

Why do I run? (330 words)

BECAUSE I CAN. Most people over sixty, (sometimes younger) think they can't run anymore. Have they tried? If you can walk straight and strong, just do it. Try running for 3 minutes, and then a little more each day. It sucks air into the bottom of your lungs, which otherwise atrophy.

I started running in my 40's at a very stressful time in my life. I first ran around the outside of the house. Then to the bottom of the hill, and finally into the next county, about 2 miles and back.

I have found it is really good for me. It gives me energy and all-by-myself thinking time. If I have a problem, solutions appear.

The best reason I run is, as I look back on my life, it is the most fun I've ever had! Starting with the time that me and six younger people from my family would meet in our little SE Michigan village for the famous Onsted 4 miler. Then we all went to the fire station for a big pancake breakfast.

I took my 9-year-old grandson Zac for an under 12 over 60 race, and he came in first, ahead of 11 year olds. Seeing his excitement in winning a #1 was wonderful.

Zonya and I ran in the Hidden Lake Gardens "Run for the Hill of it" run. It is very hilly, and she was ahead and I couldn't catch her. Then I saw this pink shirt running back. I said, "Hey kid, you're going the wrong way!" She had run back to run in with me.

My great-grandchild, Peyton Grace comes quite often to see me. What do we do for fun? "Run G-Gamma Grace, RUN" and we run and run together.

After running many 5 k's over the years, I began to wonder WHY? It is the energy! So many people in all shapes, ages and sizes that together love this hard sport. The energy is electric.

It is a beautiful thing!

-Grace Edwards Owens at age 79 (March of 2016)

Why do I run? (590 words)

In all my life, I never saw my mother or my father run. Not even to chase the chickens or round up the cows. When I walked a mile and a quarter home from school every afternoon, it never occurred to me to run. In the 1930's, 40's and 50's, adults just didn't run, at least not in my world. So, I never developed the leg and lungpower as a child.

Why do I run? BECAUSE I CAN. Most people over sixty, (sometimes younger) think they can't run anymore. Their parents didn't, it's a mindset, when you get old you just can't do it anymore! Wrong! Have they tried? I find myself shuffling around the house, because it is ingrained in my sub-conscious that is how you walk when you get old. Not true. If you can walk straight and strong, do it. Just try. Try running for 3 minutes, and then a little more each day. It sucks air into the bottom of your lungs, which

otherwise atrophy. If you have knee problems, there are elliptical machines that will give the same benefit.

I started running at a very stressful time in my life. My husband and I both lost our jobs in the same month. We went for an opportunity to own our own Real Estate Business. Starting this new business, then getting into developing subdivisions was very stressful, on top of raising 3 children.

I first ran around the outside of the house. Then to the bottom of the hill, and finally into the next county, about 2 miles and back.

I have found it is really good for me. It gives me energy. I never fall asleep in my chair on run days. I get rid of any stress, clear my mind, and I have lots of energy for the next day's activities.

Another reason why I run, since I discovered that I can, is the all by myself thinking time. If I have a problem, I'm worried or confronted with, more options to solve it appear. If I am trying to create a picture, a project, a story.... new ideas surface in my brain.

The best reason I run is, as I look back on my life, it is the most fun I've ever had! From the time that me and six younger people from my family, kids and grandkids would meet in our little SE Michigan village for the famous Onsted 4 miler. Then we all went to the fire station for a big pancake breakfast.

I took my 9-year-old grandson Zac for an under 12 over 60 race, and he came in first, ahead of 11-year-olds. Seeing his excitement in winning a #1 was wonderful.

This last September my daughter Zonya (52) years old) and I ran in the Hidden Lake Gardens "Run for the Hill of it" run. It is very hilly, and she was ahead and I couldn't catch her. Then I saw this pink shirt running back. I said, "Hey kid, you're going the wrong way!" She had run back to run with me.

Now days one of my great-grandchildren, Peyton Grace comes quite often to see me in Michigan. What do we do for fun? "Run G-Gamma Grace, RUN" and we run and run together.

After running many 5 k's over the years, I began to wonder WHY? It is the energy! So many people in all shapes, ages and sizes that together love this hard sport. The energy is electric. It is a beautiful thing!

-Grace Edwards Owens at age 79 (March of 2016)