JULY 15TH INVITATIONAL RESULTS - 2017

5:22 Dave Petersen - By reason of the oppressive heat in Georgia, I decided to ride my stationary bike in the comfort of my house. I watched an episode of Ice Pilots as I pedaled. Since I was not on an accelerating frame of reference, I knew that I could use Einstein's popular equation $E=mc^2$ from the special theory of relativity and convert the giant mass of my stomach into unlimited energy. Notwithstanding, my biannual antecedent excuse is based on the fact that my bike only has one gear ratio. Through experimentation I found that my theoretical maximum speed is about 12 mph. Today I rode 6 miles in 32.2 minutes. I know that somewhere in a parallel universe I'm riding my bicycle outside with bugs in my teeth and wind in my hair.

8:06 Chuck Gelhaar - As I have done for the last several years I got on my Life Fitness Exercise Bike selected EZ Uphill, 30 minutes, and my age so it calculates the heart rate range I should maintain. Although I did not have my reading glasses on I am positive when I entered my age there was a loud beep and across the screen it said IMMEDIATELY GET OFF THIS MACHINE YOU ARE TOO OLD. After 30 minutes I went 3.7 miles and determined there is no such thing as an EZ Uphill.

8:30 Tom Chandler - We are in Cape Cod and I did my mile at 9:30 or so in extraordinarily pleasant weather. No sun, no breeze, probably low 70s and not much humidity. I went to the Hyannis HS track where there were three marines barking out orders (i.e., encouragement) to 6 or 7 recruits who were plodding around the track. A week ago I had run there for my first timed mile since last year at 8:49 which I was pleased with. Today I was hoping to get down to my time of last year, 8:32, and I squeezed out an 8:30 and stumbled another 11 yards to satisfy Staedke, for an 8:34. I'm using the 8:30 as that is what I have based my annual time on regardless of the distances of random tracks in Hamilton, MT, Carmel, CA, Lexington, MA, Hyannis, MA, Torrance CA or Palos Verdes, CA in the last 13 years. (No foreign countries on July 15 yet, or cruise ships like McCollum had to do). I'm really happy to have had four times of 8:22, 8:19, 8:32 and 8:30 the last four years and hope I can manage to defy time and stay under 9 minutes for a few more years.

8:50 Margie Shaw Stoll - I did the mile in 8 minutes, 50 seconds. I'm disappointed that I did not do better because a month ago at the National Senior Games. I did the 1500 meters in 8:10 and two weeks later at the TN State Olympics my time for the 1500 was 7:45. Adjusting for the 109.3 extra meters to make a mile, I should have been at least 20 or so seconds faster. Oh well.

9:03 John Staedke - Eked out a 9:03 this year, again on a High School 1600m track to which I added 10m to make the mile. Dodged intermittent rain showers under overcast skies, at 77 degrees, 92% humidity, and 5mph breeze. Would have preferred Linnea's venue.

10:35 Hardy Wieting - 10 min 35 secs. @the HS, Aliso Viejo CA

12:28 Joe Petter - reporting in from the Trilogy at Vistancia community outside Peoria, Arizona. Although I can longer state that I still have all my original body parts since I had my aortic heart valve replaced with a bovine unit (moooo!) in January, I'm still in excellent health (Praise the Lord!). Another July 15th early morning run (5:15AM – 88 degrees) in order to avoid the real heat, forecasted to be 110 degrees and "humid" due to our annual "monsoon season." I did my mile run (actually more of a fast paced jog) on an asphalt trail near the golf course. Although my time was a little better than last year at 12 minutes, 28 seconds, possibly attributable to the "new" heart valve, it can't compare to you original Glenbard track team members but good enough for me.

12:44 Barbara Fossum Mutz - Wimp that I am here in Hotlanta I did a mile at 8:15 am on the elliptical trainer in the AC with a time of 12:44. Actually it is rather cool here so I should have done it outside, but I can read a book on the machine. Such an athlete! I want to walk with Linnea! Then it would be a gorgeous walk and she can be my tech advisor.

13:28 Dave McCollum - Report from coastal Connecticut. 8:15 AM, temp 67, humidity 85. I start out on my mile route as usual but after a block I turn the corner and find I am in the middle of an amateur road race. So here's this old guy chugging along at his less than race walk pace and getting funny looks from the competitors. Actually I doubt they paid any attention to me at all, just jogging along plugged into their music! I passed no one, but I could kind of keep up with a few laggards. I finished in 13:28.

