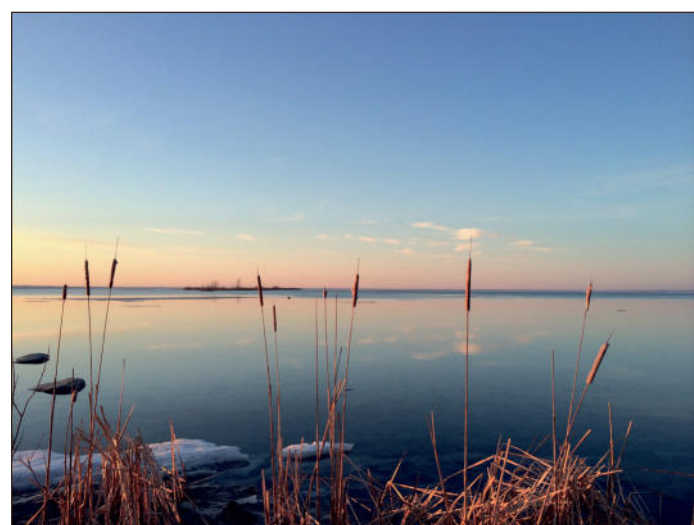


GO through your eyes



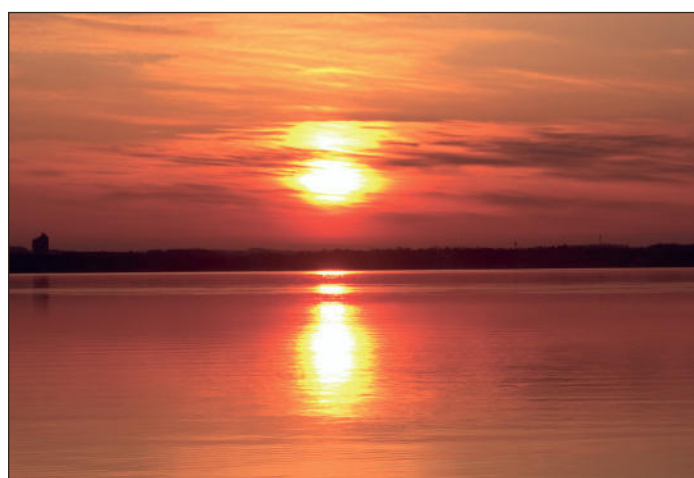
Abstract ice formations on Boardman Lake. Photo by Nicole McCalpin.



Cattails along the East Grand Traverse Bay shoreline. Photo by Nicole McCalpin.



Taken near Cass bridge downtown as a muskrat was busy gathering green sprouts for its den. A regular visitor recently. Photo by Priscilla Ware.



Looking east across East Grand Traverse Bay shortly after sunrise, near Sequoia Street. Photo by J. David Lather.



Mackinaw City as huge blue ice planks move on shore. A sure sign of spring. Photo by Jeff Kessler.

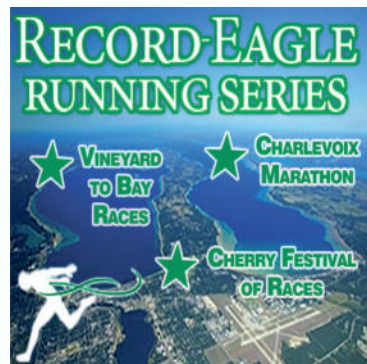
Show us the outdoors 'Through Your Eyes'

Submit your best photo of the week to tcrecordeagle@gmail.com and we'll post it online and pick our favorites to run in our reader shot roundup in the GO: Great Outdoors section that runs on Thursdays. Please include some information about the photo and how to contact you with questions. Go to photos.record-eagle.com for a gallery of past reader photos.

Record-Eagle Running Series Runner of the Week



Name: Tracey Cohen
Age Group: 45 - 49
City: Farmington Hills
Favorite Distance: 100 Mile
PR: 27:23:38



When did you start running? I started running in 1982 when I was 11 years old. Misdiagnosed, my autism unknown to the professionals (I was finally diagnosed 28 years later), I was institutionalized. One kind staff person recognized my genuine distress and needs to be away from all of the chaos and offered to take me outside (my favorite place to be) for a run.

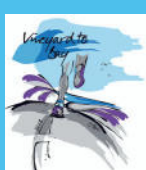
Why did you start running? I have always loved to move and loved to be outside. Despite that first run being incredibly difficult and exhausting, I loved every step, the pure movement especially outdoors and was immediately hooked for life. While I enjoy competing and running does help to alleviate stress, I first and foremost, enjoy the mechanics and how it makes me feel.

What is your biggest running accomplishment? Though I enjoy running and racing every distance short or long and never intended to run ultra marathons, completing two 100 mile races to date, running healthy (outside of injury from time to time) for over 36 years with no end in sight and continuing to achieve new 'bests,' are great sources of pride and happiness for me. Publishing my two books, *Six-Word Lessons on the Sport of Running: 100 Lessons to Enjoy Running for a Lifetime* (2017) and *Six-Word Lessons on Female Asperger Syndrome: 100 Lessons to Understand and Support Girls and Women with Asperger's* (2015) are huge accomplishments for me. Information relevant to my books and myself can be found on my book page <http://www.growingupautistic.com/tracey.html>

What is your biggest running challenge? Because I enjoy running and racing so much, it is difficult for me to take time off and not overdo my race schedule and goals. Equally challenging is the social part as well as forcing myself to train with others - not because I do not like other people but because socially I still just get overwhelmed and confused very quickly.

What are your running goals? I am currently training to compete in/complete my third 100 mile race in July 2018. Remaining injury free and running forever will always be of utmost importance, and I am always trying to improve, learn and become a stronger runner. I love to travel and would like to run/race in as many parts of the world as possible.

5/31-492840



Division	Flanagan Division	Mills Division	Prefontaine Division	Dates
Charlevoix Marathon	Half Marathon	10K	5K	June 23
Meijer Festival of Races	Half Marathon	10K	5K	July 7
Vineyard to Bay Races	15K	15K	5K	Sept. 2

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