



UIC Campus Recreation

Like This Page · 20 hrs ·

A very special #SpotlightSunday featuring one of our old time members, Charles Aron! He is an alumni member and turning 70 this month! He plans to run in 73 races this year.

How long have you been a member at SRF?  
"Since its been built. I started out working out at the PEB on Roosevelt. The athletic department completely took that place over. Either you run the track, or place basketball. That was all you were allowed to do in the facility. Anyways, to answer the questions, when they built the rec center! I've been a member since day one."

Fitness goals?

"Run 73 races between March 26, first day after my birthday and this years Chicago marathon, October 8. Included in the 73, is the Chicago triathlon."

So we were informed about a 70th birthday coming up, is there anything special about being that age?  
"I'm no longer in my 60s! As a runner it takes me to a new age group."

There is a lot of information on your website (73for70.com) but what does Alzheimer's mean to you?

"My brother-in-law was one of the top project managers for ATT, very smart guy. When ATT would build a facility, for instance in Ireland. He would go to Ireland and oversee the project. When he was diagnose with Alzheimer's, he lost memory and cognitive skills. This bright fun guy turned into somebody that's a shell. The brain that he had ..was no longer there."

How can we help you accomplish your goals?

"Follow my progress, and consider making a donation. Write me a check for \$73,470.00. And I wouldn't need to run. I'm joking. But I would like to spread the word. I'm not only trying to get money. But a lot of is Alzheimer awareness. Some of the Alzheimer's research went into ASL research. A lot of the brain diseases are connect. Raise awareness. #ENDALZ. #ALZIN to #ENDALZ (All in to end Alzheimer's )"

Advice to students?

"I'm going to tell you my brother-in-law's favorite expression. 'Try and relax' my brother in laws saying. Think about that for a moment."

Thanks, Chuck!