JULY 15TH JOHN POND INVITATIONAL RESULTS - 2021

Measured Mile

9:29 Tom Chandler – Yes, I did get out to the quiet country airport at 4:30 which you can get an idea of here: https://www.google.com/maps/@35.0595156,-86.5751146,2126m/data=!3m1!1e3

The manager was there and knew John for years so welcomed me in support of John and his appreciation of our event. The 5800' taxi way paralleled the runway as you can get an idea of on the map. It was wide enough to need a yellow line down the middle. He understood I would rather go a straight mile without reversing direction at a half mile so I walked from the office in the center of the airport to close to one end of the taxi way. What I didn't realize was that the taxi way doesn't have to be level which the runway does, and it undulated as much as 10 or 12 feet below the runway next to me. As a result, I went a little downhill, slightly uphill for a long stretch and some level along the way, each about 1/3rd of the distance.

Last year I actually went a few seconds faster than 2019 and managed to stay below 9 minutes again, at 8:54. This year has been much tougher for me and there was no way I could see myself doing that again, although I did have two timed runs of 9:28 and 9:09 in the last three months. Today I went out too fast (uphill) in 2:02 for the quarter and struggled to hang on the rest of the way. I actually missed running on the track which is easier to know where I was. The temperature was 87, muggy with beautiful blue skies, bright green foliage on all sides, and plenty of white cumulus clouds. And not a plane and not a sound. The best I could do was 9:29 measured with GPS and my Garmin smart watch. I loved being there with John.

9:45 Margie Shaw Stoll - It's not my real 80th birthday today, but my family just happened to choose this week to celebrate it .. So... I requested that this morning's activity be a family one miler (minus one son who had to work plus a grand nephew and grand niece who are also visiting.). The attached photo shows us lining up between the American flags, but In truth, that was not the actual starting line. We just needed a camera man, and our neighbor was available. Then we piled into our pickup truck and drove up the hill and around the corner to my usual running route.

Here are the results: My time of 9:45 was faster than a few family members but slower than several others. I couldn't have asked for a better way to celebrate! Thanks, Tom, for not only this class event, but also for me, a family one. Tonight we're having fireworks!

12:15.8 Joni Paulsen Fuchs - Got on my recumbent trike at 7:15 am. Time for measured mile: 12:15.8. 74 degrees, but 84 degrees when I returned. It's been crazily hot here, got up to 107 last week. But it was nice, blue sky, slight breeze. Loved the photos of Bob and Rex. Wish more would provide photos. Here's mine, taken 10/20. I really feel a fondness for you all and for my time at Glenbard.

13:51 Dave McCollum – Report from Coastal Connecticut. Walked a mile in 13:51 this morning, surprising myself with a faster time than last year, who knows why! Conditions were good, 72 degrees, light breeze, low tide but high humidity. Rowayton, CT where I live is a wonderful town in which to walk and there are many out every day. I walk every day with our dog and most people know the dog but not me. Today, walking without the dog, many asked his whereabouts. I doubt if the dog walked alone if the same people would wonder where I am!

I hope the mess that was 2020 is permanently behind us and we all can enjoy our later years more normally.

13:52 Dave Hollinger - Tom Chandler has brow-beaten me into compliance with his demand that we all must do the run on the 15th, even if I left the house at 6:45 am to work with a client, and traffic kept me from getting home until about 6:30. I would have expected some sympathy for an old guy. Oh, wait a minute, we are all old, well certainly, older than we were back in 1959.

So, since it 95 degrees outside, even by the ocean, I chose to run on my treadmill, and am happy to report a time of 13:52 for my July 15th mile. I knew if I reported it tomorrow, Tom would come to my house to see if I really did the mile on the 15th or not, so I'm reporting it tonight. Tom also has a rule, that we can't round off the time, so I can't even report that my time was pretty close to a 4 minute mile.

Seriously, CONGRATULATIONS TO ALL WHO COMPETED. and, remember all those who were not here to do so. YOU ALL ARE A WONDERFUL GROUP OF PEOPLE, and I am so pleased to know each one of you.

