7/14/14
1
Tom,
I've accomplished my individual/group effort one day early since we'll be driving to Michigan tomorrow. On the treadmill I did my mile in 18.23. Good luck to all participants!

Eileen Dowiatt Quinn

7/15/14
2
8:53 Paris Gay Galle Danna checking in. "Ran" from hotel on Avenue Duquesene to Avenue Bosquet to the Seine, back down Avenue Rapp to Avenue Bourdonnaise, across Avenue Motte Picquet and back on Avenue Duquesene to the hotel. 9:18. I did much better than I expected, not having to stop to catch my breath, and I'm not sure if it was exactly a mile, probably more. I have no way of knowing. I guess this means an asterisk, right?? Anyway it was sunny, 61 degrees, beautiful!!

Yesterday July 14 was Bastille Day, national holiday, kind of lazy in Paris, until about 7:00 pm. We are staying just about 8 blocks from Le Tour Eiffel. Think of NYC on New Year's Eve. Unbelievable!! Hundreds of people walking towards the Tour Eiffel on both sides of the Seine to watch fireworks. Streets all around were blocked off. Bridges near the Eiffel were closed. My sister and I were meeting a friend for dinner close the Arc de Triomphe. After about 45 minutes in a taxi, we got out and took the metro which we should have done in the first place. We finished dinner just as the Fireworks ended. I have never seen Metro entrances so crowded that there ere lines about 8 people across and 8 "rows" waiting to get into the entrance to the Metro. We actually went down, but then came back out and walked back to the hotel, only stoping once for a glass of wine about 3 blocks from the hotel. We could not have made it otherwise. Better late than never we decided.

All in all, being in Paris for Bastille Day is great, but better if one is dressed for a picnic, and has a picnic and if you camp out early…and if you don't mind crowds. A wonderful celebration. Bon Jour!!
Gay Galle Danna

Sounds enchanting Gay and there is no asterisk for an conscientious effort to go a mile and keep track of the time. However, I am assuming you are not claiming an 8:53 mile, or a 9:18 mile or 8:53 out and 9:18 back (18:11) but rather the difference between leaving at 8:53 and returning at 9:18, or 25 minutes. Did I get it right? **Tom**

3
Hi All -
Dick, your training regimen is amazing - it's hard work but someone has to do it.

We are in Dresden, Germany this summer for a month. Jim is at a research institute here and I am enjoying living in a most interesting city where we have visited before - going to favorite places, museums, walking in the parks and along the streets, going to the grocery store, riding the trams and speaking some German which is fun for me. Dresden is an interesting city with a fascinating history - a beautiful, powerful city from early times, almost completely destroyed by the firebombing at the end of WW II, part of East Germany until 1989, rebuilt during that time and after to pretty much its former lovely state. A wonderful place to visit and live in.

I finished my "mile" probably before any of you were up being 7 hours ahead of Glen Ellyn, 6 from the East Coast, 9 from the West Coast. I found a park to walk in - I know a mile is 1.6 kilometers but I'm not sure how far that is - so I'll say that I walked along smartly for 15 minutes - maybe that was a mile.

Hope everyone's summer - and life - is going well.

Cathy Ayers Allen

4
My time is 12:44—not hours , minutes—done in AC to avoid expiring. Not nearly as exotic as Gay and Cathy, darn it!

Barbara Mutz

Nice going Barbie, that's a terrific time, definitely power walking. You must have been jogging. How embarrassing for Gary to have you be the athletic standard bearer in the family. Tom

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5
Tom,

Ran at 6:30am. Got it in 8:28. Weather was clear, light wind, 70% humidity, and 64 degrees -in Oklahoma in July!

Beverly opted out this year.

Thanks for running this show again.

Off to golf.

John Staedke

John, you have set the bar high for us single sport specialists. I guess we need to give a star out or maybe create a separate category for triathetes like yourself.

Tom

6
Visiting friends in Virginia. So, no swim this year. With new hips from 2014, I did a 15 minute mile walk this morning before golf. That will prepare me for my nap this afternoon. Looking forward to our gathering in September.!

