JULY 15TH INVITATIONAL RESULTS - 2020

Measured Mile

4:40 Eileen Quinn - Because of the warm weather and the Covid 19, I did my mile on our home exercise bike this year. My time was 4:40. It's no doubt as we age and because of current conditions, we may all have to be more creative with how we accomplish our mile.

I know this is off topic, but I'd be interested in learning how our classmates are dealing with living in our present virus restricted society. We have been a generation blessed with potentially very full, prosperous lives. Does this make it harder or easier?

For me, it can seem that every day is "Groundhog Day" in its sameness. It's a real challenge to not mope. It's easier in good weather when I can get outdoors. If I get a morning walk in, it really lifts my disposition for the day. In the past, I made it a habit to regularly exercise at our community health club, but I'm not comfortable doing that now. Fortunately one of its instructors put some of her classes on line so that I can follow along on my own schedule. We have weights and an exercise bike. We also live in a townhouse with stairs which helps with exercise. We are still blessed with relatively good health.

It's been especially hard for us to decide how to interact socially safely. We find ourselves visiting with family and friends even though it seems impossible to always be perfectly safe. I've also been out shopping. Fortunately, where we live most stores require masks. I've been doing more reading and started a project on the computer. I still have my husband which helps with the loneliness factor. And, of course, there is online streaming with every entertainment possibility and even religious services remotely. What are our classmates doing during thIs pandemic (especially those with disabilities) to stay healthy and sane? Unfortunately, life as we knew it may not be a reality for a while.

6.34.65 Neal Whitecotton - Hello classmates, and greetings to all. To the suggestion/assumption that I need/want an app, I say "app-schmap". I'm certain CAR Johnson did not use nor condone the use of an app. I have identified a measured mile, clearly marked, on a walking/biking trail here in the Lone Star State. No app required. Thank you.

Appreciated Roger's invitation prompted by Jeff, for the annual Lake Ellyn mile. I will truly miss being there next week. My best to all on the run/walk/ride/drive next week. Thanks to Tom for once again driving this effort, even as each year, the mile seems longer.

I missed the 6-minute mile I hoped for. 74 degrees 68% humidity in Boerne TX 7:35 a.m. partly cloudy. One mile on Old No. 9 Trail. time: 6.34.65. Did I mention I rode my bike?

7:10 Linda Pond - I gave up running after my Fourth Knee operation, so my mile was on my bike in hot / humid Huntsville Alabama. Time was 7 minutes10 seconds.

8:53.5 Tom Chandler - Yes, I am back on the computer after a run, breakfast and the paper, cleaning up to get the house ready for the cleaning people, and lining up how to get a 123 pound mattress in a box up the stairs when it arrives. (Take it out of the box and roll it up the stairs as it is banded and won't come apart).

I had hoped to do some interval runs of ¼ mile and half mile on a flat neighborhood run on Sunday to see if I had any speed left as the 2 and 3 mile runs I do during the week are jogs with hills and no speed. I decided to start with ½ at full speed hoping I could build on that for July 15, and then walk ¼, run ¼, rest and run another fast ½, maybe walk ¼ and finish with a fast ¼. Basically the full speed ½ wiped out any other interval work but I had a great half mile at 4:08 with the first quarter at 1:57. I rested, tried to jog ¼ and had to walk, then continued jogging and walking to finish the first mile, rested some more and eventually turned around and ran a very slow mile back to my car. I also felt a little tug on my right hamstring so put heat on it for the last 3 days.

Today, I checked out the concrete “boardwalk” at the Redondo Beach beach and there were many more surfers than runners or bikers so I thought I could run on the measured course and not have to go back to the neighborhood. I pull the mask up whenever I encounter someone without a mask but that didn’t happen much today. My leg was wrapped in an Ace bandage and it seemed to be about right.

I had my Christmas running watch ready to go showing me distance and time as I run, and it was a perfect running day at 69 degrees, a light wind at 4 mph, slightly in my favor instead of perpendicular off the Pacific, but a surprising 71% humidity. My goal was to break 9 minutes again to keep my streak alive as I was losing ground each year with an 8:57 last year. I knew I had to start fast and hang on, but not as fast as Sunday and hit the first quarter at 2:04 which gave me an 11 second advantage to break 9. The half was also good as I held it at 4:14, or 16 seconds if I could hold the second half mile under 4:46. I gave some back at the ¾ mark at 6:37 so needed a 2:22 final quarter for an 8:59 and I had just enough left to finish at 8:53.5, actually a few seconds faster than last year, so very satisfying, clearly a display of mind over matter.