14:53.5 Teun Schoolwerth - I didn't realize I had the distinction of having made you use your work email address. Funny, I have received most all other emails sent; I didn't put you on an exclusion list. After walking the golf course today (I played), I stopped off at the local high school track on my way home. Hot (86 degrees) and humid. My time to walk on the track was 14.53.5, a far cry from when we were running.

14:58 Roger Griffith - 78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; then light rain while John Windeguth, Bill Grant, Bill Holmes, Bob Anzak, and Roger Griffith did our mile on the track. As John Windeguth said, we had a nice group talk at the beginning, we also looked at some old pictures that some had brought and did a lot of reminiscing about how lucky we were to have this beautiful high school campus by Lake Ellyn. We all talked about how fortunate we were to grow up in the times we did and to attend this high school. Of course we talked about our various medical problems, and especially how our joint problems interfered with walking and especially jogging, but we all pushed ourselves to do our best. We also reminded each other that we weren't in competition with anyone but ourselves, so as we got on the track, we encouraged each other to just do our best and don't worry who came in first or last, as it no longer makes any difference. It's just living life today as best we can because none of us are promised tomorrow.

As to inspiration for our classmates, most of that goes to Tom Chandler for year after year organizing this event and prodding us to do what we can to keep going. Inspiration also comes from our classmates. At Lake Ellyn, I was so impressed and inspired by my classmates there. Marybert and Jerry Cundiff looked and sounded great. When several of us did the mile on the track, the rest of us couldn't keep up with John Windeguth's walking pace for the entire mile. The only way that Bill Holmes and I were able to beat John for the mile, was to periodically do jogging to catch up with him and pass him.

15:00 Bill Holmes - Comments from Roger. "78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; then light rain while John Windeguth, Bill Grant, Bill Holmes, Bob Anzak, and Roger Griffith did our mile on the track. The only way that Bill Holmes and I were able to beat John for the mile, was to periodically do jogging to catch up with him and pass him."

15:32 John Windeguth - John Windeguth reporting from Glenbard West track. Had scheduled to meet Roger at 10am for our walk, jog, but so many people showed up (I'll let Roger identify them) we didn't start our walk around the lake until about 11am (visiting). And it wasn't until sometime after that we started our mile around the Glenbard track. Finished in a light rain which didn't slow us down. Then some of us adjourned to Glen Oak in downtown Glen Ellyn for lunch. Really enjoyed seeing everyone.. Time was 15:32

15:49 Bob Anzak - Comments from Roger. "78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; then light rain while John Windeguth, Bill Grant, Bill Holmes, Bob Anzak, and Roger Griffith did our mile on the track. Bob anzak did an excellent walking pace also, but didn't do the periodic jogging that Bill and I did.

16:09 Jim Lewis - Walking/slight jogging from Columbus Avenue and 67th Street, straight up to 77th Street, and back to 67th Street is 1 mile, which I clocked at 16 minutes and 9 seconds. Perhaps like others, this year's mile I have dedicated to John Pond, our fellow classmate and outstanding member of our Cross Country team.

The weather today in Manhattan is sunny, humid from lots of recent rains, slight wind and in the low eighties at 7:30am. It's wonderful that Dave Hollinger is back amongst us, putting in his mile. Regardless of how he does his mile, and however he reports it, any asterisk would risk a Cuba-like protest from our class.

16:12.31 Cliff Argue - Reporting in, I did my mile this morning a little after 8 a.m. PDT in my usual venue when I am home - Bellevue (WA) City Park where one lap equals 1/2 mile. My time using the stopwatch feature on my cell phone was 16:12:31. Temperature was a brisk 57 degrees, quite a change from the record-setting triple digits we had just a couple of weeks ago. Humidity 87 per cent, Wind 7 mph.

16:52.86 Neal Whitecotton - NO asterisk this year! I did my mile on a measured course; measured by a high school grandson, using his FitBit. Although I do not *totally* understand how

an orthodontic device can measure a mile, I totally trust any teenager's technical skills, especially one of my very own grandchildren. (run-on sentence, per Gladys Kronsagen)

The mile course begins at the junction of our driveway with Red Oak Drive. Then, west to Sunrise Road, south on Sunrise to the big oak tree on your left. Then reverse, back to our driveway. simple. measured. accurate. 6:58 a.m. (I arose before our neighbor's rooster, although he was crowing before I got to the starting line). 70 degrees, partly sunny, high humidity. I may have won this year's award for wildlife on the run: 5 deer, 3 cars (well, pickups), 1 jogger. The deer were definitely wild, not sure about the jogger.

