THE JOHN POND MEMORIAL JULY 15TH INVITATIONAL RESULTS – 2026 #22

Ran Measured Mile (16)

5: 51 - Dave Petersen 1 mile in 5m and 51s (stationary bike)

I rode my stationary bike today and this is what I thought as I peddled…I decided my rusty bicycle deserved one more glorious tour of Glen Ellyn, mostly because my doctor said I needed more exercise and my wife said my bike belonged in a museum. I rolled down Main Street with all the confidence of a Tour de France champion at about half the speed of someone pushing a shopping cart. Every stop sign felt like a negotiation with my knees, and every hill looked suspiciously steeper than it had in 1959. I turned onto Crescent Boulevard, where a cheerful jogger called out, “Looking good!” I thanked him, although I’m fairly certain he was talking about my vintage bicycle. Crossing Park Boulevard, I proudly rang my little chrome bell at a flock of geese near Lake Ellyn, expecting them to politely move aside. Instead, they stood their ground enforcing their territorial imperative driving me into a slow tactical retreat. Determined not to let wildlife ruin my reputation, I pedaled along Forest Avenue, where a squirrel sprinted past me carrying an acorn and somehow managed to look contemptuously at my pace. By the time I reached Pennsylvania Avenue, I was breathing hard enough to qualify as a wind instrument, but I refused to quit. I coasted triumphantly back toward downtown, convinced that everyone admired my athletic determination. In reality, a little kid pointed at me and asked his mother if I was “one of those antique cyclists.” She smiled kindly and said, “No, honey, that’s just what perseverance looks like.” I turned back to Lake Ellyn to finish my ride. As I rolled to a stop at the edge of Lake Ellyn, the water settled into a perfect mirror, reflecting the athletic field, the quiet bleachers, and the green tree line beyond. Rising above the trees, as it has for generations, stood Glenbard High School, its English Collegiate Gothic silhouette commanding the crest of Honeysuckle Hill. The great tower reached skyward, lead-lined windows caught the light, and red brick framed by Bedford limestone gave the building the timeless dignity of a place built not merely to educate, but to endure. Looking across the

lake, it was impossible not to feel the pull of memory. The familiar hallways echoed with the voices of classmates who became lifelong friends and teachers whose patience, wisdom, and encouragement shaped the course of our lives. It was a fitting place to end the ride—not simply at the finish of a trail, but at a landmark where the past and present meet, reminding me that while the miles eventually come to an end, the places that help define us continue to stand, steadfast and welcoming, waiting just beyond the trees.

6:30 - Marybert Buethe Carveth

I rode a mile on my stationary bike today timed by my friend Virginia Park at 6 minutes 30 seconds. Training is my physical therapy twice a week to try to get my new knees and hips to work together!

Love seeing names and events from the group. Thanks as always, Tom.

8:17 - Lisa Capel Jones

Good morning, 59ers!

I am checking in for my dad, Steve Capel. I had him out for a walk around his senior living community here in Anthem, AZ, this morning. We did .55 miles in about 8.5 minutes - a nice, leisurely stroll in the monsoon humidity and heat of 95. I ran the mile for my dad per his request. My best mile was 8 min 17 sec out of the 5 miles I ran.

I will read the rest of the messages to him tomorrow since he doesn't use his computer anymore. I must tell you all how impressed I am with all of you and your desire to keep moving however you are able! The stories are great! My dad sends his love and best wishes!

8:26 - Alissa Chandler Looney, Holliston Massachusetts

I just went and timed myself for your invitational.

11:12 - Tom Chandler

I did run a measured mile yesterday. I sneaked away from the computer mess, forgot about lunch and headed to the high school track

up the hill. The Palos Verdes Peninsula has four cities all of which have many homes with ocean views, some of the Queen's Neckless which shows the lights of the beach towns on the west coast going north to Los Angeles. We have been here since 1983 and two of our homes had 180 degree ocean views of Catalina Island and were up the Hill as PV is referred to. The Hill is about 1200' at the peak and we are on the Hill even though our home since 2006 is at the bottom of the Hill at the altitude of only about 200'.

The sky was clear, only a modest breeze, and a temperature of 87. Humidity like in the 80s but I hardly had any sweat so a great day to run. I did a trial 11:17 mile run on Saturday and was disappointed as I knew I couldn't break 11 minutes which I had hoped since last year was 10:50. On Sunday, I did some interval work running ½ mile, ¼ mile, 220 yards and 100 yards sprinting to reduce the chances of pulling a muscle in the race. Surprisingly there was never another soul there so no distractions or interesting stories to tell. I ran all out both mile runs but only shaved 5 seconds off my time with an11:12. I guess I proved that is my limit this year.

