
Readers Write

‘Just keep moving’

To the organizers and volunteers of the 2019 Greenfield Lightlife Triathlon, a huge thank you! The day was glorious. As always the chit chat before and after the race among the competitors was that the event is so friendly and so well organized. And I'm sure adjusting to all the course changes wasn't easy, but it came off without a hitch. Out on the course the volunteers were super supportive, clapping and shouting words of encouragement. Being the oldest woman on the course (72, I am proud to say) perhaps resulted in some extra words of support as well — love that. At one point I ran between an 80-year-old man and a 12-year-old girl (oldest and youngest people on the course). Wow, so inspiring. As my Mom always said, “if you want to stay healthy, just keep moving.” We were all taking the motto to heart, “To finish is to win“! Thanks for giving us all such a memorable experience, plus delicious food! See you next year.

BETSY EVANS

Gill