Bob Stoothoff

Bob, new hips may be going a little far to improve one's time in our annual event but even at that, what would the chances be of your mile walk in Virginia being exactly the same time as Cathy Ayers Allen's mile walk in Dresden. With a new knee or two, you might be able to pull ahead of Cathy next year Bob assuming Cathy decides to keep her original equipment. Tom

Tom, I'm not sure what original equipment you meant that I might keep. If you meant knees, I have 2 new ones as of 2005. Maybe hips are next. Cathy
---
7
Report from coastal Connecticut. Walked a mile today in 13:16. 74 degrees, humid, low tide. Regards to all.
Dave McCollum

Good time Dave. No dog holding you back this year?

Tom, Dog now sulks at home while I do my mile. You'll recall you suggested I leave out the dog to improve my times. It worked! Congrats to Jim Undem on his first mile in years! Dave.

8
Hi to all from southeast Virginia. I walked a mile in 18:54. Slow and steady wins the race? No? Oh well!

Enjoyed the travelogues from Gay and Cathy. Would love to join the Lake Ellyn group....especially lunch after. Enjoy!

Bonnie (Sporka) Shableski

9
This is Mutz signing in. Very pleasant day in Atlanta; 74 degrees and high humidity. Celebrated my 2 month anniversary of a total right knee replacement by walking my mile in 16:48. I figure I did this walk with only 1.5 legs due to my incapacitated knee which should results in an equivalent time of 12.15 if I had 2 good legs. WAIT TIL NEXT YEAR WHEN I HOPE EVERYTHING IS WORKING. See you all in Sept.
Gary Mutz

Mutzy, I'm glad you are healing and optimistic for next year. Looks like you will need that 12:15 next year to have a chance of regaining the athletic crown in the Mutz household. Chan

Yeah but he is walking straighter than any time since college and his recovery from the knee replacement surgery is setting all records at the doctor's office….and the doctor is the knee/ shoulder guy for The Atlanta Falcons so he has seen some athletes! It was only 5 weeks ago and he is doing 3 miles with enthusiasm….Unlike me. I was doing one mile with panting and sweating. Barb Mutz
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10
Greeting from Cloudy (Monsoon season) Green Valley, Az. I swam the mile in 47:23 minutes - my personal best. Now it's off to a round of golf.

Judy Smith Noren

Congratulations on your PR Judy, that is inspiring. Let's hope you had the daily double and got another PR on the links.
Tom

11
Hello to all from Frisco, Tx. After reading Dick's suggested training routine I decided that was enough for me. (just reading it!) As a result, with limited physical training, I finished my mile in 14:36. As usual my method was running, walking and crawling. Weather was beautiful here in Texas, 74 degrees, with a slight wind. Nice to hear from everyone again on another July 15. Hope to see all in September.
John Windeguth

12
Tom,

7:05 a.m. Solana Beach, California, 70 degrees and overcast, surprisingly humid

Linnea reporting in having run the mile on neighborhood streets and sidewalks with some slight ups and downs and a few sidewalk-lifting tree roots, etc.
Training: First run since last July 15th but I do walk a lot.

With scarlet asterisk, I was branded
and lived a year of shame as commanded.
Today's run came in at 12:45
and I"m just so glad I'm still alive!

Love to all and enjoy your day! Thanks for the organization and administration of this very special class event, Tom.

Linnea Asplind Riley

Linnea, you are redeemed.

Another event is in the cards
Jumping roots in sidewalks and yards
Hurdling forward with time at stake
Danger be damned for '59s' sake

Tom

13
Hi from Madison, WI--No swimming today--low 60's, cloudy, and windy. Did a mile on the stationary bike in 3:51. Bonnie I'm with you--slow and steady is good!!! Looking forward to 55th in Sept. Sherry Rogers Williamson
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14
Tom,

Started gaining pounds when I turned 70 so went on a diet/exercise regime about a year ago that brought me back to my high school weight of 145 lbs.

The morning run was at 5:15AM on asphalt streets in our development. Although early, it was still warm, around 80 degrees and slightly humid (monsoon season in AZ). Time was 11:34.

Best regards to all, Joe Petter

Well done Joe. Another strong time, and congratulations on the discipline to get that weight off. It must have been an arduous task to take off those two pounds. Tom

I, too, am at my high school weight, which by coincidence is the same as Joe's.
Unless, of course, by the word "at" you mean "in a limiting sense," whereas by "at" I mean "in there somewhere," i.e., more of an inclusive "at" than a specific "at." Dick Cassidy

Dick, Spoken like a true lawyer. Take care, Joe

15
Greetings from Troy Michigan where we are visiting our daughter, son-in-law, and 8 year old grandson. Picking up on Dick's suggestions for a training routine my grandson and I yesterday had frozen yogurt in mid-afternoon and then for dinner enjoyed a trip to SmashBurger with the whole family.

