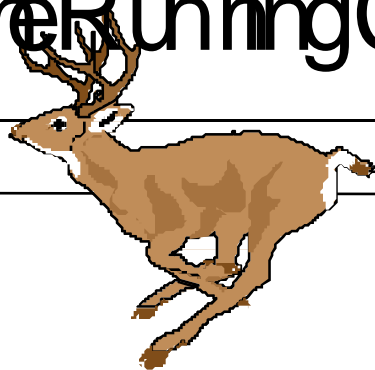


Argonne Running Club News

Volume 6, Number 6

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Webpage: chemistry.anl.gov/ARC/

Hey, Buddy! Can You Spare a Red Dress?

The third annual Red Dress Run was held on June 21. I did not know what to expect when I arrived at the pool area to set-up the run. However, the weather cooperated and Argonne's "dressed contingent" turned out again. We even got one division director to participate this year. Since there were also a few people that ran (or walked) in normal attire, I do not know the exact number of people that came in a red dress. You can check-out this years' outfits, as well as previous years' outfits, on the Running Club homepage:

["http://chemistry.anl.gov/ARC/"](http://chemistry.anl.gov/ARC/).

Since the race, I had a few people say that they would have been there, but they had been on vacation. So, to accommodate summer vacationers, the club decided that next year's event will be in May. It will also be a little cooler to run in a dress in May.

The outfits were great, maybe even better than last year, it that is possible. With people becoming more comfortable with this event, the more flamboyant side of some of the participants is becoming evident.

The 3.2 mile run (and associated 2.0 mile walk) started at the pool area, wound its way around APS and then back to the pool area for food and

refreshments. In keeping with the red theme, the food/refreshments included red gatorade, red chocolate chip cookies, and bananas. (How did those yellow things get in a red-dominated event?)

In addition to the race participants there were plenty of observers, including an Argonne photographer. With all the cameras in action there should be some great pictures of the event. I even got a call from HR that a story (with pictures) about the event will appear in an upcoming issue of the Argonne News. So be aware all you racers, your "dressed" picture may appear in the Argonne News.

This year there were six prizes. They included: three \$25 gift certificates to Victoria Secrets', one \$25 gift certificate to Maggiano's Little Italy restaurant in Oak Brook, a boom-box, and a wicker hanging basket. Two were for the "best" dressed woman and man and four were raffle prizes. The judges awarded Laurie Culbert(IPD/MED) the best dressed woman and Richard Page(RE) the best dressed man. Richard won for the second year in a row! Both opted for one of the Victoria Secrets' gift certificates. Julie Gotchie(HR) won the first raffle prize, she took the last Victoria Secrets' prize. Hopefully, they will use these gift certificates to enhance next years outfit.

The winners of the Maggiano's gift certificate was Betty Iwan (HR), Jack Picciolo(ET) won the boom-box, and Robert Erck(ET) won the hanging basket. When the first three prizes chosen were the Victoria Secrets' gift certificates, I think I know what type of group turns out for a race of this type.

Finally, I would like to thank all the people that have supported this race over the years. For those of you that say that you cannot find a dress, several of us have old outfits from previous years that we can lend you. So there are no excuses....

Karl Grimm

Web News

The last two newsletters have been placed on the website both in Microsoft Word 6 format and in pdf format. This newsletter will be the last newsletter to be placed in Microsoft Word 6 format unless there are people who can read the MS Word format and cannot read the pdf (Acrobat reader) format. PDF files are much smaller and can be directly viewed through your web browser in most cases. In addition, I have put bookmarks in the newsletter so that you can see the articles and jump to the desired article. I think you will find the PDF format convenient and quick to work with. Please let me know if you have any problems with the three newsletters that are there in pdf format. My e-mail address is CDJonah@anl.gov.

