JULY 15TH INVITATIONAL RESULTS - 2018

6:00* – Linda Pond

Just reporting my 1 mile bike ride in my neighborhood, missed all the other bikers, walkers, dogs and cars. It took me 6 minutes then I jumped in to the swimming pool. Huntsville's weather was 107 heat index, I got my hair wet and a few ice cubes down the front of my shirt then pedaled away. Not too bad considering 4 total knee replacements! :-)

6:40 – Dave Petersen

According to my Chinese calendar this is the year of the hip. After total hip replacement surgery I swelled up like the Pillsberry dough boy. I put on my XL sweat pants and rode my Chinese knock off of the Peloton stationary bike for 30 minutes and went 4.5 miles. Converting to dog years I peddled for 210 minutes or 3.5 hours and was dog tired. I did not actually move in a linear fashion vis-à-vis my main frame of reference, but if you calculate the rotation of the earth on its axis, the rotation of the earth around the sun and the speed our galaxy is moving away from other galaxies, I probably went a phenomenal distance.

8:57 – Tom Chandler

I learned something today. My 100' altitude regular high school track was locked up tight today despite being wide open yesterday when I ran a 9:31 practice run. I then headed up to the 800' altitude high school track and that was locked up tight too. I guess that high schools around here are now sealed off on Sundays. I'll have to check where I ran in 2012 and see if that is a new development since the last Sunday on July 15. Sad if that is so.

I didn't want to use "map my run" and run in the streets with traffic and streets to cross so I went to the marked 8' concrete boardwalk at the beach and took my chances with surfboarders and bikers. I had my Glenbard hat on. The temperature was about 75, wind was 6 mph out of the east with humidity at 60%. Overall it was very comfortable. The only problem was that I had never run a mile in a straight line before and it was hard to know about my pace without visual cues that a track provides. My goal was to try to break 9 minutes so I started fast and hoped to hang on. Somehow I missed the faded painted .25 mile on the concrete but I knew it was behind me when I looked at the watch at 2:10 because I didn't see it after that. My half mile was a 4:21 and that made me realize I could break 9 if I could keep from slowing too much and push at the end. The result was an 8:57 so I was happy to lose only about 25 seconds from last year.

9:30 – Margie Shaw

Here are the details:

Location: Mt. Juliet, TN

Course Description: rolling hills (no measured track in these neck of the woods)

Measuring and Timing Device: I-phone (my Fitbit Surge wouldn't get GPS for me.)

Weather Conditions: Hot and humid (thunderstorm delayed start)

Thank you, Tom, for relaxing your rule about running buddies. I took full advantage of your change of heart by enlisting two Kenyans…although I am being presumptuous about the "buddy" part. The first was a 29 year old frequent caregiver for my husband and a former university scholarship runner whose PR mile time is 4:14. The second was his 33 year old cousin Alex Kipchirchir Rono, a former Nike Runner, who is visiting. His resume includes World Jr Champion in the 800 meters (the same year that Usain Bolt won the 200 meters), World #1 in the 1500 meters 2006-2007 (3:30), and the World Cup Champion in the 1500 meters in Athens, Greece. Alex's best mile is 3:50, once a junior world record.

My time was 9:30...slower than hoped for but I was just thrilled Alex and Eric ran with me. They did it most willingly too...really humble men.

On the contrary, I am not so humble. Please see attached. FYI a week later I bettered that 5K time by 42 seconds at a July 4 race.

"Nashville's **Margie Stoll** broke her first running record 16 years ago when she was 61 and she's still breaking records today. She set her 100th record on Tuesday when she became the fastest 77-year-old in the state to run a 5K. She posted a time of 31:00 in the Tennessee Senior Olympics at River Park in Brentwood. That beat the previous record set in 2010 by 1:02. Stoll started running when she was 60 and since turning 61 has broken virtually all the state records for women in each distance at each age since then"_(Mike Organ, Nashville Tennessean Published 9:00 a.m. CT June 28, 2018 | Updated 1:12 p.m. CT June 30, 2018).

9:45 – John Staedke

Covered the mile in 9:45 at 6:35 am., dodging puddles on the track. Temperature 77, humidity 85%, wind SSE 10mph, elevation about 800', cloudy with passing thunder storms. Slower than ever but just glad to be able to run.

