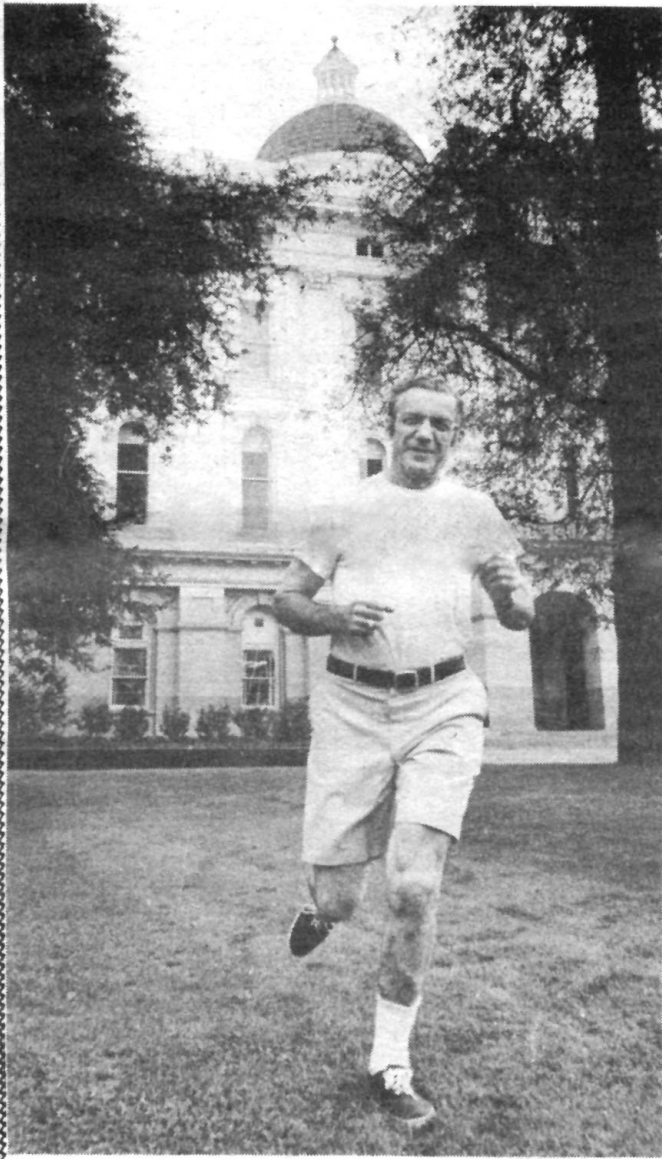


## **Frank Prelli logs 3,000 miles as jogger**



Some people we know will do most anything to get their names in the paper — even jogging 3,000 miles! Our State Master didn't really jog all the way to Sacramento, and he didn't do it to get in the newspaper. He is a regular jogger, having begun in January 1968 by jogging a few laps a day as part of the YMCA exercise program. After losing 22 pounds and developing his endurance he began jogging one mile a day, and now runs better than one and one-half miles each time out. Frank is very excited about the advantages of jogging, and attributes his good health in part to his running.

The three thousandth mile came up in California, when Frank jogged around the State Capitol building while in Sacramento for National Session. The event was captured and publicized by the Sacramento Bee newspaper, and completes one half of

Frank's goal which he started seven years ago at the Winsted Area YMCA.

Frank's advice for would be joggers: Start slow and develop an easy pace. See your doctor regularly to check your progress for becoming more physically fit, and stop smoking. Frank claims after losing 22 pounds and jogging regularly he can now eat and drink anything he wants without fear of gaining weight. He also has eliminated through running, a problem of varicose veins.

The reporter even found out how old Frank is, and since it was also recorded in the Winsted Evening Citizen, Monday, Jan. 6, 1975, it is no secret. Looks really good for 58, doesn't he? Especially as we know he puts in many many hours in Grange work, travelling all over the state, up all hours of the night, and keeps his business going as well.