2013 July 15th Invitational
Final Results

1. 2:35 Mike Menard

Being new to this adventure, I'm guessing the referenced but unwritten rules state that using steroids or cheerleaders results in an asterisk, a la Barry Bonds et.al. Since people are reporting golfing/swimming/hiking/skating/tennis activities in addition to running, the goal is to….what? Move about smartly? I gave thought to skydiving a mile but a news story about a skydiving instructor dying squelched that.

Then down to business. I entered my man cave, turned on a tape of a PBS British mystery and began pumping away. I thought I could hear Sherry Rogers doing the same thing cross town. I had oiled my chain so much it was throwing a spray toward the ceiling which eventually looked like a piece of modern art. I clocked in at 5.8 miles in 15 minutes, would have been faster if I hadn't seen a hawk near the bird feeder outside.

2. 3:30 Sherry Rogers Williamson

Hi to all from Madison, WI. Since this year has been declared asterisk free, I knew my 1/2 mile swim would not count!! I biked two miles on the stationary bike in the air conditioned comfort of home. Time was 7:00 minutes. I did do my leisurely swim this afternoon when I thought about our great class of '59.

3. 5:24 Barrie Good Burr

I completed my 10 mile bike ride this a.m. in 54 minutes. Not sure what I did last year but, remember my bike is a year older and I did hear a couple of grinding sounds from the chain guard. I do not think any of my body parts are making that sound yet.

4. 7:33 Margie Shaw Stoll

Here in Nashville, it is now 8:15 a.m. on the Ides of July, the day of the year that for the last several years has conjured up in me the feeling "I have to do well, or what will my classmates think?" Of course, that is silly. We all have much more important things to think about, and only I will recall my time after all the e-mails are read and deleted.

So...while Tom was typing out e-mails, I was getting my sleep in preparation for an attempt at an "asterisk free" mile. In past years, I've had pacers, coaches, photographers, and even other runners to cheer me on, all of whom Tom deemed asterisk worthy. One year I even brought bagels and coffee for post event refreshments.

This early morning, though, it was just me and the track. I didn't have anybody with whom to commiserate, but I did have the sereneness of the track and surroundings.

Anyway...I did a slow mile warm up and then a couple of 200 meter strides. Then I had a couple of swigs of water and did a couple of stretches to relax. After a last minute toweling off, I told myself that I might as well start and get it over with. The first step is always the hardest, especially if there is no starting gun. Once I clicked the start button on my watch, though, I knew there was no more procrastinating. The next 7 minutes and 33 seconds were grueling, but I loved every second. What is it about running?

5. 8:22 Tom Chandler

I did get my mile in this morning after waking up at 7:30. But not being a morning person, I went into my routine of reading the L. A. Times pretty thoroughly while having breakfast, catching up on early milers, lying down for 15 minutes as I was still tired from being up late and then I started thinking about heading to the track. I found my Glenbard hat and my King of Diamonds t-shirt that Chuck and Becky had given me at my 50th birthday party (picture attached) and arrived at a local high school track in Torrance a little before 10. It is pretty much at sea level and less wind than our HS track at 900 feet. It was a gorgeous morning, with the temperature at 78, a wind of about 10 mph and humidity of 69% although had I not looked it up online, I would have thought more like 19% as it feels nothing like the humidity in the Northeast, Midwest or South and played no role in my run, in fact I barely broke a sweat during my run except on my head.

My goal was to break 4:30 as I knew there was no way I could come close to my 8:04 last year. By the time I had stretched, the track was clear and I was still tired but that wasn't going to change standing there so I set off at the 50 yard line with Judy Collins encouraging me on my MP3 player. I know from experience that I have to start fast and then do my best to hold on as pacing myself early and then looking for a kick never works for

me. I can't make up the lost time that way. So I ran the first ¼ in a fast 1:54, and then I knew I would be hurting from then on, but finished the half at 4:04. I held on the best I could for the third ¼ and slipped to 6:19, so I knew if I could just hold that pace, a big if, I would finish with an 8:34. What I can usually count on is try to push the pace on the last lap and then once the end is in sight to stride out on the last 100 yards and let the adrenaline do its thing and I made it around in 2:03 for an 8:22. This was way off my 8:04 from last year but I was pleased and relieved, a little proud and a lot thankful.

