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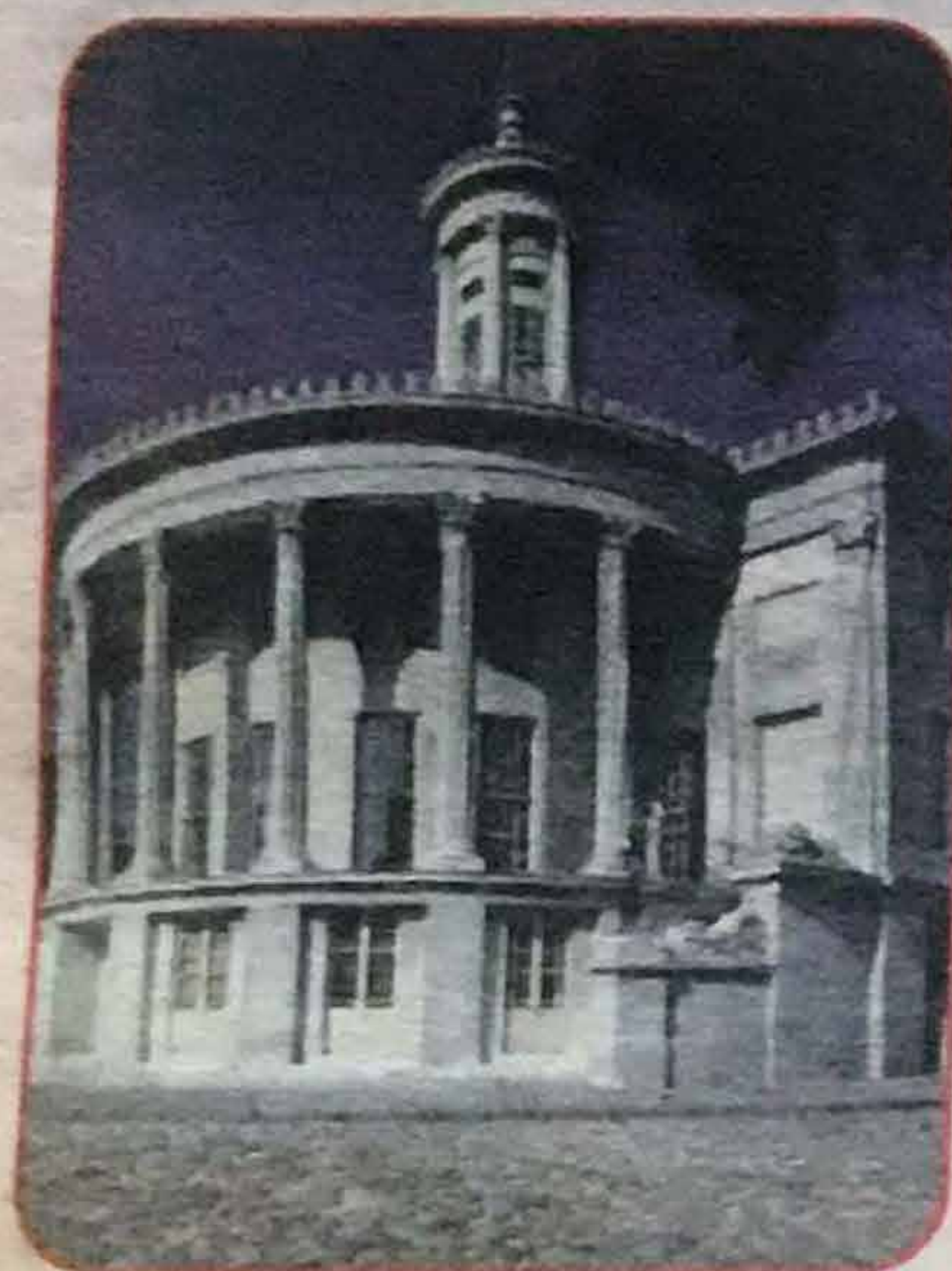
Milestones™

