JULY 15TH JOHN POND INVITATIONAL RESULTS - 2022

Measured Mile

4:27 Eileen Dowiatt Quinn – Hello fellow octogenarians. I assume we've all reached our eighties (believe it or not—only our bodies will give proof)! Whenever I have moments of self-pity, I have to remind myself that life is basically still pretty good. My husband and I had gratefully been able to travel last winter thanks to our daughter and her husband. It was a situation of mostly role reversal following behind them at airports and having them do the heavy luggage lifting. We were able to skip a good portion of our long midwestern winter. We'll have to wait and see about the coming winter. Any suggestions on getting through it while staying home? We're having a rainy day here in Elmhurst today, so I opted for our home exercise bike to do my mile. I did it in 4 minutes and 27 seconds—a good time, taking into consideration that there is no excessive heat, wind, hills or traffic to deal with and that I'm used to using the bike fairly regularly.

5:16 Dave Petersen – I've only been training for three weeks because I did not want to peak too early. I have been faithfully riding my cheap Chinese knock off of the Peloton known as the Bigwonton. Consistency has been the keyword in my training regimen. This past year I faithfully did not exercise for 49 weeks in a row. I can produce an affidavit if needed. Even though it's been in the high 90s every day I haven't let it deter my exercise. Admittedly my stationary bike is in the house where I was forced to use it at a thermostat setting of 72°F, but I was not deterred by the blazing sun, blistering heat or smothering humidity of the great outdoors. I had the resistance setting on the Bigwonton at #3 on the Ah So scale. I timed the mile at 5 minutes and 16 seconds. Next year I'm going to put a 2 x 8 under the front wheel stand to simulate going up hill. Ever onward fellow Hilltoppers!

6:52 Jerry Cundiff - Got home after the boathouse thought it would stop raining, no such luck, so I strapped on the Apple watch hopped on the Schwinn and dodged the rain drops for a nifty 6:52.

8:51 Bruce Thatcher – Submitted to Roger Griffith by Bruce Thatcher after 1 mile 1610 meters on July 15, 2022, 11:00 EDST with photo evidence from rowing machine.

9:25 Barb Fossum Mutz - I rode the stationary bike in the air conditioned health Club and it recorded 9:25! for a mile. Seems quick to me, but maybe the machine was broken! Thank you machine!!!!! At least I did a mile…….

9:46 Bob Perkins - Rex, my Dane, and I began our dog trot at 6:47 with good conditions here in Pensacola, 73 degrees and cloud cover. Later, we expect thundershowers and Rex will hide in terror under the bed during the rest of the day. The course for our mile was a straight, flat street and we finished in 9:46 with a sweaty Peachtree Road Race T-shirt and a happy dog, his long pink tongue hanging in a toothy grin. I wonder, did others wear T-shirts from remembered runs in the past as I did? I trained a tiny bit and even stretched very briefly before this year's John Pond Memorial. I love the concept of this event and participating with ya'll.

9:49 Tom Chandler – At 10:50 I ran at our high school track 1000' feet above Los Angeles. It is a sunny day about 72 degrees with 20% humidity and a light breeze. I was a bit delayed, as when I was about to start, the boys football team came out to run a mile to get into shape. There were 75 or so spread out around the track after one lap. Francie was walking so to keep her from waiting, I started when they were still all over the track so it was a bit disconcerting to my concentration. But I was happy to keep it under 10 minutes at 9:49. Francie wants to walk at the track again later so I might see if I can knock it down a few seconds.

10:08 Margie Shaw Stoll – Good Morning from Nashville! I did the same out and back course as last year but reversed the start and turn around points. My time was 10:08. Well, that's over for another year! Why do I love running so much but dread July 15? It's all your fault, Tom!😀

10:33 Ellen Pond – This is Ellen Pond, John's oldest daughter, from St. Louis. I do not remember the last time I ran, but this afternoon Rachel persuaded me to give it a shot. The sky here is dark; it's about to pour down rain and the heat is almost unbearable. Wanting to keep dry, I went to our basement, got on the treadmill and turned up the music. My mile run was 10:33, at an ave speed of 5.7. I was surprised, it felt good and invigorating! This could be the start of something new for me!! Rachel and I are honored to be included and and so flattered that the run is called The John Pond Memorial July 15 Invitational. I know Dad is watching and proud of us all. Warmest wishes to the Class of '59.

