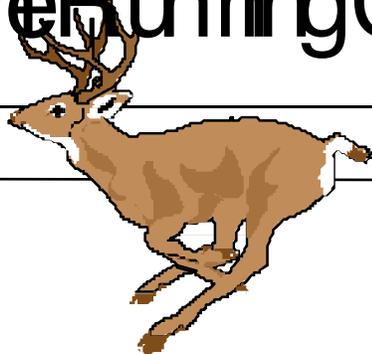


Argonne Running Club News

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Webpage: chemistry.anl.gov/ARC/

McKee's Run



Occasionally things come back to me and I have to write them down before I forget again. My association with John McKee is a memorable one and running was only a sideline. I may have even given him the idea for this run. Unfortunately no one is left at Argonne that remembers.

I first encountered John in about 1982 when he was working in building 308 with the big sodium loop. He was trying to make many electrochemical cells or monitors to put into the loop and test them. He wanted to see if they could be

made reproducible. At that time, we had just had a big layoff and I was in a doomed program, LMFBR (Liquid Metal-cooled Fast Breeder Reactor). He had heard about my experience with sodium loops in building 212 and "saved" me by bringing me over to his "team". I may have been out of a job otherwise. The new Republican administration of Reagan was "housecleaning" and Argonne was hit hard. So I worked for John for about 6 months or so, making oxygen meters in building 205 glove boxes with another fine Scot, McPheeters.

Besides our association with liquid metals, I am sure I told him how proud we were as a running club to have won first prize in the recent Chicago Distance Classic. Our corporate team had beaten the best from all over the country, even the previous favorite, Westinghouse. John was also a folk singer and could be seen outdoors at lunchtime playing his guitar and singing. We parted ways in 1983 and I returned to 212 and the corrosion group. Not long after, I heard about an interesting fun run organized out of building 308 by the CT division, headed by Bob Zeno. Bob was pleased to have any activity that could bring out the "team" spirit and have some fun. The division provided nice refreshments, set

up tables outside with banners, balloons, and hoopla. Bob Zeno also bought some nice prizes to be raffled off after the runs, including a "walkman" radio that was very popular at that time. This format of the "CT Open" was to be continued every year thereafter. Judy Fisher (Carlson) and others helped to set up and organize the activity. Carboys of 5-gallon size were filled with drinking water and lemonade to refresh the exhausted athletes. John planned a miniature Olympics with his CT Open, which was "open" to all participants from other divisions. There was a 1/4-mile loop around building 302, starting simultaneously with a kilometer run around CP-5 and a 3-mile course out around the southwest corner of the lab (where APS is now). Logistics were tough and many helpers were needed to keep track of the finishers. Bob Zeno was on hand to officially start the event and hand out awards at the finish. Later, we purchased ribbons for first place (blue) - both male and female, 2nd place (red), and third place (white). So many people got awards, sometimes just for participating, like Judy Fisher who was a "1/4 miler". I liked the kilometer run because most of the "real runners" chose the 3 mile course and I didn't have a chance. Top runners like John Harkness and "Buck" Shreyer were able to run 6-minute miles or less. John was also instrumental in planning a special run with the running club to benefit CARE in 1983 (see photo).

And so, the tradition continues in memory of John McKee and his wonderful fun-loving spirit and love of sport. John was not just a runner either and participated in other sports, I am told, like mountain climbing and later, sculling when he retired. What a model of fitness and friend he was.

Rich Lee

A Reason to Walk

On June 15-18, 2000, I spent the weekend with more than 4696 walkers, volunteers, and crewmembers participating in the Avon Breast Cancer 3-Day Walk from Racine, Wisconsin to Chicago.

Day Zero (Thursday) many of us were transported by buses, cars, limos and airplanes as we arrived in Racine, Wisconsin to meet new people, greet old friends from the previous year, register, get tent assignments, and attend a very needed safety seminar.

Day One (Friday) was the beginning of the Walk as we met in the park in Racine, Wisconsin to the sounds of "Forrest Gump", "Amistad", "Bridges of Madison County" and "Cedar House Rules" playing softly in the background. The music offered the right amount of heart-thumping anticipatory sounds, which added to the tears as we left the stadium on the first leg of our 55-mile walk to Chicago. The sky loomed overcast, which later turned to a downpour in the morning and hot sun that afternoon. Thank God there were more than 1500 volunteers available to offer refreshments, such as water, Gatorade and most of all encouragement as we began a journey that would test our commitment and determination.

Day two (Saturday)-would test our reserve and commitment again as we all prepared to walk more than 23 miles of winding asphalt under a warm yet blustery day. Eating a hearty breakfast, slathering on sun block, drinking some of the more than 74,400 bottles of water and 47,352 bottles of Gatorade, we prepared for the long walk ahead. Finally, arriving in camp to a cold wind but a delicious hot meal, we were unprepared for the change in weather that eventually caused

us all to wonder out loud “how can it be this cold in June”?

