

**Name:** Marilyn Spires – age 64. I live in Gainesville with my husband Allen. We have been married for 37 years. I worked in an office in Columbus, Ohio for 4 years then became a flight attendant with Eastern Airlines for 25 years. I was based in Miami and Atlanta. I then worked at McEver Elementary for 11 years and retired in 2003.

**How I got started running:** I started running in 1993. At the time I was going to a gym in Chicopee. One of my trainers, Paige Carruth, convinced me that I could run a 5K. It was sponsored by the Northeast Georgia Medical Center and called Fit-For-Life. I came in second in my age group and was hooked on running.

**My running Goals:** Just to keep running, even if I am much slower. I really admire the men and women my age whose race times are still as fast as they always were.

**My favorite races:** My great husband drives me to places like Monticello, Cave Spring and Plains.

**Favorite place to run:** My favorite place to run is Duckett Mill Park. It is very scenic and convenient. I can walk to the park from our house.