10:12 Margie Shaw Stoll - My time was 10:12. That is almost a minute slower than last year, but I am pretty pleased nonetheless. Due to a stress fracture and to Hans's last tough weeks, I had had a layoff from running of about five months. When I started back in April, I could run no more than 100 meters without stopping.

Tom, you should be pleased also because, for the first time ever, I did not cheat and you will not need to add an asterisk by my name. There was no Kenyan entourage or no son to pace me. There was nobody to call out splits, and there was no photographer. All there was was me running all by myself down Trimble Road and back again. This was the third different route in three years. It was a happy compromise between the shady but rolling hills from two years ago and the flat but sunny course from last year. Since all the organized road races and track meets have been cancelled for the summer, I kind of enjoyed this opportunity to push myself. Thanks, Tom. What would I/we do without you?

To answer your question about having found three different one-mile courses...I run until my fit bit reads .500. Then I turn around and run back until the fit bit reads 1:00. Then I stop. That makes it an out and back course...again no cheating about elevation.
I'm still chuckling about Rogers's comments to the young runners on the Glenbard track! I bet they are too.

11:41 John Staedke - I panicked when I pulled up to my usual HS track and found it locked (to keep the virus from escaping I suppose). However I located a nearby running/walking trail that is measured and “ran”” my mile there. The course was hilly but paved and not crowded. I was only passed by a few young ladies and an old guy. Temp. was 81 degrees, humidity 85%, overcast skies and a 12mph breeze. My time was 11:41. I haven’t run since I fell in April so was pleased I was able to stay upright and not have to walk.

Thanks as always for riding herd on us. We need the incentive as well as the camaraderie. I, for one, would have walked but not run this morning were it not for you.

13:54 Dave McCollum - Report from coastal Connecticut. Wearing my 50th Reunion Glenbard cap I walked (make that strode!) a mile in 13:54 in delightful weather, 70 degrees, light wind and partly cloudy. Tide was high and the streets of Rowayton were active as they have been ever since early March. People, with their children, dogs and bicycles, have come out of their zoom dens in droves to get some fresh air. Kind of fun, makes for a sociable walk every morning with our dog. All eighteen of us in the McCollum family are well as I hope you and yours are too. Maybe next year for our 80th we should do 8/10s of a mile so we can improve our times!

14:09 Jeff Baker - Just so you know I couldn’t join Roger and “windy” on the 15th. I was shall we say, a bit under the weather. However I went to the lake today, sat on the Lewis family bench, thought of my friends and of Jim’s wonderful parents, continued my walk and clocked in at 14:09. That’s about my average after 2 total knee replacements. By the way, as second baseman as a freshman, Bill Ryder (sp) was our coach.

14:10 Dave Hollinger - Somehow, I've been off to the side on this activity. I remember a few comments every once in a while over the years, but somehow never got connected. I get the idea that we're supposed to walk a mile. I do two half-miles every day on my treadmill. Does that count? If not what are the rules? Please add me to the contact list.

I'm so glad to be able to report a mile walk, with a little bit of running, with a time of 14:10. I chose Bradley Beach, just south of Asbury Park, NJ, hoping it would not be too crowded. Masks are required, and 60% comply. Temperature was 82 at 9:20 AM. Water temp was 73, but I didn't test it - You need a beach pass. Part of the population density impact in Jersey. But the beaches are well maintained and have life guards. (Last Saturday, Island Beach State Park was closed by 10 AM, because the parking lots were full. State parks are often filled early. 40 years here, and I still can't comprehend that.) Anyway, a little cloudy, the wind was NE about 10 mph, humid, but the breeze felt good.

14:20 Robert Stoothoff - Chapel Hill NC was predictably hot this morning. I did my walking mile (14 min, 20 seconds) imbedded in my walking groups Wednesday 3 mile walk. A little faster than last year maybe due to carrying seven less pounds and the fact that, for the most part, all we do outside for fun is walk and cycle. While Covid is ruining a lot of peoples lives, either in terms of health or financially, we remain OK, and hope you do as well. Our oldest granddaughter is at Zoom, and is riding the wave currently. Son David’s restaurant in Cambria California is a study in crisis management, and we are proud of the way he has managed for the benefit of his employees and his family. Perhaps, as David McCollum suggested, we could do something “special” or just different next year when we all turn the decade on our cakes. Sixty

plus years will have eclipsed our four years at Glenbard. I recall how much I enjoyed seeing the comments collected from all of us at our fiftieth. A lot of work done by the team at the time. Next year, maybe a Covid coming out period, will encourage some of us to share some additional thoughts and experiences. God bless you all and keep you and your families safe.

