JULY 15TH JOHN POND INVITATIONAL RESULTS - 2023

Measured Mile (32)

4:52 Dave Petersen – I forwarded a picture of moi eating training table food in preparation for the annual mounting of the cheap Chinese Peloton knock off stationary bike. Naturally I am eating Chinese Szechuan food from the Chongging municipality. For the ride I wore my special riding shoes made by Lee Kee Boot Makers, Ltd. in the Kowloon province of Hong Kong. It is easy to forget the indescribable joy of peddling nowhere once a year. It is a singular event with mystical motivation. Yesterday the temperature on the expressway was 100°F. That's what I imagine it would be like flipping charbroil burgers with Anton LaVey and the prince of darkness. I am grateful that my stationary bike is inside. My idiosyncratic time for 1 mile today was 4:52 or 4.9 minutes. Cheers.

7:53 Jerry Cundiff – Great to see the great turn out I could'nt make it over to the boat house this year due to fact that it was on a saturday and I volunteer as a starter at our golf course on saturday. I had spinal surgery in november and they popped in a couple of new discs and I thought I might be able to run this year but no luck, so I did my bike ride it was 4 miles but my split for the first mile was 07:53. Hope to see the boat house crew next year.

9:58 Bob Perkins – Sunrise was at 6:00 and we expected today's rain storms to begin at 7:00, so Rex and I began our dog trot at 6:20. Conditions were very good with a temp of only 79 degrees. Humidity, yep - 87%. No surprise after the rain all day on Friday. Sue started the timer and snapped a photo of Rex and me as we started. [Attached - Rex is gawking at a sprinkler.] I wore my 20 yr. old 2003 Peachtree T-shirt for inspiration. Our time was 9 minutes, 58 seconds, 37. The entire route was shaded, and Rex took two pee breaks to allow me to catch my breath. We moved from Atlanta to Pensacola, FL. five years ago, when the University of West Florida offered me a position. I retired last year. And for the record, I'm 82 & not nearly as grumpy as my picture might suggest.

This report arrived late on Sunday when you said your computer was acting up. But I'm proud to send it in. Our son, 59, ran 8:30 and Wesley Perkins, our athletic grandson,19, did a 5:30 on a track in Moab, Utah, in 108 degrees. It pleased me they interrupted their raft trip down the Colorado to do this for Glenbard '59 and the Pond event. Note: Entered on Family Members page.

10:06 Tom Chandler – I went to the sea level track at South Torrance HS near our CA home instead of the Palos Verdes HS track at 1100' feet and exposed to a little more wind. The weather was ideal at 72 degrees, humidity at 60% and a gusty 8 mph wind. I couldn't find my King of Diamonds t-shirt that the Gelhaars gave me for my 50th so I wore the t-shirt of my idol, Don Quixote, depicted by Picasso, and my Glenbard hat.

I ran a 9:54 there Thursday on a practice run but I slipped into the 10s today for the first time with a 10:06. Motivation for next year. So funny for me to think I am running fast

until I see a guy doing 50s on the track like a greyhound. As it happens, I had seen a teenage girl running 100 yard sprints on the side of the football field when I was arriving and on one of my laps she happened to have started next to me and passed me like I was in a chair. Another unneeded reminder of relativity. No complaints of course just thankful to be out there running at all.

10:32 Hardy Weiting - Saturday 10.32 sand track behind Dei Obispo Elementary School and Marco Foster Middle School, SJC [San Juan Capistrano]. Sunday 10.27 Soka University track

11:35 Dave Hollinger – July 8: I have been looking forward to this, and trying to work up from my usual brisk-half mile to a full mile. Hopefully I can go to the boardwalk, in Belmar. If it's hot, I may retreat to my treadmill like last year.