10:44 Chuck Gelhaar - After a short walk with our dog Mitzi, my knees and hips limit the distance, I got on my Life Fitness stationary bike set it to slight uphill and did one mile in 10.73 minutes.

12:22 Rachel Pond – I am so very honored to be a part of this this year and will continue my participation annually. Here in Nashville, very hot at a steamy 91F. My mile with my dog was 12:22. I did have to take a bit of respite at .6 marker. Not to worry this run has jump started me to going back to running daily. During my run, my thoughts celebrated Dad. I thought about all the wonderful characteristics he had and most importantly how much he loved his children. We are all still grieving, but every day is a little better. I thank you for naming this annual event after him and I know he would be proud and was looking down on all of with a grin!

13:08 Dave Hollinger – Here in Ocean, NJ (near the Atlantic Halfway between NYC and Atlantic City), the weather is clear. and the temperature is either 83 or 101 depending on which thermometer is correct. Nevertheless, I opted for indoors, on a treadmill, and am happy to report

DISTANCE 1.001 MILES (statute miles = 5280 feet) TIME 13:08

I could not have done this alone on a outdoor track. The treadmill helped me maintain my pace. I ran some at 5 mph, and I mostly fast walked at 4.5 mph. I have been working toward this a long time, doing exercises and a half-mile almost every day. The full mile was really hard. Now that I have reported I will enjoy reading everyone's report.

13:58 Dave McCollum - Dave McCollum reporting in from coastal Connecticut. Walked (with 4 mini jogs) a mile in 13:58, surprising myself with a time very similar to last year.

My arthritic right foot was very well behaved today. It is a beautiful day here, about 72 degrees and a light wind but very dry, we need rain These reports are a bright respite from the daily dose of depressing news around the world.

15:44.3 Teun Schoolwerth – Reporting from Spofford, NH. After I came home today from playing (walking) 18 holes of golf, I remembered I had to walk another mile.
On a local high school track, I clocked 15:44.3 on a warm (82 degrees) day.

15:50 John Windeguth – John Windeguth reporting from Barrington, IL. Got up this morning at 6:30 am. Raining! Met Roger, Ed Haack, Jerry Cundiff and Marybert Buethe Carveth at the Boat House in Glen Ellyn at 10am. Raining! Roger and I took our annual walk around Lake Ellyn, raining! Roger and I did our mile run (walk) on the Glenbard track, raining! We then met at the Seven Dwarfs for lunch, soaked! Enjoyed sharing memories with all including the memorable wall paper!! Left the restaurant and it was still raining! On the whole it was a rainy day! But great!! Also, my time was 15:50.

16:11 Jim Lewis - In New York City, it is a lovely day to be out and about…76 degrees, no wind, a bit overcast but patches of blue sky. My measured mile time this year is 16 minutes, 11 seconds. As I have in years past I go north on Columbus Avenue from 67th Street to 77th Street along the bike path, and then back to 67th Street. I run early enough (7:30am) to avoid most traffic, and easily navigate the traffic lights at that hour. Noteworthy was being overtaken by a street cleaner truck for a couple of blocks, so I moved aside, and he then turned onto a side street. The rest of the journey was unremarkable, other than thinking along the way how fortunate we have been for 18 years now to rally together as classmates on July 15s.

16:32 Helen Moran Lemal – Helen Moran Lemal, reporting in from Silver City, NM, July 15 10:00 am, Western NM Football field. Timing via Apple Watch. 85°, 6300' elevation, sunny and HOT. Jog/walk: 16'32"

Hope everyone is doing well! Just finished (two days ago)a driving trip to the East Coast for a Family Reunion and visits with old friends. Thence to Montana to deliver a dog to my daughter in Missoula, from her sister in Hanover, NH, and finally from Missoula to Silver City, six weeks and 7,136 miles later. Gas ranged from 4.04 in Kansas beginning of June, to a max of 5.99.99, in southern Utah!! Only got enough there to get me to the next town! Fun trip but too much driving, even with the help of my daughters. Still playing tennis and pickleball, each only once a week about 2-3 hrs at a time, and never back to back matches. Still enjoying it a lot! Did some interval jog/walking in the mountains of Missoula, MT. last week to get ready for today. Lungs definitely give out before legs do. Altitude might have a little something to do with that.