14:31 Roger Griffith - As John Windeguth said, he (**not** Neal and I this year for a change) and I did our mile on the actual Glenbard (West) track. We walked the first lap, then started jogging the second lap, and throughout the mile John and I alternated jogging and walking, based on how we felt. Ultimately, I crossed the finish line in 14:31 (last July 15, my time was 12:34; and in 2018, my time was 14:22).

Unfortunately with the Covid virus, Lombard's athletic center has been closed for about four months, so I couldn't do my usual three day a week, two hour workout. Instead I've been trying to go for a one hour walking for 4 - 5 miles every other day. But it hasn't been as good as a full work out.

However after we had 8 1/2 inch rains about a month or so ago that flooded my finished basement with 2 inches of water. I've been digging up the bricks and drain tiles I installed years ago in my backyard, with the goal of digging the trench about to 6 inches deeper than it was, and then reinstalling the drain tiles, bricks and gravel, to hopefully prevent the basement flooding from ever occurring again. So I've been completing exhaustive 3-hour upper body workouts 5-mornings a week with my retrenching work. So while my upper body is much stronger now, my jogging speed has slowed down drastically to where it was 2-years ago.

When you add in my health issues, it makes it challenging to follow the, "use or lose it rule". My multiple pulmonary embolism blood clots 2-years ago have definitely decreased my lung capacity, so I get out of breath much quicker, but like my doctor said, it could've been much worse.

Sadly, like several of my Glenbard classmates, my peripheral neuropathy in my legs has progressed quite a bit per my neurologist, so it's kind of like trying to jog with two numb feet (like being out in the snow too long in the winter). And now it's partially progressed up to the knees. While there are two tests that my two neurologists say could be done to try and determine the cause of my neuropathy, both recommended against them because of the potential bad side effects, and many times the tests aren't successful in determining the cause anyway. Even if they do determine the cause, the treatment is only about 30% successful, it's very expensive, and most insurance won't pay for it. So why bother?!

Also like some of my classmates, my heart arrhythmias, ectopic beats, a-fib, etc., have gotten worse, so we're controlling them with a couple of drugs that make me very tired, but save me for going in to have ablation of heart tissue cells.

We waited for the arrival of Jeff and Marybert but unfortunately Jeff called me in the morning and said he couldn't come, as he had diarrhea all night. And Marybert emailed me in the afternoon to say that Stan had passed away from a sudden heart attack last week, and

things were just too jumbled in her life for her to come this morning to Lake Ellyn. Too bad, because John and I were really looking forward to seeing both of them at Lake Ellyn.

As John said, I spoke with a couple of Glenbard football players, and 2 different cross country runners who were there with their teammates for a workout. When I told the cross country runners we used to do 3 laps around the lake and then finish on the 50 yard line in front of the grandstands for our meets, they said they wished they could do meets that way now, but instead they run meets in a park, I forget the name, up towards Glendale Heights. As usual, Lake Ellyn and the Glenbard campus was gorgeous, with lots of joggers, dog walkers, grandparents with kids, etc.

14:59 John Windeguth: Met Roger this morning at Glenbard for our annual run (?). This was my first jog since moving up from Texas (Neil and I have exchanged locations). This was also the first time the temperature was less than 90 deg for my run. (love that Texas!) We started at 8am temperature 75 deg, (beautiful), and after dodging various cross country runners, football players, and other athletes we finally got on the track. I was afraid we would be asked to leave, but Roger kept telling everyone he was a member of the '59 cross country team and that seemed to placate all. I finished in a crawl in 14:59. (Roger was holding the stop watch!)

16:00 Teun Schoolwerth - I walked the measured mile along North Shore Road in Spofford, NH in 16.0 min. Nice day, 72 degrees, 98% humidity. The humidity was 98% when I walked, and it was threatening to rain though it never did. Humidity is now down to 50%. I don't even have a road bike anymore. However, I do walk 18 holes on the golf course 2-3 times a week.