News and Possibilities for Seniors

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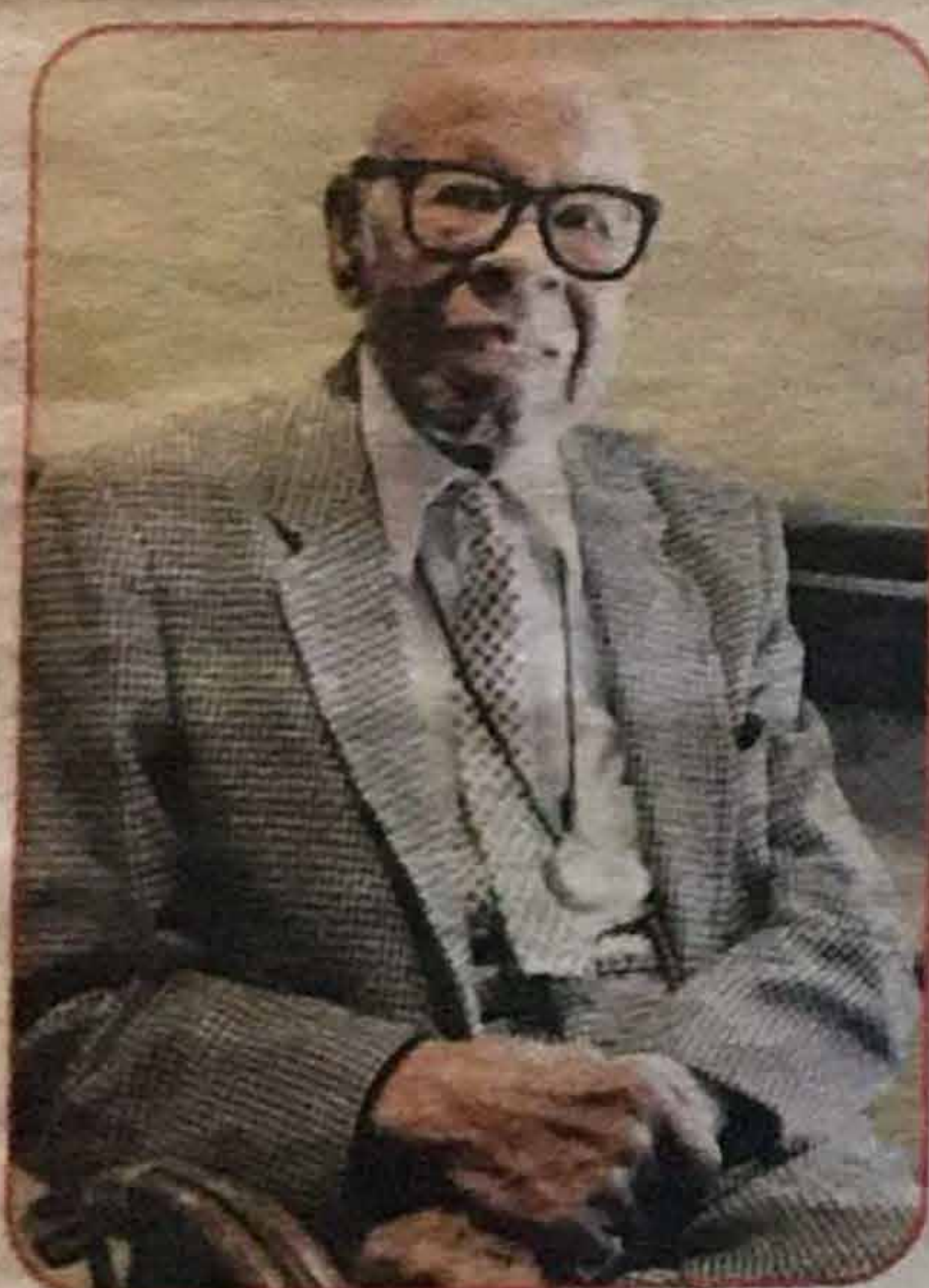
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Marathoner is headed to Boston in April



Photo courtesy Rick Reinhart (marathonfoto.com)

Rick Reinhart approaching the finish line at the Stockholm Olympic Marathon's "Jubilee" 100th anniversary in 2012; he ran in Boston in 2012 and 2013, and will return this month.

By Kathleen Harte Simone

Longtime University City resident Rick Reinhart is a marvel: at the age of 65, he has competed in 31 marathons and will run in the Boston Marathon this month, his fourth.

An unlikely impetus introduced Reinhart to the world of running. In 1990, he was informed that the U.S. Army had imposed a mandatory test on all personnel, including those in the reserves and inactive like himself. The test required, among other physical challenges, a two-mile run. "I never ran further than a mile. I had no friends in high school or college that were athletic at all, so this was a challenge that I really wasn't accustomed to," he says.

