JULY 15TH JOHN POND INVITATIONAL RESULTS - 2024

Measured Mile (19)

6:06 Mary Hanson Hirsch - Once again, thank you, Tom, for organizing this. You made me find a new way to accomplish the one mile and, in doing so, to rediscover the recumbent bike. Anyone who has had PT has been introduced to it, but that was all that I thought it was good for—and it is a machine, something that can be dangerous when your mind wanders when you get into moving repetitively. It is more dangerous to attempt the mile outside in South Florida heat.
It took 6:06 min to cruise the mile in pleasant air conditioning at John Knox Village in Pompano Beach. What can I say? There is no way to compare this time to those of the days of yore. It is what I can do now. I will return to the device because I can tell that it works the core, and that is good for balance. Not defeated nor excited and hoping to return to a natural walk soon, i.e., outdoors.

7:42 Jerry Cundiff - Sorry I'm late got busy yesterday and forgot to send you time, had to use the bike again, time for the mile was 7:42 even the bike has slowed. Had a nice day seeing everyone over at Lake Ellyn and lunch at Seven Dwarfs, haven't been in that area lately can't believe how it's changed, not much left from the old days.

9:00 Eileen Dowiatt Quinn - Another warm, humid July 15th in Elmhurst, IL. As has been my custom, I did my mile at our health club where it's easy to time a mile accurately and feel more secure as I get older. Kind of boring, I know! I mistakenly made a dentist appointment earlier today, forgetting about our miler. Hey, no cavities! That's something to brag about, right!

Anyway, afterwards I did the reclining bike doing a mile in exactly 9 minutes and then the treadmill mile in 21 minutes 40 seconds. So hopefully I get some credit for doing both! My most exciting current news is becoming a great grandmother later this month. We stress the word "great" in the new title. It sounds very special and not so old that way!

11:30 Hardy Wieting - 11:30 @Soka. Quite puzzled by this, as I don't feel I'm running slower, certainly not that much. I did set up a more accurate way of timing tho. So maybe last year's figure is more off than I thought.

12:22 Rachel Pond - Rachel Pond here from hot Nashville. 94 degrees and humid Ran down Belmont Blvd. one mile. Dad's words echoed! My time was, slow jog, 12:22. Much work to do but felt good to get out there and pounded the pavement.

13:50 Dave Hollinger - Reporting in from Ocean, NJ. I am so happy to see so many names from our Glenbard '59 class. Classmates who all mean so much to me - too many to name, but all of whom I remember with fond memories. Thank you all for being part of my life. I wish I could see each of you again.

I really respect all of you who are setting out to do a mile some way, no matter your condition. Today was bright sun, very hot, 100 degrees in the shade on my back deck, so I did my mile with a friend T. Mill - you all know him as Tread. Tread Mill. Inside it was 74 degrees. I started

my "run" with a fast walk for 3/4 mile, and finished with a 5 mph quarter mile run. Thank you to Tread for setting the pace. I finished my mile in 13:50.

Personal Updates: Two of my 5 children are in Carol Stream along with some of my 12 grand-children and 6 great-grandchildren. I've joined The Band of the Two Rivers, a local concert band; still playing my Holton cornet manufactured in 1914 - the one I've used since 4th grade. The band is composed of 30 other people, and we do about 8 concerts a year.

14:11 Stacey Mutz - I just did my walk in Atlanta. It was down to 85 and a slight rain. Mostly flat. Finished in 14:11. I think my dad would approve!! My dad (Gary Mutz) always loved this event so I am happy I get to carry on the tradition. Smiles and good health to all of his classmates!

14:29.14 Teun Schoolwerth - Teun Schoolwerth reporting from Chesterfield, NH. I did my mile at 7:15 this morning on the Keene NH High School track. The temperature was 72 degrees (it's now 86 degrees at 2 pm), humidity 53%. My time was 14:29.14. After the mile, I went to our local golf course and played 18 holes (but I did ride because of the heat).