11:43 - Hardy Wieting Cheers from Big Bear Lake

At Soka University of America's first-class track in beautiful Wood Canyon. 401 ft above the ocean. The blue water and the marine layer which rests on top are not far but not seen because we are in a canyon. But the cool of the ocean was felt and enjoyed.

Tom, I was astounded to be in the 11 minute category (even if, at the far end) with a great runner like you! Can't thank you enough for inspiring all my mile runs!

14.29 - Bob Stoothoff

Got out early to avoid the 90+ heat and humidity coming today and for a while here in Williamsburg Va. 14.2 minute mile before Cindy and I finished our normal more leisurely 2 mile walk. Tom might ask as he has in the past...what is my "training" regimen. I've worked on varying between 10-12 mile bike rides, walking, and some gym cycling. As we all

know staying off the Injured Reserve list is a challenge at this age. Surgeons have given me two knees and two hips and physical therapists have set me on the right path. Staying on the path is always the challenge. I find that I am more wistful, weep for joy and sadness more easily as I age. Friends and relatives have more to deal with and I try to be supportive. Children, grandchildren, nieces, nephews have their own issues, however are so much more capable of dealing with them...perhaps as I, we were at their ages. They are part of the joy we experience. This "Glenbard Mile" is, as so many of you have referenced, the opportunity to recall a special time in our lives and touch each others lives again for a brief moment. Thanks

14:49 - Cliff Argue Greetings from the beautiful Pacific Northwest.

At 7 a.m., I went to my normal location at the Downtown Park in nearby Bellevue, WA. The trail is one half mile. Temperature was 62 degrees (forecast it will be in mid-80's this afternoon) wind was only 3 mph, and humidity 74 percent. With the best of intentions, I started out to do the full mile, but after one lap my legs were telling me I should stop. My time for the 1/2 mile was just under 15 minutes--14:49. Ugh!

In any case, I am glad I did what I could do, and maybe I can be more diligent in trying to work back up to a full mile for next year. It always great to participate in some way each year and read the reports from all of you.

Thank you, Tom for keeping us going. Also, thank you Roger for organizing the group there at Lake Ellyn/the Glenbard track and the lunch afterwards as well as sharing the photos from recent years.

Although I can't always remember what I had for breakfast, a song that we sang I think for a talent show our senior year kept playing in my head as I was walking this morning. My wording may be off a bit.

To the tune of Sweet Violets:

"Class of 59,

Synonymous with greatness,

Because of our efforts in every field,

Glenbard will never forget '59"

With best wishes and warm regards to everyone in our class,

16:30 - Teun Schoolwerth

It seems that this annual one mile trek comes sooner and sooner every year. I'm not complaining because I'm very thankful that I'm still able to walk and hike as much as I do

It's been unbelievably hot in NH for the past week, so I went very early and before playing 18 holes of golf. My time was 16.5 minutes (16:29.59 to be exact). Judy was my trusty time keeper so I'm pretty sure the time is accurate!

One of the highlights of 2026 was a trip to Africa in June with Road Scholar. We went to Kenya and Tanzania. I purchased a new camera for the trip with a 2000 mm optical zoom lens so I got some great photos. We happened to be there during the wildebeest and zebra migration which was an unforgetable sight to see . . . 1.5 million wildebeest and 500,000 zebras. Because Road Scholar is education oriented, we had many up close and personal interactions with the African people and lots of children. It's unconscionable what vital programs the US government has discontinued in Africa. Makes one not so proud to be an American.

We continue to enjoy living in quiet, rural Chesterfield, NH. After 20 years on the lake in Spofford (which is part of Chesterfield), we moved three years ago to an aging-in-place home only two miles away. I guess it's working out: we're aging but still in place. We are close to Brattleboro, VT, and see our daughter Sara and family; both their kids are now teenagers. We're fostering a great dog Luna; she's an 8-year old bermedoodle who keeps us active with twice daily walks. We hope we can keep her. Our daughter, Katie, and her family will be vacationing here with us in August,

Good to read other people's reports. Tom, thanks again for organizing this event. Let's hope we are all upright and taking nourishment next year so we can participate again.

16:45 - Pam Wildish Bosworth

I did my one mile walk at 7:15 am in Eugene, Or on the bike path along the Willamette River - beautiful and sunny and a very comfortable 56 degrees. The path has mile markers and I timed it with my phone app at 16 minutes and 45 seconds. I was unable to do the mile last year since I had just had knee replacement surgery the month before. The new knee is like a miracle - I am back to walking about 4 miles a day. I love reading all the classmates' comments and so appreciate the effort that you, Tom, put into this!!