6. 8:41 John Staedke

At the track at 6:30am, it was 73 degrees, 73% humidity, mostly cloudy with the sun striving to find a way through, and a 7 mph, almost undetectable,breeze. Silent, the track was lying there, as if vulnerable, defenseless, waiting to be taken advantage of, like a beautiful venus flytrap.

As I completed my one-lap warm-up walk, I again marveled at how anyone could bear to motor so slowly if they could run instead. While having not run regularly for the last ten years and not at all since this event last year, I was holding out hope that the old legs and lungs were still capable of wresting a respectable time from the grasp of this begrudging oval.

Out of the blocks at 6:40, chuffling through the curves and down the stretches, I fought to keep up the pace while the track did its best to discourage me, seemingly going on forever. As I gasped into the final lap, unsure of my ability to complete it, much less muster a semi-sprint to the finish, I imagined I could hear the track's evil chuckling at my struggles, urging me to slow down or even walk. With nothing resembling a finishing kick, I finally bested the beast, struggling across the finish line with a time of 8:41, which, I was chagrinned to recall, was two seconds slower than last year. It's true, I thought, these runs (and tracks) don't get easier with the passage of time. But then, there's always next year.

7. 10:30 Helen Moran Lemal

I wish I felt as you do about running, Margie! It is grueling for me. I can play hard tennis for 3 hours but run a mile? Jog a mile? Miserable. I did mine in 10:30, Tom. More power to Margie, about whom I brag all the time… You're amazing! Now if I can just stop coughing, and get some breath back….

8. 10:55 John Pond

I hope I'm still eligible for consideration in this year's competition. I remember that I told you I would be under 10 minutes this year after not reporting a time in 2012. So after the inspiration I received from reading this barrage of e-mails from classmates I decided to give it a try. I haven't run in 10 yrs. So I went up the airport FYM (Fayetteville TN., you can look it up on Skyvector.com) last night and got the AWOS weather. Time: 00:57 Zulu, sky: clear below 12000', vis: unrestricted, winds: calm, Started at the north end (Rwy 20) and ran on the taxiway 5280 ft. I had to stop a couple of times for a short rest, but finished in 10:55. It actually got easier towards the end, I will work on this and do better next year. Hopefully single digit time.

9. 11: 54 Gary Mutz

Now for the big whine, 3 weeks ago I had a 5 hour surgery on my shoulder due to a total dumb ass incident, pushing my race car back into the garage and slipping on some soap I dislocated my shoulder 5 inches. Therefore my rotator cuff was a shambles but I will recover, and be able to run next year. The past 5 days we were in Bayfield WS and it is so small there is no track. Therefore, I have 2 entries; I walked on a river trail in Atlanta for 16:33 and I did my Precor elliptical machine at a grade and difficulty of 10 for 11:54. Wait to next year I will blaze the track with my famous slide

10. 12:00 Joe Petter

Coronado Island, San Diego - 72 degrees, calm winds, marine layer is in so overcast sky for now. Marti and I did about 3.5 miles on the beach at around 8AM with the first mile completed is about 12 min. 30 secs. The remaining 2.5 miles were completed at much more leisurely pace.

11. *12:00 Linnea Asplind Riley

7:35 a.m. In Solana Beach under sunny skies but still on the cool side. 12 minutes exactly! I ran with my daughter, Johanna and she was my pacer and cheerleader and I think it helped! Hope everyone had as lovely a beginning to their race day! Wonderful to be a part of such a fun event.

