

## **Love for Running - By Doug Kurtis**

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Valentine's Day is upon us and it's a great time to share our love for running. Today quotes come from runners who have touched the lives of many through their contributions. They love running because:

"I feel so blessed that people think I'm someone who can inspire them. They make me feel good about myself and I feel amazingly alive by all the people that want to talk to me. I think of many runners as part of my family. I still have opportunities to travel and can't believe how wonderful people treat me. The atmosphere that surrounds running events makes me feel young. Shucks, running is the heart of life and it just makes you want to jump!" Jim Ramsey, Detroit, 95 year old Marathoner

" I get to play outside every day in any kind of weather. I also love running with my husband Art in all the different places we visit; running is a great way to explore new places. Finally, I love running in events with world-class runners. They finish twice as fast as I do, but I'm running the same course and feel as if I'm sharing in reflected glory." Jennie McCafferty, Ypsilanti, Online Editor, Michigan Runner

"Running gives me access to my creative side - it is the means by which I tap into my inner strength that allows me to make a difference for others because each time I run I make a difference for myself. Every day that I put on my running shoes and get out the door (and there are many days that I don't want to), I am rewarded." Patricia Ball, Ann Arbor, Detroit Free Press/Flagstar Bank Marathon Director

"It makes me feel young. On days I run, I can eat dessert without guilt. I love running in my hometown - everything looks different when you're not in a car. And you can smell breakfasts cooking and barbecues. I feel that someone has let me in on a great secret! I love running with my husband." Sherlynn Everly, Holly, Director Crim Festival of Races

"The crisp fresh air waking up the senses. Toeing the line (in Hopkinton) at noon on the third Monday of April. Running thru Hell on a warm August morning. "Hitting the bricks" in Flint. Getting hugs from friends before and after a race. Being the first set of footprints on a snow-covered path. The feeling of a new pair of running shoes. Lending encouragement to other runners. Justifiable consumption of junk food, also known as "carbo-loading". But most of all, running alongside my buddy, Kim." Dave Peterson, Farmington Hills, New Balance Store Manager

"Nothing is more exhilarating than heading out the front door on a 5 degree morning as your neighbors shake their heads in disbelief. It gives me a sense of accomplishment and satisfaction. Running allows me to clear my head after a long stressful day. Over the last 25 years, everything in my life has centered around my love of running. I consider myself the luckiest man alive." Keith Hanson, Hanson's Running Shop

"The relationships and camaraderie that develop over the years of racing against one another and running together are something that cannot be had anywhere else. Runners are in general very nice people to boot." Gary Wolfram, Hillsdale, Economics Professor

"The health and peace of mind I get from being outside and joy while running with friends. Every run brings a different experience that is noted and saved for further reading at a later date. I have laughed, cried, solved world concerns on runs, it just doesn't get any better than that." Jim Young, Brighton, President Bars Running Club

"I'm addicted to the outside air. Treadmills just won't do. I love the time spent running with my girl friends and the Island Road Runners, hearing the birds sing and the calm I get after a run. Nothing compares to running and I'm thankful that I can continue to run after all these years. Probably only one thing I like better, running on a trail with my husband!" Eve Howell, Riverview. Race Director, Zanglin Downriver Run