16:05 Pam Wildish Bosworth - I did my mile walk with a bit of jogging to speed things up, but am still way behind last year's number. This year I was on a loop path in a small neighborhood park near my house in Lake Oswego, OR. My time was 16 min. and 5 secs, temp. 70 degrees, 45% humidity at 8:40 am and a light breeze and blue skies - beautiful morning! I regularly do 3-4 miles every morning and hope that is what keeps my bad knees working! Thanks, Tom, for keeping us Glenbard '59ers motivated to be healthy and active. I too love all the updates and repartee between classmates - puts a smile on everyone's face.☺

16:19 Cliff Argue - I just returned from walking my mile at the Downtown Bellevue (WA) City Park, where I go when we are in town for July 15th each year. The Park has a loop path around it measured at 1/2 mile. I likewise wore my 50th Reunion Glenbard ball cap and a mask.

My time was 16:19, a couple of seconds better than last year. As it was noted, during the pandemic, Theo and I have been walking daily a mile or more in our neighborhood or other locations here on Mercer Island or in Bellevue, and despite seemingly eating more, I have lost 10 pounds from the beginning of the year. Conditions were great. Temperature 61 F, almost no wind (1 mph), clear skies. The weather app said humidity is 69%, but it really was not noticeable. At 7 a.m. the park was not very busy, just a few joggers and dog walkers.

17:35 Jim Lewis - Due the the virus, I took a different route this year for the legendary mile. At 6:50am, I went to the southeast corner of 67th Street and Columbus Avenue, in New York City, and headed north along the bike path to 87th Street. It took me 17:35 minutes by walking, slightly uphill but I seek no dispensation; 73 degrees, no wind, lots of dog walkers, a street

cleaner on the other side of the street, a couple of garbage trucks blocking cars on the side streets, 80% of people wearing masks, including me.

Why did I choose the bike path? Altho Central Park is a block away from the house, and normally ideal for exercise, I have found the bike path, early in the morning, has less people nearby, and I keep a careful eye on bikers going in both directions. So less virus risk.

18:04 John Pond - Last night, we went to the airport where we keep our plane and I experimented. It is extremely quiet as general aviation has been down over the past years. In the past, when I ran there, three times a week for two miles, I would run on the taxiway and noticed that the taxiway lights were 50 yds apart. So last night I started out by running 50 yards and walking 50 yards, which gradually went to run 50 and walk 100 yards. I noticed that my walking became very slow, for the purpose of recovery, and the running, jogging, was not much faster than a slow walk. So I figure that the net gain from running was negative. Now here is the bad part, time: 18min 4sec.

I know I can walk it faster. As a side note, I met another individual walking the taxiway, he said he was an EMT worker, the ambulance service is located at the airport. I told him "Stick around I may need you".

OK, the old part of the runway is 5000', it was lengthened 10 or 15 years ago, so I add 280 ft to the old part and have a mile. If I remember correctly I would walk the mile somewhat under 15 min.,it takes a fast walking pace. When I quit running in 2003, I was running 2 miles at the airport in 20 min. If only I could relive that greatness.

19:34 Mary Hanson Hirsch - Another year, another mile challenge—thanks to Tom noticing the fireworks—but 2020 presents a glitch, especially here in South Florida in “the time of COVID”. In warming up to this day, walking the wide sidewalk along the beach has been the best spot with the beach closed and few people around. Then the beach and restaurants and bars reopened, and the rest is history: we are in trouble here, and I am “of that age”, so I used a treadmill for the mile. The clock on the wall agreed with the timer on the treadmill at both start and finish, so I believe that I accomplished an honest mile in an honest 19:34–not proud of it but maybe it is better than 2019. My honest opinion: I have to work out and walk more as long as I can do it.
Tom, you have encouraged me, and I believe that CAR Johnson is looking down on you (and hopefully all of us) with pride. Cannot close without greeting Dave Hollinger who joined in this year!

19:35 Helen Moran Lemal - Please, please don’t get it into your head to do this every 6 mo.! Once a year is brutal enough.

