
Detroit Free Press Spotlights David M. Saperstein as Runner of the Week

David M. Saperstein was recently featured in the Detroit Free Press/Chemical Bank Marathon's Runner of the Week segment. A longtime runner, David shares the history of how he began running, highlights of his adventures and where running has taken him throughout the years.

Read the full article to hear David's running story, his best training advice and to learn his favorite postrun snack!