16:50 Roger Griffith – Hello from Lake Ellyn & Seven Dwarfs Restaurant…It was raining & 66°, but otherwise it was great to see & reminisce with classmates, & to remind ourselves how fortunate we were to grow up in such a beautiful setting for our high school, one of the most beautiful anywhere! Thank you, Tom, for coordinating this annual July 15 event, & encouraging us not to give up, & enabling us to share this time with each other every year, even if we're many miles apart. It's like a mini annual reunion.

Due to health & personal issues, John and I weren't able to start working out to prepare for our annual mile until recently. So, combined with being another year older, our times are worse than last year. I believe this is my worst time ever by far, but at least I pushed myself & did it, & was

exhausted at the end. Even though I carried an umbrella the entire mile, I was soaked with sweat when I finished, & had to go home & change clothes before going to lunch. **John was impressive, and he finished a full minute ahead of me for the mile. My mile time was 16:50**. As I completed my 1st quarter mile in 4-minutes, I was blown away… remembering, back in college, I could do six 4:45 miles in a row… and now it took me 4-minutes just to do a quarter mile.

We decided to go to Seven Dwarfs Restaurant for lunch afterwards, because for nostalgia sake, it's the only restaurant still in existence in the area from our high school days. It was very nostalgic to see that their old wall mural is still there (see picture below). **http://www.sevendwarfsrestaurant.com/**

16:51 Neal Whitecotton - Neal W reporting from Boerne TX: 68 degrees at 6:38 pm. time: 16.51 running/walking (emphasis on walking) on our country road, slight slope, not as slight as I thought beautiful moon, contrasting with a beautiful rising sun

17:34 Pam Wildish Bosworth - Greetings to Glenbard Milers! My mile was done at 8:30 am in my neighborhood in Lake Oswego, Oregon. Temp 59 degrees, full sun, humidity 82 percent and pollen count high! My time was 17 min. and 34 secs. walking and using my Fitbit for timing and distance. I'm glad I can still do it with bad knees!

18:30 Linda Kellogg Pond - Linda Pond reporting in I walked a mile in the blazing Alabama sun every step of the way at noon today. First time I walked a mile in years, but I thought I should try, did the mile in 18 minutes 30 seconds . Best Wishes to all my class my classmates!

20:18 Jo Borden – Since the 15th falls on a Friday this year, and I volunteer at a Food Bank every Friday morning, I did my timed mile this morning. It turned out well for me due to a Monsoon last night. It left it cloudy this morning and the temp was down to 98. I did my mile in 20 minutes 18 seconds. I think that was my best ever. I agree with Mary who said that the mile is getting longer each year.

20:35 Steve Capel – Steve Capel reporting in from Richmond, VA at 10:30. Temp already 86, and it felt like the same humidity reading (but realistically more like 60-65). Fast walked first half and ended the mile at 20:35 (going much slower the last half as the old right thigh muscle began to object about half way along)! Nothing like something to now almost constantly remind one that going into the 80's is not a piece of cake, especially compared to the 70's!

The last few months have been much more confining for us, as my wife is now wheelchair bound, and I have to stay quite close to home, nor leave for much more than a few minutes. But her Parkinson's continues to bring a slow decline to her in a variety of ways, but she is hanging tough, especially compared to how some folks with it decline MUCH faster. Bless you all as you wend your way along life's path.

20:54 John Staedke – Trailing far behind Jim Lewis' time, at 6:47am I walked my measured jogging path mile in 20:54. No weather excuses: it was a clear, sunny, 76 degrees with 73% humidity and 6mph winds. With all that time at my disposal, I reflected on how fortunate we are to be able to do what we can and have you, Tom, administer it every year. Thank you!

20:56 Gary Mutz - mutz here with a time of 20:56 beat last years' time.

