

July Roadrunner for Seasoned Soles

Seasoned Soles Activities by Pat and John MacIntyre Photos by Lu Schuster and Dottie Conner

As often happens, we had a race after last month's deadline for the Road Runner. Six Soles competed in the American Hero 5K held at Comanche Park on 28 May. The course was a winding trail thru the park, and somewhat shaded. Four of our runners/walkers won age group awards in age groups that had other runners. Our finishers at the American Hero 5K were Tom and Cynthia Cochran, Pat Hochstat, John MacIntyre, Pat Perry and John Paul Sullivan. The two Pats and the two Johns won age group awards.



The first race in June was the E-Dragon Summer Series 5K #2 held at Lady Bird Johnson Park on 3 June. All three BSTW runners - Pat Hochstat, John MacIntyre and Pat Perry won age group awards. The outing was topped off with breakfast at the Panaderia, a good way to replace any calories lost by running.



The next day, Pat Perry completed an unusual race called the Sticks and Stones 10K, which was a hybrid trail and road race, run partly on pavement and partly on dirt trails. Pat also won her age group.



On 17 June, Pat Hochstat, John MacIntyre, Pat Perry and Lu Schuster ran/walked at Lady Bird Johnson Park again in the Y'all

Means All 5K. This race was in support of a charity called the Thrive Youth Center. The awards we all won for our age groups were painted rocks by an artist at the Thrive Youth Center. Over \$2500 was raised and we know that many of you think we have rocks in our heads to be running or walking in this heat. Most of our races have a charitable component, either local like the Thrive Center or national as St. Jude's Children's Hospital.



We have been asked why the Seasoned Soles walk/run on the asphalt instead of the sidewalks here at Blue Skies. First, distance walkers and runners find that asphalt is easier on one's feet, knees, and hips than concrete. Secondly, here on campus we don't want to walk/run as a group on the sidewalks to avoid both other walkers and dog walkers. We walk facing traffic and stick close to the curb while walking two across.

Our last race of the month will be the Longest Day 5K race on 24 June which will be covered in next month's edition. In addition to being outdoor and getting some exercise, the Seasoned Soles also enjoy socializing. A group of fifteen

Seasoned Soles went to East's Sky Lounge recently for Sunday Brunch, along with a mystery guest from the SA Spurs. Great time and great food!

