JULY 15TH INVITATIONAL RESULTS - 2016

In honor of Dick Cassidy's many entertaining contributions over the years of his participation in our annual event, I am publishing his entire email reporting the results of his 2016 mile, sadly, his last. Tom

"Brother Windeguth is a lot smarter than I am. By the time he'd gotten up, gone out, did his dazzling mile in 13:49 and lived to tell about it and report it, I was still negotiating with myself as to whether I'd actually do my walk or just make something up. (30+ years as a lawyer has well prepared me to make stuff up…) Meanwhile, the major downpour John mentioned in Frisco, about 20 miles north of me, was blasting its way through my neighborhood as I read his report.

Anyhow, I went out about two hours later and braved the elements, which means it'd stopped raining. The best I can do to come up with an excuse is a wooden bridge I cross twice in my walk, which does have a bit of a crest, was wet and slippery, and that probably added five minutes to my time. Each way. Nevertheless, I did the mile in 20:13, but who is counting. While I didn't do anything pickleballish or such, I did walk, a bit slower, for another 24 minutes after I'd finished my timed walk.

On my way back from the "after" walk, I saw a large turtle sitting, or whatever they do, a good distance from White Rock Creek, which the trail follows. Also saw a momma duck (I suppose — I didn't check) and three little ducklings struggle/waddling along the very steep embankment above the rapidly flowing creek. I was concerned the little things might fall into the rushing water and be swept away. Shortly thereafter, mom jumped in and swam upstream about 10 yards, leaving the kiddos on the embankment. Well, lo and behold, the three little ducklings jumped in, one after the other, and swam upstream to mom, paddling faster than I walked.

Today I didn't see the lady on her old timey Schwinn type girls bike. She looks to be a candidate for our class as far as her age. Sometimes she bikes slowly up and down the trail, a smile on her face and a full grown parrot on her shoulder. Kinda nice. Probably the only person I've been able to walk past and say, "Nice bird" without getting slapped.

It probably comes as no surprise to you, but back in our daze at grand, old Glenbard, I had no idea 57 (?) years later 50 or more of us would be doing this on an annual basis and even more fun, looking forward to it each year. It's a heck of a thing you do for us, Tom, and despite all the crazy things I've seen written about you on the women's restroom walls at Greyhound Bus Station all over the country, you're really a good guy. (Oops. Did I really say that out loud? I meant men's restroom walls…)"

6:24 Chuck Gelhaar - From LA Canada @1950 feet temp 74. I used my Life Fitness Exercise bike set for a slight increasing to moderate uphill climb. The first mile was 6.4 minutes with a 30 minute total of 3.9 miles. Into the pool to cool down.

8:36 Tom Chandler - All that is to say I am not sure of my time but I know it said 10:52 at the end and I am going to count my start at 2:16 and call it an 8:36 mile. With no interval training this year or running a mile or sprints a few days before to see where I was, I have to be happy with the time despite being 16 or so seconds slower than the last two years. The clouds were breaking at the Torrance HS track, a couple of miles from the Pacific, and the car showed a temperature of 67. No breeze, no humidity (judging by there was no sweat on my King of Diamonds t-shirt after I ran, (the shirt a gift from the Gelhaars at my 50th birthday party), complemented by my Glenbard baseball cap.

9:36 John Staedke - 9:36 for me this year on a high school track in 77 degree, overcast, light wind weather. Several factors contributed to me losing more than a few steps this year compared to last but there's always next year.

12:00 Hardy Wieting - Place: CSULB track -- our daughter Alex, about to enter her senior year, is a student at Cal State Long Beach. The campus is about an hour and a half, via Pacific Coast Highway, from our place in Laguna Niguel. The track is adjacent to the giant blue pyramid which is the school's basketball pavilion and landmark. Preparation: a one-miler for each of the past three weeks, two at Aliso Viejo High School track and one at Dana Point High School track. Time: about 12 minutes.

12:00 Pam Wildish Boswell - I had to do my annual walk/jog today the 14th - oops, does that mean the dreaded asterisk?? - due to tooth removal and no exercise the following day - the 15th. So I did the walk/jog at 8am in Lake Oswego on an elementary school track, temp. was about 65 degrees - very comfortable - in 12 minutes.