I began my arduous preparation for this year's Invitational on Saturday last. Then, I took a hiatus from Sun-Wedn, not wanting to peak out too soon. Not to worry. I did not peak out too soon. Time: 02:20.96. Oh, wait. That was my time from the house to the starting line. sorry. 16:52.86 official. certified. documented. by Neal W

p.s. The Hollinger issue can be easily resolved. As I understand it, there is a client involved. Well... which is more important? client? class of '59? That question answers itself.

16:59 Eileen Dowiatt Quinn - Dear GHS59ers, I don't know how many of you have turned 80 yet. I did just a few days ago and found it one of the strangest and most humbling of experiences. Grateful to be alive but also realizing I've past a point of no return. Fortunately celebrating with friends and family and having many laughs and hugs somehow made it easier. I hope that all of you have or will have a great 80th year. Just that we're able to participate in any physical way every year and use the technology to keep in touch is proof that we aren't really so old!

As to my invitational effort this year, I did my mile on a treadmill in 16:59.

17:55 Pam Wildish Bosworth - Pam Wildish Bosworth checking in on the 15th! I just finished my mile using my Fitfit app: I completed my mile in 17.55 minutes - waay slower than last year due to bad knees and no jogging! My mile was done on my neighborhood street in Lake Oswego, OR at 9:30 am, temp. 69.1 and humidity 50% - lots cooler than the 116 degrees we had a couple weeks ago, similar to Cliff Argue's heat wave. My sincere condolences to Linda Kellogg Pond and I want her to know I was thinking of John on my walk and wishing I could be there in Nashville with all of you. I look forward to reading all the responses today and catching up on our classmates.

17:56 Bill Grant - Comments from Roger. "78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; then light rain while John Windeguth, Bill Grant, Bill Holmes, Bob Anzak, and Roger Griffith did our mile on the track. Bill Grant didn't think he could even do the mile, but he never gave up, and although his times were the slowest of the group that did do the mile, I was impressed and inspired by the fact that Bill never gave up, and he completed the entire mile.

18:34 Judy (Wood) Talley - I did my mile in 18;34 per my new Apple watch. Started early today as the humidity here in Florida is probably 99% or thereabouts!! Anyway I finished and played a few games of pickleball and have yard work before my water volleyball game at 1:00. So appreciate you doing this every year and so glad I can still do it. Stay safe!

19:45 Bob Perkins (and Rex) - The sun was bright with 85 degrees and 74% humidity at 8:58 when Rex, our Great Dane, and I dog-trotted the measured mile. Our time was 19:45 with 11 pee stops--mostly for Rex. As Dave said, everyone knows Rex--me, not so much. Clever comments abound--"Why doncha git a saddle fur 'im?" I sent a picture. The T-shirt is nearly 20 years old from an Atlanta Peachtree 10 k race. By the way, on Saturday, Pensacola celebrates the bicentennial of Spain ceding the 14th Colony, West Florida, to Gen. Andy Jackson and US.

20:13.42 John Staedke - "Walked" the same route as I ran last year. Same up-and-down twisty path, some shaded, some not. Temp 75, humidity 86%, wind 12mph, gusting to 31mph, partly cloudy and all in all a great day to be out. Time of 20.13.42 almost doubled last years. I haven't run since this event last year and, though I walk a couple miles most days, the old legs no longer have a fast gear, even walking.

Tom, Thanks for naming today's event after John. He was a good man, a long time friend, and in the day, a heck of a runner. Another classmate gone too soon

20:48 Jo Rice Borden - Greetings from the sunny (read hot) and monsoon-y (read humid) Arizona desert. I walked my mile outside this morning in 20 minutes 48 seconds. I'll never get faster. I only hope I don't get too much slower for a while. Thanks for doing this each year. It's fun to hear from the others.