Reporting this year from Arenas Valley/Silver City, NM. Altitude (at the house) 6,500’,time 12:05pm, temp 90-95°, humidity 18 - 22% (our phones must be accessing different reporting sites) Our daily one mile walk (Ronn does it twice a day) is what I used. It’s gravel and dirt and anything but level. From the house it drops down a vertical distance of 80-90’, turns and goes back up ? 60+ vertical with two steep sections then down, down to the road at 1/2 mile and 6,400’. I jogged most of the down hills on the out run, except where it’s too steep to jog, and

walked the rest. Stopped a couple of times to get water (thank you Ronn and the dogs) and to get some oxygen into my legs. Time: 19:35 round trip. 1.o miles.

Unlike Judy, we can play tennis and pickle ball here pretty much any time of day. 90 gets hot, but there's usually a cooling breeze to go with it. Really blows a pickle ball around, but the tennis is ok until the wind gets going around noon. Not much Covid around here, but still wearing our masks and keeping our distance. Easy to do on the tennis court (without masks) but bridge has become an on-line activity.

20:44 Jo Rice Borden - As I was doing my miles this morning. I was wondering if this is going to happen this year. What strange times! I do a fast walk. (I don't think my body knows how to run any more.) The time for my mile this morning was 20.44. It was 98° when I started and 104° when I finished. Our monsoon humidity is just beginning to start.

In my car I found exactly where mile one is. That's my halfway mark for my normal miles in the morning. I used the stopwatch on my phone to get me the time. That temperature was for early in the morning, not what it roasts you by late afternoon.

22:13 Patti Galligan Witt - Reporting in from Long Beach, CA on a beautiful sunny day. Fortunately for me I live near an 800 acre regional park with lots of lakes and streams and wildlife where I walk every morning. My mile took 22 minutes and 13 seconds. I wore my mask and social distanced - the new normal.

25:14 Bonnie Sporka Shableski - Thanks for taking the time to write about the history of this event, and thanks to Mary for inspiring you. Your time of 5.59 explains why this date is so meaningful. It's a great reason to celebrate every year. Congrats!

I timed my mile walk this morning at 25.14. Walking has been even more meaningful the past six months. I always walk solo, I don't have to wear a mask, and I can still chat with neighbors from a distance. Thanks for all you do to keep us active and connected.

57:41 Judy Smith Noren - They finally opened our pool about a month ago. I've been working my way back up to swimming a mile. Did it today. Hopefully next Wednesday there will be a lane open early AM as they have limited the number of people in the pool at a time. Have a problem of walkers in the "swim" lanes. We're at 80 degrees at 5 AM and then it climbs fast - which makes it tough on golfing at 7:30 AM.

Greeting from sunny & 85 Green Valley, AZ. After walking 1/2 mile plus getting out golf carts, I swam my mile in 57:41.
2017 - I had surgery the end of June so couldn't swim - assume I must have gotten out enough golf carts to walk a mile or more (unmeasured).

2018 - There were probably some very strong currents in the pool to slow me down - or I was just being lazy.

I was surprised that I was under an hour this year since my pool has only been open for about a month because of the virus. Every year it seems that my swim times and golf scores keep getting bigger, but I'm happy I can still do both.

I keep busy in the mornings at The Country Club of Green Valley - I live on the course. Every morning between 5:30 & 6 my sister and I volunteer to get out anywhere from 10 - 45 carts for the golfers. When we get more than 20, I have a crew to help. Then when they come in about 11AM - noon, we sanitized all the carts and put them away. We have a 7:30 AM shotgun 6 days a week and tee times for Sunday. I play golf 3 mornings - only 9 holes during the summer when the temp is in the 90s or higher. At our course, the flag stick stays in the hole and not to be touched by the golfers.

Four days a week I swim at 6:15 AM. I usually do 3/4 - 1 mile. The afternoons are spent on the computer or knitting hats for newborns at Mayos. I was suppose to go to Illinois in May / July for my granddaughters Naperville North high school graduation. It was moved from May to July 19, but it's limiting the number of spectators so I decided not to go.

DNF (Did Not Finish)

Joni Paulsen Fuchs: I won't be participating. My husband just died and I'm cocooning. Please keep me on the list, Tom, and thanks for continuing to do this.

7:30 am PST. Warm and sunny. My fitness tracker says .74 miles walking across the street in an asphalt parking lot. I had set my phone clock to 31 Minutes (I didn't think I could walk that far), but when I looked at home, it had reset to 31 minutes. It wasn't much more than that, though, because another timer went off, set for something else….never mind. 31 minutes plus.

