JULY 14 NON-INVITATIONAL

12:51 Barb Mutz - I am early, but had a big bridge day tomorrow. Here is my time 12:51 on the elliptical machine in the AC---so I don't need a dispensation due to heat—thus avoiding getting grief!

18:38 Eileen Dowiatt Quinn - I will have to become a member of the 14th crowd since we picked the 15th for a beautiful day to visit the city of Chicago. That you squeezed in your run the morning of the start of your cruise was truly admirable! I did a mile on the treadmill on the 14th with a time of 18:28.

So many messages from classmates that are funny, inspirational, interesting and well written. I admire the Cassidy philosophy but have so many bucket list items that require physical stamina that I keep thinking it's worth some effort. I wasn't a runner in high school and admire those of you that are continuing to run.

25:00 Patti Galligan Witt - I completed my mile in about 25 minutes walking along the beach in Capistrano Beach on a beautiful day feeling you were all with me in spirit.

JULY 15TH INVITATIONAL

4:57 Chuck Gelhaar – From La Canada, CA 10:15am 72 degrees elevation 1850 feet, on my patio in the shade looking over LA south to Palos Verdes, where Tom lives, on my Life Fitness stationary bike. Advanced Workout console set for EZ incline. 1 mile, 4.95 minutes, heart rate 128, 5.35 miles 30 minutes.

5:00 Barrie Good Burr - Once again I completed my bike trail ride without any mishap. In fact I only had to remind a group of kids who were sauntering down the middle of the path which direction Right was Anyway, 55 minutes total time. Probably 10-12 miles depending on my speed. I subtracted a 5 minute rest on a park bench next to the lake. Nice day 75 degrees and low humidity. Chicago area has a few good days.

5:26 Dave Johnson - Tom, it took a slow first mile to get rid of my right hip pain. I did 4.6 miles in 25 minutes on the stationary bike. In reality, I bought a cheap ($50.00) Chinese rack and put my street bike on it. I had to move the speedometer sensor to the rear wheel also.

8:03 John Staedke - It took me 8:03 for the mile at a high school track this morning at 6:35am, 81 degrees, no wind, sun coming up, and a young lady blowing by me running intervals. I was glad to be able to be there and glad when it was over.

8:20 Tom Chandler - I had one practice run a week ago at the beach (concrete, not sand) and ran an 8:34, surprisingly strong considering no interval training this year and not having run for 10 days. It was fun running a mile in a straight line but I opted to eliminate the vagaries of bike traffic and little kids scooting around and headed to the track this morning. My run today was again under ideal conditions at 10 this morning at the Torrance HS track a couple of miles from the Pacific, probably 100' above sea level, temperature 72, humidity what seems high at 63% but with a light breeze was never an issue. Started too fast again at 1:59 followed by a 2:07 and then couldn't believe I still had two more laps to go. I hung on for a 2:11 and then had enough

left to come in with a final Hilltopper push in 2:03. It felt great to finish at 8:20, only a second behind last year. When I run two or three miles during the week, I struggle to run a 10 to 11 minute mile pace with every little rise an effort. But for this race, I know my motivation to do well is high because of all of us doing this together. It is the one time each year that matters and I am lucky enough to not yet be slowed by physical issues but when they come, I'll be proud of giving it my all when I could.

8:38: Margie Shaw Stoll - First of all...I'd like to thank all of you who expressed concern about my heart issue and who sent well wishes. A special thanks goes to Helen Moran Lemal who was my expert guide through the process. As a former physician's assistant to a cardiologist, she explained after each of my appointments what was really happening.

The x country team was supportive too. A few days ago, I wrote Tom and Staedke that they should give it their all on the 15th because they have a good chance of beating me. Tom wrote back, "I hope not." I like being on a team. Thanks, Tom.

I had an ablation to correct my irregular heartbeat at the end of May. The doctor explained that it could take up to six months for my heart to totally readjust. I'm hoping that's the case because my time this morning was 8:38. That's a minute slower than last year, but it is 30 seconds faster than the mile I ran two weeks ago. So...I'm hoping that I am in Mary's "retrieval stage", and that the downward trend continues.

Even if it does not, that's O.K. I'm just glad to be running. And now that I'm an honorary member of the x country team, I can take pride in being a teammate of whoever wins the virtual mile. Gotta Run, Margie

11:27 Helen Moran Lemal - 11:26.76 by the stopwatch on my phone. Too many excuses to bother to name them all. Just happy and proud of all that participate. That we can all get out there and <u>try</u> is truly amazing !

