JULY 15TH INVITATIONAL RESULTS - 2019

Measured Mile

8:09 – Linda Pond. Hello from Huntsville AL I rode my bike a mile in 8min 9 sec. I had to slow out of our driveway for a car, then passed thru 3 stop signs ,2 speed bumps, loses gravel and I think my tires need air. A thunderstorm just passed thru so not quite so hot. Good Health and Happiness to ALL!!! 😊

8:57 – Tom Chandler. Time for my report. A beautiful day with the temp at 76, humidity a comfortable 49% and a light wind at 8mph" at 10:00 at the Hyannis MA high school track. Leading up to this year's run, I had an exhausting May with 26 straight days of travel, starting in Cape Cod, with a miserable cold setting in on May 1, followed by no running through 8 days in Normandy, Paris and Bruges, then a day on Long Island for my oldest grandson's college graduation, followed by a fraternity reunion I organized in New Orleans, and a backward trip to SC to spend 4 days with my son and family including his 2 year old granddaughter before heading for home. Fortunately, Tom Jr. is a pulmonologist and immediately gave me an anti-biotic shot before I got pneumonia again as I did last spring.

All that said, it has taken me a long time to get back into shape, but I was heartened by a trial mile two weeks ago in CA where I ran a 9:01. I have to admit, because I got a new running watch at Christmas, I was able to confirm that I had been running on a 400 meter track many of the previous 14 years and my 1600 time that day would have been like an 8:54. Now in the high humidity northeast, I took another test run on the track here on Saturday and was dismayed to have dropped to 9:23. I hoped it had to do with the humidity and 36 hour time zone change so was determined to go out strong and try to get back under 9 minutes. I know I have to start fast and then try to hang on, but I was shocked to have my first quarter at a very aggressive and unsustainable 2:01, proven by my 4:26 half. But determination set in on the last lap and I just made it at 8:56 for the mile and a nice improvement in the 1600 from 8:57 last year to 8:47 this year. I was proud to be wearing my Glenbard hat.

I write all this primarily for my XC teammates for whom this event was started. As we know, at this point, we are running against ourselves and know the pain of competitive running. I know how fortunate I am and we are to be able to still run a mile at all and has nothing to do with self-aggrandizement.

Over the years, it has been fun to have had some pictures shared, and as I was reminded by the addition of Margie's photo, I was disappointed to not have thought of a selfie on the track. But as a second best I have added a picture of an endearing hug from my 17 month old granddaughter, Lucy Looney, yesterday as we were leaving from her home in Boston to our Cape Cod family home after a brother's birthday party. Although she was encouraged by her mother to walk over and give grandpa a hug, I got about 7 or 8 seconds of bliss. In addition I am proud to include a video of Lucy who only started walking a few months ago mimicking her brothers riding a scooter. https://photos.app.goo.gl/31dnWtoTMB4tjuKH6

9:10 – Margie Shaw

Greetings from Mt. Juliet, Tennessee. It is an overcast, humid day here at our weekend place 30 miles from Nashville. I ran out here last year too, but this year I found a new out and back course, a flatter, newly paved and straighter road. I did not have the Kenyan world class pace-setters from last year, but maybe that was a good thing. I was not so star-struck and intimidated. Instead, our youngest child Kevin consented to run with me. You may recall that my very first year our middle child Andy paced me and that last year our oldest child Erica was one of my pacesetters, so this year I twisted our youngest son's arm to join me. Thanks, Tom, for making July 15 a Stoll family affair!

Like me, Kevin was a running late bloomer but now he wins the men's 40's division of local races. He did a good job today. My time was 9:10, an improvement of over 30 seconds from last year. I knew I could do better than 9:45!

9:45 – John Staedke.

Better than last year was what I intended,

So therefore my training runs I extended.

The day came at last,

For me to run fast,

And lo and behold, I ran like the winded.

No excuses, just slow, but glad that I and everyone else can still put one foot in front of the other. Here are the stats: Ran 9:50 at 6:35am, 69 degrees, 89% humidity, clear, 7mph NW wind.

9:55 – Hardy Wieting. Due, I think, to a fast first half lap, which I regretted for all remaining half laps, but the spirit of 59 . . . Another factor might have been that the only other person on the track was a muscular guy in his late twenties, I'd guess, who ran with a long, loping strides. He passed me easily, so on occasion I tried for a longer stride.