10:30 – Hardy

my usual 10 and a half (estimated, due to a phone that goes haywire at times and other times not; new one arrives on Wednesday)

12:26 – Barb Mutz

So…in the air conditioned health club on the elliptical machine and my time was 12:26. I think that is the same time as Gary, but …

12:36 – Gary Mutz

Just walked a mile in 12:36 finished with a 12 minute pace. I was on a tread mill since I cannot run much due to knee replacements The temp outside is 92 with a humidity of 90% but is a pleasant 75 inside the club. Keep up the good work see you next year

12:42 – Helen Moran

Lots of changes in the past year. Ronn and I decided two houses were not enough, so last September we bought a third in Mesquite, NV. Like McCollum says, look it up. On the AZ border just south of the Az/Ut border (St. George in Utah is closest real town) Las Vegas is hour and a half South of us. My house in Silver is still on the market. Ronn's we're keeping. Lower altitude here, and most importantly, MUCH easier access for the kids. Still doing lots of tennis, and dog walking - like 2+ miles twice a day, EVERY day…. (Ronn does that. I don't walk when I play tennis in the morning, but otherwise accompany them all (3 dogs). Ronn's a golfer, and Mesquite's a golfer's paradise.

Hot here! Our nighttime lows are higher than Silver City's daytime highs. But we had rain last night, so for my "run" this morning at 6:30 am (PDT) it was only 78°, sunny, altitude about 1800', time 12.42.

13:37 – Dave McCollum

Hey Tom. Glad to hear you're ok. I'm good with 2 "new" knees and helping coach my grandson in little league. I'm still feeling the loss of my best pal Undem. I'm gonna try to join Rog for the walk, but we've got incoming storms so I will be on hold. Later, Jeff

14:19** – Jill (claimed time)

Have to confess I got started a little late today--and I certainly paid the price! (I now live in Orlando, FL, and the daily outdoor temperatures are typically in the 90's, starting in April and continuing into November, with humidities that are obscene.) So my time isn't great, 19:14, but I was enthusiastic. And no more running or tennis for me--my hip joints complain with even a one-mile walk. I have become a yoga person and really enjoy it. Plus, I can still stand on my head and do the splits. Moved here because my daughter-in-law had brain cancer and I am delighted to say that she is doing well now. The family is headed for a beach trip on Tuesday to celebrate my granddaughter's 21st birthday. No weddings or great-grandchildren yet.

14:22 – Roger Griffith

To — Tom (8:57), Margie Stoll (9:30), and John Steadke (9:45)… I'm jealous and envious, of what you do at our age. I'd love to be able to still do the great times that you are doing. Margie, if we had you on our cross country team in high school, we probably would've taken first place in State.

Jeff, Neal, and I met for this year's 7/15/18 Annual Mile at Lake Ellyn. Marybert was there in heart, but unfortunately couldn't make it due to recent hip replacement. Temperature was about 90°, humidity about 55%; some clouds came over and helped to block the sun which made our walk around the lake, and my mile jog on the track more bearable.

We mourned the passing of more of our classmates and loved ones, and the deterioration of our and our classmates health…Jeff's knee replacement; Neal's back problems, Marybert's hip replacement, my avalanche of blood clots in early April (multiple pulmonary embolism's in both lungs, plus multiple deep vein thrombosis in my right leg).

But we also reminisced and were thankful for the good times, for having attended such a beautiful high school and campus, for still being above ground and mostly capable.

The path that has been always around the lake, is almost fully replaced with a concrete sidewalk, which will probably be 100% complete in a few weeks. Running on concrete will be bad for joggers, but will be good for those who are mobility challenged.

So on July 15, **2019** (our 60th reunion), even if you are in a wheelchair, you will be able to go completely around the lake on the concrete. Although in 2012, Bruce Spencer went completely around the unpaved path in his motorized wheelchair (if you don't believe me look at the picture below).

After Jeff, Neal, & I completed our casual (meaning slow) walk & talk around the lake, I went to the track to do my official timed mile, and Neal was kind enough to be my coach, witness, cheerleader, (and 911 caller if I needed it). Although I was also spurred on to do well (so I wouldn't be embarrassed) by a young lady doing interval sprint training. When I told her I graduated in 1959, she said I looked good. I think she meant, I looked good for an old guy. But of course, my ego wanted to think that…yeah baby, I still got it!

When I was disappointed because I thought my 14:22 time was 59 seconds slower than last year's time, Neal perked me up by pointing out that I was actually one second faster than last year's time! As I was leaving the track, the young lady asked how I did, and I said one second faster than last year. She gave me a hi-5 and said, she's going to tell her dad to get busy working out.