After several days of quite warm weather, this morning at 7:30 it was a pleasant 63 degrees although humidity was still 82 per cent. Winds were 8 mph WNW.

Perhaps due to the SmashBurger dinner, my time was only 18:09, a bit slower than in past years as I recall. I walked the measured mile course loop around my grandson's elementary school.

Tom, thanks for keeping this annual tradition going and to all our classmates who join in. It is always fun.

I hope to see many of you in September when we will have another opportunity to get some exercise together.

Best personal regards,

Cliff Argue

Cliff, I'm not sure alcohol before your mile is the best way to get results. I would stay away from the smashburger next year. **Tom**

16
Tom,
From Pils Rundale, Latvia
Started 10:40 temp 24C finished at 11:30.
I walked the corridors, secret passages and all, as well as the Rose Garden today at Rundale Castle, Latvia (above photo).
Claire is my witness that I accomplished all of that in something less than an hour. That includes the literal time I took to smell the roses.
I have no clue how many km much less miles that covered. Wild guess just less than 2 mi.
Steve Capel

PS. Feel free to delete the photo. Just added it to "validate" my estimate of distance. Rose garden extended well to both sides of the castle.

1 Attached Images

I just got this message from Steve Capel and am passing it along to you all with the attached amazing picture. Apparently Steve is doing quite well. You can see how far our real estate dollars here in the states go toward a home in Latvia, which seems to also have come with a little eye candy. Congratulations Steve! Tom

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17

THIS JUST IN ...

from Budapest, Hungary -- 81 degrees, sunny, light breeze

Neal Whitecotton has turned in an asterisk-worthy mile time in the "Aboard a river cruise ship in Europe" category: 17:03. Asterisk is appropriate as a severe calf cramp on the first lap turned the planned job/walk into a walk/limp event.

Neal Whitecotton

Neal,

Some guys will do just about anything to get into the record book. OK, OK, you are first all-time in the river cruise category, with or without the limp. There is no category for Europe, so you are now competing to hold first against any river cruisers anywhere in the world who choose to circumvent the ship instead of doing their version of your limp on the riverfront.

Did you see the memorial to the Jews that were killed by the riverbank so they would fall into the water? Quite moving imagery.

18
Greetings to all from Spofford, NH. I cycled 19.1 miles in 92 minutes. The skies were threatening but I made it without rain falling. Hope it clears up for golf this afternoon.

Teun Schoolwerth

19
Classmates,

When I put the results from 10 years ago into my email yesterday I realized I had a chance to stay within one minute of my time of 7:21.83 so that became my goal today. I ran a practice mile at the Lexington track in 8:34 last week so I thought it was within reach. I headed back to that beautiful track at 9:30 this morning and made it between rain squalls with the temperature at 78, humidity at 85% and wind at 10 mph under cloudy skies.

To beat that time I knew I needed to start fast and gut it out with whatever kick I might have left probably making the difference. First lap was 2:00, followed by a 2:06, then slipped to a 2:11 for a three quarter time of 6:17. That meant I had to have a 2:04 max to keep it under 8:21. I tried to keep my stride long and kicked the final hundred yards and pulled it off, finishing in 8:19.54. I was thrilled that after 10 years I had lost only 58 seconds. I feel blessed to have none of the physical limitations which would be expected to afflict any of us at 73. The running I have done was the result of the physical I had in the fall of 1956 after making the cross country team until Dr. Pugh said I had a heart murmur and wasn't allowed to run (or play baseball which I had done as a freshman). The years of working on keeping fit for cardiovascular purposes have paid off.

I will keep replying to your emails but will have to wait until nap time for our 22 month old as my priorities are with him whenever we get to visit.

