



**YMCA Sweetheart Run - 4 Miles
Stratford, CT
February 10, 2007**

<u>Name</u>		<u>Time</u>
Mark Turkington	#2 M60-69	27:14
Ellie Lowell	#2 F50-59	33:20

		Age Group: 100-109			
<u>Male Runner</u>	<u>Age</u>	<u>Female Runner</u>	<u>Age</u>	<u>Comb Age</u>	<u>Total Time</u>
1 Mark Turkington	62	Lori Vernier	46	108	56:54

		Age Group: 120-OVER			
<u>Male Runner</u>	<u>Age</u>	<u>Female Runner</u>	<u>Age</u>	<u>Comb Age</u>	<u>Total Time</u>
1 Stephen Tolman	61	Ellie Lowell	59	120	1:04:29

On Saturday, Feb. 10, in 17 degree weather, **Ellie Lowell** ran the Stratford YMCA Sweetheart Race (4 miles) with Steve Tolman. The race can be run individually or as a male/female team, with combined ages establishing your age group (e.g. a 67 year old runner with a 33 year old partner is in the 100 year old age group). Steve and Ellie's combined ages placed them in the 120-29 year old age group and, with a combined time of 1:04:09 - placing them first in "their" Age Group. Interestingly, they also placed individually. Ellie placed second in the Grand Masters with a time of 33:20 and Steve placed 3rd in Veteran's with a time of 31:09.

Additional Notes from Ellie:

If anyone one in the club wants a nice, but hilly (5 hills throughout the course, the last one is a steep one occurring at the 3.2 mile mark. Great soup, bagels and cider following the race and chance to trophy individually as well as a team.

And one *great* Footnote ... I was talking with a fellow runner who was 88!! I asked him how long he had been running and he said since he was 80. I asked what motivated him and he said "I wanted to get in shape and I was tired of listening to my contemporaries who could only talk about pains and funerals". His name is Dr. George Whitney and he finished the 4 mile race in 51:54 ... behind first place Age Group winner, 81 year old Herman Bershtein with a time of 49:40. However, George won the 150-159 age group with his team member, 67 year old Monica Roche ... (Herman's partner was 43 ... putting their team in 3rd place in the 120-129 age group!....if you can do the math, it gets real interesting!!

What role models! What a sport!! It ain't over, till it's over.
Happy Trails to all, Ellie