It is so wonderful to see so many names from the best Highschool class ever - what could be better than Glenbard 1959? I wish I could say "Hello" to each one if you in person. You each bring back good memories, and lot of appreciation. I finally retired this year. Louise and I are celebrating our 44th anniversary next month. Our 5 children are scattered from Front Royal, VA to Newport, WA, with Dan, & Debbie in Carol Stream. We have a total of 12 Grandchildren & 6 Great-Grandchildren. I'm still playing my 1914 Holton cornet, and played 2 concerts this week, with the Band of Two Rivers.

It was 103 @ 11:00 this morning in Ocean, NJ, so I did a 11:35 mile, inside on my treadmill. I started with a brisk walk, and wound up with a half-mile jog. I wish I could join all of you able to get together in Glen Ellyn at the lake. Have fun on the mile, and at 7 Dwarf's. If you go around the lake, be careful going up the hill and around the "monza" turn.

14:01 Dave McCollum – Walked (with a few mini-jogs) a mile over my usual route here in Rowayton, CT in 14:01 which, I think, is similar to my times over the last couple of years. The morning here was warm at 75 degrees with 89% humidity but the sun was out and there were very few cars which made for a delightful trip. The big events in our life so far in 2023 were the birth of a great grandson and the marriage of a granddaughter. Suzanne and I celebrate our 60th wedding anniversary next month.

14:33.01 Teun Schoolwerth: I hope this is your correct email address. I did a mile on our local track today; 82 degrees, quite humid. My time was 14:33.01.
Thanks for organizing this. I haven't gotten any emails for the even so I hope you have my correct email address. antonschoolwerth149@gmail.com should work.

15:00 Margie Shaw Stoll – Report 1: Margie
Hello from rainy Nashville. My plan for this year's July 15 was to kill two birds with one stone. I got up at 4:15 a.m., drove in the dark and rain 20 miles to a certified 4 mile race where I hoped to set a TN individual age record for the four mile distance. At the same time, I would use one of the 4 miles as my July 15 time. I arrived safe and sound and in plenty of time, but the lingering rain put a damper on my motivation. Plus no 82 year old should be risking a fall due to wet pavement and muddy paths. So...I wimped out, drove back home, and went back to bed for an hour. As for the dreaded Tom's Mile... I got up, went to the Y and trudged it out on the treadmill at a 4mph pace. (that's 15 minutes.) Then I came home and went back to bed again. I'm disappointed in myself,

especially since in the past month or so, I have done a 5K, a 10K, and a 5 mile races all at a 12:15 pace, but of course, that doesn't count for today.

15:03 Jim Lewis – It's sunny, 74 degrees, slight wind following last night's light rain in New York City. My uneventful mile for the past several years is from 67th Street to 77th Street , and back, on the east side of Columbus Avenue. 20 avenue blocks in Manhattan make up a mile. My time was 15 minutes, 3 seconds, and my Apple phone clock, to the second, was used.

Thinking about the community/neighborhood rapport our classmates have continued to share with each other since our Glenbard years, I believe we all have a little bit of Mr. Rogers in all of us-kind words, empathy, positive attitude.

15:40 – John Windeguth – Greeting from Barrington, IL After a rain drenched run last year, I came fully prepared [to Lake Ellyn] this year. Two hats, change of clothes and golf umbrella which it turned out that I didn't need. Despite earlier calls for rain it turned out to be a beautiful day, low 80's and clear. I picked up Ed Haack at 9:30am and met Roger at the boat house at 10am. After Roger and I walked around the lake (Ed has leg problems)
we met Bill Grant and did our one mile walk/crawl at the Glenbard track. We then drove over to the Seven Dwarfs for lunch. Enjoyed our limited time together. After extensive training of a week! (actually it was more), Loss of a few pounds and no rain to worry about I finished at 15:40, close to last years time.

16:31 Neal Whitecotton – Daughter Anne Carpenter picked me up 6:40. Living in the hill country, we drove 10 miles to town to find a nearly level mile. 7:15 am, 78 degrees, overcast. My time: 16.31. My recent workout routine (increased loops from recliner to fridge and back) did not seem to help. I have instructed showoff Anne to submit her own results.