12. 12:50 John Windeguth

Good morning from Frisco, Tx. Up at 6:30 and at the track at 6:45am. Must be in a dream since the temperature in Texas during July cannot be in the 60s, with a slight mist, even at this time of the morning! Nothing significant happened during the run, even if it did I would be oblivious to it! Finished in 12:50, and yes I finished standing!.

13. 12:58 Roger Griffith

Yes, I did my mile July 15th jog around Commons Park (the one with the swimming pool) in Lombard, but I wouldn't call it running. At best I'd call it jogging with a pause at the drinking fountain and another at the boulder that used to be in front of Lincoln School. It was about 90° and very humid, but a pop-up shower just occurred and took the edge off, so I thought, no time like the present. I haven't jogged since last year's July 15th mile.

As I jogged my mile (against my orthopedic and Chiropractic doctor's orders), I was reminded of the many miles I logged outdoors in my life both competitively and for fun and health, running, bicycling, swimming, skin diving. Oh, how much more stress reducing, healing, and enjoyable outdoor exercise is than working out on stationary equipment in a gym.

In between joint problems and other medical issues, I'm trying to get this body in better shape using the weight machines and a hard aerobic workout on the elliptical machine. The good news is, it does help me feel and function better. Like all of us, we've got to fight this aging as best we can by "using it or loosing it" whether it's our body or brain.

As to my times...it's interesting that some of you walkers were faster than my "jog". My time of 12 minutes 58 seconds is 49 sec slower than last year (oh well, like the Cubs, there's always next year!).

Over these many years, the only sport I could ever compete against my old friend John Windeguth and win, was long-distance running. Now this year he beats me by 8 seconds. Congratulations Windy!

But watch out, because next year (here comes an asterisk, I think) I don't think your Dallas area temperatures are going to be about 30 degrees cooler than our Chicago area temps were this year. So I plan on taking the long-distance title back from you again next year ole buddy.

When I read about some of our classmates pushing themselves to be the best that they can be in spite of physical or mental ailments or losses in their lives, they inspire me to do the same with myself. I'm inspired by our talents and efforts ranging from physical to poetic.

14. 13:16 Dave McCollum

Report from coastal Connecticut. Walked a mile in 13:16 this morning. Temperature 80, tide medium, humidity unspeakable.

15. 13:30 Pam Wildish Bosworth

I finished my mile - one more year - hurray!! I did my walk/jog in my neighborhood in Lake Oswego, OR at 10:00 a.m., temp. 70 degrees, humidity 40%, skies clear and beautiful. My time was 13:30 - better than last year, since my knees are allowing me to do a little jogging this year.

16. 13:43 Jill Buettner Hollifield

Ah ha! The gauntlet was thrown down and so I had to give it a try. Not exactly cool in NC, even at 8:30 pm. but I managed to do the out and back on my little gravel road in 13:43. Not exactly an earth shattering time

but I was delighted to be able to do it without losing or breaking anything along the way. And funny you should mention rabbits. We have plenty of them around here and I see them every morning on my morning walk/newspaper delivery along our little road. The other morning I thought I saw 2 of them together in the middle of the road but as I got closer, I realized that one of the bunnies was actually my cat! Didn't know they ever had one of those BFF relationships. No bunnies tonight, just a lot of bugs.

17. 13:45 Marybert Buethe Carveth

ginger is still my faithful golden retriever companion, although she is getting a bit slower. she walked with me this morning at 5:30am -- early in an attempt to beat the heat which is now 90F, with humidity 90%, and clouds enough to suggest a good summer storm coming. we walked our first mile in 13 minutes 45 seconds, and continued a couple more miles with increasing times.

18. 13:48 Barbara Fossum Mutz

I did it in ac and on the elliptical machine while reading a book….13 minutes 48 seconds. Gary has had shoulder surgery, but he is planning on walking the treadmill today…better late than never? Congratulations to all of us sweaty Glenbardians.

19. 14:00 Mary Hanson Hirsch

I was down in Mexico last month and walking about 5 miles in the heat each day, so it was not tough to make the mile in 14 minutes (my goal) this morning. Had we done this two months ago, I probably would have taken longer. Life is all about timing, isn't it?

