



**Deb Alcox; PCHS Math Teacher:**

"I have been part of RWE since 2010 when I realized I was totally out of shape and working too much. I had always been able to run 5 miles without any preparation so RWE 2010 was a humbling running experience in the beautiful snow and rain. I vowed that I would get myself back into shape before the next one.

"I began running alone in the early morning hours and on weekends. The next RWE experience was a lot more fun!

"Fast forward: I ran 2 legs in 2014 and then joined my husband for a mountain bike ride. Short story: I crashed and shattered my humeral head on a rock. Operation #1.

"I missed 2015 due to operation #2 being same week as RWE. Still back running as soon as I could especially since I now had a running buddy in Mary Sue.

"Next year 2016, operation #3 but ran RWE Leg 3 in the mud and rain. I will never forget a former student, Nick Marsella, being at a curve near the top of the trail encouraging me and actually running with me to the end!

"Now, Mary Sue and I are running, swimming, biking, and finding a healthier balance between taking care of ourselves and taking care of our students."

**Mary Sue Purzycki; PCHS Science/CTE Teacher:**

"I have done Running with Ed for the past 5 years. I volunteered in Year 2 at the Parley's Park Exchange.

"Deb and I talk all the time about how 5 years ago we started running together initially to get ready for Running for Ed that year, my first year. I was trying to run 5 5Ks by the time I turned 50, so my RWE leg was Leg 1 (3.05 mi.) We were also running with (fellow PCHS teacher) Kathleen Waller at that time and I had her voice in my head, "Don't walk keep running."

"Through Running with Ed, Deb and I figured out how close we live to one another and have been running, swimming and biking buddies ever since my first RWE race. Deb and I, both in our mid-fifties, have since then run an average of 5-6 races a year and anywhere from 9-30 miles per week trying to stay healthy and active. This year our bucket list, besides Running with Ed is to "run" in the Jupiter Peak Steeple Chase!"

**Check out the fun photos, below!**



Deb in RWE 2013



Deb and Mary Sue at the PC Trail Series 15K 2018





Mary Sue at RWE 2018



Deb, far left, and Mary Sue in red beanie on RWE 2018 team “PCHS Odd Jobs”