13:11 Gary Mutz - Today was a very strenuous day at the health club. It was AC at 74 degrees and low humidity which is rare for Atlanta. I did my mile on the treadmill at a 4% grade in 13:11 a lot better than the last 2 years since I had no major replacements (knees or shoulder like prior years). Then did my knee PT and weight training. Finished the session with an hour of power yoga. Beat that Cassidy, is it a fib or not. I am late reporting since I collapsed with an hour nap to regain some strength to send this message. Thanks Chan for keeping this going. If you are ever in Atlanta give us a call and we can walk down by the Chattahoochee.

13:23 John Windeguth - Greetings from Frisco, Tx. 77 deg @ 7:10 this morning. Had two aspirin and a vitamin for breakfast, in anticipation of my later collapse. Ok, I also had a granola bar just in case... After all that preparation I finished in 13.23, which is about my usual time for this event. As Shakespeare once said 'will wonders never cease". He said everything didn't he!

13:26 Dave McCollum - Report from coastal Connecticut. Temp 73, dew point 72, fog, low tide. Walked a mile in 13:26 this morning. No bees.

13:43 Pam Wildish Bosworth - Greetings to all! I did my mile along the Willamette River bike path in Eugene on a concrete bike path - 8:15 a.m., 65 degrees, time: 13:43 according to my Nike running app. Love hearing classmates' reports. Love the pictures!

13:54 Joe Petter - Arizona - 80 degrees - 5:15AM - asphalt street

14:07 Jill Buettner Hollifield - Hi to all you super-athletes. Really enjoyed reading messages from everyone. In spite of the weather (about 93 degrees at about 2 pm with humidity in the inhuman range) I got very lucky and ran/walked the mile at Leu Gardens, an exceptionally lovely place right in the middle of Orlando, in 14 min. 7 sec.--give or take. I couldn't be quite sure because I ran in the middle of a brief shower! It was so much fun, but I had to put my phone in my pocket. When I say humid, I mean humid!

This is such a fun time of the year--to get to hear from all of you and laugh and smile with you at all your achievements, or, as Mary says, retrievals. And Tom, so many thanks for doing all this work--again. Margie, too. So glad to hear you 'gotta run'. That's fabulous. I couldn't run as fast as you do 30 years ago! Keep going!

14:09 Roger Griffith - My wife and the doctors told me to not do stupid and jog, but I wanted to at least beat John Windeguth's time, so I did a mile walk-jog anyway. Two years ago, John beat me for the first time, and last year, I couldn't jog due to all my hospitalizations, so I wanted to try and beat him this year. Unfortunately, my time was 14 minutes 9 seconds (vs John's 13:23). Congrats John…maybe next year?

76 degrees; 45% humidity; sunny; so I can't use weather for an excuse for handicap points. My recent CPX Nuclear stress test indicated my 19 year-old heart bypasses, my 10 year old stent, and my ejection factor of 60% were OK, and my atrial fib is of the paroxysmal variety, so I can't use heart issues for handicap points. 6 procedures on my leg veins earlier this year, but no ER visits or hospitalizations like last year, so no excuses there. So I guess any appeal would be based on: no serious exercise workouts for 2 years; no cartilage under left knee cap; 1/3 tear of right shoulder rotator cuff; Labral tear of the right hip; severe sensory neuropathy throughout both legs (toes to hips), etc

Congrats to all for being the best that you can be and never giving up. We've got to use it or loose it mentally and physically as much as we are able, cause if we give up and give in, we just go downhill that much faster. Of course, don't be like me and do stupid (although I have to admit, stupid is more fun…until you pay for it afterwards).

14:29 Neal Whitecotton - Wheaton 66 cool degrees 63% humidity -- a moot point as I "ran" at the indoor track at the college; I did not check temp, but it felt a perfect 72 with minimal humidity. My time: 14:29:14, representing more walking than jogging, and zero running. And I experienced no dizziness, no problems dodging deck chairs or catapults, and alas, no Lake Ellyn nostalgia attacks.

The young man at the front desk took 1.4 seconds to glaze over when I began to tell him what I was doing and why. Made me realize that today's college freshmen were born in 1991 or so, making us ice-agers to them. So, I switched topics and reminisced a bit about the olden days

when the earth's crust was still cooling. Of course, that totally captivated him. I woke him up before leaving the facility.