23:45 Mary Hanson - At 10:00am in Fort Lauderdale, conditions are 84 •, feels like 93•, UV index 5, sunny here at the beach, 73% humidity, wind from the east at 14 mph, 30.13 inches mercury pressure. 23:45 was my time—slower but still steady. Dave, glad that you are joining in on this. You will get used to Tom. Keep in mind that each of us is pretty much the same as we left each other in 1959, only with different experiences. Good for you for still working!

25:46 C. Gary Mutz - I did 25 minutes and 46 seconds not bad for 2+ months after a total knee replacement of my only natural knee.

1:00.27 Judy Smith Noren - Reporting in from Green Valley, AZ. At 5:30 AM I did my mile swim in 1 Hour and 27 seconds. I had to try to swim "fast" to beat the rain and lightning. We've finally gotten some rain to start the monsoon season after a year of no rain. We've had a hot summer - upper 90s to mid 100s. Fortunately it was only 82 when I went to the pool and the pool temp was 85.5 (usually 83).
Thanks again Tom for keeping us motivated. I gave up golf this morning to do the swim - I can't do both one after the other.

Non-Conforming

7:30 Sue Wallace Burwell - I left at 7 30 this am for my walk. Walked as far as my car and decided it was too hot at 98 degrees so I drove 2 miles to Starbucks in 15 minutes. Enjoying all the chatter in the emails. Did you notice you still have Linnea on email chain. I so wish she could get our emails. Linda and family continue to stay in my thoughts and prayers

10:07* Hardy Wieting - Sunday, July 18, 2021. On sand track 10:07. Regulation size with grass soccer field in middle. No yard markers, just the compacted sand surface. All previous have been on university or high school tracks, now covid closed.

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

11:40 Bruce Thatcher - Yesterday, (Thursday July 15th at 11:00EDST) I joined you at Lake Ellyn in spirit. I went to the Wellness Center run by Bronson Hospital in South Haven, Michigan and rowed on a Concept2 machine. According to the monitor these are the results. warm up 2 min 165 meters, fast 1 min 180 meters, coast 1 min 110 meters, fast 1 min 190 meters, coast 1 min 120 meters, fast 1 min 195 meters, Coast 1 min 110 meters, fast 1min 205 meters, coast 1min 100 meters, fast 1 min 185 meters, coast 1 min 90 meters, fast 1 min 195 meters , cool down 2 min 225 meters. Total 2070 meters in 15 min. which at that rate is one mile in 11.67 minutes. And the good news is blood pressure was 105/70 72ppm one minute after rowing. I have lost 50 lbs. since last we met and have worked out with a trainer two days a week. I am rather proud of the results . And its a lot because of what my classmates have done since 1959! If they can do it , I can do it too. Thank you all for your inspiration.

12:00 Chuck Gelhaar (and Mitzi) - Mitzi and I started out at 6:30am, temperature 63, walked 1/8 mile uphill and 1/8 mile back down, stopped 15 times as she smelled where other animals had been and one time to do her morning stuff that I bagged to be a good neighbor. Total time 12 minutes.

22:00 Barrie Good Burr - Enjoyed my one mile saunter near sunset among leafy green trees and a refreshing breeze for 22 minutes.

22:00 Cathy Ayers Allen - I just returned from my mile walk starting a bit before 2 pm in Ann Arbor, MI. It's 80 deg., humid and buggy tho there was a little wind - thunderstorm coming, we've had tons of rain lately.

I didn't use any fancy measuring devices - measured the mile by driving in my car beforehand and my time on a regular old fashioned watch, not even digital. My time was 22 minutes at a

steady walking pace in the neighborhood, on the sidewalk and a gravel road, up and down gentle hills, met a few people and dogs.

We are doing pretty well - vaccinated but feeling quite closed in. We miss in-person interactions with people, concerts, restaurants and such. Life will get back to normal sometime but now it's good to be very careful at 80 – yikes

22:20 Barbara Fossum Mutz - I took my torn meniscus for a half mile walk, but it spoke up and said, "Stop!" so I rode the bike for a half mile. Did I invent a new category? "Hybrid for the handicapped!"? 22 minutes 20 sec total in the club and the only wind was air conditioning.

