



4:00 – Don Sullivan

There are many reasons why I run. More than anything it began as my “me time” where I could think and kind of unload the frustrations of the day, week, month or year and just escape for a bit. Nobody can email, call, tweet or even send a telegraph to me when I’m out running. The urban equivalent to being off the grid. Health reasons are another huge role in my running. When I began my running “career” I tipped the scale at almost 225 pounds...not a healthy 225 pounds for a guy only 6 feet tall. Running has helped me shed the weight and keep it off.