By nightfall, all one could hear was, where’s the heat? Quickly, we all made a speedy beeline to the medical tent to retrieve thermal blankets to wrap our tired, sore bodies in before painfully trudging off to one of the 1600 tents pitched by volunteers composed of crew members, boy scouts and girl scouts. For the hearty of souls, taking a shower became a necessity as well as a way of keeping in touch with reality. Drifting off to sleep, we each mentally prepared for the final day of the Walk and slowly drifted off to a sleep filled with excitement and what had transpired over the past three days. The more than 5,120 bagels; 3,090 crepes; 3,090 biscuits; 1,200 pounds of lettuce for salad; 1,670 pounds of noodles; 1,152 bags of ice, 1,015 gallons of coffee and the 650 gallons of orange juice; 400 gallons of milk; 710 pounds of scrambled eggs; 360 gallons of spaghetti sauce consumed by us and served by dedicated volunteers.

Day Three (Sunday) the day was invigorating and one had to wonder if shorts or long slacks would be the apparel for the day. There was anticipation in the air of the impending events that awaited us at the end of the last 13 miles of the Walk. Family members, friends, peers, and other walkers awaited our safe yet painful return. After a hearty breakfast of oatmeal and fruit, the Walk commenced at 6:30 a.m. The signs along the streets heralded the end of the Walk and the beginning of what lay ahead at the finish. At last, the sign that proclaimed the last mile came into view as voices of crewmembers, volunteers and others screaming for us to come to the Celebration. As I crossed the finish line, I overheard the volunteer as she repeated

the number “34” and I corrected her by saying that my number was “2198C”; I later found out that I was the 34th Walker to come in that day. My joy was short-lived when I saw Marie, who was in her 80’s coming into view as spectators, walkers and others stood and cheered even louder and longer as she made it into the arms of her waiting husband. I was touched by a woman of 80 who forgot self to help others by volunteering her weekend walking in inclement weather to show the 126 breast cancer survivors that she “was with them”. Later, I humbly approached her to offer my thanks and heartfelt congratulations, however, she gently took my hands in hers and kissed them and repeated in a very strong and loving voice, “stay healthy”.

Hours later, all of the 4636 tired, yet, committed walkers and volunteers slowly weaved our way to the last mile of the journey signing “thank you” and “I love you” to the waiting crowd waving and clapping for us as they showed their appreciation for a job well done. I am sure many of that crowd knew someone or perhaps one of them had battled the dreaded disease-breast cancer.

We arrived at our destination to the sounds of speeches, cheers, tears, hugs; promises to keep in touch, pictures taken and just plain exhaustion as the Avon committee announced that more than \$7 million had been raised. As the last strands of music played, we raised worn out walking shoes high above our heads and expressed with a new tenacity to do a repeat next year.

I would like to personally thank the Running Club as well as individual members who contributed funds to make this walk possible. Again, thank you, and “I look forward to your support next year”!

God bless each of you in a special way.

Lovely Pruitt

First Annual WoodRidge Rotary Super Sprint Triathlon

This race was WoodRidge's 1st attempt at a mini Tri and they did a great job. They did their homework, went to other races, observed and implemented what they liked about what they saw. They had a decent turn out for a first time event of this nature. About 100 triathletes showed up and chased a threatening thunderstorm away. We went off a little early because of the threat of lightening but nothing ever came of it. The race went off with out a hitch. The swim was a 250 yard pool swim at the Cypress Cove Water Park and then the bike proceeded out the parking lot onto 83rd Street and south onto Woodward Avenue. The turn around was just past the overpass of I - 55. 6.2 miles total for the bike and the run was on the same course but was a 2.1 mile run. This type of race is a totally anaerobic workout. There is no time to relax on your bike or get into a groove on the run. You have to hammer every aspect of this race. So if you are into a short fast race or just want to try a triathlon I can recommend this one to anyone. Next year they said it would be even better. Maybe I will see you out there? After all it is in our own backyard.

John Koss

21st Annual La Porte YMCA Triathlon

Once again the community of La Porte Indiana along with the YMCA did an outstanding job on this event. This race is my favorite race of the triathlons I compete all year long. I look forward to

this race every season. I have never been able to get into the top 3 in my age group in this race but have been oh so close almost every year for the past 5 years. This year I trained with this race in mind going there to get an award in my age group. Well I PR'd the race was 4th overall and won my age group. This made the race all the better. It is hard to beat this race. They have such a spread put out for the triathletes for refreshments after the race along with live music great surroundings a nice sand beach and a no wake lake.