17:12 - John Windeguth

Greetings from Orlando. Family vacation overlapped my mile this year. Will miss Roger and group at Lake Ellyn & Seven Dwarfs. Had hip surgery last Sept and find myself up and running again this year. With temp at 93 and 50% humidity at 6:30 am I opted for indoor treadmill. Timed at 7:12. Thanks to Tom for supporting this annual event & best wishes to all. John

17:47 Report submitted by Janet Zoellick<jlzoellick@aol.com>

July 15, 2026. Sunny, 92 degrees. Glenbard track. Richard Zoellick 17:47.

20:34 – Barbara Fossum Mutz

Chan, Chan. Chan, I walked on the treadmill for a mile 20 minutes and 34 seconds. This is a hot race day in some parts of the USA! Thanks for doing this, Tom! Fun to catch up.

22:08 – Becky Bulleit Gelhaar

Tom, This time I can prove my mile. You did not trust Chuck's car measurement before. When he died my daughter bought me an Apple watch so now I am accurate.

My walk is in a moderate hilly area and I got my heart rate to 142. The weather is a humid 78. Humidity is rare here in LA.

I feel so blessed to be able to do this 😊

I treasure all my Glenbard friends ❣️

Thank you for keeping us in touch,

24:56 - Arlene (Kirkie) Kirkendahl Morrissey

I did my mile this morning 24 minutes and 56 seconds Good for me! Let me know how others are doing. Thank you, Tom for keeping track of us all.

25:13 – Jan Halverson

I walked the mile today at Fulton Middle School track in Fountain Valley, Ca. It was 82 at 12:05 pm when I started. No shade on the track, but wind was about 5 MPH from the west. My time was 25.13 minutes. I was the only one on the track and just a few boys shooting baskets at the school and a gardener on a tractor cutting grass. Fortunately I could leave the heat and go in a pool to cool off afterwards.

Hope everyone is enjoying their summer, the World Cup matches and this chance to connect at a distance.

38:37 – John Staedke

Due to a new affliction, my PCP advised me yesterday to forget about doing a mile today. So I walked a half mile with my rollator in 27 minutes 11 seconds and finished the mile in my electric chair, with a total time of 38 minutes 37 seconds. Next year I think I'll do my mile with Dave Peterson. His are more interesting than mine.

Thanks for shepherding us again Tom. It's been a great 22 year run.

One last thought:

I don't Tik and I don't Tok,

Furthermore I wind my clock.

Its true I'm old,

And may be slow,

But what it takes, I've still got.

I trust you all feel that way.

NO TIME OR DISTANCE

Sue Wallace Burwell

Just returned from my daily seven minute walk. Greetings to all of you. Some of you are probably headed around Lake Ellyn now. Have fun. Thanks to Tom for keeping the John Pond Memorial going. Fun to read all the reports. Sorry to hear about Frank Nelson, thoughts and prayers to Susie and Family.

Mary Hanson Hirsch

I congratulate you, Margie, for your decision. After all, you have many trophies to justify your ability.

Tom, Margie didn’t influence me on my decision not even to try today. That doesn’t mean that I won’t try another year; it is blazing hot out there, and five minutes in the heat sickens me. Maybe I am growing up after all the years of risk-taking? Probably not… Life is still fun, and 10-1/2 great-grandchildren enliven it!

Thanks for the good memories and to Tom and Roger for keeping us in touch.

Sending love to all of you,

Margie Shaw Stoll

Since I will not win, I don't want to play.Title: EmojiTitle: EmojiTitle: EmojiTitle: EmojiTitle: EmojiTitle: Emoji

However, I would love to know who will.

Kate (Knowles) Strasburg

I’m afraid I use my birthday every year as an excuse!

I would be much healthier if I were walking with the

rest of you…I’m thinking of taking up Tai Chi insteadI Cheers!

Janet Whitiker Rink - Special to the Glen Bard newspaper from retired feature editor Janet Whittaker '59:

Part 1. I heard Gwendolyn long before I saw her. An eight-month-old redhead wearing a bumble bee patterned pinafore, Gwendolyn was winning the noise competition with three gigantic riding mowers spraying grass at the center of the oval path.

I stopped to chat with Gwendolyn's grandmother. When I departed, she said, "You should be pushing a stroller. It would help you stand up." Suddenly, I was 85 and had shrunk three inches. I straightened my back and plowed on with my determined stride.