21:35 Cliff Argue – Greetings from Novato (Marin County) California where we are visiting our daughter, son-in-law, and two grandsons. It has been a busy time, so I am just now able to report my information from early this morning. I took my walk at 7:30 a.m. on a 1/4 mile dirt track at a former middle school here in Novato. Temperature was 56 degrees (it is now 85), sunny with no clouds, humidity 40 per cent, wind only 2 mph from WSW. Unfortunately, my time really suffered this year, 21:35, thanks to some ongoing back issues I have had the past few months. I recently had some injections to help the stenosis, and am having regular physical therapy. Hopefully next year I can improve my time significantly.

29:37 Janet Kelley Halvorsen - This is the first time I've participated in the mile walk. 80 is a good age to start new experiences, don't you think? I began the mile walk at 6:00 pm today, walking in my neighborhood in Huntington Beach, California and taking my grand dog Molly, a miniature poodle, on the walk. She likes to stop and start, run and walk; but I was dog sitting for my daughter and son-in-law while they went to Northern California on vacation. It was 73 degrees, still sunny with a slight breeze. Lots of shade trees and a park nearby. It took 29 minutes, 37 seconds. I measured using my pedometer and the stop watch feature on my Iphone. I have a friend visiting from Palm Springs this week, where it was 114 degrees when she came on Tuesday morning. The weather was great here. Water aerobics is my regular exercise routine plus walking. Hope I can participate again next year!!

40:50 Karen Murphy - It's 81° with 31% humidity here in Silver City New Mexico, which is 6000 feet above sea level. I completed my mile walk in 40:50 at the high school track. Today's benefit is that I used my new walker (thank you, Medicare) for balance and to hold my portable oxygen concentrator. I now use 5 L of oxygen 24/7. As my breathing has become more difficult during the past year, I thought I might have to use the walker to rest, but I didn't! Till next year!

1:00.00.58 Judy Smith Noren - Judy Smith Noren reporting in from Green Valley, AZ where it was 76 at 5:30 this morning. Unfortunately, it will be 100 by this afternoon. I did my mile swim in 1 hour and 58 seconds. Thanks again Tom for keeping us motivated

Non-Conforming

8:47 Arlene Kirkie Morrissey – Greetings from Colo. Springs! It's pretty here but a little hot at 87 degrees. I did half a mile walking in 8.47 minutes. I completed the mile, but discovered somehow my stopwatch didn't complete it with me and stopped at 11 min. Oops! But at least I gave it a good try! Congrats to all of you for making the effort also, and thank you Tom once again for all your hard work each year! You are appreciated! Such a great way to keep in touch with fellow classmates.

10:28 Hardy Wieting - Ran on Saturday, another today. Both on Soka University's reopened track. 10:28 both days.

20:18 Jo Rice Borden - Since the 15th falls on a Friday this year, and I volunteer at a Food Bank every Friday morning, I did my timed mile this morning. It turned out well for me due to a Monsoon last night. It left it cloudy this morning and the temp was down to 98. I did my mile in

20 minutes 18 seconds. I think that was my best ever. I agree with Mary who said that the mile is getting longer each year.

25:00 Becky Bulleit Gelhaar – In anticipation of July 15 being the last day of our summer school I did my walk early. I walked the mile in 25 minutes, 80 degrees, with one new knee and one old knee in a brace. I walked it in our moderately hilly neighborhood and encountered a peahen but luckily no coyotes or the bear that has decided it likes our neighborhood! Aren't we blessed to be able to do this at our age? I love hearing from everyone!

I do not have a smart watch and have not taken the time to figure out how to do it on my phone. I actually took my car out first to measure the mile, so it is accurate. A new neighbor stopped me for what I calculated was a minute because my watch had me at 25 minutes (it does not have a second hand!). I actually am probably disqualified anyway because I did not get "permission" to do mine early. I cannot control when summer school ends! I did far more than a mile today with collecting supplies, taking down signs, etc. and actually both my knees were aching even with taking 2 Advil! I did tell many people about our wonderful event. Does that help?

