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73-year old Reston Marathoner Reveals Running Secrets in *Post* Article

After 25 years as a marathon runner, Jerry Lewis, a 73-year old Reston resident, is tackling a new challenge—writing. Lewis has been pursuing his twin goals of racing and writing success with his characteristic blend of humor, determination and careful preparation. His first published article was printed in last Tuesday's *Washington Post* Health Section (Tuesday, December 5, 2006).

A marathon, which is a 26.2-mile foot race, is more a test of endurance and determination than speed. Lewis, a retired overseas director for several international humanitarian agencies, has run over 25 marathons and completed his second 50-mile race last month. He was the Number 1 ranked runner in his age division in 2004 in the tri-state region (Virginia, Maryland and Washington, DC). His racing has taken him all over the world; he has competed in international marathons in Paris, Madrid, Vienna, Rotterdam, Manila, Caracas, Luxor and Alexandria, Egypt.

While many books and articles provide general instruction on how to run, Lewis' *Washington Post* article is a step-by-step guide for runners on how to prepare for the night before and the morning of a marathon.

Though long distance running and writing are usually depicted as lonely pursuits, Lewis says he thrives on the camaraderie he has found in the running and writing communities. He runs regularly with the Reston Runners. He also is an enthusiastic participant in the Reston Community Center's Memoir Writing Class and the RCC Writers' Group. The people he met

through these activities provided him with the advice and moral support he needed to achieve his goals.

When asked for words of advice for would-be writers, Lewis said, "This was the first article I submitted as a freelance writer. It took me 73 years — luckily it got accepted. My advice is to wait until you have something you think will have popular interest."

Lewis' future plans include writing his memoirs and participating in the Reston Runners "Fall to Winter 5-10K" race later this month and in the Rome Marathon in March 2007.

His other interests include tap dancing, drawing, painting and gardening.

For information on the Reston Runners, visit their website at

<http://www.restonrunners.org/>

For more information on the Reston Community Center's writing programs, contact the Reston Community Center at (703) 476-4500, VA Relay (800) 828-1120 (TTY) or visit the website at <http://www.restoncommunitycenter.com>. The Reston Community Center is completely accessible to persons with disabilities and will provide reasonable accommodations in accordance with the Americans with Disabilities Act (ADA).

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