12:40 Helen Moran Lemal - 6300' ~85°, Silver City, NM. 12:40 for my annual run/walk. I have to say this is the hardest thing I do all year in the way of physical activity. I can run for 4 hours on the tennis court and it doesn't affect my asthma like this does. Sprinter, not a distance runner, for sure. Whine, whine, whine…. Really glad I can still do it at all. Thanks for the prodding.

12:43 Gary Mutz - I did my mile in 12:43 on a tread mill at the gym it was 72 and low humidity in the gym. I did complete the Peachtree on the 4th and do about 20 miles a week. Still gaining weight.

13:06 Joe Petter – Joe Petter reporting in from the Trilogy community as I moved here 3 years ago after 23 years in Scottsdale, AZ. I still have all my original body parts (no replacement knees, joints, etc.) and am in excellent health (Thank the Lord!) so no excuses regarding the annual run or in my case, jog. Was off at 5:30AM this morning when it's still relatively "cool" at only 81 degrees. I did my mile jog on the asphalt bike/walking path that meanders through

Trilogy. Time was 13 minutes, 6 second which was much better than last year but certainly won't break any existing records.

13:13 Barbara Fossum Mutz - I did a mile in 13:13 in the AC (I am so cool!) and on the elliptical machine while reading a book.

13:49 John Windeguth - Hi all, my walking, jogging and crawling got me finished in 13:49. I just finished before a major downpour hit here in Frisco. The good thing was the temperature dropped to 77 deg.

14:00 Bob Stoothoff - During my two mile walk this morning I kept hearing the voice of the man behind the curtain, the great Oz/Chan saying faster Bob. So, following that inner voice I managed a return mile in fourteen minutes. It helped that I was on a bike path, not the beach.

14:02 Jim Lewis - I jogged a mile on the East Hampton (Long Island, NY) High School track this morning at 7:45am, finishing, thankfully, in 14 minutes, 2 seconds according to my Google clock. The weather was ideal, 73 degrees, no wind (like myself), and no clouds, dogs, Zika mosquitoes, etc.

14:21 Neil Whitecotton - 14:21:39 -- indoor track, air conditioned. After the timed mile, I headed to Lake Ellyn where 4 of us had a very enjoyable time visiting, reminiscing, strolling twice around the lake. Weather right at 72, low humidity. I did not time this lake walk. Perhaps others did. Other lake participants, Eileen Dowiatt, Marybert Buethe, Roger Griffith.

14:32 Kirkie Morrissey - I just walked one mile in 14.32. I might mention it was in the heat of the day at an elevation of 7000 ft. AND that included 2 hills (not saying how high). Plus i haven't been able to train due to a stress fracture in a foot. Does any of this grant me some bonus points? Or at least a little sympathy? Fun to be a part of this. Love reading all the other stories and excuses! 😀. Kirkie

14:48 Dave McCollum - Report from Shelter Island, NY, not far from Jim Lewis in East Hampton. Walked a mile in 14:48 at 4:00 this afternoon with Temperature 84 and humidity 92! Yikes! Next year back in CT I'll go early morning.

15:00 Teun Schoolwerth - I had to work all day yesterday, early to late; so I walked a mile today in 15 minutes.

15:48 Roger Griffith - After my 3 wonderful classmates left Lake Ellyn, my competitive juices begin to rise, and I thought, I can do better than that time. To be sure that the rules committee would not complain, I decided to do 4 laps on the track. My time on the track was 15 min 48 sec. I believe that's my worst competitive mile ever. However, has an old Cub Fan, I have to say, "there's always next year!"

16:12 Cliff Argue - Fortified with some sustenance, my wife and I headed to the downtown Bellevue (WA) park which has a walking path that is 1 lap equals 1/2 mile. Temperature was 65 degrees, it was partly sunny with a light breeze. I don't think there was much humidity. Time for the mile course, which had to be slightly adjusted due to some construction fences a city crew was just putting up, was 16:12. (No asterisk - it was still a mile.)

16:25 Judy Wood Talley - Reporting in from central Florida--temp at 90 degrees--sunny--slight and I do mean slight--- breeze. After my deep water exercise class which is an hour and a half, I answered 5 phone calls and finally got on to my walk at noon. I was able to complete the mile in 16:25--even added some jogging on very achy knees. Off to water volleyball and then pickleball tonight. This place keeps one very busy-----we love it.

