



2:10 - Paul Stein

I run because it is an activity that can either be social or solitary. No need to rely on others for participation. I have solved many of the world's problems on a 20 mile run. It's a good way to clear one's mind from all the clutter of daily life. My favorite race is Grandma's marathon which also was my first. The course at Grandma's suits my running style. I pace because it gives me a chance to give back to the sport as well as assisting others to achieve their own personal goals. Nothing makes you feel better than when someone comes up to you talking about a race you paced that had a successful outcome. I've been pacing now for six years and now mostly pace instead of race (time has passed me by). I enjoy Fargo which I have paced it five times and I always get a number of people who remember me. Plus, I like the course. Running has become far more social as of late due to injuries related to my advanced age and stubbornness.