28:04.2 Karen Murphy - In Silver City NM, I just completed my half mile* walk in 14:02.10 about 10 AM. The weather was lovely at 70° with 54% humidity at 5,895 feet. I used my oxygen concentrator as usual during exercise. The nine people walking at the high school track when I started had dwindled to three people when I left; hope I didn't scare them off! * Do I still qualify for special dispensation for half milers?

32:00 Pat Galligan Witt - another beautiful day in sunny Long Beach, California! 80° with a slight breeze! So happy to hear from everyone! I walked my measured mile in 32 minutes. I know kind of slow but no dawdling or lollygagging as per in instructions. I don't want to be abrogated.

Diane Meinert Curran Harrell - I deserve an asterisk this year but I learned that the email address Margie gave you is a working address. Who knew? I thought the only one was dianecharrell21@gmail.com.

I walked a more than a mile but did not have the correct time so I cannot report honestly. Thank you for keeping us in shape. Thoughts and prayers for Linda as she remembers John. We saw Linda and John at Margie's before the pandemic and naming this the John Pond invitational is especially meaningful. Greetings from Sherman, TX. Diane*

No Distance Reported

Bob Stoothoff - We have friends in for a tour of Colonial Williamsburg. Our three miles of walking today was not "sanctioned" nor timed on my Apple Watch. So, I will enjoy the emails and of course your "editorial comments". Always fun. Stay well all!

Becky Bulleit Gelhaar - My knees prevent me from this mile walk/run although being chairman of summer school I have probably walked many miles around the school. Today was blood tests and renting equipment in preparation for left knee replacement. I will join many of our classmates with artificial knees!

Bonnie Sporka Shableski - I'm going to have to cheer you all on this year and enjoy the e-mails. Looks like we are off to a good start with Tom and Dave's very humorous exchange. Love the Violators. They bring so much joy.

Nancy Fricke Johnson - Although unable to participate, I am cheering you all on from The Woodlands, TX. I look forward to reading all the e-mails and am keeping Linda Pond and her family in my heart and prayers as we honor a terrific classmate, John Pond, and his contributions to our class! So thankful for the Class of '59,

Dr. David Petersen - I did not participate this year, however, I am submitting two photographs which show me visiting the grave of a dear friend's son. He was the father of two small children. May he rest in peace.

Kay Hall Konopka - I'M GLAD THERE ARE OTHER CLASSMATES WHO CAN'T PARTICIPATE! BUT I JOIN WITH THEM, IT'S WONDERFUL TO HEAR FROM ALL OF THOSE WHO ENJOY IT ALSO. AND LET'S KEEP GOING IN OUR 80TH YEAR.

Linda Kellogg Pond - I am not able to run for various reasons, but I will be thinking of you all. I feel so privileged and thankful to be in the class of 59! Best Regards to ALL

Arlene Kirkie Morrissey - Thank you, Tom, for noticing that I didn't participate this year and inquiring to make sure I'm ok. That is very kind. Thankfully I am well and didn't participate due to traveling to be with our kids in MN for a big event there. I certainly would have liked to have walked my mile in participation and support of our class. Thanks for all you do to organize this for us. With appreciation - Kirkie

Jeff Baker - I didn't do the mile due to a strained back muscle requiring therapy. Lots better now. Didn't send an email about this but I do enjoy reading the results of those who participated and your savvy commentary. I appreciate your reaching out to those of us who didn't do the mile, as I know you spend a lot of time and effort in keeping this going all these years. If I end up joining the Lake Ellyn group next year I'll send the results.

Lauren Gundersen Davey j.ldavey2@gmail.com **–** Roger, The event on Thursday sounds totally "Cool". Wish I could be there instead of Salt Lake City where we've had two weeks of 100 plus degrees. I remember the boat house in the summers. Ice cream sandwiches and popsicles! What is the boat house used for now? Mainly my memories there are of my Johnson ice skates and walking across the wooden floor. Hot chocolate too, of course. I'll look forward to seeing your photos! Attached is one of a beautiful day in Colorado taken a few days before OUR 79th birthdays.

Tom, How kind of you to reach out to me. I tried to find your "current events" in the 50th class reunion booklet but could not find you there. Though not a participant in the one mile group, I've enjoyed reading the accounts of our classmates race to the finish line!

