

5/26/09

To Dick Miles

I've been running since about 1980, but I haven't raced often. With my recent successes, I'll probably start racing more. I ran cross country and the mile in high school, but didn't start again until my late 30s. Kept in shape before that playing racquetball. First big races were in New Orleans. I ran the Crescent City Classic, a 10k, in 1982 and 1983, best time 38:24. I've run the Capital City River Run 5 times and I ran the Old Kent (now Fifth-Third) Riverbank Run once before, in 1997.

Steve