Reinhart not only met the challenge, but found a hobby that he relishes and in which he has experienced great suc-

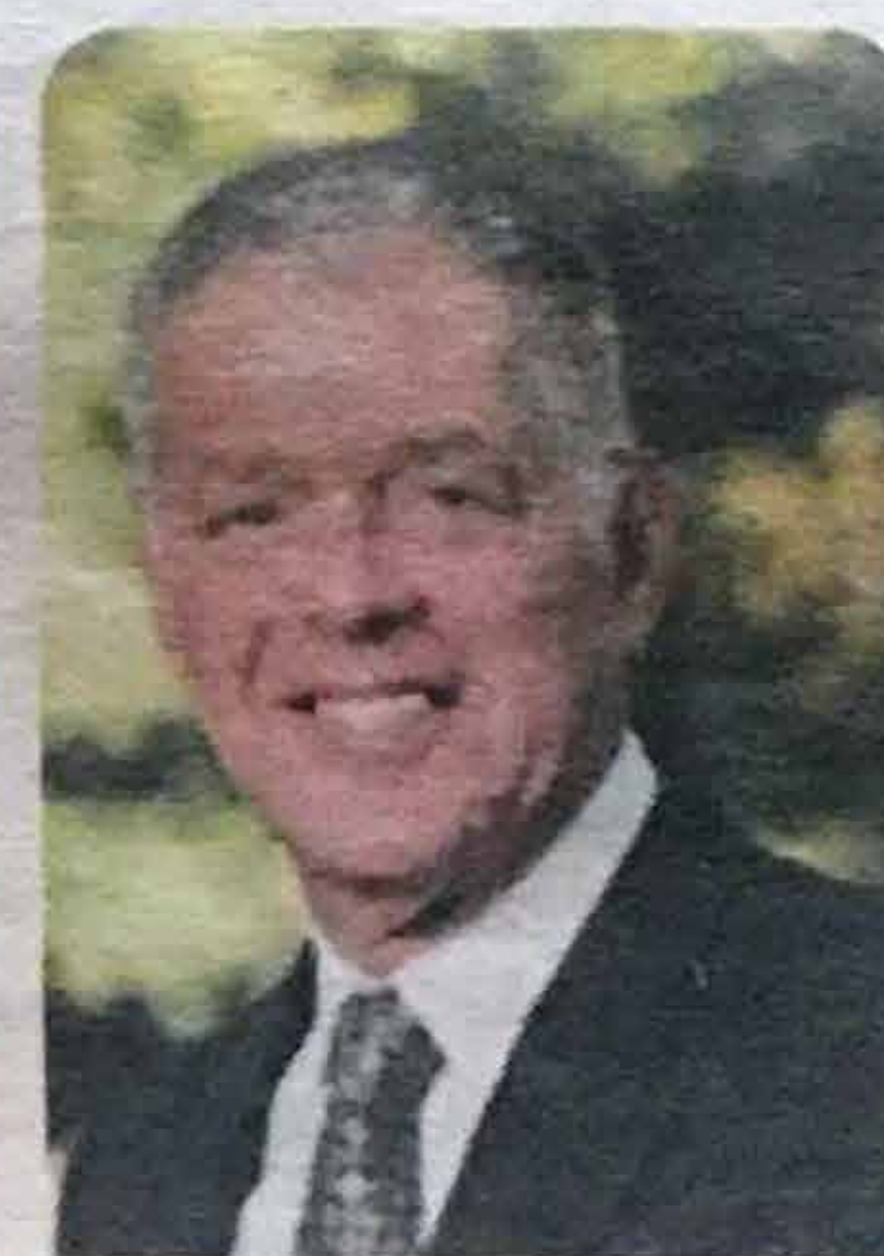
cess. He ran his first race, a 5K, in Haddonfield, N.J. in 1993. A detailed spreadsheet chronicles his races, times, targets, and race conditions; he's run in 115 races from 5Ks to marathons. His favorite race, which he now focuses on exclusively, is the marathon. His first was in 1993; he now runs two a year. "It's absolutely the challenge that draws me," he says.

Roughly 10 years ago, Reinhart stumbled upon the Philly Runners running club. "I didn't even know such a club existed; it was a great find. We meet every Tuesday night at Lloyd Hall (Philadelphia's public boathouse on Boathouse Row) to do speed work. We had a coach, Mike Patterson, who was a very talented runner in the 70s," he says. Patterson has since stepped down, but his expertise helped Reinhart reach new heights and appreciation of the sport.