I keep in touch with Roger as he and I share the same birthday, October 22 and our parents were good friends. Also Kirkie who has been a friend since seventh grade and was my college roommate.

Last night I worked on improving my gait. with the use of a walking stick, so I believe I could walk a mile next year, God willing. Today in Salt Lake City the air quality is poor, unhealthy for sensitive groups. Less people are out today as the forecast is 94 degrees.

Add me to the list, Tom!

Jerry Cundiff - Comments from Roger. "78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; Marybert and Jerry Cundiff looked and sounded great.

Tom nice to hear from you just want to assure you I want to continue to be on the list my mode of transportation is bike these days I do about 3.5 mi every other day takes me about 26 min. It was really nice talking to everyone on the 15th even though I did not do the walk I hope to see everyone again next
year.

Marybert Buethe Carveth - Comments from Roger. "78°; 87% humidity; cloudy for initial meeting & walk around Lake Ellyn; Marybert and Jerry Cundiff looked and sounded great.

Steve Capel - As a former cross country runner, I always enjoyed distant running. I may not have been anywhere near the finish line when the speedier ones arrived, but I always made it to that line! I was still running regularly in my 40's and 50's, but in the last year, I have been confined more to "HQ" as my wife is dealing with Late Stage Parkinsons and confined to her wheelchair. Leaving for a slow jog is now a higher price than I choose to make, unfortunately. I have to get someone to "drop by" and see her, just for me to even grocery shop!

I have truly enjoyed following the folks who participate in the July 15 mile run, skate, walk or bike ride. And I ran as often as I could—and certainly appreciated the encouragement we all have given each other—often from thousands of miles distant! Please keep me on the mailing list. It is a fantastic way to follow our classmates' exploits. Steve Capel, Ol Glenbard number 6 (my usual finishing place in Glenbard meets!)

Carole Stone Bauman

Dear Tom, I was unable to be a true miler this year but so enjoy and look forward to the amazing camaraderie and true friendship that the class of Glenbard high school 1959 has for

each other.
The feelings that we have for each other are truly remarkable and held in the highest esteem. Thank you Tom that you have spurred the rest of us physically and spiritually to realize how blessed we are to be in these relationships after all these years!! Mr. Biester would certainly approve!! Blessings on all of you and especially those in our class who have lost a love one in the last few years! Carole

Diane Meinert Curran Harrell - I deserve an asterisk this year but I learned that the email address Margie gave you is a working address. Who knew? I thought the only one was dianecharrell21@gmail.com. I walked a more than a mile but did not have the correct time so I cannot report honestly. Speaking of emails, I sent my correct address to your other email address a day or so ago. Thank you for keeping us in shape. Thoughts and prayers for Linda as she remembers John. We saw Linda and John at Margie's before the pandemic and naming this the John Pond invitational is especially meaningful. Greetings from Sherman, TX. Diane*

Janet Whitaker Rink - I very much appreciate your long, personal, and encouraging response. What a marvelous 80th birthday surprise being with your entire family. Margie's support for Linda must have comforted her greatly. We all know how significant close friends are, especially at our age. My two closest friends died in the last 10 years--the "necessary losses" as Judith Viorst writes. I stay in touch with Wendy John regularly, Cathy Ayers from time to time, Pam Wildish at Christmas, Margie Shaw from time to time, and John Staedke (until I found out he is a Trumpite). Thus, we learned we are on opposite sides of the political fence. We decided both of us have changed with the years, but our friendship of years ago is forever. And so we go forward.

Katie Knowles Strasburg - Hello Fellow '59 Classmates! I read all your 7/15 emails with awe and a good deal of regret that I haven't kept in touch these 60+ years! I love your camaraderie but feel like a bit of a Johnny-come-lately… Your 7/15 challenge happens to fall on my birthday which this year was spent at an all-day surprise b-day party for the big 80... Next year I will try to participate as getting in shape and losing my covid pounds is high on my agenda... I'll also hope to grab a bit of your enviable esprit de corps… Johnny-come-lately or not!! Kudos to all of you!

No Report

Helen Moran Lemal

Marybert Buethe Carveth

Bill Grant

Bill Holmes

Bob Anzak

Bruce Thatcher