20. 14:20 Neal Whitecotton

Neal Whitecotton here in hot humid Wheaton. I liked Kay's idea of the park district indoor track. So I journeyed the 3 blocks to the college, where I enjoyed the AC of the indoor track. Temp approx 75 degrees, humidity approx 30%, wind 0. As I walked, I prayed for our friend and classmate, Joy Baldwin (Records).

Staedke: I enjoyed your literary reporting of your very commendable time. Next chance I get, I'd like to explain to you how people can bear to "motor slowly", aka walk, when they could run instead.

The re-introduction of Twinkies to store shelves today reminds me that tomorrow, I may reveal my long-hidden diet secret. Not sure the world is ready for this yet, but we'll see. I could not reveal said secret today, for fear a classmate may take advantage of this insider information to capture the 2013 trophy.

21. 14:58 Gay Galle Danna

NYC 7:35 am 81 degrees 71% humidity Wow, this just goes to show that running is a big waste of energy! I just walked fast, which it turns out is much faster for me than running. I think all that up and down with each running step is energy wasted instead of just gliding along going forward. It is hot and humid, not my favorite running weather. I walked along Central Park West, which in my new neighborhood is flatter than anything else. From now on, this is the route for me.

Now Jersey, my Shar Pyrenees (mutt), and I go for our regular walk; up one side of the Great Hill, down the other side, across one waterfall, around the pond (called The Pool for some unknown reason), past another waterfall, looking for the Egret and the Heron in The Pool, and back home.

22. 15:17 Cliff Argue

Reporting from Mercer Island, WA. I had to delay my mile until mid-afternoon as our daughter and two grandsons from California left today after a two week visit. We took them to the airport for their flight back to the Bay Area at mid-day.

As planned I went to the Downtown Park in nearby Bellevue which has a measured course around the perimeter of the park - 2 laps equals a mile. At 2 p.m. temperature was right at 80 degrees, humidity at 35 per cent, with a nice breeze of 16 mph from the north. My wife Theo kept me on pace as we walked, and we completed the mile in 15:17. Not a record, but comfortable.

23. 15:53 Bev Staedke

John reported, "While I hobbled around, trying to catch my breath and stretch a bit, Beverly dashed off her mile in 15:53, mostly walking but with some jogging on the straight aways. We were both glad to be able to join everyone in this annual celebration of life - and even gladder to have it over for the year

24. 16:33 Gary Mutz

Now for the big whine, 3 weeks ago I had a 5 hour surgery on my shoulder due to a total dumb ass incident, pushing my race car back into the garage and slipping on some soap I dislocated my shoulder 5 inches. Therefore my rotator cuff was a shambles but I will recover, and be able to run next year. The past 5 days we were in Bayfield WS and it is so small there is no track. Therefore, I have 2 entries; I walked on a river trail in Atlanta for 16:33 and I did my Precor elliptical machine at a grade and difficulty of 10 for 11:54. Wait to next year I will blaze the track with my famous slide

25. 18:00 Bonnie Sporka Shableski

Reporting in from southeast Virginia. It took me 18 minutes to walk a mile. It was hot and humid as it is all over the country, not a breath of air stirring, but no altitude, no hills, no excuses. Just slow and steady.

26. 19:39 Dick Cassidy

I moved to the DFW area at Christmas time in 1968, and I have no recollection of ever experiencing two consecutive July days in the mid-70s. That's what we had on the 14th and 15th. Grand stuff. Rain was involved. July 15th: One mile walk. 19:39. Dazzling. Okay, a 24 hour break then solid training for the next 363 days.

