

NEW YORK ON A BUDGET

Here are 3 steps to bargains galore.

- 1) Set-up an extra email to use for all of your online shopping. Sign-up for all the places you frequent: Macy's, CVS, etc. and receive daily bargains.
- 2) Make a list of what you wish to buy for yourself, as well as gifts for others. Planning in advance can save a bundle.
- 3) Amazon prime will often provide free 2 day mail delivery.

Four Boroughs in a Day on \$20

What's a good way to visit Manhattan, the Bronx, Queens and Brooklyn on a shoestring budget? On foot! This past weekend, I was privileged to run and compete in "The Great New York 100" ultra-marathon. The journey began in midtown on 47th and Broadway. We ran north to the Bronx, east to Queens, south to Brooklyn and north into Manhattan ending at Time's Square. There were hundreds of people at the finish line; most were participating in a yoga event in the middle of the street. There were less than 10 people cheering the 100 milers as we ran across a chalk written finish line. That didn't matter to me. In my opinion, running a 100 miler is more about self-discovery than an appeal for public adoration.

The sites were amazing. Each step of the 100 mile journey was replete with an abundance of parks, people from all walks of life, historical statues and monuments, museums, churches, synagogues, and sky scrapers, unusual animals, restaurants (McDonald's, Dunkin-Donuts), night clubs, marinas, sidewalks and roads. Walking brings it all to life; there's a higher awareness. Somehow, being part of it all on foot seems to make life more grounded and sensible.

"Intelligence is the ability to adapt to change."
—Stephen Hawking

Financial Planning for the Fittest

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The only way to get there is to keep moving.

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