

10/01/08

Grant and Mike,

I did the good form running training with you last winter and I think it helped. I did the Capital City River Run half-marathon last Sunday, the first race I've run since the training. My time was more than 3 minutes faster than last year. I am 66 years old and I came in 5th in my age group.

This despite the fact that I stopped and walked for a few seconds about 10 times. I couldn't seem to slow my pace, so I kept running out of steam, but it apparently didn't hurt my overall time. I am pleased!

Steve Harry