While I'm kind of happy that I beat John Windeguth's 14:50 time, It'd be a lot more satisfying victory, if he didn't have to limp through his last lap due to straining a leg muscle.

14:35 – Judy Wood

Just checking to see if I got credit for my blazing 14:35. It was later in the day because of passing storms but even my hubby said I was going very fast---nothing like some of the rest of you but fast for me and some of the folks around here. My husband and grandson timed me independently and each came up with the same time so it must be correct. Max, my grandson cheered me on from the car window (he is 6) and said I did great! I will be looking forward to next year===so proud of how some of the class of 59 are doing . Life is sure great for me here in Florida

Waited for the storm to pass and walked/ran (just a few steps) the measured accurately mile in 14 minutes and 35 seconds. My husband and grandson timed me independently and both got the same time so it MUST be true!

14:50 – John Windeguth

Alas, when rounding the third lap of my sub 13 minute mile (?), my right leg decided to quit. Not being in a position to argue, I acquiesced and proceeded to limp home. Finishing in 14:50. Oh well, there's always next year. (Learned that by being a Cub fan!!)

14:*52* – John Pond

Reporting in this year, but I'm not including classmate's e-mails since I'm not happy that I WALKED my usual dog route yesterday pm. We lost our dog, Sipsy, but I've continued to walk with invisible Sipsy since. Our route is 1.25 miles and the time was 18 min 35sec.,not good.

15:30 – Pam Wildish

Pam Wildish Bosworth reporting in - 15 and a half minutes doing a jog/walk on a nearby Lake Oswego, OR. elementary school track/path around the playfield. Temp. was about 70 degrees and climbing today to 99!! Really hot for here. I finished at 9 a.m. I used my new-ish hi-tech Fitbit stopwatch feature and was happy this lo-tech user was able to make it work.

15:48 – Linnea Asplind

I got up early to do my mile "run" in a cool 70 degree Solana Beach morning. This year it was a brisk walk over the usual sidewalks, driveway aprons, curbs and tree root-compromised pavement and slightly up and down elevations for a time of 15 minutes and 48 seconds. I was out early enough to be alone with a soft ocean breeze and the sounds of pigeons cooing and the general avian awakening. A lovely time to be out and about and it makes me wonder why I

don't do this every day, as it is a real spirit booster! I send good thoughts to all of you and hope your mile was a good one no matter how it was accomplished!

16:04 – Cliff Argue

Given the forecast for temperatures close to 90 later today, I made the trek at about 7 a.m. over to the downtown Bellevue (WA) park which has a measured 1/2 mile loop pathway. Skies were sunny, temperature 68 degrees, no wind, humidity 70 per cent.

My time for walking the mile was 16:04, measured the low tech way with a wrist watch, that does have a second hand!

17:00 – Jim Lewis

For the last 5 or so years, I have jogged or walked a mile on the East Hampton, Long Island, NY High School ¼ mile track. I walke4d a mile in 17 minutes…no cigar, but mission accomplished. Weather conditions were perfect.

As is my summer habit, after the exercise I went to the local bakery, got a small coffee (with milk and sugar), blueberry scone, and New York Times newspaper, and proceeded to the Main Beach in East Hampton. I arrived at my usual time, 7:15 a.m., and for ½ hour watched the waves, read the paper, added a few calories, completing a nice balance of exercise and reward.

After watching the Winbledon Gentlemen's final, World Cup, and Yankees TV events, I have sufficiently recovered from the morning's activities to compose this email.

During the course of each year since we began our "Mile" together as a class, I have mentioned this annual occurrence to many people. All seem to marvel that, as a group, we are able to do this. And get so much meaning and satisfaction from it. It makes me realize how lucky we were and are, to have lived growing up in Lombard and Glen Ellyn, and how it continues to influence our lives in so many positive ways.

17:30 – Chuck Gelhaar

I did my 6:300am Mitzi walk and I intended to walk her for my one mile time.

She stops at every place she smells another dog odor to make sure she tops it off.

So we returned home after about a 0.2 mile walk.

After breakfast (Becky made me pancakes) I walked one mile in 17.5 minutes. It is 76 with 62% humidity at 1820 elevation in beautiful La Canada Flintridge, CA

Knees and left hip pain now feeling much better after the two Aleve tablets have kicked in.

17:30 – Mary Hanson

Like Linnea--who lives about 10 miles south of me--I went out early and tried my darndest, using an odometer that is known not to lie.