17:09 Helen Moran Lemal – Reporting in from Silver City, NM , 5:00 pm MDT, had to wait for the impending thunderstorms to cool the air a bit. Still about 90 degrees at 6300' above sea level. Windy, with dark threatening thundering clouds above (it's monsoon season here, finally). Finished my runon gravel and rolling rock dirt roads, anything but level. Clocked by my Apple Watch at 17.09"/mile for just one mile of a jog/walk. Much more of the latter each year.

Didn't invite my clan to run this year as my oldest daughter's husband (yes, the Dean of your Alma Mater [Dartmouth]) is just returning from Pittsburg and the National Seniors track meet at which he placed 3rd in the 400 m run in the 55-60 age group. And my second daughter was sending off her older daughter (24, a former National speed champion in HS) to the World Championship Jumping Rope Competition, today. My phone won't send stuff to the whole group, I hope just sending it to you is good enough.

17.2 Barrie Good Burr – My Mile today came in at 17.2 as I took a leisurely stroll along the Fox River in Algonquin. This was a short break from my grandson's wedding that was being held in the forest preserve there. A beautiful day of 80 degrees and the wine was pretty good too.

17:30 Jeff Baker – Tom. In Michigan after dodging tornadoes in Wheaton and Glen Ellyn. In Saugatuck Michigan at friends lakefront house and went down the bluff and my pal and I stepped off a mile along a sadly eroded beach. Did 17:30 and still breathing hard.

17:40 Roger Griffith – Roger Griffith reporting in from Lake Ellyn and the Seven Dwarfs restaurant. Every year, the attendance is a little different for this event. I wish more of the people who live in the Chicago metro area would show up for this event at beautiful Lake Ellyn. Not only do all of us classmates say how gorgeous of a campus and park that Lake Ellyn and Glenbard is, every one of the locals that I meet here, enjoying the park, say the same thing! Beautiful sunny day today; about 85° temperature, and 86% humidity.

It's wonderful, how many people treasure and utilize this gorgeous park. It wasn't crowded, but there was a continuous supply of friendly people of all ages, moving through and enjoying the park: dog-walkers, joggers, walkers, going around either the lake or the track; kids using the playground; family's renting the boat house for their gathering; people fishing; etc.

About 10:30 AM, John Windeguth and I did a single leisurely walk around the lake, admiring both the homes and the natural beauty of the area, while Ed Haack sat on a bench, and admired the attractive woman doing their exercise walks and jogs around the lake.

My time was 17:40 *(last year was 16:50)*. As I rounded the last turn on the track, I realized my time was going to be about a minute and a half slower than last year's time. So my old competitive juices kicked in, and I jogged the last hundred yards to the finish line, as I didn't want my time to be an embarrassing over 18 minute time. So while I was exhausted, I was happy that not only did I beat 18 minutes, but I beat it by 20 seconds. However, it's still sad how much slower I get year after year (a combination of more health problems, and older age). But I won't give up, no matter how slow I get. I am determined to "use it or lose it completely".

About 12:15 PM, we arrived at Seven Dwarfs restaurant, hoping we'd see a lot more classmates, who would come just for having lunch together. Sadly, no one else showed up, but the four of us had some good conversations and nostalgic moments, realizing how lucky we were to have grown up in the era we did, and although our lives weren't perfect, we definitely "Lived the American Dream"! Seven Dwarfs restaurant has not changed much since our young days of coming here. The receptionist said, it's not the original family that owns it now. The current owner is the third owner. I believe she said he's owned it for about the last 40 years, but I'm not sure. I asked her about why the sign is still not working right, and that it's been a problem ever since we were young. She said they've repaired it several times, and it keeps malfunctioning, and no one's been able to figure out how to permanently fix it. Thank you, my Classmates, for the memories! I feel blessed to have all of you as a part of my life! Take care of yourself! Stay as active and healthy as possible! Don't give up, nor give in! I hope and pray that we can all get together in October 2024 for our 65th reunion!