27. 19:54 Judy Wood Talley

One would think an "old" track coach would know to get up early and do THE walk but no, I just finished at noon, sunny, 84 degrees, 7mph breeze---cool for Fl--and clocked in at 19:54---not too bad with the back and leg problems. Now I hope it offects my pickle ball game for tonight positively as I play against Sally Schanlaber-----Nan's sister-in-law, Spence's sister---in court one. At least I will have an excuse if I play really horrible!!! Maybe next year I can get back to running---I do miss it.

28. 20:00 Jim Lewis

Hi Tom: I walked a mile, in several segments, during the day, with a time of approximately 20 minutes. Thanks for your continuing stewardship of this annual event for our class. Best to all,

29. 20:00 Janet Whitaker Rink

In deference to your creativity in establishing the annual July 15 event and your time in tracking all the input, I decided to walk the appointed distance on the appointed day. You have no idea what a compliment this is coming from a contrarian such as I. Anyway, I picked up my pace and walked the mile in 20 minutes. I consider this a personal best and hope to be around to see if I can walk a mile again next year.

30. 21:00 Marilyn Markowski Furer

Like Kay Hall Konapka, Lake Ellyn this year was not an option because of the Chicago area 90+ degree temperature and high humidity so I started off at 7:20 A.M. to walk the route my girls did every day to grammar school. Walking vigorously for the first half mile, my return half mile was appreciably slower but I made it home in 21 minutes. The last time I walked that route was in 1972, when my youngest daughter started kindergarten, and I found the intervening years brought much sun protection from tree growth, which added to a pleasant walk.

I prepared for this yearly event by pushing, pulling, and manually starting my lawn mower, all of which develops arm strength to swing excessively while walking, and getting leg strength by walking behind it on rough terrain on my large corner lot (which, if we ever move, I would never buy a corner lot again). Also adding to leg strength was climbing up and down ladders to string my ever expanding grape vines that criss-cross the back yard (a wonderful sun cover) and picking peaches from the highest branches of my peach trees. Like Spence, I have a bumper, succulent, organic, peach crop this year.

31. 23:00 Dorothy Johnson Kuch

Tom, thank you for keeping this fun annual tradition going. It is a gentle reminder of how important it is to keep active no matter what your limitations! Through this event I got re-acquainted with Linda Molloy and we get together every now and then for a walk and sometimes breakfast after (probably should do that in reverse order :). To Judy Noren, I am so sorry to hear about Ruth. Back in about 1959-60 I introduced her to my then boyfriend's brother to go on a blind date. She and Arnie were married I think about a year later. Anyhow, walked my mile early this a.m. at McCullom Park, 23 minutes with no bench stops, cuz I remember Tom wanted to deduct those from my total time last year!

32. Dave Zinn 27:00

It was overcast at 7AM and 70 degrees with a 65% RH. I went to the Mountain Valley Park here in Prescott Valley. I assembled my 4 wheel walker, put the oxygen cylinder in the basket, hooked my dog's leash to the handle bar and started off on my walk. I went on a measured mile, stopping twice, completed the mile in 27 minutes. The walk was tiring but pleasant. I had thoughts of my classmates and hope you all are well.

33. 27:30 Kay Hall Konopka

AS NEAL WHITECOTTEN SAID, THE INDOOR TRACK IS THE ANSWER. THE DIRECTIONS AT THE WHEATON PARK DISTRICT SAID 12 LAPS IN THE MIDDLE LANE EQUALED 1 MILE. SINCE I WAS WALKING, I HAD TO USE THE INSIDE LANE. SO I DID 15 LAPS TO MAKE UP FOR NOT BEING IN THE MIDDLE LANE. MY TIME WAS 27 MINUTES, 30 SECONDS.

AS I WALKED I REMEMBERED THOSE WHO HAVE PASSED ON. INCLUDING MY BROTHER, BILL, WHO PASSED ON MAY 24.

34. 30:00 Joni Paulson Fuchs

Okay, I hauled myself out to the beach in the late afternoon for fear of the dreaded asterisk. (Oh, noooooo, not the asterisk!). Walking slow because of an undiagnosed knee problem of five months duration, graduating from walker to cane to no support so I could participate today. (Yes!), I estimate I did a mile in 30 minutes—same as on normal knees a couple of years ago, but walking on flat asphalt this time instead of rocky dirt.