14:00 John Windeguth - Good morning all, John Windeguth reporting from Frisco, Tx . Up at 6:30 and all primed for our annual run. Had breakfast, hard boiled egg and three sips of coffee. Went thru my stretching routine and lifted 15 # weights for 3 minutes Made my way down to the local high school track at 7:05 am. Despite a temperature of 82, threat of rain and two other people on "my" track, I finished in 14 minutes flat. Boy, what you have to put up with these days! Obviously this prerun routine didn't work! Next year back to the drawing board.

14:00 Pam Wildish Bosworth - I did my mile this morning on the bike path on the Willamette River in Eugene, OR this morning - weather was nice and cool around 60 degrees and the ponds next to the river were full of ducks, herons and nutria!! My time was 14 minutes with some walking and some jogging. Thanks for keeping us moving - a little harder each year.

14:04 Linnea Asplind Riley - reporting in from Stockholm. I brisk-walked along the shore of Djurgarden Island early this morning. Conditions lovely with 61 degrees and air as pure and cool as ever it was intended to be! Walked along a gently rolling path and measured the distance and time with help of two apps on two iPhones. **14 minutes and 4 seconds** Beautiful to be here! I hope you all enjoy your individual miles today and get the chance to reflect on our times spent together so long ago!

14:07 Gary Mutz - Not following my wife's example I went out and did 3.5 miles this morning at 07:30. My best mile was 14:07 and was a semi measured mile not on the tread mile like last year. So put me down at 14:07+/-

14:21 Arlene (Kirkie) Kirkendall Morrissey - Today I walked my mile in 14.21 minutes. I didn't do as well as last year - but somehow I wasn't surprised! ☺

14:23 Roger Griffith - My time for today's mile was 14:23. I tried jogging from the beginning, but after about a half lap, I saw that about 20 yards behind me, Neal was keeping up with me even though he was only walking briskly. Also, my leg muscles were already getting very tired, so I decided to walk from then on. When I saw that my time was 12 minutes at the end of 3 laps, I decided to try jogging again. I did a " blistering" last lap of 2:23, resulting in my total time 14:23. It's sad, when you consider that in college, I would have completed 3 miles in that amount of time. The other sad thing is, even if I could have done 4 laps at the 2:23 pace, Margie and several of my other classmates still would have beat me. Congratulations to those of you that can still do it!!!

14:27* Neal Whitecotton – See 14:52.

14:30 Helen Moran Lemal - checking in from sunny Silver City, New Mexico. Perfect day, 78 degrees, still sky-high at over 6,000'. Some humidity and a few clouds this morning. Not been a good 6 months for me athletically. Partial tear of a L hamstring in late November sidelined me for about 4 months. Probably should have stayed off the tennis courts a little longer. Compensating for the continued lack of mobility in the left leg, seems to have caused an instability in the right knee, which just this week is getting under control. Nice to finally be able to move around again! Can't play tennis yet, but I did get in my mile walk/shuffle this morning. Pushed it about as hard as I could so I'm very ready for my ibuprofen and a nap! 14:30 per a friend who timed me.

14:40 Steve Capel - I put on my Cubs ***World Series Champions*** "T" to get in the right frame of mind! When you wait that long for said apparel, you look for any occasion to wear it. The weather at the moment in Richmond, VA is mid 90's--both temp and humidity! Didn't get started quite as early as I had anticipated, and had to zig zag back and forth across the street to stay in the shade (see above) along my measured mile. As a consequence my time of 14:40 was probably for a bit over a mile--but then again, I never was known for walking a straight line :)

14:52 Neal Whitecotton - After our pleasant stroll, serious timed "running" began. My result: one mile @ 14:52. HOWEVER, a bicycle race in Glen Ellyn closed many streets, and forbade street parking in the entire high school/lake neighborhood. I had to park on the other side of Crescent, a couple blocks east of our alma mater. The long walk to the boathouse required undue expenditure of energy. (it was uphill both ways!) A reasonable, logical. impartial ajudicator of such matters will recognize a justified deduction of at least 25 seconds from the above-reported time. That legitimatizes a time of 14:27, with an asterisk. Agreed?* Roger will provide a report on his time, a better time than mine, with or without asterisk. While I don't mind my 2nd place

finish, it is a bit sobering to finish 2nd behind a old man with a broken toe. I hope he includes the photo he took of the dead coyote. It appears the animal was unable to maintain the feverish pace set by Mr. Griffith.