15:55 Bob Stoothoff - With new knee and my official timekeeper, celebrating a 1544 minute mile at Scout Coffee in San Luis Obispo, Ca. 75 degrees, no humidity unlike home in Williamsburg Va. Keep on keepin on class of 59!

Conversation with Bob to Becky: My "new knee" has given me more issues than the previous replacement 17 years ago. Not surprising to me or the surgeon since I am older. Strained a tendon "overdoing it" in the spring and have been doing more PT recently. The soft tissue issues are always more difficult I am told. The "hardware":is usually fine. Sometimes I feel like I played football with Chuck instead of golf in high school🤣

Becky to Tom: Tom, I had my knee done 1 month before Bob and we did communicate during that time.

Bob, mine still will hurt once in a while and I do my PT exercises maybe twice a week plus walking a couple days a week. I did not have this with my first knee replacement. I am thinking of going back to the orthopedist but there really isn't anything he can do. I decided to postpone the hip for maybe another year. It really isn't that bad but we don't recover as fast as we get older. I know you have new hips also.

17:14 Jim Lewis – I did my mile today in the basement hallways of a Marriott hotel outside of Dublin. Ireland, in 17 minutes and 14 seconds. No wind, dogs, street cleaners or people which I normally encounter when walking my mile in New York City. Wishing all of our classmates and their families good health and happiness.

18:15 Neal Whitecotton - Neal Whitecotton reporting from the hill country , Boerne TX
6:30 am, 73 degrees, 95% humidity. On asphalt road at home; .5 out and return to start.
Time, 18.15
I "ran" with Anne and Isaac Carpenter, daughter and grandson

We took a selfie at the finish line. Perhaps they will share the photo when they submit their times. SPOILER ALERT- Isaac' time better than mine

18:44 Pam Wildish Bosworth checking in - I did my mile in 18 minutes and 44 seconds starting at 7:26am. It was 61 degrees - nice and cool - 73% humidity, and partly cloudy. I walked in my Lake Oswego, Oregon residential neighborhood on an asphalt street which is relatively flat. I only passed one woman walking her tiny dog. It was pretty quiet this morning. Thanks for keeping us moving and connected to classmates, Tom. I know you put a lot of time into this event and it is much appreciated.

I do have sad news: I lost my sister DeeJay, Glenbard class of '60, on June 30. Fortunately, I was able to be with her on her last days at a hospice near her son's home outside Boston, MA. Many of our classmates probably knew her, particularly Margie - they were on the Y-Teens board together and classmates at Washington University in St. Louis. She fought breast cancer with optimism and determination for 18 years. Here is a link to her obituary: https://www.keohane.com/obituaries/dorothy-heger.

In Reply to Tom: Thanks for your kind thoughts. My sister and I were very close and she will be missed. I do have a routine and try to do 4 miles every day. I usually break it into 2 walks - the bad knees don't like a full 4 miles! But being a fair-weather walker, there are a few misses - especially in the rainy Pacific northwest. I am enjoying the classmates' mile reports and especially that you take the time to comment on all.

19:06 Barrie Good Burr - I did my mile in 19.6 minutes after working out at the gym. Walked with my 68 year old boyfriend so I had to maintain in the 90 degree heat in Palatine IL. Look for my book on Amazon later this year called People Live Here. It's stories I have been told by people I have done medical insurance exams on going into 35,000 homes.

Replying to Tom: Yes, I keep notes. Usually have a memorable exam every couple of weeks. Some episodes are short like the 51-year-old man who told me he was afraid of needles on the phone and at his door. I looked down during his blood draw and saw he had a teddy bear on his lap. Did an exam in a dentist's office shortly afterward. He told me they bring in all sorts of things like teddy bears, blankets etc. Then there was the very quiet man who, after asking him what he did for a living, asked me if I had an iphone. I said I did. He said "do you talk to it?" I said "I talk to Siri." He said "I'm Siri." He invented Seri (I googled him). I won't tell you what people call the paramedics for,,,,,,you won't believe me.....