Tom Chandler

Tom,
The only diagnosis/treatment I ever remember old Doc Pugh getting right was during the group physicals he was doing in the office area of Biester Gym. All of us guys were lined up naked, one behind the other waiting our turn, when the guy who was a couple of places ahead of me in the line got an erection he couldn't get rid of. Shortly after that it was his turn to be seen by Pugh. Pugh looked at him; layed his erection on the table top; gave it a karate chop; and it disappeared. I don't remember who the guy was, but he screamed, and the rest of us busted out in laughter (and of course thought, thank God that wasn't me).
Roger

20
Tom……..I report in from nowhere exotic, Delray Beach, FL. I was able to hobble a mile this year after a few years on the sidelines. I have a designated two block "comfort area" where I'm able to sit down when necessary as two blocks seems to be my current maximum without resting. So I walked 5 two block segments to complete my mile. I stop into my condo between segments for a five minute rest. Somewhere between the end of the 4th and beginning of the 5th and last segment I nodded off on my couch(actually a love seat, unfortunately unused for years). I awoke, I finished the mile in 1 hour 42 minutes. Yikes!! Thought I might have nodded off for an hour and a half, but probably not true! Best to all…….
Jim Undem

21
Hi,

The Polar Vortex is supposed to swoop into Nashville today, but it didn't make it in time for my mile. And I didn't make it to the nearby private school track before the girls soccer team started practice, so I headed to the local public school track. Its surface is not nearly so easy on the feet and its surroundings are not nearly so attractive as the private school's, but at least there was not a soul within earshot to offer even a stray word of encouragement. (Therefore, no asterisks?) The only sounds came from the buzz of distant mowers and the clang of glass bottles falling into recycle bins on the other side of pine trees.

While doing the four laps plus nine meters, those external sounds got mixed up with my mental ones that were telling me on the one hand to push harder and on the other hand to save my legs for the upcoming USATF Masters National Championships. Usually I give myself two rest days before a race, but I will not be able to this time. I'm doing the 10,000 meters (25 times around the track) on Thursday and the 5000 meters on Friday. We leave for Winston-Salem tomorrow. I'm not sure which hand won out, but my time was 7:47.

Congratulations to Tom on his new grandchild, and congratulations to the rest of you for having done your mile. Your accomplishment will stand you in good stead for the upcoming reunion Smile Mile. Just think how easy it will seem in the cooler September Midwest weather and in the midst of old friends. With loads of memories to share, you will not have to deal with the "lonely runner" syndrome. Plus we'll all be so much more relaxed because Tom has promised to leave his asterisks at home. Did you know that that is one of the keys to good running?...Relaxing, that is,.. not Tom's not having access to his asterisks!

Looking forward to enjoying the Smile Mile with all of you!
Margie Shaw Stoll

P.S. I would be remiss if I did not take this opportunity to include a reminder to send in your reunion reservations. If needed, you can download a copy from the website Glenbard1959.com. Also appreciated are notifications that your initial rsvp needs to be changed to "No"

Margie, You are, again, an inspiration! Good run!
Good luck to you in the USATF Masters National Championships later this week!
It’s nice to know that someone is still out there living the dream! Linnea Asplind Riley

Hi Linnea
...and ever since grade school, I've marveled over your and Wendy's wonderful artistic talents. I have zilch. Isn't it nice that there are so many talents to go around. Margie

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22
Tom. Walked 18 at Arrowhead, right near my home in Wheaton. Sooo. W/ golf 4:15. Without golf. Why?? Try another route but as my pal Undem would say, lets go to 7 Drarwfs and have a malt!!

Im here in Sept in anyone wants to play. Let me know
Jeff Baker

23

Tom,
I can’t send to this large a group from my computer. ???
Anyway, I did do my run, painful as it has become. Just can’t breathe at this altitude. Tennis gives me breaks to catch my breath. This is truly an impressive group of people and a great organizational/planning/stats keeping effort on your part. Thanks for doing it! Love the banter it generates :)

Time/stats/excuses/asterisks: 11:20 jog/walk 81° humidity high for here at ~50% altitude 6,200’ after 2 hrs. of tennis, original equipment, albuterol on standby…..
Helen Moran Lemal

Helen, another impressive time considering the altitude.

I know some may be offended, and it may not be politically correct, but I can’t help myself. I have to say that I have always been a big fan of your original equipment. Tom

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24
Nothing could be more exciting than Gay's Bastille Day description! But I am so please that I knocked 20 seconds off last year's mile with 14 minutes 40 seconds. It was a planned and precise mile and took a lot out of me, more than I thought that I had to give! Conditions were good: near sea level, overcast, humid with the marine layer, but not yet really warm. And I finished before 8:00 am, just about when the Lake Ellyn walkers would be starting. I am not going to do this to myself again soon. Really, I am trying to grow old gracefully, and this walk would never have been described as "graceful."
Best of luck with your times, and see you in September! (hmm--that sounds like a song. . .)
Mary Hanson

25