18:00 Mary Hanson Hirsch – So many to read, and the first was amazing—Someone should tell Jim Lewis our age! He is an inspiration to one in the same time zone who hadn't thought about the Challenge of the Day by the time he had completed it! You know that our weather is extreme in South Florida, and today had its share: rain, lightning, and obscene heat index* It could only be done inside, so it had to be a treadmill. A retired teacher that started a track/cross country team in a small New York town loved the story of your invitational. Knowing that you are not in favor of treadmills, I asked him to verify my start and finish. His timing, the

treadmill's screen, and my "dumb" watch clocked the one mile mark at 18:00. That is about 25% off from 2022 when I probably should not have tried.
Thanks for holding this event one more year, Tom. It was brilliant to invite the next generation to participate! Looking forward to reading all of the reports.
*Had to add an asterisk someplace in memory of dear Linnea.

18:08 Cliff Argue – Good morning, Tom (it still is morning here on the West Coast) and Classmates: I am enjoying reading the reports from everyone. At about 8:30 today I went to my usual venue (when not traveling), the City of Bellevue (WA) Downtown Park which has a loop around a large pond that is a measured half-mile. I completed walking my two laps in 18:08. Temperature was 70 degrees (going to mid-80's later today), skies clear, humidity 55%, and wind of only 1 mph. Tom - I echo all of the appreciation from classmates to you for keeping this event going every year since 2005, and now most fittingly as a memorial to John Pond.

18:22 Jo Borden – I look forward to this each year. Of course, it's always on the hottest day of the summer here in Arizona. Warm greetings from Surprise, Arizona… And I do mean warm! I did my mile this morning in 18 minutes 22 seconds. It was 106° but fortunately, the monsoon humidity has not yet arrived. Keep cool!

18:46 Bob Stoothoff – I walked my mile today at a college track near me, Golden West Community College in Huntington Beach, CA. It was 75 degrees, slightly cloudy, 12 mph wind, humidity 70%. It was one of the nicest days lately and not as hot. My time was 25:12. I didn't run and I stopped a couple of times to drink water. I broke my left arm six weeks ago and still have it in a sling, so managing the water and fanny pack took a little extra time; and my balance is off a bit.

18:56 Pam Wildish Bosworth – time : 18 minutes and 56 seconds walking one mile on a sidewalk style path along the Willamette River outside a condo my sister, DeeJay (Glenbard '60), and I inherited from our parents. We spend our summers here. Gorgeous morning - 60 degrees, clear skies, humidity 67%. I look forward to reading fellow classmates' experience today. All the best - Pam

19:40 Bill Grant – As reported by Roger Griffith, Bill's time at Lake Ellyn was 19:40.

20:12 Eileen Quinn – I did my annual one mile measurement on our Elmhurst Courts Plus treadmill again since I find it the easiest and most accurate. Doing it outside requires stopping for traffic, bike riders, dog walkers etc. My time was 20:12.

Like others in our over 80 category, we now have a married grandchild and will be celebrating our 60th wedding anniversary next month. I guess next to come will be the great grandchildren! We keep busy socializing with friends and family, exercising, reading, taking care of our home and have become streaming dependent as an alternative to too much news watching after dinner. We're less apt or able to play tennis or golf and are considering buying electric bikes to keep up our bike riding. We tried pickle ball but either the paddle is too short or we're just not fast and agile enough!

21:09 Barbara Mutz – Beginning at 10:02 and at 82 degrees in a park along the Chattahoochee River in Atlanta, I did a mile in 21:09 while watching my oldest son land in Johannesburg on Flight Aware. Technology is so great and I think if I watch him land, I will keep him safe. Wish I was better at using technology to its full potential, but that is a race that is unwinnable for me!

