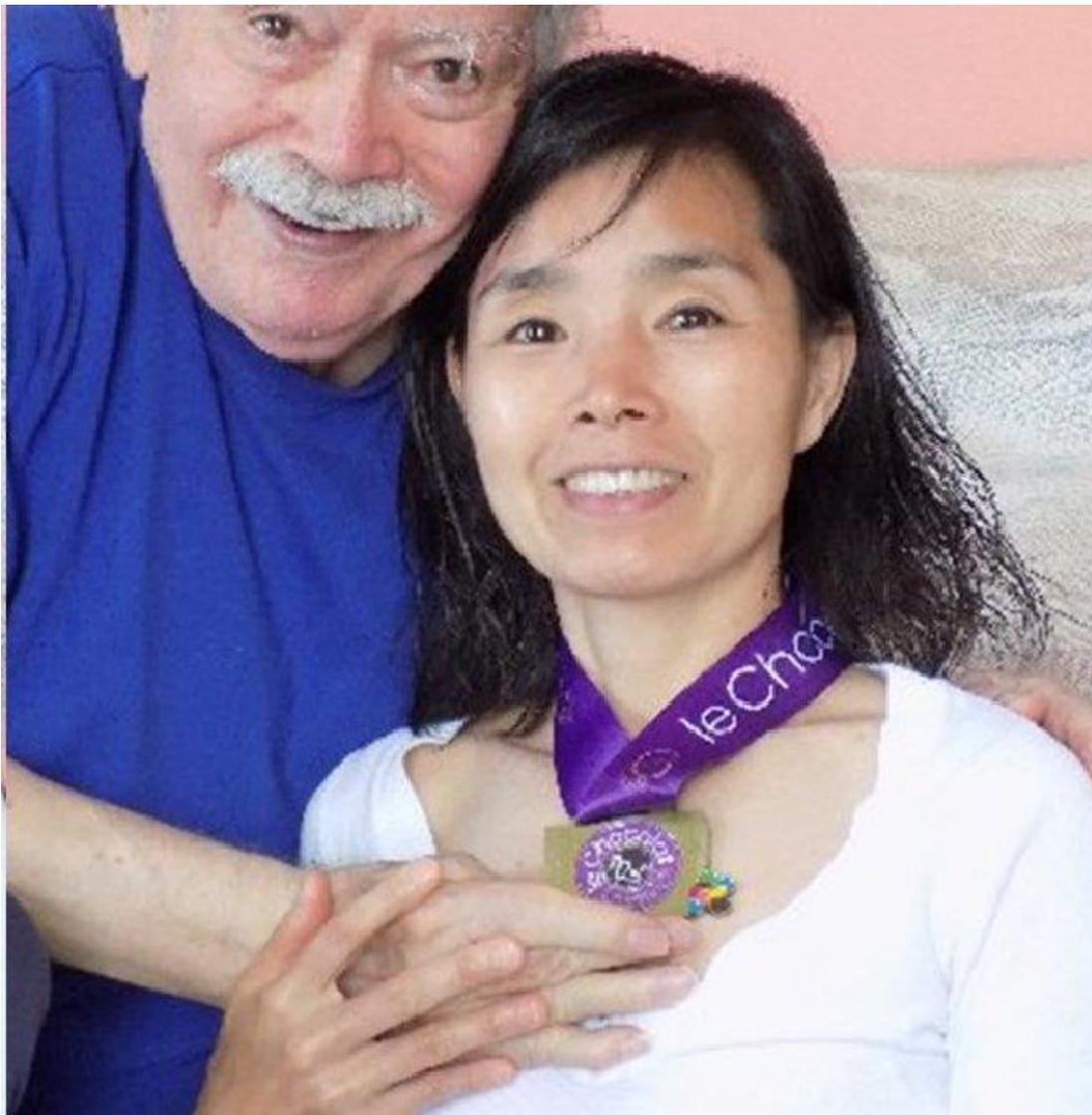


Korean War Veteran

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My wife's 1st marathon



Wow! How can I tell you how proud I am? Or how utterly amazed I am?

Today my wife, Mak-ye Courtenay, without any training, entered the Le Chocolat half marathon 21 Kilometer run in Windsor, Ontario and she completed the full course in the hot spring sun and came charging across the finish line with chest and shoulders high, and in great form!

Forgive me, fellow veterans, but when we were in our teens in the Canadian Army, I venture none of us could run 13 miles – or would, even under threat of mean spirited NCO's. We would consider it barbaric. Also, we all smoked.

Mak-ye achieved this amazing fete, on her 50th Birthday!!!

I nearly succumbed after walking about five miles in various directions and jogging a hundred yards or so to keep track of her as she progressed and persevered.

In Korea, when we lived in the dong of Itaewon, she would run to the top of Nam-san, South Mountain, each morning, a distance of more than three miles, and she would return carrying six litres of spring water in her backpack – still running.

But that was more than a decade ago.

My hat is surely off to her.



Photo taken one hour after her amazing run. She is wearing the medal they awarded her at the finish line.



Catching up from last year, this is a photo of Mak-ye taken at the Grand Canyon of Arizona in July, 2014, a few weeks after I had undergone major surgery. I took the photo, and stayed well back from the precipitous canyon walls where there was no protective fencing - which meant most of the time.

From Your Amazed Publisher,
Vince