area allows me to do a lot of great mountain hiking, often 30-35 miles a week. So, in honor of our July 15 "special" event, I did something different. I mapped out a one-mile walking route inside and out of three large casinos in downtown Reno. This way I could enjoy the outdoors as well as hit the slots for some action as I walked through the buildings. Transit time: 64 minutes, 31 seconds.

52. 1:05.00 – Sherry Rogers Williamson. I can't believe the controversy and conversation to my request to swim 1/2 mile. However, an asterick is good, so------ I swam 1/2 mile yesterday; 35 min., temp 88, and 74 humidity. Today 1/2 mile in 30 min. (not as crowded) 86 and 70 humidity.

53. 6:15.00 – Bill Maletich. Waking at 5:15 this AM, having coffee and toast, I started my mile walk at 5:45. Stopped at Taco Bell for a breakfast burrito and iced tea. A short time later visted Duncan Donuts for coffee and a Boston Creme Donut. Took a short nap on a park bench after rousting a wino. Continued my walk to McDonalds for an early lunch, Big Mac, large fries, and a large iced tea, and played for a while in the children's area till the manager asked me to leave. Finished my mile (or so) at around 11:30. Time: 6 hours and 15 minutes.

NT - Carole Pennino Bahnick - We had a feels like temperature of 103 today...did my walking in the pool. It's been nice reading about everyone.

NT – Meribeth Fyler Jones. Linda, Roger and I were talking so much I didn't get the time. But then, who knows how far it is around the lake. I walked it twice, to adjust for the earth's curvature. It's beautiful--so well tended--come with us next year--10 am--and plan on lunch.

NT – Dick Fish. **As to running, walking or otherwise exercising, I remain adamantly opposed.**

DQ – Mary Hanson. Congratulations to Cathy Ayers and to Roger Griffith for their intent to begin or at least to carry on as best as possible. As for me, put me down for a 15 minute mile which is my usual around here at "the Home" which includes hills. Sorry, but I will be so out of town and out of touch on July 15 that I cannot work on turning in a better time. . .but, of course, I don't want to be forgotten. Best of luck to all of you!

<u>It Sounded Good at the Time</u>

Pat Galligan Witt - I'm in and with no excuses so far. Didn't realize I had to pre register.

Janet Thebaud Gillmar - This is an imaginative way to promote keeping us going as well as possible. I'll try to do it on the 15th--but being a workday, I can't be sure. Could I do it on the following Saturday, the 17th, instead if necessary?

Jeff Baker - Tom..I'm in..will be walking Arrowhead golf course..Thx..

KAY HALL KONOPKA. - HI TOM AND EVERYONE, MY HUSBAND JOE AND I WILL BE VISITING MY SON DAVID IN LAKE OF THE OZARKS, MISSOUR, ON THE 15TH. IT'S A HOT AND HILLY PLACE, BUT I'LL LET YOU KNOW WHAT I FEEL I CAN DO AFTER A RECENT KNEE REPLACEMENT SURGERY IN JANUARY. MOST LIKELY IT WILL BE SWIMMING IN THE WARM LAKE!! LOVE TO ALL,

Forrie Adolphson - Send me in coach, I don't smoke. Count me in. I will walk my dog (she has extremely short legs) and remember that Mississippians don't do anything fast. I was also thinking about 18 holes of golf using a cart....after all walking to and from 18 tee boxes and 18 greens would constitute more than a mile. Tried to reply to all but would not take.

Gay Galle Danna - OK, I'll give it a try this year, altho I'll be in Phoenix visiting my kids and granddaughter. I'll have to have my son check out the 1 mile distance in advance.

Shirley Unrath Baker - I replied once but never saw my name on those who had responded so I'm sending this directly to you rather than clicking the "reply all" button. Yes, I'll add my name to the list and walk 1 mile on the 15th. I'll be s-l-o-w as I am out of practice. I took a bad fall last November and have never gotten everything quite right since then. The worst damage was a torn rotator cuff, but I also threw myself out of alignment...still some pain in my hip (but no break, thank goodness!) Anyway, enough with the excuses...just preparing you all for a slow time! It will be fun!

Louanne Menke Severson - Hope that this get through. I walk three miles each day so on the 15th I plan to take the old 1950s wooden Chris Craft (for a change) and drive it around our lake in Wisconsin. Anyone want to join me instead of all the exercise?

Pete & Carolyn Horan

Will try to embarass myself on a Segway again (have temp access to two. Carolyn (Gohr) will probably do well as she did last time I tried. I'll need to crawl or whatever. We'll see. Our Regards

Betty Rawaillot Miller
2010: 9:10 AM Not any early riser, but I will be with you all in spirit. My husband and I plan to walk around Lake Ellyn one day this summer just to think about our wonder years at Glenbard.