Today is the John Pond July 15 invitational. Dogged members of the class of '59 walk, run, swim, and hobble a mile. We also connect personally, thanks to class member Tom Chandler who started the tradition. I chose the Scenic Loop at Seneca Park for my walk. The park was designed in 1928 by the renowned Olmstead Brothers Landscape Architectural firm. (Central Park, NYC, 1858 by Frederick Law Olmstead.) The oval walking path is 1.2 miles long. This paved, multi-use loop is flat, fully shaded in most areas, and very popular for walking, running, jogging, and pushing strollers. I started at 9:03 a.m. Temperature 77 degrees. My first goal was the drinking fountain at the end of one side of the path. To my frustration, no water emerged. When I encountered a pleasant-looking couple, I said, "Could you do me a favor?" They leaned toward me, nodding eagerly. "Would you report to the police that the drinking fountain isn't working?"

The man frowned. "That's odd. It's usually working. Maybe they had to turn off the water to fix the fountain." The woman smiled. "We'll report it to 311”. A boy of about five howls in frustration as his older brother trots past in a race. "Some day your legs will be longer than his," I say in a consoling voice. Unabated howling.

Janet Whitker Rink- Part 2

Here is the second half:

The elderly man in the red t-shirt was deeply tanned. "How much farther?" I asked. "I do one more lap," he said with condescension, "I still work." I should be pushing a stroller.

The next time I saw the working man, I was writing notes. "Writing your grocery list?" he asked, as if that could be the only topic for an old lady. An ancient tree bearing bunches of legumes is undistracted by a 50-foot arm growing on the ground. One of the mowers is now laying down the outline of the softball field. A couple starts volleying on a shaded tennis court. And I reach my starting point at 10:16. 85 degrees. Cliff Argue, retired editor '59, sends his regards.

Barrie Good Burr (previously known as Barrie Bad.)

I am reporting that I have nothing to report. However, I do have 5,000 steps today that could count as a mile, as I did work this morning going into several homes doing medical insurance exams, hoping one person would tell me a personal memorable story to add to my collection of stories that I plan to include in my follow up book to People Live Here (on Amazon) Part II.

I had planned to walk my mile outside after work, but the extreme heat and humidity forced me back into my house to lay on my couch and drink an iced tea.

Joanna (Joni) Paulson Fuchs

Hi Tom, I'm sending this to you because "Reply All" sometimes doesn't go through. All your fans are grateful to you for keeping this going, and I am one of them.

Janet and I were best friends from 7th grade through high school, so this is an ideal time for me to respond regarding the annual event. I am navigating a number of temporary health challenges which make it necessary for me to carefully assign my limited abilities to essential tasks. I always think next year I'll do it (the mile), and I never give up trying to make it happen. We'll see.

All the messages from my classmates are delightful gifts that produce happy memories from our time together so long ago. Thank you all for sharing.

The curt email about my email address change, joanna@joannafuchs.com, is sent by a bot in response to any email sent to the old address. I would have made it friendlier.

To everyone who knew me prior to the 80s, I am still Joni, and I still like to see and hear that nickname, assigned to me by my Glenbard Home Ec teacher. For TMI (more than you ever wanted to know about me), just Google Joanna Fuchs. May God bless each and everyone of you with health, peace, and happiness!

Cathy (Ayers) Allen

As I said earlier, I planned to do the July 15th walk in Ann Arbor. However on the actual day, there had been wildfires in Canada that made the air quality very bad - smoky, hot and generally bad. It really was awful and not safe to be out. It was advised not to go outside so I went to the recreation center to walk on the indoor track. They were closed as well to clean up the air and make the building safe for people to use for the track, pool and exercise rooms. So I exercised at home but didn't really know what was the equivalent of a mile so I can report no time. Fun idea and it's been nice to see everyone's messages.

Dave Hollinger

Another year has passed, WOW, and it is wonderful to see the names and recall the people they represent. I treasure every one of you.

I'm looking forward to participating, although the entrance fee has increased significantly, I'm certain it is well worth it. In order to verify the recipient, I'll need Bank Account and Routing #, SS#, and a valid Credit Card Number with the appropriate security and PIN codes.

There isn't much time left so be sure to reply with that information right away - DO NOT DELAY !

I'm not sure how well I will do. The last 6 months have been a bit troublesome for me. Most major systems are OK, but I'm having some trouble with a couple.

