

Senior walkathon set

By Bob Sklar
Staff writer

Take it from Leola Rammel, 82 years young.
"It doesn't matter if you're looking for a leisurely stroll or a brisker pace. A walkathon planned for seniors 55 and up should meet your expectations."
"Rammel should know. She walks three times a week at Mercy Center in Farmington Hills and twice a week at her Farmington home."
"She's a three-time winner in the Senior Olympics 1-mile walk held each summer at Oakland Community College's Orchard Ridge Campus

in Farmington Hills.
"Leola is an inspiration and a role model to so many people," said Maggie Loidas, of the Farmington Hills Department of Special Services Senior Adult Division staff.
"I really think walking is one of the best forms of exercise you can do," said Rammel Monday, shortly after completing a 1-mile walk around the Mercy Center gym. "It exercises your legs, your arms. You're always moving."
RAMMEL CREDITS her good health to keeping fit.
She's actively recruiting fellow seniors to sign up for the walkathon.

Participants will step off at 9 a.m. Saturday, May 30, from Farmington's Shlawassee Park, Shlawassee and Power.
Two routes — one six miles, the other three — will traverse Farmington and Farmington Hills. Refreshments and prizes will await finishers at Shlawassee Park.
The registration fee is \$2.
Co-sponsors are the Farmington Hills Department of Special Services Senior Adult Division and the Botsford General Hospital Health Development Network. To register, call the Senior Adult Division: 474-6115, ext. 575.

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