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"STRIDE FOR LIFE" 10-K RACE

OCTOBER 21, 1989

(USUAL GREETINGS)

I WANT TO WELCOME EVERYONE HERE  
TODAY TO THE "STRIDE FOR LIFE" 10-K  
RACE. ~~I KNOW A LOT OF YOU ARE FROM  
AROUND GREENSBURG, BUT OTHERS OF YOU ARE  
FROM OUTSIDE THE AREA. TO ALL OF YOU,  
I'D LIKE TO SAY WELCOME AND THANKS FOR  
BEING HERE. IT LOOKS LIKE A GREAT DAY  
FOR A RACE.~~

AS ALL OF YOU MUST KNOW, RUNNING IS  
ONE OF THE BEST WAYS TO STAY HEALTHY AND  
FIT. YOU CAN DO IT ALMOST ANYWHERE,  
ANYTIME. IT DOESN'T NECESSARILY TAKE A  
LOT OF EQUIPMENT TO GET STARTED. AND  
IT'S GENERALLY SAFER THAN MOST OTHER  
SPORTS.

SOME YEARS BACK, A VERY GOOD BOOK  
WAS WRITTEN WHICH WAS CALLED THE  
LONELINESS OF LONG DISTANCE RUNNER.

THAT PHRASE SUMS UP A LOT ABOUT  
RUNNING. IT IS SOMETHING MOST PEOPLE DO  
ALONE OR IN SMALL GROUPS, AND ULTIMATELY  
IT IS UP TO EACH INDIVIDUAL HOW HARD TO  
PUSH HIMSELF OR HERSELF.

IN MOST CASES, RUNNING IS A  
SOLITARY EFFORT AT SELF-IMPROVEMENT.

BUT EVERY NOW AND THEN, RUNNERS GET  
TOGETHER AS YOU ARE DOING HERE TODAY, TO  
TEST THEMSELVES AGAINST OTHERS AND  
AGAINST THEIR OWN PERSONAL RECORDS.

THERE IS ALWAYS A CERTAIN ATMOSPHERE  
OF ANTICIPATION BEFORE THESE RACES, WITH  
SPECTATORS AND RUNNERS ALIKE WAITING FOR  
THE START.

I KNOW ALL OF YOU ARE ANXIOUSLY WAITING FOR THE START OF THIS RACE, BUT BEFORE WE GET THINGS GOING, I JUST WANT TO SAY A FEW WORDS ABOUT THE HOSPITAL ASSOCIATION, WHICH PUT THIS ALL TOGETHER.

~~THE MONEY RAISED HERE IS GOING TO HELP A VERY GOOD CAUSE. AFFORDABLE AND READILY AVAILABLE HEALTH CARE IS ONE OF THE MOST IMPORTANT FACTORS IN ENSURING A GOOD QUALITY OF LIFE.~~

OVER THE YEARS, THE PEOPLE AROUND HERE HAVE COME TO COUNT ON A CONSISTENTLY HIGH STANDARD OF CARE AND SERVICE FROM THIS HOSPITAL. IT IS A MAJOR EMPLOYER IN THIS AREA, AND IT IS ONE OF THE BIG REASONS THAT MANY PEOPLE STAYED HERE, WHEN OTHER PARTS OF PENNSYLVANIA WERE EXPERIENCING MASSIVE POPULATION DECLINES.

TODAY IS A DAY TO LOOK AHEAD. THE RACE TODAY CAN HELP US ACHIEVE SEVERAL GOALS FOR THE FUTURE.

FIRST OF ALL, FOR EACH PERSON WHO TAKES PART IN THIS EVENT, IT IS AN IMPORTANT MILESTONE IN THEIR PERSONAL FITNESS PROGRAMS. IT WILL ENCOURAGE RUNNERS TO KEEP PUTTING IN THOSE LONELY HOURS BY THEMSELVES, AND IT WILL ENTICE NEW PEOPLE TO THINK ABOUT RUNNING SERIOUSLY.

THE NET RESULT OF ALL THIS CAN ONLY BE A BETTER OVERALL LEVEL OF FITNESS IN THIS COMMUNITY, AND THAT BENEFITS EVERYONE, BY KEEPING INSURANCE RATES REASONABLE, MAKING WORKERS MORE PRODUCTIVE, AND MAKING PEOPLE HAPPIER.

SECONDLY, THIS EVENT WILL HELP THE HOSPITAL ASSOCIATION TO GROW AND PROSPER IN THE FUTURE, AS THE NEEDS OF A LARGER AND SOMEWHAT OLDER POPULATION CONTINUE TO BE MET.

THE HOSPITAL ASSOCIATION HAS MANY AMBITIOUS PLANS FOR THE FUTURE, AND THE MONEY AND GOOD FEELING GENERATED HERE TODAY WILL HELP THEM TO SEE THOSE PLANS BECOME REALITY.

SO ONCE AGAIN I SAY THANK YOU TO EVERYBODY ... THE RUNNERS, THE RACE ORGANIZERS, THE VOLUNTEERS, AND THE SPECTATORS. THIS IS A GREAT EVENT AND YOUR CONTRIBUTIONS ARE WHAT MAKES IT SO.

WITHOUT FURTHER ADIEU, LET'S GET THIS SHOW ON THE ROAD. GOOD LUCK TO EVERYBODY.