19:33 Roger Griffith - 4 laps of the Glenbard track, temperature 87, 70% humidity, but beautifully sunny at Lake Ellen

WE HAD A WONDERFUL **IN-PERSON, 4-HOUR MINI-REUNION WITH A TOTAL OF 11 CLASSMATES.**

UNFORTUNATELY, MARYBERT WASN'T ABLE TO DO THE WALK NOR THE LUNCH, AS SHE RECENTLY WENT THROUGH KNEE REPLACEMENT SURGERY EVEN THOUGH SHE COULD ONLY STAY WITH US FOR THE 30-MINUTE *MEETING*, IT WAS GREAT HAVING HER THERE WITH US!

ONCE AGAIN, WE SHARED A LOT OF HUGS, DID A LOT OF REMINISCING, THE WONDERFUL TIMES AND MEMORIES WE CREATED, AND HOW BLESSED WE WERE TO HAVE ATTENDED ONE OF THE MOST BEAUTIFUL HIGH SCHOOLS AND CAMPUSES ANYWHERE!

AS USUAL, WE HAD SOME BRIEF TALKS WITH A FEW CURRENT AND RECENTLY GRADUATED GLENBARD WEST STUDENTS. AS USUAL, THEY'RE AMAZED THAT WE GRADUATED 65 YEARS AGO (WE'RE ALSO AMAZED) ! AND THAT THIS SCHOOL WAS THE ONLY GLENBARD THEN. SO, WE WERE THE LAST CLASS TO GRADUATE FROM *GLENBARD HIGH SCHOOL*... AFTER US, EVERYONE HERE GRADUATED FROM *GLENBARD **WEST** HIGH SCHOOL*! ALSO, THAT GLENBARD EAST OPENED IN THE FALL OF 1959, BUT WITH ONLY FRESHMAN AND SOPHOMORE CLASSES

20:39 Jo (Rice) Borden - Warm (and I do mean warm) greetings from Surprise, Arizona. It was 104° and the monsoon humidity has arrived in full force. I walked my mile in 20 minutes and 39 seconds. Tom, I'm glad you continue to do this as it is fun to hear the responses from everyone.

In reply to Tom - I have lived here for over 21 years and have never regretted it. People don't understand how beautiful the desert can really be. The high temps here are no different than the low temps from way up north. You just adjust your lifestyle to them.

21:40 Eileen Dowiatt Quinn - Anyway, afterwards I did the reclining bike doing a mile in exactly 9 minutes and then the treadmill mile in 21 minutes 40 seconds. So hopefully I get some credit for doing both!
My most exciting current news is becoming a great grandmother later this month. We stress the word "great" in the new title. It sounds very special and not so old that way!

24:15 Arlene "Kirkie" Morrissey - Thanks for checking. I did wonder if you received my time. I messed up my stop watch but I sent what I guessed was my time. But then I redid my walk the next morning. My time was 24:15 for my measured mile on the 16th. Same walk up some hills in 81 degree weather. Thank you Tom for all your work on this, keeping us in touch with one another and keeping us laughing!

35:00 Jan Kelley Halvorsen - I walked the mile today at the Goldenwest College track in Huntington Beach. It was 78 degrees, blue sky with some clouds and a slight breeze when I started at 11:00 am with the temperature rising to 81 when I finished at 11:35, so 35 minutes. The track is next to the Boys and Girls Club sports fields so I could watch a little soccer and basketball ball, too. I walked through the campus first where small kids were taking swim lessons in the Olympic sized pool. I walk several times a week, swim and take Pilates classes, so I'm doing pretty well. Not fast but I keep moving.