26:00 Cathy Ayers Allen – I did my measured mile yesterday as I wasn't sure I could do a dedicated mile worth timing today on the official day. I'm part of a walking group exploring all the various parks in Ann Arbor each Friday, so I was walking but not in a way to report the time - walking with other people, looking at the woods and birds, not going along purposely but it's nice to be with people, talk and be sociable. So much of life at this careful time is online or Zoom - exercise class at the rec center, book groups and meetings, concerts, family socializing. So, for the official walk, I was out walking in the neighborhood on July 14th, watching the pedometer and time. The weather was in the 70s, sunny, not too hot and not humid as we can be in July. I did the mile in 26 minutes, not great but good to finish.

49:15 Bonnie Sporka Shableski - Good Morning from Suffolk, VA. Didn't make a mile, but considering I could barely walk from room to room last year I am thrilled to be back at it and continue to walk and pedal every day.

Walk .64 mile. Time 19.09 min.
Pedal 2168 "steps" Time 30.06 min.

(Miss biking but balance isn't great, so I got pedals for physical and mental therapy.) A shout out to our classmate who did her mile with her oxygen tank last year. You are my hero. I never did get the hang of it and fortunately no longer need it. Tom, I was among the group that thought you might not continue to lead and inspire us. So glad you are still at it…especially the very strict rules and consequences. What would we do without you.

60.00 Kay Hall Konopka - I HOPE ROGER SENT YOU MY NEW E-MAIL ADDRESS OF MEREDITH.KONOPKA@YAHOO.COM. I DID 1 HOUR OF WALKING HOLDING ONTO A CART AT TARGET! WITH A COUPLE OF DISCS OUT OF PLACE AND A BAKER"S CYCST IN BACK OF MY REPLACED KNEE, THAT'S THE BEST I CAN DO. PLUS, IT WAS RAINING HERE TODAY AND ROGER FORGOT AND SENT THE NEWS OF WHAT

HE AND OTHERS DID HERE TO MY OLD E-MAIL ADDRESS. PASS MY E-MAIL ADDRESS ON TO EVERYONE, THANKS. IT WILL BE FUN TO SEE WHAT YOU AND EVERYONE DID

No Distance Reported

Laurel Gundersen Davey – It has been much fun to read the reports of all who participated in this year's event! Last year when I said I'd like to join this group of dedicated classmates, I really had high hopes that I would participate in 2022. Alas, though looking like an active person, I've spent the year going from seeing several specialists and lots of physical therapy to now being able to walk just a little better. No complaints from me though. But I really do congratulate all who participated! Linda Kellogg Pond running on a very hot day meant to honor her husband is the unsung hero of all.

As to the recent saga of all who have fallen, myself included, I recommend a free program called "Stepping On". Available through county services and hospitals now, it is an eight week class on fall prevention. Safety in one's home is taught by RNs and PTs. My own husband has fallen three times in the last six months, but he didn't take the class with me. Leave a light on to guide your way and keep shoes by the bedside at night.

Thanks for carrying the torch and sharing this mission to all, runners or avid bystanders like me.

Barrie Good Burr – I must report I have two good excuses for not venturing out to run a marathon today. Number one - it is pouring down rain and number two - I had a hip replacement a month ago and am using this surgery as a reason to replenish my energy, although I am working which requires me to go to people's homes carrying a couple bags of medical equipment and sometimes up long flights of stairs and then being greeted by a large jumping dog that sometimes picks my surgical leg to climb on.

Joni Paulson Fuchs - I'm battling a hospital-acquired, antibiotic-resistant, chronic sinus infection. Thought I would be better today, so yesterday I measured my route and took a short walk. But today I'm worse, weak and feverish. Cheers to all those participating in any way. I will be thinking of you fondly. I remember my Glenbard years with great affection.

Ed Haack - Joined Roger, Marybert Buethe Carveth, John Windeguth, and Jerry Cundiff at the boathouse and Seven Dwarfs. No report.

Diane Meinert Curren Harrell - Hi Tom. I did not receive the email because I think you have an old email. I was unable to participate after a fall and 107degrees in Sherman, TX. I want to continue to be included so please update my email address to dianecharrell21@gmail.com. Thank you for continuing to keep us connected.