16:00 Gay Galle Danna - Well, your suggestion, 1/2 mile there and 1/2 mile here, is how I have been doing my one mile a day for several years… So, at 8:10 am I started at 137th Street and Riverside Drive and jogged/walked to 147th Street and Riverside Drive (there), and returned to 137th Street and Riverside Drive, (here) at about 8:26. (My watch doesn't have a second hand.) In order to keep in shape for this competition, I participated in the 2016 competition, and the 2015 competition, and several before that, as well as doing my uptown route almost every day since I moved further uptown 3 years ago. If I ran south from 137 directly to 116th Street (and Broadway) I would be at the entrance of Columbia University. Altho the Columbia campus is beautiful, the route down, (south) on Riverside Drive has a 5 block stretch which is elevated, no trees and no apartment buildings and very barren and ugly. I never go that way. I could do my training by jogging/walking down Broadway to 116th Street and stop off for breakfast at one of the cafes on Broadway near Columbia before taking the subway home. However, Broadway has all those cross streets between there and here and more people, less trees, and some new very major Columbia University construction at 125th Street. Just a thought… We'll see.

16:40 Linda Kettlestrings Molloy

16:40 Dorothy Johnson Kuch. Linda Kettlestrings Molloy and I walked at McCullom Park in Downers Grove. The total distance is 1.2 miles. I didn't check my watch for how long it took but it always takes about 20 minutes. After the walk we went to the local Jam & Jelly café for crepes, waffle and some good coffee and conversation. Anyhow, please keep me on the list for next year too. I'll try to be on time!

17:57 Eileen Dowiatt Quinn - I am reporting my 2017 invitational 1 mile time on the treadmill at 17.57...again at our local health club. This time with a noticeable hitch in my get along developing along the way. I did finish and prevail however thanks to the motivation provided by you and our fellow classmates. Though the treadmill experience doesn't compare to the visuals of many of our classmates, I find it an efficient way to time my mile. We usually take our travel vacations in the fall or winter. We missed the Lake Ellyn event this year due to a family commitment. Hope they had a good turnout. It's a great way to get together!

20:00 Bonnie Sporka Shableski - This is Bonnie Sporka Shableski reporting in from Suffolk, VA. I walked a mile in 20 minutes and biked 4 miles in 30 minutes. Would love to join the Lake Ellen walkers sometime. I reminisce about the class of '59 as I walk and bike but it would be fun to share the experience with others.

20:14 Judy (Wood) Talley - I just completed my mile in 1000 degree humidity and 92 degrees here in Leesburg, Florida. After three days at the beach with my 6yr old and 2 yr. old grandsons and their parents, I was a bit tired but I still gallantly walked as fast as my short legs could go and finished in 20:14--completely drenched in sweat but very happy that I could go at all. I am still playing pickleball and water volleyball and sand volleyball but have cut down on the walking because of the heat. I get to carry the flag in our annual Olympics this year and hope to do even better than last year---but heck, being 75 kinda slows one down--as some will attest to.

25:00 KAY HALL KONOPKA - I WAS HOPING TO WALK WITH ROGER AND MARYBERT, AND A FEW OTHERS, BUT I COULDN'T MAKE IT BY 9:00A.M. LUCKILY , WE HAVE NICE WEATHER THIS MORNING IN THE 70'S. SO I WALKED MY MILE TO CENTRAL DUPAGE HOSPITAL, WHICH IS AN EXACT MILE. LUCKILY, I WAS STILL IN GOOD SHAPE AND DIDN'T HAVE TO GO TO THE EMERGENCY ROOM! I DID A TIME OF 25 MINUTES WHICH FOR ME WITH A REPLACE KNEE AND HIP, AND A CYST ON THE BACK OF MY REPLACED KNEE, I WAS HAPPY WITH THAT.

27:00 Judy Smith Noren - 5:45 AM - From cool temp 75 humidity 72% Green Valley, AZ. It took me 27 minutes to walk to the club and move 5 carts for my mile - walking home was a bonus. Next year I plan on spending about 1 hour swimming my mile.

30:00 Patti Galligan Witt - reporting in from Long Beach, Calif.. My mile in beautiful El Dorado Park took me thirty minutes. I did not stop at the tennis courts, skate park, frisbee golf course, baseball diamonds, library, or even the many picnics because I know from previous years that Tom does not approve of lollygagging. I will get plenty of running in on Monday when I volunteer at the Precious Lamb Preschool for the homeless. Those toddlers are fast.

NO TIME REPORTED

Marybert Buethe Carveth - I am so sorry to have not been with you! But I am sure I would not have been good company -- and I'm sure contagious. I'll look forward to bring together next year!

Karen Murphy - Reporting in from Silver City, NM: OK - I'm a wimp ☹ I did Farmers Market and Guatemalan Market shopping in the morning, got busy with planning my upcoming trip to Turkey, weeding the garden, and then finally it started to rain. Monsoon season! Just too tired to embark on a walk before dinner. The other excuse is that I've had 5 atrial fibrillation episodes in the last 6 months and have only done weight-lifting, water exercise and yoga.