Chuck Jonah

McKee's Run

Be sure to attend this year's McKee's run on Wednesday, September 20th. Again this year, this run will be our divisional championship run. The top three runners from each division will be

scored cross country style and the traveling trophy will be awarded to the top division. Chemistry will be back to defend its crown. So round up all the runners from your division, and join us for this event.

This year's event will be especially meaningful because Ellie McKee (John McKee's wife) will attend the race. Those interested can join her for lunch at the Guest House afterwards. Let's have a great turnout for this run!

Running Club Shirts



The Argonne Running Club has decided to make Coolmax Running Club singlets available to our members. 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'. We are sure that ARC members will enjoy wearing these shirts to our fun runs and local races. These shirts are sure to be popular and will soon become collector items. 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! (These shirts make great gifts, so order one for a friend.)

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.

Director's Run 2000

On July 27 the annual Director's Run was held at the Gallery in APS. Initially,

the run was scheduled to be on the 26th at the Gallery in APS. However, at the last minute, Energy Secretary Richardson made arrangements to come to the laboratory that day. Needless to say, that spoiled our well-laid plans. (How dare he!!) Not only did Dr. Chang have to cancel his participation in the run, their meeting was held at the Gallery in APS! But it all worked out in the end. Just by pure luck, both Yoon and the Gallery were available on the following day, and the run was quickly re-scheduled.

It was gracious of Dr. Chang to continue the tradition of the laboratory director's participation in this annual event. If you are not an old-timer at the lab, this run was started when Dr. Walter Massey, an avid runner, was director of the laboratory and continued in the Schriesheim and Eastman years. Before the run started, Walter McFall gave a cordial introduction of the interim director and a brief history of the Director's Run. Although Yoon only had time to signal the start of the race, it showed that he is cognizant of both the technical and non-technical aspects of being the laboratory director.

The weather was perfect and there was a large turnout of runners and walkers at the event. In fact, the lab-wide email sent out by the Human Resources Division telling of the re-scheduled event probably led to the relatively large turnout. Thanks also to Lovely Pruitt for coordinating the event, bringing food and raffle prizes, and generally, running the show.

Karl Grimm

ANL's Oldest Living Runner:

(A New Award in Memory of John McKee)

In the early days when I had the opportunity to participate in "fun runs"

with John, he was usually the last one to finish. He used to joke that we should have an award not only for the first to finish, but also the last. So now we have one, to be awarded in the annual fun run, McKee's Run.

This was formerly known as the ET Open, and before that, the CT Open and John sort of organized it until he saw retirement coming and began to look for help. The Argonne Running Club stepped in and basically took it over and enjoyed the unusual format. It was organized so that participants could form teams and see which division had the fittest people. I suspect that CT Division was heavily weighted with many participants. And most of the division would come out to watch, if not participating.

Sometimes I would get concerned about John and after finishing the run, go back out on the course to find John. He was always glad to have someone accompany him, even at his very "conservative" pace. Of course, I also had a secondary motivation - to see if he had become lost or was in trouble. Everyone else was far out of sight. That's another problem older people develop - getting lost and needing company. There is a lot to be said for the "buddy" system.

This also reminds me of Ernest Kay when he would participate with the "team" and frequently be the last one in. Into his 60s he would still compete and get very angry if they didn't have age group awards for those over 60. Walter McFall once went out on the course of the Chicago Marathon to find and accompany "Ernie" to the finish. This was not long after Ernest nearly lost his

life from complications in swallowing a frog leg bone. I am sure this was greatly appreciated and was more valuable than if Walter had simply been a marathon participant.

Today I am a candidate for the slowest living runner but not yet the oldest. Probably Tom Braid is the best candidate, even though his legs won't cooperate in letting him run any more. He and I and still runners at heart

Rich Lee

Chicago Marathon

Volunteers are again needed to help with this year's Chicago Marathon. 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 world class event. For more information, contact Corrie Patterson (2-9246).

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 if ordered before Oct 1): \$_____

Send this form with your payment 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).