15:00 Jim Lewis - I did my mile again on the East Hampton High School, Long Island, NY track, walking and slight jogging, in 15 minutes, a bit behind last year`s time. Keeping busy with my normal nonsense, family, travel and comtemplating middle age.

15:50 Cliff Argue - Greetings from the beautiful Pacific Northwest. Did my mile this morning just after 7 a.m. Temperature 66 degrees, sunny, very few clouds, and no wind. Used the measured course (2 laps equals a mile) around the downtown Bellevue Park. Time was 15 minutes 50 seconds. One advantage (or perhaps disadvantage) to doing this so early is that the frozen yogurt shop right next to the park is closed at this time. Oh well - at least the bagel shop is open where I am headed now. Reunion last year was super. Let's continue to stay in touch.

15:58 Linnea Asplind Riley - Time: 9:05. Temp: 60 degrees. Terrain: asphalt path with some steep up and downs. Scenery: spectacular Snowmass Valley. Walking time 15:58 including one short interval to give tourists directions! Thought of you all and smiled!

16:00 Joni Paulson Fuchs - Sandpoint Idaho - 6:54 a.m. Partly sunny. 68 degrees. I rode my recumbent tricycle a mile in 16 minutes. I call it my "Geezer Trike," but folks aged 12 to 20 really like it. Go figure. It should be noted that I trained a Monarch butterfly from birth to fly right behind me, flapping its wings, giving me a bit of a tailwind. Surely that rates an asterisk! I would print it out, greatly enlarged, apply glitter, and post it on my frig with one of Linnea's magnets till next year. I can't walk a mile right now. Too much sitting at a computer, still working on my income-producing Web sites, to keep my household financially comfortable. However, encouraged by Mary's "retrieving abilities" concept, I WILL walk a mile next year. I will retrieve that mile block by block.

Hey, you all, please send photos. I cherish the ones I have. Really glad to have one of Marilyn, who recently passed away, posing with the around-the-lake runners group. Really wish I had one of Joyce Aigner, who I spent some time with at the 2009 reunion. Love the ones of Linnea, Tom, and the few others that have sent them. Some of us will live into our 90s and beyond, and having photos of our classmates in their 70s will help us relive precious memories (or help us have any memories at all!). I wish I could see you all again. I wish I'd spent more time getting to know you all in high school.

17:00 Gay Galle Danna: 1 mile run on Riverside Drive along the Hudson River and Riverside Park in Manhattan. Beginning at 6:54 am, the Temp was 73 degrees, not bad, the Humidity was 92%, horrible, there was a fog pretty much concealing New Jersey, not so horrible. My time was 17 minutes, better than last year. To give you an idea of my speed, this year I timed my walk home, 19 minutes, and I wasn't even speed walking. Next year I'll speed walk instead of running and see if I get better time.

20:00 Cathy Ayers Allen - I walked my mile in 20 minutes and did a real mile at the gym - 12 times around the indoor walking track. Often I do this outside - in Ann Arbor or last year in Dresden, Germany - but the distance is approximate which makes my time suspect - no asterisk or handicap just "iffy." So I thought I'd do it right this year.

It's been fun hearing what you're all doing and where you are. We are in still Ann Arbor and love it here. We're off to the art fair today and have done some camping earlier in Michigan. We'll go back to Dresden in September and October and Berkeley in January and February - living in other places is a great part of my academic connection as Jim still collaborates with former students and postdocs in physics research.

20:00 Bonnie (Sporka) Shableski - Reporting in from southeast Virginia with a 20 minute stroll time. I look forward to this event every year and love hearing all the comments. To those of you who are in excellent shape and still perform like champions, congratulations. To those of you who are not able to participate at this time, look forward to your return next year. To everyone in between, enjoy hearing where you walked/ran your mile and the humor with which you approach this event. Jill, you should have been here, it was 72 at 7:00 a.m. with a light breeze. You would have loved it. Linnea, very impressed with your high altitude run, and as always you look great. Margie, so glad you are feeling better. You may not feel great, but your performance doesn't show it. Barb, I was so tempted to join your July 14th Non-Invitational because I played cards today too, but I got up early and "strolled" first. Dick, your Mexican lunch followed by ice cream sounded very tempting. Hard to beat that training program. Mary, you should have been a motivational speaker. If you already are, keep up the good work. If you are not, it is never too late. Tom, excellent run time. Congratulations! Thank you very much for keeping us active, connected, and by all means making us play by the rules.