16:59 Marybert Buethe Carveth - My report would have been more complete but similar to Neal's. Roger had our photo and time and we were thinking he would give you specifics. Just so you know, we had a beautiful 80 degree late morning walk twice around our little Lake Ellyn remembering with joy classmates and our reunion walk.

Roger Griffith reporting. For mid July, the weather could not have been much better, so we have no excuses for our times. None of us had a GPS or smartphone, so we guessed that 1 1/2 laps around the lake was roughly a mile (we came up with this distance based on my memory that our cross country course in high school had a total distance of about 1.9 miles, where we ran 3 laps around the lake and then finished in front of the grandstands on the track). While I think it would be cool for me and my classmates to have covered the mile in a time of 19 m 59 sec (to honor our graduating year), in all honesty us geezers aren't that slow (yet), so I am reporting a somewhat accurate (or at least fair) time of 16 min 59 sec. My 3 walkmates (Neal, Eileen and Marybert) should feel free to dispute this time and report whatever time they feel is proper.

16:59 Eileen Dowiatt Quinn - Yes, we too are piggy backing on Roger's report of our walk around the lake. Hard to time talking and walking at the same time! While walking we agreed how fortunate we were to be graduates of Glenbard and that the campus is still so beautiful despite its many changes.

17:00 Gay Galle Danna - NYC 6:50 am "Run" time 17 minutes. Sunny, 79 degrees, extremely humid 76%, There was no running… way too uncomfortable. The "run" was along Riverside Drive, past Riverside Church to 116th Street one block west of the entrance to Columbia University.

17:00 Margie Shaw Stoll - Instead of going thru my race preparation rituals, I got up, had a leisurely breakfast with my husband and sister Mary in Northern Michigan. Not needing to focus all my energies on form, pace, and breathing as I must on the track, my mile trek up .5 miles up the dune and then back down again allowed me to reminisce about my Glenbard classmates. My fit bit watch tracked my time at 17 minutes with a total of 18 flights of stairs (however is that measured?)

20:00 Bob Stoothoff - We are on Indian Beach, NC visiting friends for the weekend. Temperature this morning was 88 at the time of my walk with a strong breeze. My time was a leisurely twenty minutes in the heat. Pool cool off was helpful.

20:00 Bonnie Sporka Shableski - I walked and biked this morning which I do almost every day but usually don't time it and now for the moment of truth. I walked 1.25 miles - 25 minutes and biked 4 miles - 28 minutes. Could I be any slower? Sure, wait until next year.

20:13 Dick Cassidy - Nevertheless, I did the mile in 20:13, but who is counting.

22:00 Cathy Ayers Allen - I walked a mile around my neighborhood in lovely Ann Arbor - started at 1:30, in the 70s, cloudy/sunny, getting humid (sounds like the midwest, doesn't it), some up and down, lots of trees and flowers to look at plus squirrels and butterflies. My time was 22 minutes, about the lowest I've seen from people so far but the point is to do it, not to be the fastest.

25:40 Karen Murphy - Silver City (NM) is still 6000 feet elevation and still awaiting the monsoons. I had to do my mile in two parts because of other agenda items. I did two laps around the high school track in the heat of the day, 1:15 PM, 97°F, 26% humidity: 13:27. The hot tar smell at that hour was rather debilitating. My other two laps were far more comfortable, and less tar smelly: 7:15 PM, 87°F, humidity about the same: much better time at 12:13. Total time was 25:40.

30:00 Janet Whitaker Rink - I am informed by Margie that I am in danger of being deleted from the list if I don't respond. Put me down for 30 minutes. I walk a two-mile trail at a nearby park nearly every morning. It takes me an hour.

54:46 Judy Smith Noren - Judy Smith Noren reporting from Green Valley, AZ where it is currently a beautiful 82 degrees. I swam the mile in 54.46 minutes. Slower than last year, but my excuse is that I broke my right shoulder (actually the knob of the humerus bone) last February. I have about 60% use of that arm now.

NO TIME REPORTED

Dorothy Johnson Kuch - Darien, IL. I wasn't planning on competing this year but this morning I was walking with two daughters, Sandy and Susan, in beautiful McCullom Park in Downers Grove. So today we three walked the 1.2 mile trail, but not at a fast pace as we also looked for geocache treasures along the way and did some occasional bench-sitting in the shade!