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Volunteering

We have seen our future: Active, creative, engaged



**By Dick
Goldberg**

At a political fundraiser recently, I ran into a Pennsylvania state legislator famous for championing feminist and other progressive causes. She greeted me with a hug then asked, "Dick, are you still with... what's that organization?" I responded yes, I was still with Coming of Age, a national initiative to promote age 50-plus civic engagement.

"Ooh - sounds like something for old folks," this 72-year-old woman responded. "Not interested." She went on: "I guess I would be if I were old - but I'm not!" And then she trilled that quasi-self-deprecating laugh I have heard others 50-plus chortle and which I have come to understand means, "Be a dear and please share my denial."

I was taken aback. Here was a longtime, down-in-the-trenches champion of women, African-Americans, gays, workers - the list is long - and she was distancing herself from - and in so doing, disparaging - an undeniable part of her identity.

"You don't understand," I said.

And then the words just tumbled out: "Old is good." And as I said that, I realized I really meant it.

I meant it because I'm old (66), and have developed a sense that part of our Zeitgeist is vibrating with a rhythm that says now it is pretty good to be old.

I frequently encounter among those 50-plus who come to the programs we present - that the paradigm of what it means to age is changing - and that we are the change agents, the players.

Feeling that you are a player energizes the way you approach the world; it imparts a sense that what you are doing is important; and it also says it's not all about you - you're part of something more far-reaching than what you could do and be by yourself.

This is not your grandfather or grandmother's or even your father or mother's retirement. Hey, for many of us, it's not even retirement!

We are in the thick of things. Our society. Our culture.

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Marathoner

• continued from cover



Rick Reinhart at the Boston Marathon in 2013, about 1.5 miles from the finish and about ten minutes before he heard the bombs go off. The race was stopped when he was about four minutes from the finish.

"I learned so much and absolutely enjoy the camaraderie. It's part of what kept me coming back. There was – and still is – a broad range of talent in the running club. It's partly social and partly educational," he says.

These days, Reinhart trains with the Philly Runners three times a week. The workouts vary between tempo runs (4.4 miles) where runners meet near the Rocky statue at the Philadelphia Museum of Art; speed work and intervals; and 8.5-mile distance runs which wind runners along the River Loop, beside the West River Drive, to the Falls Bridge, and via Kelly Drive. It's quintessential Philadelphia running. Reinhart is the oldest member of the running club, at 65, although he stresses that all ages and levels are welcome.

Reinhart's upcoming Boston Marathon brings back memories of last year's tragedy. "Four minutes from finishing the race, I heard an explosion off in the distance. Having been in the Army, I knew it wasn't far off. After the second one, the course marshals jumped in front of a pack about 50 yards in front of me and wouldn't let us continue. There were maybe 5,000 runners left and we were all sort of bunched up there for an

hour. No one knew what was going on. It was in a residential area and people were going into their houses and getting clothes for the runners to put on; we were seriously cold. We were just hoping for the best."

Back to Boston

The Boston Marathon is one of the most prestigious races in the world and the oldest consecutively-run marathon since 1897. Reinhart will run in a field of more than 35,000 runners. His division – 65 to 70-year-old males – will comprise roughly 600 runners, each of whom must have posted a qualifying time of 4 hours, 10 minutes.

Like any avid runner, target time for his marathons varies, based on factors including the course and weather conditions. He recently posted a personal best, 3:49:17 for the 26.2-mile race, an 8:44.7-mile pace. Remarkably, his times have improved over the last three years. "As I've gotten smarter about racing and overcome injuries, I've improved, naturally, but my goal is always the same: to do the best I can do on any particular day of the race."

Marathons have also opened the door to international travel with his wife of 42 years. The two have traveled to Quebec, Stockholm and Paris for races and sight-seeing. "Typically, a marathon runner burns 2,600 calories. So after the race, we always enjoy a good meal!"

When not training, Reinhart, a retired engineer who held managerial positions most of his career, now advises 16 senior engineering students at the University of Pennsylvania. "I advise them on the technical and project management aspects. It's interesting and I enjoy providing advice and passing on my experience to people just entering the profession."

"Running is my great hobby, but I would consider myself a realist," Reinhart says. "If it's the end of my running career, I guess I would buy a bike and take up cycling. I believe in the old tale that I'd rather wear out than rust. I have no plans now other than running in the Boston Marathon this April."

Kathleen Harte Simone is a Philadelphia freelance writer