It took 17:30 to walk the mile. I have no excuses like obstacles. This is a moment of truth: I am slowing down and have no excuses!

I guess I ain't what I used to be, but I'm not grey yet.

17:40 – Teun Schoolwerth

I walked 3 miles along the shore of Spofford Lake in 53 minutes. 87 degrees, very humid.

18:20 – Jo Rice

I love reading all the comments. I did my (almost) daily 3 mile walk in 55 minutes. In the Arizona heat and the monsoon humidity, I think that's about as good as I'll ever get.

18:25 – Becky Bulleit

Becky reporting in at 9:10 pm just having finished my mile (1/2 mile uphill and ½ mile downhill). I was at church when Chuck walked his mile and then it was too hot. I walked it in 18.25 minutes. Now I am going to put ice on the knees!!!

18:33 – Eileen Dowiatt

Checking in, noting my annual July 15, 1 mile time on our Elmhurst health club treadmill. It was the easiest way to mark time and distance accurately and also avoid our hot, muggy weather outside. My time for a mile was 18.33–surely slower than past year times, but I did try!

Although I digress, we did accomplish a different kind of record of endurance recently. My husband and I took a road trip this past winter, driving a good portion of historic Route 66 thru several states all the way to California. We spent February in Palm Springs and March in San Diego, exploring and often hiking the wonderfully unique terrain along the way. In April, we drove back home, touring beautiful southern Utah and its stunning national parks. We felt blessed and proud that we successfully accomplished this grand adventure!

Our best to you and all of our Glenbard '59ers—this is a great way to reinforce staying in shape and also keeping in touch!

19:14 – Jill Buettner (reported time)

Once again, you have kept us all moving, chatting, and laughing. Just such fun to hear from everyone--or mostly fun. Anyway, it's no big deal but as I mentioned in another email, my brain

is not being kind to me and I erroneously said my time was 19:14 when it was actually 14:19. I can't tell you how often I think of you and I sitting there in C.A.R. Johnson's biology class and how forever grateful I was to you that you did the "manly" thing and I didn't have to cut up any specimens!!

23.04 – Bonnie Sporka

I look forward to this event to reconnect with classmates but the reminder that I get slower every year is painful.

Mile Walk - 23.04 min
Bike 3.4 Miles - 26.09 min

Thanks for all you do to keep us active, connected, accountable and smiling.

35:00 – Patti Galligan

I did do a 35 minute walking mile yesterday but "alas" I failed to report it. It was totally uneventful. Sorry I'm late.
Everyone writes so beautifully. It's a pleasure to read the replies.

59:48 – Judy Smith

I got in my mile swim in just the nick of time. I did it in 59:48 minutes. This was done in a downpour and as I finished my last lap, the pool was closed for "lightning in the area". The monsoons have arrived in Green Valley, AZ. So far it hasn't interfered with my 9 holes of golf that I play 3 days a week in the summer. We shotgun at 7:30 AM so that I'm done before it gets hot.

<u>Non-Conforming</u>

7:36 – Neal Whitecotton

Year of the Clock. Good concept. There may be some, me included, for whom a sundial will provide appropriate timely timing. But for now, I submit the following:

In May, (obviously not July 15, may the asterisk gods smile on me re date) I rode my one-speed beach cruiser bike 47.5 miles on the Tunnel Hill State Trail. Two days, May 21, 22. Riding 47.5 miles in 5.83 hours, including frequent breaks (the best part of the ride) I averaged 7.36 minutes/mile.

While my submitted time of 7.36 is unaudited, it has been ruled valid by an executive session of The Regional Committee, meeting on an undisclosed date, at an undisclosed location, at an

undisclosed time. I have been authorized to direct inquiries, should there be any, to The Committee's legal counsel.

Since the Invitational rules permit any means of covering a mile, bicycle is definitely acceptable. The only need to asterisk my 7.36 is the date. I throw myself on the mercy of the Invitational Czar, and respectfully request this time be accepted as my 2018 time.

I did enjoy a stroll around Lake Ellyn with Roger and Jeff this afternoon. After our enjoyable walk, Roger did an amazing 14.something on the track. In addition to losing his wife since last year, Roger has endured several health issues the past winter and spring, lingering into early summer. His discipline and hard work paid off with a time today that was better than his time in 2017.

8:00:00 – Karen Murphy

My walk in Silver City (New Mexico) started when I woke up about 7:30 AM with a very pleasant 73° at about 6000 feet; humidity was relatively low at 54 percent. We've been having our summer monsoons all week, which has been a blessing!