1: 06.58 Judy Smith Noren - Judy Smith Noren is reporting in from Green Valley, AZ where it is currently a cool 80 degrees. We're only suppose to get to 99 today, but this month has been close to 110 with cloudless skies and little breeze. I had the pool to myself as no one in this retirement community gets up this early. I swam the mile (44 laps) in 1 hr, 6.58 min. It's taking me longer - just like my golf that takes me longer to get from the tee box to the green.

4 days a week I walk about 1/2 mile getting golf carts out for the morning play at The Country Club of Green Valley and then swim a 1/2 mile. The other 3 days I play golf instead of swimming. 9 hole during the summer and 18 from Oct thru May. Thanks, Tom for getting me motivated to keep swimming.

In reply to Tom: Regarding my golf game. It takes me longer to get to the green because I don't hit the ball as far as I used to. Most of the time a par 4 will take me at least 3 shots to get to the green - on good days. My only walking is from my cart to my ball which isn't very far

Non-Conforming (7)

23:00 Becky Bulleit Gelhaar - I did my mile at 8:30 am in 72 degree weather which was very nice. I did it in my neighborhood which is moderately hilly in 23 minutes with my 2 new knees! Thank you for keeping us in touch with each other.

Cliff Argue - Greetings from Mercer Island, WA. I went to my normal location for our annual July 15 mile, the Downtown Park in neighboring Bellevue, WA where one lap is 1/2mile. Despite daily temperatures in the 80's and low 90's here for several weeks, today at 7:15 a.m. it was cloudy and only 61. No precipitation. Humidity 79 %, Wind 6 mph. Forecast is for 82 later today.

Clearly I must be out of shape. My first lap was timed on my phone at 10:16 but my legs were giving out and I did not complete the second lap. So I guess I will receive the dreaded asterisk if my report is even included. Next year, I plan to train in advance and hopefully complete the full mile. As the old saying goes, "getting old is not for sissies." Thanks, Tom, for keeping us going.

Probably40 minutes Judy Wood Talley -
Judy wood Talley reporting from a hot humid... oops... rainy Florida . My mile is a walk from parking lot through Publix and back through parking lot to the car. While not a complete mile, it felt like a few miles! I am trying to keep on with a very painful ankle which I am supposed to replace. It has drastically changed my life. Surgery put off while I help my hubby with dialysis treatments.... So grocery trips are my exercise! Probably40 minutes!!!

Karen Murphy - I could not run due to COPD and mitral valve regurgitation. I'm on O2 24/7. I'm also very underweight, having lost about 50 lbs since I had severe pneumonia in 2019. However I did manage to walk .3 miles in the heat of Phoenix yesterday (about 108). I thought about you all as you were diligently doing your miles! Please keep me on your list as an interested onlooker!

Chuck Gelhaar - Thanks for continuing to do this. Becky did her mile and I drive my car to make sure it was a mile and it was, Nice to read all those who responded

Helen Lemal Moran - This year your run fell on my tennis day. After 3 sets that took 3.5 hours, there was no way I could think about even walking a mile, much less running one. Besides by the time our match ended it was 11:30 am and the temp was getting brutal. Please continue to include me in the notices. I'm still in good health and with good luck I am hopeful I'll still be able to participate next year.

17:07 Richard Zoellick – No report. Roger Griffith forwarded: 4 laps of the Glenbard track, temperature 87, 70% humidity, but beautifully sunny at Lake Ellen

No Time or Distance Reported (9)

Joni Paulsen Fuchs - I won't be able to participate, but I'd like to stay on the mailing list. My vertigo even keeps me off my recumbent trike. I could ride, but I can't get on or off without falling. Can't walk much more than a block, even with help. Otherwise in good health. Below is very fuzzy photo I had someone take in church this morning. I hope to see photos of others.

Please confirm you got this, as I don't want to fall of the list.

Susie Wallace Burwell - Congratulations to all the mile runners. I will be thinking about you all as you run your mile but I am not running or walking today as it is cooler only 92 at 10 39 am Although it is to warm to 106 by afternoon. Have a good day all of you!!