35. 37:00 Ruth Kolberg Newton

I was very impressed at everyone's time --- made me feel like a beginner, with a 37 minute walking mile, with my walker & my 10 yr old grandson riding an electric cart someone gave me, that I use to get around the farm, in case I didn't make it . I am a beginner, of sorts, as I haven't been walking for awhile. I have Parkinson Disease—since 1990 and I have been falling quite a bit (1-3 X/day). But with some changes in meds & a greater effort on my part to be safe I can go a week or 2 without a fall. I just learned the extreme pain I've been having in my right shoulder, which was replaced in 2009, has a broken screw & needs repair. Upon hearing this, one of my grandsons commented,"I always knew grandma had a screw loose". But all of you are an inspiration to me. I, like Mike Hoy, have had to give up my driver's license; and it's no fun depending on others, but thankful to have friends & family willing to take the time to be a taxi service.

36. 51:34 Judy Smith Noren

Reporting from beautiful Green Valley, AZ where it's a cool 75. I swam my mile in 51.34 minutes.

37. 54:00 Bob Stoothoff

Well, Judy, your time beat mine - again. Just got back from Pico Mountain health club here in Vermont. My mile swim was accomplished in 54 minutes, and Tom, it's a lap pool so it is ALL shallow end. Glad I brought

my "Fifty Year Reunion Book" with us to Vermont. It is fun to read the Bio's again as you each check in. What an interesting and accomplished group.!! A short catch up: We sold our "back acre" acre on the Beaufort River and now are officially residents of Chapel Hill NC. (Townhome and no outside garden responsibilities - just some containers) Of course we still garden here in Vermont. Thinking of those we have lost and praying for God's peace for them and their families.

38. 59:36 Teun Schoolworth

I did a bit of a triathlon today in 90+ degrees. In order: 1. Rode a trail bike for 75 minutes (I have no idea of the distance), 2. Swam for 35 minutes as part of the Weed Watch in our cove on Spofford Lake, and 3. Walked 9 holes on a local golf course (about 3100 yards) in 104 minutes.

39. 1:11:0 Chuck Gelhaar

Chuck played golf at Monterey Peninsula Country Club Shore Course. Four 1/2 hours, 6700 yards. Fun day

40. 4:30:00 Becky Bulleit Gelhaar

4.5 hours in Carmel, CA with many stores and lunch getting in the way of a good time to report.

No time reported

1. Jeff Baker

In Saugatuck Mich. walking beach. 90 and humid. 1 beer walk revised to 2. Take care. Jeff

2. Mike Hoy

I will not be able to participate do to my health problems but I enjoy hearing of my classmates endeavors. I have agreed with the State of California and no longer drive, I've relocated to our house in Penn Valley, Ca (one story and much smaller) and don't get out much. My mind is still sharp (one of my attributes thorough out my life) I just have very limited mobility.

Good luck to all the members of the class of '59, I'll be thinking of you.

3. Eileen Dowiatt Quinn

Not wanting to be in a rut with my usual health club statistics (I am not a runner), I thought I'd do something uniquely different this year. My selected activity would not only be exercise but I would also be getting a very tedious chore out of the way. We have a new super duper, high end grocery store on the north end of Elmhurst, Mariano's Fresh Market. This place is at least the size of a big box wholesale store. My husband, Bill, and I (does it qualify if we exercise with our spouse?) spent at least two hours wandering around filling our grocery cart to the tune of $178. This place is amazing and, in 90+ degree weather, very cool, too! I will return to my tedious health cub routine, probably tomorrow. We feel blessed to be able to continue to bike, golf, and play tennis--not all at the same time, of course, and not as intensively as in the past. It probably would be a good idea to move this event to October, hopefully with more moderate weather. I would love to walk around beautiful Lake Ellyn with some of my fellow classmates!

