

All those miles through all those years ... They were nothing but preparation. When you officially start to play the aging game, and when the culture refers to you as the aged, or the elderly, or senior citizen ... It's when you begin to look at life and recognize that it is mostly all behind you now. But that's OK because you're still here, and many of your friends and relatives are no longer.

And without any profound judgment you sometimes wonder ... "Why am I still here?" You can seek a spiritual answer to that question, but you don't have to. You can consider it grace, or even fitness, or just pure luck. The fact is we're still here and aging daily. Those of us maintaining a fitness routine know the signs, but we travel on.

Some days are better than others. You recognize responses, both physically and mentally, that are considerably slower than they once were. It seems at times that the days and nights are just one, and they meet each other too quickly. Seasons come and go, as do birthdays and age groups. You remember in a good way the fabric of your life and days. And ultimately you come to realize that the best method of becoming elderly is through the same practices that brought you to this day.

The campaign continues. You make choices. You train and practice the one thing that has been steadfast through all those years. Times may be slower, and distances shorter, but you still believe. And you slip in and out of each year and pass through each decade crossing into millenniums. And you carry on as you get closer and closer to the edge of the mystery.

As "old" people who live in a world on the edge of bankruptcy and full of corruption, we look toward solutions that consist of the power of love, the gift of grace, and the exercise of courage. These are the solutions we always have because they are within us.

And may the wind be always at your back.

**Don Mega**

[megarunner83@verizon.net](mailto:megarunner83@verizon.net)