Jeff Baker – Thanks for doing this, again. I am a level 2 as a well-intentioned participant, I bailed out. As a starter at Arrowhead my intention was to work then walk 9. Rain, lightning canceled the plan. Next year I'm planning on seeing Roger, John, Ed and others at the boathouse. I love reading all the news from those classmates I knew and those I wish I knew. I ran cross country to get conditioned for basketball and it didn't work. I was a lousy runner but

was always supportive of you guys and was there with Jim Undem, Dave Mccollum and Bill to cheer you on!!

Judy Wood Talley – Having just entertained my three grandsons--ages 11, 10, 8 for a few days and helping the two--Aiden and Bodhi and their parents get packed and on their way. Max and I just veged on this day! I forgot our mile efforts were to be done!! So sorry! I am still walking and playing pickleball and started tennis this year. Also, I am taking five exercise classes a week so I can walk a mile but honestly, I just forgot!! So physically I am okay but rather forgetful !! Please forgive and know I am up for a half year attempt or a late July walk (am packing now for a trip to northern points---leaving my beloved Florida and many activities) when I get back and have my wits about me, I can send a late mile attempt.!! (not sure that this is acceptable but please do not take me off the list) I usually look forward to the 7/15 date but the chaos this year just let me forget. So, congrats to all who participated and forgive this ole gal for not getting it done.

Katie Knowles Strasburg –

Carole Stone Baumann – I regretfully was not able to walk today. I am using a cane and a walker to get around these days! It is a temporary problem which should be remedied with intense rehab on my back. I am having an MRI on Wednesday and CT scan on Friday so we will know a lot more after that. Sure do love hearing about what everyone else is doing. Thanks, Tom, for keeping this going every year! Blessings and love to everyone!! Carole
PS. I do feel really bad for my sweet friend Patti Who has Covid!

Mary Hanson Hirsch - Tom, thank you for arranging this event again this year. It is so much fun to hear from/ about everyone. It's no surprise that it is hot here in South Florida today. The heat index is over 100. I go out to walk often but use Exerstriders, two long poles that give one an upper body workout also. They do slow me up, and I surely did not set any record last year, so with that in mind plus the dangerous heat index, I took an hourlong class of strength, balance, and stretch. No mile today, but the class seemed to be a healthy and appropriate substitute.

Pat Galligan Will – As much as I look forward to participating in this event, I will be unable to because I have Covid or whatever iteration is popular at the moment. It's not as bad as I thought it would be. It's like a very bad cold and, yes, I have had all shots and boosters. So nice to hear from everyone!

Bob Stoothoff - Buried in this response is the painful awareness that I am again serving up another softball to Tom for his editorial enjoyment. Last year it was squiring guests in Williamsburg that worked against my earnest desire to participate. This last year after a lot of emphasis on both walking and cycling (did just under 1500 miles since our last effort) I managed to have a cold erupt following golf yesterday (thankfully not Covid), and did not sleep well, nor am I up for the walk I had planned. Cindy says I would be nuts to try and she, as usual, is correct.

We are enjoying the cycling and history here in Williamsburg, and, had visits from California by the grown three grandchildren and two younger ones plus parents during the last year on separate occasions. So glad they took the time and kept us off airplanes and out of airports. Train and car has become our chosen transportation modes. We had a delightful lunch and opportunity to catch up with Teun and Judy Schoolwerth in Vermont a couple of weeks ago. I enjoy

occasionally communicating with Neil Whitecotton and Roger Griffith as well. Stay well fellow Hilltoppers and stay active.

Marybert Buethe Carveth - I'll try to be with you all! Joined Roger, Ed Haack, John Windeguth, and Jerry Cundiff at the boathouse and Seven Dwarfs.

Sue Burwell – I am enjoying all the emails We are surviving in the Arizona heat not doing much as I have a husband with memory issues Take care sue bee"

No Report

Bill Grant
Bob Anzak
Janet Whitaker Rink
Nancy Fricke Johnson

Illinois, Georgia, Michigan, Oklahoma, Arizona, Washington, Alabama, Colorado, Oregon, Texas, New Mexico, New York, New Hampshire, Connecticut, New Jersey, California, Missouri, Tennessee and Florida.