Barrie Good Burr - Walked at least a mile from Blue Line stop on Clark in downtown Chicago dragging a bag and heavy camera to the Swissotel on Wacker. Now I deserve a glass of wine by the river before Book of Mormon tonight!

Steve Capel - Walked 1/2 mile in just under 8 minutes--and felt like I had pushed it as far as I ought (and further than my doc might have preferred!). At least I have felt a HUGE improvement in mobility, and at this age, a real plus for the next few years!

KAY HALL KONOPKA - I WAS BOOKED WITH COMMITMENTS TODAY, SO WITH MY NEW HIP, I'LL WALK MY MILE TOMORROW. LOVE HEARING FROM ALL OUR CLASSMATES AND THERE AMAZING TIMES AND STORIES.

Becky Bulleit Gelhaar - I was chairman of summer school this year. Today was our last day and I spent 10 hours on my feet finalizing everything, organizing and moving supplies for **800** students to storage. I put on my Fitbit which I haven't worn in months and did something wrong because it told me I had walked 0 steps!!! I figure I did many miles but couldn't time a solid mile. Not bad for someone who is going to have knee replacement next month. I am exhausted and am sure to have leg cramps tonight.

Jill (Buettner) Hollifield - Unfortunately, no running for me since I moved to Orlando, FL. Today it reached 95 I believe; but then it was 95 yesterday and the day before that and the day before that and... These temps are typically accompanied by humidity numbers that mimic or exceed the temperatures. (How am I doing so far in the whining department?). So I have changed my attempts at physical exercise from running to yoga, allowing me to practice indoors at reasonable, air conditioned temperatures. Unfortunately, I did not do a mile's worth of sun salutations, nor did I even leave the mat. Tsk, tsk. I am pleased to report, however, that I can still stand on my head and do the splits. Does that mean that in addition to the decathalon on July 16 we might add other events?

Jim Undem - I was remiss in reporting, but since I'm now a mental only participant these days it hardly matters. The morning of the 15th my next door neighbor, Ruth, an octogenarian of 89, knocked on my door eager to show me her new electric scooter as she knew I was considering investing in one at some later date. Ruth is a wonderful lady, but a bit headstrong. With a "Watch this Undem!" she tore off down the sidewalk and 50 feet later her driver's side wheels ran off the edge and Ruth went flipping over the low border hedges. She is now on the grass laughing hysterically and asking me to call 911. EMTs came righted the scooter, carried Ruth over the hedges and put her back on scooter as she declined any medical assistance. One of the EMT's was heard saying "she needs a governor on that thing or we'll be here every day!" She's dropping by today to let me try out her new toy and is bringing a 6 pack she says. I have pictures, but promised I would not use them. Lord, if I make to my 80's please let me be like Ruth, what a keeper!!!

Dave Petersen - Tom, I have nothing to report. Before I can get an all clear to resume exercise, I'm supposed to slither into a tube the size of a World War II torpedo and stay in there for 40 minutes while my body is bombarded. Until I do that, I am somewhat inactive although I feel great.

Susie Wallace Burwell - Hey guys cut Mary a little slacks Her flight may be on a private plane and she has no control of departure time and date As for me I will be living vicariously thru you all as it is to be 112 in Scottsdale Margaritas for me in a cool place I will think of all of you at the lake

Linnea Asplind Riley - I did not participate this year because, after 7 weeks of travel with long airline flights to Paris and back to Denver and back and then to Honolulu and back to visit family, work and travel with grandkids, I arrived home at midnight July 14th. I was having difficulty breathing and got a first thing appointment with my doctor on the morning of the 15th. I did mention the high school run though I knew I was not up to it. He gave me a look that spoke volumes and strongly advised against it! Long story short, I had two pulmonary embolisms and went straight to the ER and later to the hospital room where I was well cared for. I am home now but not back to normal as it will take time for these embolisms to dissipate and breathing and stamina to return.

Joni Paulsen Fuchs - Please keep me on the list.

Dave Zinn - Hi Tom, heard from Cassidy, that the 15th event is on again this year. I am unable to ambulate very well, so can't join in. However, I am interested in the group that started at Gelhaars party in Newport Beach. I hope you will include me in your email group. Have a good run !