Bob Perkins - Is the Pond Mile still on? It's a worthy event with symbolic meaning and practical benefits. Let me know. Cheers,

Diane Meinert Curren Harrell - I am unable to participate today, no excuses, I just cannot but I would like to continue receiving your emails and class participation emails. I love keeping up with our classmates. Thank you!

Marybert Berthe Carveth - Met our Lake Ellyn bunch yesterday coordinated by Roger Griffith. It was a perfect day for walking around the lake, but my new knees are still too new to do it. I'm ready for next year!

Kay Hall Konopla - I ENJOYED MY LUNCH WITH ROGER AND ALL THE OTHER CLASSMATES AT THE LUNCHEON AT SEVEN DWARFS. I HAVE A COUPLE OF DISCS THAT ARE OUT OF PLACE. NOW DO STRETCHING 2 TIMES A DAY. THANKS SO MUCH FOR KEEPING US ALL IN TOUCH WITH ONE ANOTHER.

Cathy (Ayers) Allen - I was not a miler on July 15th. We were on a 3-week meditation retreat in Fairfield Iowa and a drive home from our daughter's house in Oak Park so no easy way to time a mile. I've enjoyed reading other mile reports and catching up a bit.

Jim and I are doing well in Ann Arbor, MI - health pretty good, some travel and chances to see family. We will go to Vermont in September for the wedding of our grandson and will see our 2 daughters and Portland, OR granddaughter there.

Dave Petersen - Having noted that my stationary bike is fixed to a specific geographic point I called on famed raconteur, former notary public and close personal friend of Earl Scheib the noted Crenshaw Beaudean. By way of arcane allegories and meaningless fables he convinced me not to participate this year. Perhaps his annual retainer of a rubber chicken and a pair of unmatched knee length support hose is excessive, but I look forward to his frivolous if not mystical advice. Maybe next year.

Speaking of typing, an unearthed parchment recently revealed that a monk named Thelonius invented the precursor to the typewriter. It was introduced to the Countess

Carolina Fantoni da Fivizzano by a mutual friend who told tales of his dalliances and assignations with the Countess to the monk who had taken a vow of celibacy Having an inquiring mind I thought you would want to know.

Carole Stone Baumann - I regret that I have procrastinated so long to send in my long-winded excuse for not walking a mile!! At first, I thought I would beg for mercy and then I realized that so many of my wonderful classmates have much bigger challenges than I do and they still managed to eek out a mile!! I am so humbled!! I scour all of the miler's reports to see how life is treating everyone in spite of how they have lived their lives!! I thought about using Dr. Dave's reasoning that he checked with Earl Scheib! His response cracked me up!! The truth is I don't walk well at all however, I recently in the last week acquired an ergonomic walker that will allow me to take the walker anywhere I want to go!! so this will be a game changer for me and I am already confident that I will be able to report a time for next year!! I am very happy to be back in my home that I shared with Gil for 50 years, but also looking forward to returning to California for the colder months!! Blessings and love to ALL!!!

Friends and Family Members

9:32 (half mile) Janet Lendmeier Zoellick (Class of 1960)

12:22 Rachel Pond - Rachel Pond here from hot Nashville. 94 degrees and humid Ran down Belmont Blvd. one mile. Dad's words echoed! My time was, slow jog, 12:22. Much work to do but felt good to get out there and pounded the pavement.

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No Report

Ann Carpenter

Barbara Fossum Mutz

Bill Grant

Bonnie Sporka Shableski,

Dave McCollum

Dave Perkins

Ed Haack

Ellen Pond

Jeff Baker

John Daniel Pond

Katie Knowles Strasburg

Laurel Gunderson Davey

Linda Pond

Margie Shaw Stoll

Nancy Schanlaber Franck

Pat Galligan Witt

Steve Capel