4. Bill Maletich

Sorry, won't be able to participate this year. The old body is falling apart piece by piece. MRIs, CAT Scans, probes in ever orifice, blood tests, bone density tests, you name it. These Golden Year are NOT. Good luck to all.

5. Meribeth Fyler Jones

I've sent two comments, but AOL doesn't seem to want to deliver them. Short note:
Life is great, but I was just too lazy to make that effort. Too hot at 6 am, body not prepared, attitude one of being good to me--a lot. Sun City Grand in Surprise AZ is a wonderful campus for us grown-up kids. I'll look forward to the 55th festivities.

6. Hank Vanderleest

Greetings from Seattle where we're visiting our daughter. We took a long walk around Green Lake (beautiful day and good family time). Still living in Reno, still teaching at the University of Nevada. Best wishes to everyone.

7. Cathy Ayers Allen

Well, I didn't do a timed 1 mile in Paris but we walked about 20 miles in the Louvre and up a thousand steps to Sacre Coeur. I did get some exercise - whew. Next year I'll do it right.

8. Ed Haack

Tom, Good to hear from you through Roger Griffith. I never received an email about a possible get together. I am alive and well please add me to your contact list. Did I miss the gathering?

9. Jim Undem

I'm getting my thanks in late, but no less heartfelt. Enjoyed your picture and feel I would recognize you most anywhere. We grew up in such a gentler time and the memories still bear wonderful fruit.

Hope to re-join the ambulatory next year. Planning on a physical and mental adjustment to accomplish that.

10. Karen Murphy

I guess I risk the asterisk too, as I didn't report my time in a timely fashion. Nor did I do the mile in an appropriate fashion. I worked out with weights at my Strong Women, Strong Bones class from 9:30-10:35 on the 15th. (At least I got the day right!) I can't remember the weather, but we're still at 6,000 feet here in Silver City. And my wrist, on which I had surgery about 5 weeks ago, didn't hinder my weight-lifting, as I compensated for it with a lower weight. Now all my admissions are out there. Kudos to all of you, and especially to our poets!

11. Patti Galligan Witt, Earle Leonard, Judy Avena Burke, Carol Krom Becker

I am reporting for Nancy Earle Leonard, Judy Avena Burke, Carol Krom Becker and me. We walked the Miracle Mile down Michigan Ave. in Chicago. I have no idea how long it took us because it was very hot and humid which necessitated many stops. I planned to time us but it became impossible and I never was very good at math.

I am back in Saugatuck and hoping to see Linda Kettlestrings who is here at Presbyterian Camp. Guess you're never too old to go to camp. And I think Jeff Baker is here too.

12. Diane Meinert Curran

Rained and "chilled" (63 degrees) out this morning for swimming laps but trimmed bushes, transplanted bushes and pulled weeds to enjoy the record setting coolness on a July day in Sherman,TX--unheard of. The only time element of interest was cleaning the bathtub of dirt, leaves and trash brought in on my wet clothes--10 minutes. I loved every second of the cool and the raindrops. Will reschedule laps.

13. Dick Fish

Roger; A great commentary!

14. Steve Capel

Sorry to not report in earlier. My hip would probably have kept me from trying the mile, but my better excuse is that my wife, daughter and her family and I had rented a canal boat and were heading down the Canal du Midi in southern France. 67 locks latter, I think we had a pretty good workout, if not aerobic. Bastile Day passing through Beziers was impressive.

My time would have been pretty decent, but I am sure there would have been appropriate skepticism that I actually just did a kilometer instead of a mile.

15. Wendy John

I'm okay! thanks, but no. i am currently participating in a second go-round of teenage years, with a new man in my life. don't have time for anything else!

16. Linda Kettlestrings Molloy

I will be in Saugatuck tomorrow for week and have a hip problem which is improving, so do not want to participate this year. Have a great time and I will see you next year!
I had hoped to participate in the Invitational this year, but I will have to beg off again. I barely survived my 8 surgeries last July, but now new health problems have grounded me this year.