12:34 – Roger Griffith. As Neal said, I've been working out for the past 7 months. I've been working out 3 days a week, for 2 hours each time (45 minutes of aerobics; 45 min on weights), at Lombard's new Athletic center they opened last year in Madison Meadows Park.

I'm <u>not</u> going into competition. Other than every July 15th, I'm only in competition with myself. I'm just trying to eat healthier; get in a little better shape; reduce my waist size; lose some weight (I've lost 10 pounds); slow the old-age decline; and improve my heart, lung, and neurologic issues. It's hard work, but I'm seeing improvement in several areas.

Today was the first day I've been able to jog an entire mile, in many years. Up until 2 weeks ago, I was only able to jog one third of a mile. **<u>My full mile time today was 12:34 seconds</u>**. **<u>That's 1:48 faster than</u>**

my time of 14:22 last July 15th!!!

Who said we can't get better at our age my friends?! The "use it or lose it" adidge definitely applies to us, our brains and our bodies! **Don't give up my friends, fight this aging every way that you can.** None of us are promised tomorrow, so live the best today that you can.

John my friend, I beat you by 50 seconds this year. I expect you to get back to working out again, so next year our mile times will be closer.

The boy who took the picture of Neal & I below will be graduating from Glenbard West next year in 2020. It blew his mind that we graduated from Glenbard 60 years ago. He agreed with us that this is one of the most beautiful high school campuses anywhere.

Also, immediately after this I will be sending 3 emails (to all classmates) with info on the signs posted around Lake Ellyn about it's past & future.

12:52 – Gary Mutz. Mutz reporting 12:52 on the treadmill with a pleasant 76 before Yoga

13:39 – Dave McCollum. Walked a measured highway mile on Rt 43 in Hancock,MA in 13:39 at 7:00 this morning. Delightfully cool 57 degrees at 1000 feet elevation. Hancock is the farthest away from Tom's summer home on Cape Cod that one can get and still be in Massachusetts. At the end of my mile, I was 3 miles from the NY state line.

13:43 – Helen Moran. Helen Moran Lemal reporting from blisteringly hot Mesquite, NV ~1800' altitude. On the tennis court (outside) at 6:30 am temp a lovely 80°. Three sets later at 9: 20, up to 97° - absolutely no clouds nor any breeze. Went home, rehydrated, took a nap, and then rode my bike (now 110°) to the Rec Center to run my mile indoors on a treadmill, with A/C and a fan. Ran it in 13:43! Three cheers for healed knees and hamstrings this year!

We'll likely be moved back to Silver City, NM by this time next year. Still have a home there up in the mountains at 6300', and COOL. Great to hear everyone's stories and successes! I brag about all of you all year!

15:29 – Judy Wood. After a busy day with my son and two grandsons, a hamburger and two beers at the sports bar, and one game of pickleball, I remembered I had to do my mile today! So I went out and about and did my best in 85 degree weather with ridiculous humidity and managed a 15:29 mile walk. Since it is 9:00 P.M. it was rather pleasant---The 99-100 degrees in the sun this afternoon was brutal--even the 8year old and 5 year old said "lets go home grandma" and we left the sprinkle park!

So thanks for doing this Tom--so hate to hear of those who have passed. Keep pressing on!

13:24 – John Windeguth. I thought this morning the time between these annual runs seems to be getting shorter and my time for one lap seems to be getting longer! Was up at 6:am this morning as usual, sharing the track with another runner who is running before I get there and is still running when I leave. I don't want to say he motivates me but I get irritated when he laps me every lap I run. So anyway, I got off at 6:20 , temperature 72 on the

local school track, finished at 6:33. So I am reporting a time of 13:24. I feel lucky to be part of such unusual and great group. When I tell anybody about our annual run being tied to a high school class they think its such a great idea.

14:10 – Pam Wildish. I am reporting my results from Eugene, Oregon on the bike path along the Willamette River - beautiful! Temp. was 62 degrees and high humidity at 7:30 a.m. and did my mile in 14 mins. 10 sec., mostly walking with a bit of jogging. Thanks Tom for keeping us moving and cheering on our class. It is great that you are keeping us connected and inspiring us to keep on going! All the best to Glenbard class of '59! Pam Wildish Bosworth

14:34 – Bob Stoothoff. Worked in a mile walking before Cindy and I went for our bike ride. Fourteen minutes and thirty four seconds, thankfully early and in the shade for the most part. It is steamy in the South.

My training regimen was three weeks walking a lot in Sicily and Puglia Italy. The up and down in the old cities was fun and challenging at the same time. Always good to connect yearly with you all. Our hope for all of us is an appreciation of each day we have and the courage to accept the challenges.

