fortunate to have such great friends.

Then on Oct 13th, Mike & Heidi Mook flew in for the evening after one of Mikes Marathons. What a treat it was to spend some time with them.

On Oct 18th, Lukas, Kristin and Kristin's parents (Sam and Robin) arrived for the weekend. It was great to finally meet her parents, who we enjoyed very much.

Sunday Oct 19th was the Denver Rock & Roll Marathon (10K). Alison, Jeff, Luke & Kristin ran it with me and we had a great time. Jess and Alison wanted to try for a 7:15 pace so they took off faster than us. Luke & Kris stayed with me. We all did very well. I was so proud of the Shainline Clan. Here are the official stats:

Results

Denver Rock & Roll 10K 10/19/14

Alison: 44.55, 7:13 mile pace

4th out of 223 (age group)

9th out of 1058 (all women)

22nd out of 1439 (overall - all participants)

Jeffrey: 44.57, 7:14 mile pace

3rd out of 80 (age group)

14 out of 381 (all men)

23 out of 1439 (overall)

Lukas: 53:02, 8:32 mile pace

15th out of 65 (age group)

80th out of 381 (all men)

127th out of 1439 (overall)