



Hi Dr. McAfee, Merry Christmas,

I am so excited to tell you and your staff that I continue to train and run races.

October 18, 2009 I ran a marathon in Massachusetts in a time of 4 hours and 23 min's.  
My fastest ever.....

November 21, 2009 I ran a 50 mile race:  
16 miles thru the appalachian trail,  
26 miles on the C & O canal and  
8 miles back thru the town of Williamsport to the finish.

It took me 12 hours and 21 min's...  
My body was screaming but my back was enjoying the ride...

In January Rusty and I are running 13.1 miles in Disney World....

Keep well,

See you in February,  
Thank you, thank you, thank you, thank you,

Pam R.