22:00 Nancy Schanlaber Franck – Well, after talking to our wonderful Barb Mutz for almost an hour, I promised I would do the mile walk. I always walk every morning unless I am playing tennis or pickleball. I did my summer mile-humidity a killer lately this summer- in 22 minutes. Since I am playing pickleball at 11, I stopped then. If I blow it at pickle ball Barb/Toni will refer the group to you both!!!
In October Brian and I will have lived in Sun City Hilton Head for 18 years. I divide my life in 4 parts - First part wonderful and so lucky to have lived in Glen Ellen (what a wonderful place place). Second part marriage and raising my children.
Third, kids go to start their life and Brian and I continue to work (my work my passion-kids who have difficult with behaviors in classrooms due. to severe problems. AND the big 4th- daughter talking us into retiring near her in SC. Bri and I feel so blessed that we decided to come down here where we started a whole new live at 65.
Sorry about the long dissertation- blame Barb. She said that people share info and since I am new you are getting it all!!!

25:00 Diane Meinert Harrell – Diane Meinert Harrell checking in from Sherman,TX. One mile at 8:12 (80 degrees) 25 minutes. Timed on my Apple watch. Beautiful morning. Hello to the Glenbard'59 milers.

25:12 Janet Kelley Halvorsen – I walked my mile today at a college track near me, Golden West Community College in Huntington Beach, CA. It was 75 degrees, slightly cloudy, 12 mph wind, humidity 70%. It was one of the nicest days lately and not as hot. My time was 25:12. I didn't run and I stopped a couple of times to drink water. I broke my left arm six weeks ago and still have it in a sling, so managing the water and fanny pack took a little extra time; and my balance is off a bit.

28:00 Gary Mutz – Barbara passed along that Gary reports that he went a mile with a friend in 28 minutes earlier.

28:00 Janet Whitaker Rink - Jan Whittaker Rink reporting at 10:35 p.m. EST. This appears to be shortly after the onset of the dramatic spam detection/frozen condition, so I hope my report doesn't get lost in the quicksand.

Yesterday, July 14, the high in Louisville was 93. This is not dry heat. This is heat that causes one to be drenched in sweat and craving water after 15 minutes, not the most pleasurable day for a passionate gardener like me.

When today began with light rain and the temperature in the low 80s, I eschewed my rain suit and relished feeling wet from rain rather than sweat. By the time I arrived at the Seneca Park one-mile track at 6:20 p.m., the rain had stopped, the temperature was 84 degrees, and half the track was in the shade. I set foot on the track at 6:22 p.m. (Sorry, Tom, I forgot about

seconds.) I completed a mile at 6:50 p.m., a dashing 28-minute mile. I owe my rejuvenated lightness of foot to total knee replacement in February.

Thanks, Tom, for reconnecting us every July 15 in a fun way when all of us are dealing with the necessary losses time brings--physical, emotional, mental.

36:00 Pat Galligan Witt – Another beautiful day in Long Beach, CA.Temperature 75°. A light breeze. Humidity 82.I didn't plan to participate this year but Rachel Pond inspired me with her fatherly advice so at 5:23 P.M. I walked a measured phone mile and completed it at 5:59 so 36 minutes. Every year I continue to be impressed by everyone's writing skills

39:27.29 John Staedke – Good morning all! John Staedke reporting in with a new record. Though not one you'd want to strive for. I was able to negotiate a measured mile at a local park - but in a cane assisted, slowest ever 39:27:29. It was 73 degrees, partly cloudy, 85% humidity, with a 6mph breeze. The course meanders through trees and open areas and has a 1/3 mile 5-10% grade in the middle. Very pleasant. I'd explain the cause of my slowness if I knew. My original neuropathy and Parkinson's diagnoses have been ruled out, and the MD's are still in the hunt for what's causing my degrading leg strength and balance. So, while they search, I trudge.

Thanks again Tom for keeping us together and moving. Reading the reports submitted each year reminds me how blessed we've all been to enjoy the lives we've lived, and that we're still able to stay connected.