I'm looking forward to the comments from everyone - I read them all - it's wonderful to learn what is going on. Best wishes to all, Ocean, NJ

Carole Stone Baumann

Dear Tom, It doesn't seem possible that another eight months have passed since we had lunch with seven of us 59ers in California at the lovely lighthouse Restaurant!I will not be able to participate in the John Pond Memorial this July 15. However, like so many of my awesome amazing Classmates, I am Looking forward so very much to the conversations that will be engaged in tomorrow during the memorial Run! I cherish the memories that I have of all of you and pray that you continue to do well in spite of struggles!! Thank you thank you Tom for your unwavering devotion to make this event an enjoyable one for all of us!!!! UBlessings and love to all the 59ers

Linda Pond

Hello from hot muggy Alabama, I had planned to do a mile in honor of JEP but I broke a tooth at the gum line that sent me to an oral surgeon on race day. Surgery involves no running or walking . Sorry to report that! However I go to an exercise class twice a week. Cut my own yard and cut small branches with a power saw. Go the the pool every day swimming and water aerobics,also still driving . I love and miss all of my classmates you are all very special to me, I do a lot of living in the past such wonderful memories. 💔 😁

Sue Wallace Burwell

Just returned from my daily seven minute walk. Greetings to all of you. Some of you are probably headed around Lake Ellyn now. Have fun. Thanks to Tom for keeping the John Pond Memorial going. Fun to read

all the reports. Sorry to hear about Frank Nelson, thoughts and prayers to Susie and Family.

Nancy Fricke Johnson

I was not able to participate, but thank you, Tom, for keeping me on the list. Congratulations to all who took part in this great, yearly event. It is such fun to hear all the responses and to keep in touch with the Class of ‘59. Best wishes to all and GL(Glenbard Love)

Judy Smith Noren

I will be unable to participate this year. I would like to remain on the list to read all the fit people who will participate. I hope to be able to get back to swimming. I keep busy getting out and putting away golf carts at the club as well as playing 18 holes of golf 3 times a week.

Neal Whitecotton

Tom,

This is my “report”

Sue and I are reliving our teen years, as I prepare for 85th birthday.

Neal forwarded a lovely picture of of Sue with himself with the subject “Going Steady Again.

Karen Murphy

I wrote to you that I would NOT be participating but would like to stay on the list. I’m on oxygen 24/7.

Thank you!

Karen

Helen Moran Lemal

I never heard back from you about me running the day before my trip, and as it turned out, I was too busy getting ready for said trip. My drive from Silver City, NM, takes 3 full days of driving. It takes 7.5 hours at 65 mph, just to get out of NM! Then there’s Texas panhandle to cross and

Oklahoma, which recently passed a “NO Tolerance” law, meaning if you’re caught at 66mph in a 65 zone, you get fined. Have any of you driven long distances at the speed limit? Everyone passes you as if you were standing still. Needless to say I drove within 2 mph of the stated speed limit all the way to Vermont. 14 hrs the 1st day (stopped in Tulsa, OK), 12 hrs the second day (construction most of the way to Ohio). then 15 hrs to get to the east side of Vermont. I don’t stop for food, just bathroom breaks for me and my Papillon pup, and gas fill-ups.

I would love to have run my measured mile when I got there, but I instead came down with a bad case of stomach flu, from which I am just now recovering. I couldn’t even have a piece of my birthday cake, a flourless chocolate torte with raspberries and raspberry sauce on top! Painful to miss that! (My 85th, was on Sunday!)

I do do a lot of walking with my dog, all over town, play pickleball a couple times a week and Tennis (good 3.5-4.0) on Mondays, and what I call senior tennis Thursday and Saturdays. The seniors , most of them, can still hit the ball pretty well, they just can’t run. Sometimes I feel like I’m playing singles against two others.

So, I didn’t get to run my annual mile on the track. Please keep me on the list as I plan to do it next year!

Diane Mienert Harrell

Sorry I could not participate this year but plan to next year. I would like to stay on the list and read all the replies.

Jim Lewis

This year found me at one of our children`s homes, so I didn’t have my normal measured mile on a high school track , nor 10 NYC street blocks back and forth for a mile. Thus, you’ll note an asterisk above, self administered and asking for clemency to participate next year. Perhaps Tom will give me a yellow card, keeping me on and in the field.

In any event, the temperature is 80, no wind (like me), sunny; walking was a bit hilly, lots of bunnies, squirrels, and friendly chipmunks. A few other walkers, not that friendly. This annual experience seems priceless, almost like Tom invented the notion of networking which has real traction amongst our classmates. Remembering and honoring all who are not

with us, all who are, and all family members who share our special relationships.

Kindest regards to all.