15:41 – Linnea Asplind. Linnea Reporting in from Solana Beach, California : 66 degrees with nice, early morning coastal overcast at 7:55 start time. I would not call it a "run" but rather a purposeful walk with short interludes of something akin to an inelegant trot on the measured mile on town streets with the usual curbs, etc., for a time of 15 minutes and 41 seconds timed on my iPhone stopwatch feature.

I have not been as active as I have been other years, as my work schedule has made time demands, but this annual event reminds me that I should get back to some regular exercise program, so thanks for the encouragement, Tom and everyone!

In that regard, here is a timely article link from this morning's NYTimes….seems appropriate on this day. (5 things one can do to keep the brain healthy)

https://wapo.st/2JGjGG9?tid=ss_mail&utm_term=.13f5243b6f91

It is so great to see everyone's participation and wonderful when you check in with a comment or two! It is good to be connected! Keep on keeping on!

16:02 – Teun Schoolwerth. this morning, I walked a measured mile on North Shore Road along Spofford Lake. The road is paved and quite hilly (not flat), and the temperature was 73 degrees. My time was 16:02. Regards to everyone from New Hampshire.

16:15 – Neal Whitecotton. At the risk of tipping my hand re tomorrow's miler, I'll let you know that my training regimen has included not eating a bowl of ice cream this evening. I also did not eat french fries this evening, and did not have a 6-egg omelet this morning. With that kind of training, you can expect big numbers from me tomorrow. Or are we going for smaller numbers??

Neal Whitecotton reporting from sunny Wheaton/Glen Ellyn. Roger and I met at the boathouse 9 a.m. It was pushing 80 degrees, 60% or so humidity. So, we "ran" first, using the Hilltopper track at the football field. Then strolled around the lake after the timed, measured mile.

I am pleased to report that I captured the silver medal, finishing second. My time of 16:15:00 is not even close to Roger's gold medal run. He has been working out, and actually **ran** the entire mile. I tip my Glenbard cap to him. Roger will send along a photo or two. I wore a Sox t-shirt in honor of Stoothoff.

If I need an excuse for being out of shape, I'll submit Judi's and my efforts of the past months clearing out our home of 21+ years as we anticipate moving before the snow flies. Long story, short: we plan to build a house and live close, but not too close to two of our daughters. They have a combined 12 acres near Boerne TX (San Antonio area). Judi and I will have our own home on the property. We look forward to warm winters, and good family times, with 8 of our 17 grandkids on the property. A very blessed time. After the past 21 years in suburban Chicago, and previous domiciles in North Carolina, and California, we head to the Lone Star Republic by Thanksgiving.

16:21 – Cliff Argue. At 7 a.m. Pacific time, I went to my usual venue, the Downtown Bellevue (WA) Park (elevation 60 feet) which has a loop path measured at 1/2 mile. Temperature 63 degrees, overcast, humidity 76 per cent, wind 2 mph. I did the two laps in 16:21. It is always fun to participate as well as read all the other reports.

16:23 – Eileen Dowiatt. Again this year I did a mile on a treadmill at our local health club, Courts Plus, in Elmhurst. I find this the most convenient, accurate and easiest on the knees way to measure my mile. I clocked in at 16:23. I think I could do better if I did more training but feel blessed that I remain in good health and am still able to participate.

16:23 – Jim Lewis. 16 minutes, 23 seconds; a perfect day on the East Hampton, Long Island, NY high school track, starting at 6:30am sharp. Siting now, about an hour later, at Main Beach, a few others on this spectacular beach, a handful of geezers on the deck where I am...now easily recognizable to me.

The sea, pancake flat, begging me to spot some whales, yesterday yes, not yet today. During July and August, my morning ritual is get a donut, small coffee, and Wall Street Journal, drive 5 minutes to Main Beach, spend an hour reading and watching, then go back to reality,

Today is alway an especially unique way for our classmates to share our lives through our communal mile, keep our collective cups at least half full, and work on our bright futures. Tom, 15 years ago, you had in vision to make something out of nothing, This is one of your many outstanding achievements, so Hats Off.

19:07 – Jo Rice. I did (I walk fast, but do not run) my measured mile in 19:07. The temp was 104 and the monsoon humidity was building. Thanks for doing this each year. It's fun to see all the familiar names.

20:23 – Mary Hanson Florida condo, sea level, lovely day outside, but no matter since I used the treadmill in the gym: nice view of the Intracoastal Waterway, so-so music of someone else's choice.