1:04.20 Judy Smith Noren – I had planned to swim at 5:30 AM and then play 9 holes of golf at 7:30, but lightning in the area changed the plans (of course we didn't get any rain). I ended up playing golf at 7:30 and then swimming at 10:30 when the outside temperature was 100 degrees with pool temperature at 85. It took me 1 hr 4 min and 20 sec to swim the mile. Every morning I help get out 15 - 30 golf carts at 5:30 AM. Play golf 3 days a week and swim the other 4 days.

No Distance Reported (11)

Cathy Ayers Allen – I probably won't be part of the Glenbard run tho we will be nearby. We will be in Woodstock for a meditation retreat on the 15th and I don't know the schedule but could try a walk. I remember Woodstock as a place my family and Ariel Eaton's family would go on the Fourth of July to shoot off firecrackers on the Grandparent's farm. Then we would come back for the fireworks over Lake Ellyn. Have a good run.

Carole Stone Baumann – No, I did not walk, run hop or jump!! However, I sure did love hearing from all of you!! we share some thing, so very precious! After 64 years we are all still wanting to continue our camaraderie with each other!! Thank you again Tom for all your effort to keep this going! Sure, would love to see a picture of little Lucy Looney!! God's blessings on all of you, my dear forever friends and classmates!! Especially those who are hurting and didn't send in any message!

Sue Wallace Burwell – Tom, I won't be walking a mile on the 15th but will think of you all. It is to be 118 that day here, so I will be in my cool house. On another note, Dick passed

away on May 1st, I miss him a lot but he is in a better place. He had alzheimer's but he didn't suffer for too long. Take care

Steve Capel – My daughter Lisa Jones, Anthem, AZ has taken after me--and been a FAR better runner than I have been, especially as to how well she did as a high schooler, collegiate and today! Lisa lives in Anthem, AZ. She is a high ranking realtor in the Phoenix area, probably in the 1/3 of top 1% of Phoenix area realtors, as I recall! A dad would never brag about his kid would he??? And she is a life-long runner, in high school and college and is still running daily, even in that Torching Phoenix summer heat. Guess where she is most mornings @ 5 a.m.? Maybe on those hotter days she is jogging rather than RUNNING. at 5 a.m.? Yep, out cranking out a 2 mile or so run/jog. She was a team leader in high school and college--often to a conference championship or even a state title. (Lisa, am I exaggerating?)
(A dad would never do that, would he???)

At any rate, she would be glad to participate as a family representative, and I will try to run this summer, but my physical condition is beginning to bear a bit more of a resemblance to an 81/82 year old these days... Aren't we all??? I am sure that she will be delighted to carry on the family tradition of a run for the old Glenbard Cross Country crew! Thanks for inviting them to be participants!!! Steve Capel (old number 7--that was usually about the place I finished for the good old Glenbard cross country team!)

Laurie Gundersen Davey – Thank you for keeping “track” of all of us! I read each of those entries with interest. I didn’t see one from Linda Kellogg though. Perhaps I missed hers? This last year or so I have had the role of caregiver to my husband Rod. My days are filled but here and there I check in with Roger G, Nancy Earle Leonard and Kirkie! And, my good friend Linda Mann who died of cancer in November. I have kept this snapshot from our senior prom and sent it to Linda after her report in 2022! Can you correctly identify the six classmates?

Joni Paulsen Fuchs. I just finished reading ALL the e-mails. I appreciate so very much your continued dedication to this event. I really wanted to participate this year, but the vertigo is so bad that with each step I fear I will fall. I can’t even ride my recumbent trike. I am optimistic that over time it will go away. My PT told me to see an ENT, because it might not be BPPV, it might be “vestibular.” Huh?? Appointment made. Without this problem, I would have been able to participate, and I hope to next year. Please keep me on the list. And don’t worry about the banter; it will exist in our memories forever.