The first part of my walk was at home as we were packing the car for our drive to Sedona Arizona. I completed my walk of 1.2 miles (2,844 steps) eight hours later, having reached our destination.

I'm pleased to say that all of my bones and muscles work well, but I've experienced heart and lung issues this past year. I am very grateful that I can still participate in events like this one!

<u>No Time Reported</u>

Arlene Kirkendall

Kudos to all of you who made it a mile - and many of you who did so well! My day got complicated so I was unable to participate this year. I probably saved myself some embarrassment!

The July 15 annual walk not only is a motivator for me to keep walking - but I also look forward to catching up with everyone each year. Many emails make me smile - and even chuckle! So entertaining! Also, glad to be aware of various joint replacements and other issues.

Bob Stoothoff

This will be my consolidated report in advance. In Boston and will be leaving from South Station on Sunday. Pulling roller bags and traveling that day, so, distance and time will be a problem. Count me as enthused and appreciative of all of you that "compete". We did our 70,000 steps here in Boston this week and on this Sunday we will rest.

Thank god that Roger woke you up from your nap so you could get the word out. You have Teun's incorrect email address as he has officially retired.

Cathy Ayers

Thanks for checking in with me - everything is fine. We are currently in Spain and tho I saw the messages about the July 15th event, I didn't officially participate and time my event. I haven't kept up with email very regularly on this trip so that also meant that I didn't prepare to do an official time.

On July 15th, we were in Leon, Spain and spent a lot of time walking around the cathedral that has spectacular stained glass windows - amazing. We are in Spain to begin with for the wedding of one of Jim's students in the lovely Gothic cathedral in Santiago de Compostela - end place of a famous pilgrimage. He's an emeritus professor of physics at the University of Michigan. One course he taught was the physics of music - a course taken by lots of music students as it fulfills a science requirement and teaches a lot of music theory and understanding of how music and instruments work. When he explains about instruments, he asks a student to demonstrate. The bride is a violinist who played in the class and came back even after she wasn't taking it if he needed a violinist - they kept in touch. Her family is Spanish tho she grew up in the US and now lives in Spain and plays in a Spanish orchestra. The man she married is also a musician and plays in a tuna group - a traditional Spanish student singing group that stays in touch after university. His tuna group provided much of the music for the wedding, serenading her the night before and entertaining at the reception and dinner. When we were invited to the wedding, how could we not go. Then we are spending several weeks traveling around Spain - now in Barcelona - with our daughter who is helping with the driving.

What is happening with you? Do you stay in touch with other people? I'm not great at doing so. Interesting to remember my mother and brother. Haven't been back to Glen Ellyn for a long time tho our older daughter, son-in-law and grandchildren live in Oak Park plus several brothers in the Chicago area.

Dave Zinn

I no longer run or walk, I use crutches to navigate. More power to the 59ers that are still able.

I apologize for not writing sooner. I was unable to walk this time, Knee joints gone and neuropathy in the lower legs make crutches or a walker necessary to get around. Then early this year the blood tests indicated that I have MGUS which can lead to Myeloma.

I have more MRI's and X-Rays of my spine scheduled this fall. Hopefully the VA docs will come up with a diagnosis and a treatment by year end.

Diane Meinert

It has been so much fun reading all the hilarious comments and personal updates. It seems like it should be the year of the knees and hips. I did not report in while I was walking on the beach in South Carolina and did not time any of the daily walks. This trip was a delayed honeymoon for Jimmy Harrell and me. We had been family friends (our children went to school together) and he had been my doctor for 50 years. We had "dated" for 3+ years after our spouses died several years before. We decided we were not "too old" so we married in September when all of our children and some grandchildren were able to attend. It was a great decision and we wondered why we waited so long. We have had 9 wonderful busy months and look forward to many more. I would definitely like to be included every year and hope to do better about recording my timed miles in the future. Thank you for keeping us connected and I appreciate all the participating reports and personal comments.

Dorothy Johnson

I apologize for not responding to the July 15th Invitational email and not participating this year. I am well except for a couple of bad knees that I hope to get replaced in the near future. Btw last year I got an email from Dick Cassidy after I had sent in my report for walking a mile in McCullum Park. He wanted to know what geocaching was as I had mentioned it in my results. I didn't know at the time he was ill and passed away not long after our email exchange, so sad. Please keep me on the list.