I haven't been reading all these e-mails. Not up to it. Next year I will do a mile for sure. Disregard e-mail re .74 mile.

Non-Conforming

3:25 Becky Bulleit Gelhaar: Knee issues other years but this year is back issues. Scoliosis discovered in gym class at Glenbard! 3 injections, physical therapy and I am 75% better. Now I am trying chiropractic and if that doesn't help it will be surgery. Thanks for suggesting I could drive my car a mile!! Drive in neighborhood 3:25. Love to all my wonderful classmates!!!

9:55* Hardy Wieting - I run my miles on Sundays, as I think you might know. Last Sunday was not so good, but today is my birthday and while running I decided to use the longer stride that did me well last year. Result: 9 minutes, 55 seconds, same as last year. After that my daughter took me to King Fish House in Ladera Hills, where I had my favorite -- soft shell crabs.

*** Chooses to run at his convenience rather than participating with classmates on the day of the event.**

18:30 Judy Wood Talley - Well, I got out early--8:30--not as early as I planned but I walked my mile in 18:30. Even at 8:30 it was very hot and humid. My husband and I deliver the community paper in our subdivision--113 homes--and he measured it for me---1.1 mile so rather than walk as fast as I could a mile away and then have to come back, I stayed in our area. I missed my pickleball games---no one her plays much after 9--but will go to my water exercise class. So glad we are still doing this and thank you for making it so.

24:00 Diane Meinert Curran-Harrell reporting in from Sherman, Texas: 1 mile, 90 degrees, at the park in front of our house in 24 minutes—all uphill. I returned home very slowly after the measured mile on my iPhone. I have measured the entire sidewalk for two weeks and chose this segment to report because it is the prettiest and most enjoyable. It also has the best breeze when it is 100 degrees. It is a big park.

24:00 Cathy (Ayers) Allen - I'm another one who won't be participating on the 15th - too bad but it's not a good day for me. My husband will have a colonoscopy that day - being careful as the Univ. of Mich. hospital is very good and will take care. It's a long time for the whole procedure so maybe I can slip out and do a mile walk (I'm actually able this year) So we'll see - if I do something, I'll let you know.
I went out before 8 because it's been hot here in Ann Arbor and I wanted to be fairly comfortable. It was about 70 and not humid so it was a pleasant walk. I saw rabbits, a hedgehog and lots of birds and bugs - nice walk in the neighborhood with some ups and downs, shade and trees. I didn't try to go too fast, just enjoy a mile thinking of high school colleagues. Glad we're keeping this up. I look forward to hearing about other miles and experiences.

To figure out a mile I drove the car down the street and watched the mileage for .5 mile, turned around and drove back so I knew how far to go. To time it, I just looked at my watch - nothing fancy with tenths of seconds so it's a rough time, could be a bit less. It was pretty rural - Ann Arbor neighborhoods are quite trees-y and hilly when you get away from the campus. We are near the Huron river and a couple city parks - they're not necessarily open yet but I'm glad our governor - " half-Whit, that woman from Michigan" as Trump calls her - is being careful. My husband made it through the colonoscopy fine - one of those things you have to do as an old(er) person and he has a history of colon cancer. His procedure was at noon so it worked fine to go out early in the morning.

28:20 Karen Murphy - Thank you for your shepherding of this monumental event once again! I'm so proud of all of us. I especially appreciated reading about how this all got started. I walked the Silver City high school track this morning about 10:30 AM. The scenery wasn't particularly inspiring so I just kept walking. Elevation: 6000 feet, temperature 82°, humidity 23%, wind 11 mph, air quality: good. I was able to walk 1/2 mile in 14:10. You do the math!

The reason for walking only 1/2 mile is that I have been having severe lung problems (Pneumonia three times since last July) and chronic heart issues. I wore my mask, sunglasses and hat and carried my 10 pound portable oxygen concentrator. Does that qualify me for some kind of asterisk? And no, I won't be able to complete my other half mile later.