Diane Meinert Curran - checking in from Sherman, TX. I chose to use my garage treadmill in sunny hot Texas in July. I did a leisurely half mile stroll thinking of the class of 1959 all dedicating one day to keeping in touch. No time reporting but did burn 60 calories. Wow! I love hearing everyone's reports, excuses and humorous remarks. What a group!

Jim Lewis - Due to a leg medical procedure last Thursday I am unable to participate in today`s Invitational mile. However, in the near future I will do a mile and report the time into

Management. If it is rejected for this year, I will ask Management to count it as an early entrant for next year.

Jim Undem - off the grid again this year. Hoping September repairs will allow some type of return in '18. Best to all....

Bob Stoothoff - I will pass on the mile this year. However, we will walk in Linnea's' footsteps in Stockholm at the end of a cruise later this month. Good to hear from many of you in the class.

Cliff Argue - Unfortunately, I am also in the "Wait 'till next year" group. I had every intention of participating in our annual mile, but our daughter's father-in-law passed away earlier this week and we came to San Jose, CA for the funeral today. Thus I have no opportunity or venue to walk a measured mile.

17:30 Jill (Buettner) Hollifield - Got a late start this morning (10:00 a.m.) and so it was already 92 degrees with 80% humidity. Running is no longer possible for this old bod but I did manage a spritely walk around Lake Adair as part of a 3 mile loop from my house and back. Singled out a one mile segment at about 17 min. and 30 sec. Couldn't really tell as I don't have a watch with a second hand.

Cathy (Ayers) Allen - So the walks have begun We are in sunny, seriously hot Malta and Gozo - interesting islands with a history that goes back to 5200 BC - Neolithic temples and underground burial complexes, artifacts, with lots of evidence of many different peoples settling and conquering the islands over the centuries plus lovely churches, beaches, rocky cliffs and more. I won't officially participate for a measured mile but once it cools down, we will certainly be walking in Gozo. On to Prague tomorrow where Jim has a conference. Next year I'll walk an official mile for sure.

Nancy Fricke Johnson - Greetings from The Woodlands, Tx. Thanks for again organizing the Invitational. Although I will not be participating this year, I would appreciate you keeping me on the e-mail to receive reports. I love reading all of the comments! I have a stress fracture on my kneecap that will keep me from participating. We continue to enjoy living near our grandkids and life in Texas.

Joni Paulsen Fuchs - I can't do it this year. Please keep me on the list for next years. Have fun treasured classmates!

Janet Whittaker Rink - It may be difficult for me to walk a contiguous mile on July 15. We leave on the 14th for a hiking vacation in the Cotswolds (England). On the 15th, we'll be on a plane, in a bus, on a train, and in a taxi before arriving at our hotel. Maybe I can walk a mile after arriving? But wait, they don't count in miles, do they? I think I'll have to pass this year. Will be looking forward to seeing John Staedke in first place. (Not prejudiced at all.) Thanks for creating and carrying on this tradition.

Becky Bulleit Gelhaar - I had tears in my eyes thinking about Dick and missing him so much. He will be watching down on us.

Mary Hanson - Thanks, Tom, for keeping this going. I have slowed enough that I know that I could not make a mile in 14 minutes, but I am still walking and no longer time myself. It isn't garage sales anymore, but the plants and trees in this beautiful retirement area do distract and slow me some.I need to tell you that I have the same predicament as last year, i.e., travel to New Hampshire is on that day, so neither you nor I will know my time. Please, please keep me on the list, and I will join in when it becomes possible. Love to all.

Jo Rice Borden - I will not be there in person for the run. However, I do 3 miles in an hour most mornings, here in sunny and hot Surprise, Arizona. Will that count? I do admit that I don't run, just fast walk.

Linda Kellogg Pond - Tom, I am very happy to say I can now walk a mile easily. The fourth knee replacement and back surgery did the trick. However, not having an App. or even a smart phone I was not so good about seconds. After reading your rants on that I just about did not send this time of 14 min. to you. I am in the better condition than I was 15 or 20 years ago.:-) I will do better next year on timing.

Sue Wallace Burwell - Tom Have been enjoying all the E mails as I try to stay cooler I'm Idaho but it has been unseasonably warm here Sounds like everyone has done well with their miles

Barrie Good Burr - Hey Tom, thanks for the concern. I was busy finishing work, packing and running errands for my cruise vacation leaving Sunday. Rome to Barcelona. Next year I'll be back on track.

Dave Zinn - I enjoyed the reports from everybody, thanks Tom for sending. Note my email address for your file. Dave