17. Joy Aigner Baldwin

Let me share my GOOD NEWS first: On Valentine's Day this year, Kirkie Morrissey married Wayne Records and me, at our home in Colorado Springs. She performed a very special service, and was a perfect Friend and "Minister". See attached picture.

Since then I have been diagnosed with ALS, and have trouble speaking and swallowing. I can walk, but not long distances as my body is now "exercise intolerant". I will be on the sidelines cheering you all on. Stay healthy everyone! Enjoy each day and the love of family and friends.

18. Arlene Kirkie Morrissey

I'll miss not participating with Joy this year in the Invitational! I'll look forward to hearing all the results, tho, and am cheering all you athletes on.

19. Bruce Spencer

Tom, Great to hear from you. MY training this year involved pruning my fruit trees in March (with the help of my good friend Tom), fertilizing in April, and having a bug free bumper crop in JUNE-july. My kids came on different weekend and helped me harvest the best cherry crop ever! Had to spray, the japenese bettles are back. The apple tree branches are touching the ground. Too many apples! I've thinned some but its bumper crop again. The peaches and pears are the same way.Looks like my kids will be coming to harvest several more times.

Tom GNP is our favorite vacation place. We go at different seasons , have stayed at Many Glacier lodge,theBig Tree lodge.But our favorite is the Issac Walton Inn at the southern tip, over the years we have rented the 4 different cabboses on the hillside, but the last time we stayed in the inn. i f land was cheaper, we would have retired there.

I can't take part in the lake walk this year.Have physical therapy scheduled for my spine on the 15th.
Regards to you all, Spence

20. Carole Pennino Bahnick

Please keep me in the loop. Love hearing from everyone.

21. Barb Bassett Turner

I would have loved to have done the walk/run/crawl, etc. around Lake Ellyn this year but didn't realize it was always on the 15th of July. I will be out of town next week. I would like to be notified for next year. Good luck to all of you. I really enjoy reading all your interesting emails! Ken and I are celebrating our 50th wedding anniversary in August. I am sad to report that Sally Bawden Grail passed away in August, 2012, in North Carolina. Best wishes to all of you

22. Jerry Cundiff

Tom, thanks for the reminder keep me updated everything good here

23. Nancy Fricke Johnson

Greetings to All! I am facing knee surgery and regret that I will not be able to participate this year. I will look forward to rejoining you next year. It is great to be a member of the Class of '59! Thanks, Tom, for keeping us all connected!

24. Judy Iden Hesrick in Florida.

Thanks for your e-mail. I would like to be included in the emailing among the participants! ---

The Tale of the Asterisk

Tsk, tsk...
I'm branded with the asterisk
my reputation now at risk.
A year of penance and remorse
before redemption's mile course.
See you all this time next year
to race again, my conscience clear!
This ritual run is so much fun--
now it's over just as it's begun.
Thanks, Tom, Dick, Margie and the rest
I wish you all the very best!

Linnea*

Hey, looky there! The dreaded curse
Provokes Madame's response in verse.
How would one know that one such onus
Could prompt this unexpected bonus?
Yet here she pens a rhyme that which
in meter frames her asterisk.
At end she adds, compassion flowing
Thanks to those who fault her showing.
With class she claims she'll master risk
While striding 'neath her asterisk.

John Staedke

All I can say is

The risk of aster is in offect
whether or not we elect
to join the crowd of '59s
who follow rules, accept our fines
as it surrounds us.

A different form it may take.
What hurt could such a trifle make?
What harm a little litter there?
A penalty which we must bear
Invades us

For we know when in our hearts
the seed of rebellion starts.
Can we ignore the scrutiny
when so obvious to others see
ourselves above the law
but are we?

Oh where are the fans of right
who quietly scurry out of sight?
Shame on you who join the cause
as sentiment does not write the laws
or does it?

Tom Chandler