21:18 Karen Murphy - I've been in training since yesterday when I took my dog for a walk. Today about 9:00 I walked the high school track in 21:18, which is assuredly better than last year, when I forgot to walk. I need no asterisks other than the fact that it was gently raining during the last two laps - this at 6,000 feet elevation in Silver City. I even used my hood. Following my walk I went directly to my Strong Women, Strong Bones class in an attempt to delay osteoporosis. On to yoga now.

22:10 Judy Wood Talley - Not sure if this got sent but after my 6 games of pickleball I started my walk in hot, cloudy, sunny weather. That is partly cloudy, partly sunny and did I say HOT? I definitely am not what I used to be in pickleball or fast pace walking so my 22:10 was a disappointment, however, I am upright, in no pain and am able to walk and play my games. It IS a great life and I am thankful daily!

22:12 Dick Cassidy - *Dick, your Mexican lunch followed by ice cream sounded very tempting. Hard to beat that training program. - - -* >>> Turned out, the training program tasted better than the results showed. 22:11:77, which has the beginnings of a better poker hand than a time for a mile. But then, the miles are longer in Tejas than in the other 49 hamburger helper states.

I fully intended to fib…I mean, a guy should go with his strengths, right?...but I forgot that early fibbers get the good fibs and those who dilly dally at the fibbing font get the leftovers, which don't even persuade the fibber. So I decided to go with the truth, not a constant companion for those who participate in timed events, but it sets me up for next year when my credibility will have returned. Sort of.

As always, hats off to Brother Chandler, the Keeper of the Flame. This really is a lot of fun for us and a lot of work for him. I've told others who did not grace the halls of Glenbard Township High School about our July 15th Invitational, and all were impressed. Or at least they pretended they were while they dialed 911 for help to cart away the crazy old man talking about umpteen year olds in timed events that involve movement.

24:00 Marybert Buethe Carveth - Did my mile walking today about 4 pm with two laps around Bellevue park here in seattle in 24 minutes on this beautiful sunny, 77 degree day -- then came home to find a note from cliff and thor argue that they had walked the same park for their time but were there early this morning. so sorry to have missed them! it is such fun to read of everyone's adventures --

51:48 Judy Smith Noren - Greetings from Green Valley, Arizona. It's 5:30 AM - 76 degrees with water temp at 83 degrees. I swam the mile in 51:48 minutes - a little slower than last year. I finished just before the lightning started.

NON-MILERS

Marybert Buethe Carveth - It is always fun to see you all at the lake to walk together, and I am sure I would be there again -- except this year I am in seattle. we just returned from a kayaking and fly fishing adventure in montana, -- the moose (what is plural for moose?) would just stare at us as we passed as we were intruding on their morning munching. today I will try to reach cliff and thor argue and see where they will be doing their miles.

Jim Undem - Scratch me from the line-up. I was put on new meds as of the 13th and got too dizzy after several hundred yards this morning and had to return to my "estate". This is nothing serious as I was warned this probably would happen and just need to get used to the dosage change. I must get one of those nifty walkers that has 3 wheels, hand brakes and a bench type seat to sit on if needed. Maybe I can even put playing cards on the spokes and hum "Hail To Thee Our Alma Mater" as I venture out and about! On a positive note, rumor has it that a Medical Mary Jane shop may be opening exactly 1/2 mile from here. Looking forward to my return "trip" next year and will surely get some practice runs in.

Nancy Fricke Johnson - I will not compete this year but am cheering you all on from The Woodlands, TX! Best wishes and good luck!

Meribeth Fyler Jones - I'm not at Lake Ellen because I sold the Illinois house and am in Surprise AZ for good. I'm not walking the mile because my erratic blood sugar levels make me very tired. I have a little pancreas left from the Whipple operation 4 years ago and it's been very upset because of the 2 chemo sessions I had for the recurring pancreatic cancer in a small tumor. I stopped at two because the side effects were ghastly and I said no. BUT--I'm with you through great memories of those years ago (Latin class second year with Miss Alexander was horrid) and from our reunions and lastly, from a few hours with Margie in New Jersey waiting for our planes and a letter from Linnea last week.

Diane Meinert Curran - I am also not competing this year but love hearing about the events, excuses, asterisk seekers and travelers. Next year for sure. Go Glenbardians!!!!