This year I brought a group of 10 with me and we picnicked after the race and spent the day there at the beach. The race consist of a 1/4 mile swim in Pine Lake then on to a 12.4 mile bike on country roads and a 3.4 mile run around Pine Lake. Their registration is limited to 350 participants so that they keep this a quality well run race. This year the race closed it's registration weeks before the race with a complete field. This race draws athletes from Michigan, Indiana and Illinois. It is a very competitive race and the best run race in the Midwest. I highly recommend this race for a great time and great competitiveness but make sure you get your entry form in early, they fill faster every year.

John Koss

Park Forest Scenic 10 Miler

I ran this race this year for the first time. I paced a friend and did it as a tempo run for myself. This race is just awesome! There are spectators all along the route, especially once you get out of the Forest Preserve running path and back onto the streets of Park Forest. There are bands everywhere along the race route, people with stereos blasting and boom boxes on the curbs. There is even some homes with their very own

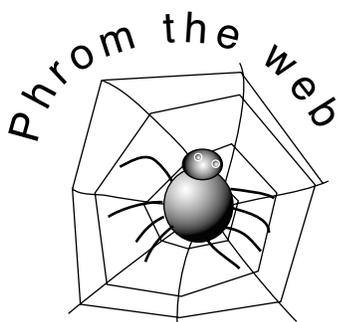
water stations. There are cheerleaders to cheer for you and an orchestra to inspire you on. There is world class runners running this race and there are 15 minute a mile runners running this race. It is one of the most fun running races that I have done. Get out there and enjoy the wonderful community of Park Forest and have fun running the Scenic 10 next year. This race gets 2 thumbs up from me!

John Koss

Chicago Marathon

Volunteers are again needed to help with this year's Chicago Marathon. This year, over 35,000 runners are expected to participate in this world class event. This year's marathon will be held on Sunday October 22. Corrie Patterson Kamiya has done a great job organizing the ARC volunteer effort for many years. If you are not running, this is a great way to be a part of this event. For more information, contact Corrie Patterson (2-9246) by Thursday, October 12th.

Web News



This Month there are several new additions to the web site. Dick Page has written an article about his knee

surgery and photographs are included (no blood, just arthroscopic pictures). Also this month, the pictures from the Red Dress Run that were in the Argonne News are included in glorious color. (Note, there may be some blackmail possibilities!). We have color pictures from the Director's Run. These pictures were given to us by Dave Jacque and the

OPA office. Finally, we have black and white pictures from the archives, courtesy of Rich Lee.

Chuck Jonah

Running Club Shirts



It is not too late to order your Coolmax Running Club singlets. Each shirt will have the above logo printed on the front in green ink. These singlets are comfortable for running in, and are a great way to show your 'team spirit'. The ARC is offering a special price to ARC members who pay for their shirts before October 1. For this limited time, these shirts can be ordered for only \$15. After this date, the price will increase to \$18. So, get your order in today!

To order your shirt, please send a check, payable to the Argonne Running Club, to Paul Eident, Building 200, Room L175. Be sure to indicate your shirt size. For your convenience, an order form is located at the end of this newsletter.

October Fun Run

The ARC's October Fun Run will be held on Tuesday, October 24th at noon. As has become tradition, this post-marathon run will be the NBL Director's Run. There will be both a 5 K run and a 2 M walk available. The event will begin

under the Big Tree west of Bldg 350. Be sure to attend to hear all the 'war stories' of our Chicago Marathon runners and volunteers.

Cool Down

The Argonne Running Club Newsletter is edited by John Schlueter. Please send your stories, photos, tips, race reports, race entry forms, comments, etc. to me. Mail: Bldg. 200, Rm. A185; Internet: JASchlueter@anl.gov; Phone: 2-3588. ARC president: Karl Grimm, Bldg. 208, Rm. A205A, 2-6721, b23921@ra.anl.gov. ARC webpage: chemistry.anl.gov/ARC/ webmaster: Chuck Jonah, Bldg. 200, Rm. B157, 2-3471, CDJonah@anl.gov. For membership information, contact Paul Eident, Bldg. 200 Rm. L175, 2-3579, eident@anlchm.chm.anl.gov.

ARC Singlet Order Form

Name: _____ Phone number: _____

Indicate number of shirts of each size: XL ___ L ___ M ___

Total enclosed (\$15/shirt before Oct 1, \$18 after): \$_____

Send this form with your payment (payable to Argonne Running Club) to Paul Eident, Building 200, Room L175. For further information, contact Paul at 2-3579 (eident@anlchm.chm.anl.gov) or Karl Grimm at 2-6721 (b23921@ra.anl.gov).