32:00 Chuck Gelhaar - Mitzi and I walked 1/4 mile 4 times at 6:15 am 59* Had to stop 10 times for Mitzi to let other dogs know she was out today and one time I had to bend over and pick up a Mitzi deposit, enjoyed this 32 minutes with my 🐶

48:00 Barrie Good-Burr - Completed my 10 mile bike ride today instead of a walk. Bike trail next to my townhouse always full of interesting riders and walkers. One near miss as I crossed the road that led into the golf course. A driver ran the stop sign and came close to hitting me. He was going slow enough to hear my opinion of his driving skills, and probably also saw my finger salute. Oops, 48 minutes

2:35 Carole Stone Baumann - The weather at 10 o'clock today in Decatur Illinois was hot humid 84° at 10 o'clock. I went to the Y and walked nine times around the track for a half mile. I didn't have to measure anything because it is posted 18 laps is 1 mile. I have neuropathy and a familial tremor, so it is safer for me to walk at the Y. My walk was interrupted for two hours and then I finished by walking in the neighborhood with my cane. The distance around the neighborhood is a half a mile measured previously. My time was 16 1/2 minutes the first half mile and 18 in a half minutes the 2nd Half mile For a total of for a total Of 155 minutes including the 120 minutes of break.

No Distance Reported

Kay Hall Konopka - I'LL BE CHEERING ON THOSE WHO CAN STILL PARTICIPATE IN THE CLASSIC RUN. MY JOINTS DON'T LIKE ME ANYMORE! BUT I'LL BE THERE IN SPIRIT.

Dr. Roy David Petersen - Tom, I don't know if I'll be able to get up any energy between now and the 15th to ride the stationary bike. I have not exercised this past year, not that I'm necessarily lazy but that I don't seem to have much energy. On an unrelated topic I have enclosed a picture of my wife that I took yesterday when we left the hair salon. For reasons that escape me she wanted me to take a picture of her Japanese teriyaki chicken, which I might add was quite delicious. Since she is a bit younger than me I am beginning to suspect that there may be a nexus between my lack of energy and her. This is the only excuse I could come up with on short notice.

In lieu of actual exercise, I sat on a bench at our gated community and looked at one of the three lakes (all stocked with trout) and part of the 18 hole golf course that lies beyond and thought of exercise. Why? Because just imagining you're exercising is better than not exercising at all according to a study out of Ohio State University (keep in mind that a study may be nothing more than a fanciful thought couched in scientific terms used to generate a government grant). Researchers analyzed data from a study (this was a study of a study) of patients who had their arms in casts and half of them imagined exercise with their broken arm and the other half didn't. When the casts were removed, those who'd imagined exercising had twice as much strength in that arm as those who hadn't. Based on the overwhelming data from academia I imagined running a mile in slightly over eight minutes. I felt refreshed when it was over although somewhat flushed. I submit the following two photographs as concrete proof of my rigorous regimen.

Sue Wallace Burwell - I am enjoying all the chatter but no way in - - - - will find me walking as we are having an extreme heat wave 116 today and is to continue into next week. HI to all of you and will be thinking about you on the 15th. I will be sure to drive a mile to Starbucks in my

air conditioned car I will think of you all We don't have monsoon weather yet but sure it is coming

Nancy Fricke Johnson - You are so great to be connecting us all again this year! I will not participate again this year, but please keep me on the list. I enjoy all of the news and comments. We really appreciate you doing this every year. Best wishes from Texas!

Steve Capel - I must report that I did not run. I hate to invoke my wife, as an excuse, but Claire went into Hospice July 1. I do not feel good about leaving for a run right now. Even a quick trip for groceries gives me pause.

We have lived in the Richmond, Virginia area for over 30 years. Most of it in rural Powhatan County. We had apple, peach, pear and cherry trees on our acreage. You had to be quick to get cherries, as the birds really homed in on them! Moved closer to Richmond as I retired. Not much in the way of monuments left in the *old* confederate capitol. They need a new home, for sure. Next year may find me in a better place. Still appreciate receiving the news from "the gang."

Marybert Buethe Carveth: Didn't remember to let you all know I couldn't join you this morning - Stan passed away last week of a sudden heart attack, and my days since have been totally jumbled. I am with you in spirit - you had a lovely day to walk - and I'll look forward to another chance to join you next year.

Arlene "Kirkie" Morrissey Beautiful words and sentiments, Mary. As Dave reflected, we have a very special class - still caring for one another 60 years later. I too grieve as I hear of another friend who has passed. My prayers are with Mary Lou Grant's family, and the families of others who have passed, as well as each who are in that final journey. May all experience God's comforting presence and His "peace that passes understanding."

No Report

Barb Mutz

Bev Staedke

Dave Zinn

Janet Whittiker Rink

Katie Knowles Strasburg

Linnea Asplind Riley