Well, the old but not-yet-grey Mare is not what she used to be. Result: 20 minutes, 23 seconds for exactly one mile—a long way from previous years. My goal is to make a comeback, to achieve about Pam's pace again. Never give up, as Churchill famously said many times. Love to all of you, Mary

25:32 – Bonnie Sporka. I am so impressed with all your times and love hearing all the comments. I walk and bike every day and on this date I like to reminisce with all of you. I get slower every year but I am so glad I can still get out and do things. I could care less how long it takes. (Tom, if that encourages you to reach for an adult beverage....Cheers!) My time this morning was 25:32 in southeast Virginia.

33:00 – Patti Galligan. Beautiful day! Perfect weather! Walked a measured mile in the park across the street in 33 minutes. Not very fast but very pleasant! Looking forward to seeing everyone at our 60th reunion in September. Guess we already know who has the most grandchildren. Lucy Looney just keeps getting cuter!

55:51 – Judy Smith. Reporting in from Green Valley, AZ. At 5:30 AM it was 80 degrees and 56% humidity. I swam my mile in 55.51 minutes. I try to swim everyday that I don't have to get golf carts out at 5:45 AM. My sister and I get out the carts for the 7:30 AM shotgun at The Country Club of Green Valley. I usually play 3 days a week - only 9 holes during the summer, but 18 holes when it's cooler. I enjoy all of the emails.

Prorated Mile

5:15 – Dave Petersen. Tom, congratulations to all for making it another year. My right hip, which is a little over one-year-old, did quite well on the stationary bike. I did 5.72 miles and 30.0 minutes. In other news, my wife just graduated from Georgia State University with highest honors with a degree in health sciences. The fact that English is her fourth language makes it all the more impressive to me.

5:45 – Barrie Burr. Annual bike ride results - per i watch....9.4 miles 54 minutes average heart rate 117 average speed 10.1 MPH (short rest stop....

12:00 – Chuck Gelhaar. At 6:35am, 66 degrees from La Canada at 1856 feet overlooking Toms home 30 miles to the south Mitzi an I walked .86 miles with several stops for Mitzi in 22 minutes. Following our early morning event we came in the house had our breakfast and went out on the patio and I got on my Life Fitness stationary bike. Mitzi got on her dog pad and watched. After 30 minutes on an uphill climb I went 2.5 miles. Mitzi was looking at me with "you are out of your mind". Love that dog.

15:20 – John Pond. John not Linda Pond reporting in with a time of 19 min 10 sec for 1.25 miles, not the official distance but close. Tried to run some but a sports injury, running at the airport, the night Donald Trump was elected President prevented it. I know weak excuse, but maybe next year.

27:27 – Diane Meinert Curran Harrell. I was unable to send the first email to everyone so sending this one to you. Diane Meinert Curran Harrell checking in. I walked/strolled 1.1 miles in 30 minutes on the sidewalk in front of the park across from our home in Sherman, Texas. 74 degrees when I started 77 when I finished—not bad for July in Texas.

DNF (Did Not Finish)

23:00 Dave Zinn – I walked half a mile with my walker in about 11.5 minutes.

15:41 – Karen Murphy. Karen Murphy reporting from Silver City NM: I am embarrassed to report that I could only make a half mile today. After getting some blood work done at 7:30 am, trying to get an x-ray (failed because the fax hadn't arrived), enduring a grueling workout with 30 other women lifting weights at the "Strong Women Strong Bones" class, I finally embarked on my walk. That is, after I returned three times to the classroom to borrow some sunblock and locate my lost water bottle! By then it was 11:15, 80° with a SW wind AT 8 mph, 23% humidity, sunny with a few clouds, at 6000 feet. I was exhausted even before I started.

Due to COPD, I wore my oxygen concentrator set at 2 L (I say "wore" because it's in a backpack) and carried my water bottle and car keys. I'll send you a photo of me at the high school track from last October, when I finally got the backpack.

So I ambled my way around the track twice in 15:41.03. I couldn't go faster because I was favoring my lower lumbar, which incapacitated me all last week after our return from a round trip train ride to Portland OR. Although it's cloudy now at 4 PM, the temperature has risen to 93° and I'm unlikely to go out for the second half of my mile. See why I'm embarrassed?!!!! Next year I'll use a treadmill and do my full mile. I promise. Helen, it would be marvelous if you move back to Silver;City! I've missed you.

