

Happiness, as defined by the Greeks, is “the full use of your powers along lines of excellence.” Of course the Greeks are also credited with statements such as ... “We don’t really exist because we’re always changing and evolving.” This brings new meaning to the phrase “happiness is fleeting.” They referred to it as the Golden Age of Greece (600-300 BC).

How would we refer to this age? Some suggestions are in order ... The Age of the Gadget? How about the Age of the Celebrity? Or the Age of Deceit? Or the Golden Age of Comforts? How about the Age of Obesity? Or maybe the Greeks would call this the Age of the Runner? As the disciples of Phiddipedes, we’ve come a long way from the Battle of Marathon.

We witness the transitory nature of phenomenon every day. We especially witness it at this time of year when the changes are more pronounced and more readily visible. Running the trails especially, I witness all of it ... grass, leaves, daylight, darkness, sunrise, and sunset. Everything is changing again ... my race times especially ... but that’s another story.

September is the transition month ... from the heat and humidity to the cooler days and autumn leaves. Watching it all is being witness to the miracles of the universe. It is a special time of year. Maybe the Greeks were right.

Twelve reasons to keep running:

1. Is there any reason to stop?
2. Because it’s good for you.
3. Every time you run, you are also teaching.
4. We are all runners ~ some simply choose not to run.
5. Running makes you feel good. Is there a better reason?
6. Running is practicing health care.
7. It’s so simple ... I don’t understand why so many don’t get it.
8. I still like the tee-shirts.
9. You get new running shoes at Christmas and on your birthday.
10. In a climate of complexities, the world needs runners. We keep it simple and pure.
11. I’ve never known any runners who needed to be treated for depression.
12. And finally ... the following says it best: ***“Sooner or later the serious runner goes through a special, very personal experience that is unknown to most people. Some call it euphoria; others say it is a new kind of mystical experience that propels you into an elevated state of consciousness; a flash of joy; a sense of floating as you run. The experience is unique to each of us; but when it happens, it separates you from the casual runner forever. And from that point on ... There is no finish line.”*** (NIKE ~ Circa 1980)

And may the wind be always at your back.

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