Becky Bulleit Gelhaar – Sorry to be so late in responding. I am in Minneapolis visiting family 😊 💔 I was at a grand nieces soccer game on the 15th. Flying back to LA today and will have knee replacement next week, my other knee. It is wonderful that we can keep in touch ❤️‍🩹 I also hope we can celebrate our 65th reunion next year.

Kay Hall Konopka – I WAS NOT FEELING UP TO PAR YESTERDAY. IT WAS HARD NOT TO BE WITH ROGER AND EVERYONE AT LAKE ELLYN AND SEVEN DWARFS. BUT MY SPIRIT WILL ALWAYS BE WITH YOU ALL. THANKS FOR KEEPING OUR CLASSMATES GOING! IT IS GREAT TO HEAR FROM ALL THAT CAN PARTICIPATE. TAKE GOOD CARE OF YOURSELF

Arlene Kirkendall Morrissey – Unfortunately I am unable to participate this year. So disappointed! I still struggle with my 3 sacrum fractures. Every time I start to walk my back flares up. Next year tho! Don't count me out.

Karen Murphy – It looks as if I won't be able to participate this year. My husband Tim and I moved from Silver City NM (elev 6,000 ft) to Wickenburg AZ (elev 2,085 ft) because of my breathing difficulties. The reduced use of oxygen isn't enough to overcome the heat wave, which is expected to reach 114 degrees tomorrow. Additionally, I would find it difficult to walk 1/2 mile even in the best of circumstances. So I will watch from the sidelines as the reports come in! Karen Murphy

Bonnie Sporka Shableski – 7-9**:** I won't be able to participate this year but look forward to the banter. Enjoy!
Tom, thanks for all you do to keep this event going, especially with all the challenges you faced with Cox and classmates not being able to e-mail everybody. Have no idea how you kept track. As with everything else you do, you handled it with class. I am so impressed with how you always take time to answer all reports and make comments that show a personal interest in each participant. Nice touch.

Kate Knowles Strasburg – I won't be participating as I have bronchitis, but would like to stay in the loop. Thanks!

Judy Wood Talley – So I looked at my emails and whoa!! Today is the run walk… snuck up on me. I haven't been able to walk or play anything since Dec as I have a torn tendon in my left ankle. Surgery end of summer!! Hubby just started peritoneal dialysis so we are a bit busy here in the heat of Florida!! Maybe next year …I always look forward to this and especially hearing from my class mates! Walk fast and enjoy!

Family Members (12)

5:08 Kevin Stoll (Son) – Margie sent this in. Report 2: Kevin Stoll (two weeks shy of 47 years old) Mile time of 5:08. I like to take a little credit for his running prowess. About ten years ago at Thanksgiving, I suggested to the visiting family that we all get up and do the Boulevard Bolt, a 5 mile race which supports the Nashville Food Bank. He did well, liked it, and has been running ever since. (His Boston Marathon time last year was 2:52) (Kevin is not the son who illegally paced me my very first year. That was Andy. He still is running, but not competitively.)

5:30 Wesley Perkins (Grandson) – Report forwarded by Bob Perkins: Wesley Perkins, our athletic grandson,19, did a 5:30 on a track in Moab, Utah, in 108 degrees. It pleased me they interrupted their raft trip down the Colorado to do this for Glenbard '59 and the Pond event.

5:37 Sam Howe (Mutz Grandson) - Our daughter Stacey's son Sam Howe ran a mile in 5:37 in Atlanta this morning.

8:16 Lisa Capel Jones (Daughter) – Good morning, Tom and fellow road warriors! Greetings from toasty Anthem (greater Phoenix), Arizona! I set out early this

morning at 5am before our blast furnace 118 temps today on a 4.25 mile run through our amazing community. My best mile was #3 at 8:16 according to my Apple Watch. Screen shot attached. Hope you all stay cool & hydrated today! Thanks for including family members! What a wonderful tribute to your classmate. I have enjoyed everyone's reports from around the country and world today! I would be happy to help anyone with the technology. I saw someone else from Surprise, which would have been equally HOT today. I was very happy to have finished long before the heat of the day today.