Gay Galle

Well, I certainly forgot!!! I did my usual 1 mile walk this morning, but didn't time it. I'll time it tomorrow and send it in just to keep in touch with everyone!! Maybe I'll even jog, we'll see… I really enjoy having our joint activity every year!! I'll put it on my calendar for next year now!! I'll look forward to seeing everyone's times. Hope you all enjoyed going from here, to one mile there, this year!!

Janet Whittaker

I enjoyed reading all the results today, especially from friends I rarely communicate with. We were on a sailing cruise on the Amalfi coast (Italy) on July 15. For those who have never experienced this type of adventure, we highly recommend it. The Royal Clipper (of the Star Clipper fleet) is a five-masted sailboat that carries 200 passengers and 100 crew. Talk about personal attention! We made several stops along the coast, then sailed through the strait of

Messina to Taormina in Sicily, back through the strait to Lipari, the largest of the "seven sisters" archipelago off Sicily. We were able to swim in the Mediterranean several times off the stern of the ship when it was anchored offshore. I only had to be rescued once. Good thing I didn't try to swim my mile.

Jeff Baker

Hey Tom. Glad to hear you're ok. I'm good with 2 "new" knees and helping coach my grandson in little league. I'm still feeling the loss of my best pal Undem. I'm gonna try to join Rog for the walk, but we've got incoming storms so I will be on hold.

Joe Petter

I'm in Lake Tahoe for the month of July at about 7,000 FT. which is not very conducive to jogging so I'll be with you and the rest of our classmates in spirit only this year. I'll do two miles to make up for it when I get back to AZ in August although it'll have to be about 5AM when it's not too hot.

Joni Paulsen Fuchs

I will not be participating this year. Please keep me on the mailing list. I love hearing from our classmates. Thanks for keeping this going.

Kay Hall

THANK YOU TOM FOR KEEPING THE JULY 15TH EXERCISE DAY DOING A MILE OF WHATEVER. I WILL ALWAYS CHEER EVERYONE WHO COULD STILL PARTICIPATE. AND CHEERING IS ALL I CAN DO. THE BACK AND LEGS OF MINE DON'T WANT TO DO THIS ANYMORE, SO I'LL ALWAYS LOOK FORWARD TO READING EVERYONE;S STORY. AND BE GRATEFUL FOR STILL BEING HERE!

Marybert Buethe

Just reporting my 1 mile bike ride in my neighborhood,missed all the other bikers,walkers,dogs and cars.It took me 6 minutes then I jumped in to the swimming pool.Huntsville's weather was 107 heat index,I got my hair wet and a few ice cubes down the front of my shirt then pedaled away. Not too bad considering 4 total knee replacements! :-)

Nancy Fricke

Because of problems I am having with my second knee replacement, I was unable to participate today. I was cheering you all on from The Woodlands, TX. Thank you,Tom, for keeping us connected each year and kudos to all who participated.

Nancy Schanlaber

I am absolutely loving all these emails!!!!!!! With some of these emails, I think some of our Glenbard '59 grads would have been outstanding writers and or comedians !!!! I had a make-up tennis match Saturday which lasted 2 hours and with the kids visiting here did not take the extra time to do my walk (nor the energy with the afternoon SC heat). Will try next year!!!!!! Impressive gains but especially by those who were challenged but still did it!!!!!!

Sue Burwell

Tom, thank you for reaching out to me but walking on July 15th even at o dark thirty in the morning when the temperatures are reaching well over 100's, is impossible.. I enjoy reading about all of my classmates who live in much cooler climate than I do, When you decide to walk in October, November, December, January, February, March or April, I will join in. However, I head to Idaho tomorrow and will think of all of you on August 15th, when I am in cooler weather and will go for a walk.

Steve Capel

Tom pointed out my absence from the July 15 mile reporting. And correctly so. On the 15th, Claire and I were in Basil, Switzerland.

I know that we walked many miles, but the measurements where the walking occurred are in ilometers. And rather than submitting to Tom's chastisement for not calculating a conversion, with entirely too much error, let's just say that Claire and I walked a whole lot in the towns, villages and cities along the Rhine River over the last dozen days, having just flown in from Amsterdam yesterday. Sorry for the late report, but Google did not recognize my seldom-used (and old) technology in such distant places.

Next year I promise to take along an updated flip-phone if I am travelling.

<u>Non-Participants</u>

Barrie Good

Bev Staedke

* Four false knees

** Claimed time