Wendy John - At the risk of sounding déclassé...does walking from my car door into the giggle shop in 3.5 seconds qualify me for...je ne sais quoi? I'm sure Chandler with his wit and possibly infinite wisdom can come up with an appropriate response. (hopefully in French)

Steve Capel - Nothing like Linnea's 60 degrees here, unless it might have been Celsius! If temp and humidity were added it would be about 185 or so... Committed to helping neighbors remove a bunch of dead shrubs and trees today, so only did a few bike miles and some gym before trying to drown myself as we worked to remove the debris. No actual timed mile to report, but it sure qualified as a workout! Collapsing in from of the AC right now.

Sherry Rogers Williamson - I also can't compete this year. However, I did swim some laps this afternoon, and, thought "happy thoughts" of fond memories. I love hearing from so many classmates at this time. From Madison, WI

Janet Whitaker Rink - Sounds like a good walk. I am even less likely to follow directions as I get older. This morning I worked out with weights for 45 minutes. This afternoon I weeded the garden for an hour and then swam for 30 minutes. Just don't want to be thought of as a lazy slob.

Did you get to see Alvin Ailey at Lincoln Center? The company was there for two weeks. Our son has worked for Alvin Ailey for 20 years. Last week, we had our 10 and 14-year-old grandchildren here for the week while their parents were in Paris with Alvin Ailey. Non-stop with the grandchildren. We took them to Mammoth Cave, and the two-hour tour included 400 steps. Perhaps that can qualify as my mile.

KAY HALL KONOPKA - I'LL GO TO MY STRETCH CLASS FOR AN HOUR, AND THAT'S ALL I CAN DO FOR ONE DAY. I DON'T HAVE THE DATE YET FOR MY HIP REPLACEMENT, BUT I'LL SURE LET YOU KNOW WHEN I'M GOOD AS NEW!!! CHEERS FOR EVERYONE, LOVE TO ALL. KEEP YOUR SENSE OF HUMOR GOING, WE ALL NEED IT.

Teun Schoolwerth - No more running (haven't for a number of years) or cycling. Went to spinning class and did intervals and hills for an hour. And, walked 9 holes on the golf course in 2 hours 10 min. In between Glenbard athletic competitions, still working three days a week at Dartmouth.

Arlene Kirkendall Morrissey - What fun! That's a great pic - and I, too, wish I could have been there. Such a terrific group - truly an amazing class we have! I do love our connecting through the Invitational - and all the fun responses. We excelled as a class in '59 and we still do!

Bob Stoothoff - I was talking to Tuen and realized that I did not get your announcement of the Glenbard "Mile" this July. Sorry I missed the good natured "competition" and banter.

Becky Bulleit Gelhaar - Loved it!!!

Judy Wood Talley - I am happy to report that I will be released from my dr. this month after the major back surgery last August. The one thing I was told to continue doing was walking so according to my "vivofit" I have walked over a million steps since Feb. when I got the watch. I am not fast and it is 95 here in Florida but I will walk after my pickleball league game at 7:30 a.m

tomorrow. Just returned from a leisure vacay in Puerto Rico so again I am not in the greatest shape. Maybe an evening pina colada will help me get ready! We shall see!

Mary Hanson Hirsch - It is much fun to read these remarks and just to be in contact with all of you! I will be walking quite a bit tomorrow and loving it as I have enjoyed the past days and all of the walking. American Cruise Lines built a new paddlewheeler this year, and this is its third trip on the Mississippi. It is going upstream from New Orleans to Memphis, taking a week, and stopping someplace notable every day. Tomorrow--the 15th--we will be at Vicksburg for the whole day with an expert on the river and another expert--Mike Deebs--who has written several books on the Civil War. The battlefield is now part of the National Parks system, and I am eager to take it all in.

Encouragement note to all of you: About four months ago it seemed that I had lost endurance in walking and was quite discouraged. So I began to walk early each morning for two miles and to build up my other exercise routine. It has really paid off. I believe that it was most important to make myself stay positive about retrieving abilities, and that has made all of the difference. It may well be that I was down on myself and sort of giving up on a few things because I have been working for my son for the last ten years, and all of his employees are 20 to 52, very sharp,quick, right the first time, and --well, you know how I am because you are there too. I seem to have no "hurry" left, but I want to be able to finish my work well. Maybe this will serve as a low-key pep talk to one or two of you. . .