8:30 Dave Perkins (Son) – Reported by Bob Perkins: Our son, 59, ran 8:30 and Wesley Perkins, our athletic grandson,19, did a 5:30 on a track in Moab, Utah, in 108 degrees. It pleased me they interrupted their raft trip down the Colorado to do this for Glenbard '59 and the Pond event.

10:24 Ellen Pond (Daughter) – This is Ellen and Dan Pond from Nashville. The rain stopped earlier today and now it's just hot with a slight breeze. I forgot my running shoes in St. Louis, but thankfully Rachel and I wear the same size (Hoka running shoes are amazing!). I've been running off/on since last year's run. I did a 10k in St. Louis in April and I'm working towards a half marathon in Chicago in Oct. Today's mile time 10:24.:) Dan also did a fast walk with a slow jog today at a14:30 pace. Not bad for his first run in years.

I'm sure Dad is so proud of us and thrilled that his kids and friends are running!

11:32 Anne Whitecotton Carpenter (Daughter) - Good morning from Boerne, TX! My dad, Neal Whitecotton, and I hit the trail at 7:15 this morning. 78 degrees and cloudy. Jogged a 11'32" mile using my fit bit. Thanks for letting me join you all, have a great day!

12:14 Rachel Pond Dibble (Daughter) – Ran in steamy and hot Music City, Nashville, conditions were not optimal as the huge ran storm this morning left a mark of thick humidity, though only 82 degrees with a slight welcomed breeze. Mission accomplished to celebrate the class of '59 and my dear father. So grateful.

On another note, when I executed the run, surprisingly I heard my fathers voice in my head which has not happened in years even when is was alive. He trained me well as a child to be a runner and I took to it. His advise became automatic after many years so his coaching me in my head faded in my 20's once I became an experienced runner. I will share with you what he said to me today (of course his quotes and 100 percent his verbatims) what a gift for me.

1) don't procrastinate your run just do it.
2) ok get dressed get your shoes on and go pound the pavement.
3) everyone needs road work

With aforementioned, I did precisely that.

4) slow and steady Rachel
5) find your pace and be consistent, make minor changes if needed
6) control your breathing, don't get out of breath

7) ok Rachel doing well you found your breathing and pace.
8) Rachel last curve on the track on the straight away towards the finish line “kick it in”
9) full stride finish strong and let go of your monitored breathing pattern, get winded
10) don’t trip when you “kick it in” be mindful

Well, as always he was right and guided me. I share this because he lead me to the finish line today. Admittedly, this was a very odd interaction and has never happened before…so we can make our own conclusions. Clearly Dad participated with his soul. Thanks dad once again for the stepwise approach and helping me finish.

I just love doing this and thank everyone for their shared stories today.

13:45.57 Stacey Mutz (Daughter) – I walked one mile in hilly conditions 13:45.57

14:30 Dan Pond (Son) – Ellen reported that Dan also did a fast walk with a slow jog today at a 14:30 pace. Not bad for his first run in years.

17:17 Harry Argue (Brother) – From Cliff: Also thanks to the invitation to have relatives participate, my brother Harry Argue, Glenbard West '64, joined the effort in Middleton, WI, a suburb of Madison. His report: *My time for the measured mile was 17:17. I went out at 8:00 a.m. when it was 67 and mostly sunny. I walked along Stonefield Road in our residential neighborhood of Middleton. Thanks to your classmates for opening this up to relatives. Maybe I can even improve my time in 2024!*

18:00 Susan Perkins (Wife) – Susan Perkins walk, 1 mile, 18 min, conditions 85 felt like 95

No Report

Chuck Gelhaar
Linda Pond
Marybert Buethe Carveth
Dave Zinn