Non-Conforming

Janet Whittaker. First, thanks to Neil for the surprising and enlightening article about human beavers who were responsible for Lake Ellyn. I always assumed it was a natural pond. Near enough to our house to reach on foot, Lake Ellyn successfully lured us into postponing our annual noon Christmas dinner to evening in lieu of ice skating and hot dogs.

I walked my approximate mile in downtown Louisville at 11 a.m. (87 degrees but add several degrees for cement pavement) en route to my doctor's appointment for a check-up. Time: 25 minutes. Parking an unmeasured mile from her office, of course, I had to walk the same distance back to my car.

No Time Reported

Barb Mutz - Gary and I are not in the race this year…actually, he did yoga and walked a mile, Does yoga count? So I guess it is actually that I am not in the race. I did something to my knee just walking upstairs and so my race is from one knee doctor to another this year. This is the pits! Great sitting here and getting everyone's results and news

Becky Bulleit. I join those who can't do this anymore. My knees need to be replaced! I did go to my "Body Works" class at the gym, rode an exercise bike and used a few machines to help strengthen the muscles in my knees and thought of you all while doing it. I have done a lot of walking with my

volunteer job at summer school but only get through it with Advil and cold packs on the knees. I really enjoy reading everyone's reports and especially John's poetry.

Carol Stone. I have so enjoyed everyone's emails even if they haven't been able to participate in this unique agenda that you have managed to keep going for 15 years! I am not able to walk very far right now but I am so encouraged by people like Roger Griffith and Jim Lewis and of course you Tom! I think we should elect you as our class of 59 Glenbard Ambassador! It was great seeing you in California with Becky and Chuck and Patti Witt! Can't wait to see everyone this September.

Cathy Ayers. I will not be participating again - haven't much - but will be thinking of you all and cheering you on. I had a hip replaced in April - wonderful what they can do for old bodies - but it is doing well. The real reason is that we are in England - London now and Oxford on the day of the mile where Jim will be attending a conference. Our time in London now is with a former postdoc and his wife and young kids, 2 1/2 and 5, so we're doing some little kid things - fun. Then a bit more traveling around, back to London and then to Ann Arbor in August. Have a great "race"

Jeff Baker. Last year I enjoyed walking the lake with Rog and Neal. Had I known, probably would have joined this year. I'll try to do it next year, just keep me in the loop as I enjoy reading about everyone's experiences.

Joni Paulsen. I hope you will keep me on the list. My husband is in dialysis for end-stage kidney disease, and then he fell and fractured his arm and is in rehabilitative care. I have to focus on him and don't have the energy to even think about this. I have NOT given up permanently. I sent two previous e-mails to you, and you usually reply, thus this third and last one.

Love to all my classmates. It was a privilege to attend beautiful Glenbard and enjoy the company of so many wonderful people.

Kay Hall. I WAS SO GLAD TO HEAR FROM ROGER GRIFFITH, THAT THE ANNUAL RUN, WALK, OR WHATEVER IS STILL OFFICIAL. MY HUSBAND JOE HAS SEVERE EMPHASYMA, SO I'M A FULL TIME CAREGIVER, BUT AS I TOLD ROGER, I'LL GET IN MY CHEERLEADING MODE TO CHEER THEM ON. MY NEW E-MAIL ADDRESS IS: DAVEMIKE2348@YAHOO.COM. I'LL LOVE TO SEE THE RESULTS,

Nancy Fricke. So great to hear from you, and thank you for keeping us all connected! I will not be participating again this year, but I will be cheering you all on and will look forward to reading the e-mails and results. Best wishes from The Woodlands, TX!

Steve Capel - I'm still alive and active. It just happened that the 15th was the day before our daughter and granddaughter in Phoenix, AZ were arriving -- and momma said I had other things more pertinent and important to do that day! And we know that when momma expresses a suggestion, it carries an underlying implication of immediate expectation and action!

I had not covered a mile, especially running, for quite a while -- so I do not even have a synthetic approximation of what my time might have been. Thanks for all you do to carry this project forward each year with a lively discourse and, as appropriate, chiding to those of us who have “chosen” not to participate.

Sue Burwell. Fun to read all the replies I didn't run or walk this year as we are on our yearly trek to Idaho Thinking of all if you and remembering Kay Hall in her cheerleading outfit. Happy summer We are enjoying the cooler weather in Idaho Susie Wallace

Did Not Reply

Arlene Kirkendall

Dorothy Johnson

Gay Galle

Joe Petter

Marybert Buethe

Nancy Schanlaber