



Forever Run

April, 2015

Keeping Communication Current

with Jan Holmquist

April is a special month for the running community and in this edition of Forever Run our members who received a Boston Marathon waiver through the 65+ club lottery are featured. I hope the day brings perfect weather and all their goals are met. Rick and Byron will follow up with them for the May newsletter...stay tuned. If you are running the marathon through another charity or as a qualified runner, please contact Rick or Byron so we can include you in the May edition of Forever Run!

At the November Board meeting, we discussed future considerations for members who want to enter the marathon club lottery. We agreed that entrants would have to be members of the 65+ club for at least one year. Other factors that are being considered are: participation in a 65+ club event such as the Run For All Ages (run or volunteer), attendance at the Annual Luncheon Banquet, participation at a Flag Race (run or volunteer), or getting involved in any of the committees listed on the website: www.ne65plus.org. The RFAA planning committee is meeting Saturday, April 11th at 11am at the Wakefield Public Library; we welcome more members so please let me know if you would like to join the group.

In addition to the Boston Marathon, the James Joyce Ramble 10K in Dedham, MA occurs every year at the end of April. This year will be the 3rd year that the race is the USATF National Masters 10K. How fortunate we are to have such a prestigious race in our area! And, last year our 70+ men's team took 1st place and we hope to do so again this year. I'm proud of our guys and the recognition they bring to our New England 65 Plus Runners Club!

On another topic, the 65+ Finance Committee met last month and discussed our financial resources. We decided that the newsletter would move from the former format of three costly editions per year to the current monthly email. We are hoping that those members who paid for a hard copy will identify a relative or friend who can print the newsletter for them to read. We are trying to keep a printed copy to no more than 10 pages realizing that members will be using their personal printers. Please feel free to submit articles to Rick and Byron for future newsletters. Your personal stories are inspiring when you run in special places or the race is for a special cause. Please note that your submissions may be edited for space considerations.

I hope to see many of you at races this Spring!

Heading to Boston

by Rick Stetson and Byron Petrakis

Club President Jan Holmquist thought readers might be interested in learning about our Boston Marathon waiver recipients. To find out how their training has been going, especially during this difficult winter, she asked if **Forever Run** co-editors Rick Stetson and Byron Petrakis would be willing to contact the runners. Byron wrote to Lester Friedberg, Tom Wylie, Phil Pierce and Joanne Clark while Rick sent questions to Tucker Anderson, John Hussey, Peggy McKeever and John Murphy.

Byron says he is looking forward to cheering on all NE 65+ marathoners (we will have other club members running Boston besides the waiver winners) from his volunteer position along the course, which will probably be near mile 14. To all of our club members running Boston this year, we wish you **GOOD LUCK!**

2015 NE 65+ Boston Marathon Waiver Winners

Lester Friedberg

Some of us are lucky enough to live and train in moderate climates during the winter. Club member Lester Friedberg is one of them. Without a hint of irony, Lester replied to my question about the impact of this winter's severe weather on his training routine with the following statement: "No hindrance this winter. I reside in Naples, Florida." We all envy you, Lester! A veteran of 17 marathons, including 5 Bostons, Lester has twice received waivers from NE 65+ Runners Club and hopes to finish between 5 ½ to 6 hours. Good luck, Lester, and if the weather gods play a cruel joke and turn April 20 into an unseasonably warm day, you will be well prepared!

Tom Wylie

Former Club President Tom Wylie, like most club members, lives and trains in New England, so he has earned our sympathy and respect for training through this winter. He has completed 10 "regular" marathons and one 50-mile ultra-marathon in 2003. The 2015 Boston Marathon will be his fourth and the first time he has received a club waiver. He hopes to run sub 5 hours and writes the following about training through this winter: "this reminds me of winter 95-96 when I training for B.A.A's 100th and I injured my sciatica in January! I did recover enough to run; my time was 4:40. This year I think I am 'training smart,' at least I like to believe so. It gets boring at times and I am kind of slow but other runners join me and I just keep well-hydrated, watch my footing carefully, avoid cars, and rest if/when I get too tired. And so far all is going well! And in the craziness that only addicted runners would understand, it has been fun!" As one of Tom's training partners, I can personally attest that he has a positive attitude and is, in fact, running both smart and well.

Phil Pierce

Former Club President Phil Pierce is a veteran marathoner, having completed 59 marathons, including 29 Bostons. He has received NE 65+ Runners Club waivers twice and writes that "my workload at the Togus VA affects my training more than the weather." Coming from a Mainer, that says a lot about Phil's mental toughness and commitment to distance training! In addition to hoping to finish Boston in around 4 hours and 30 minutes, Phil's ambitious goals for this year include "winning the Hochomock Swamp Rat Race Series and the Winner's Circle Speed Series." Good luck with all of your goals, Phil! Finally, Phil reports that he will be part of Portland's

Joanne Clark

Joanne Clark does not let her age (73) or winter cold discourage her from training for her 28th Boston Marathon. "I run every evening," she says, "even when it's 5 degrees." Her route takes her from the Reservoir Road section of Cleveland Circle to Copley Square.

Joanne has received "2 or 3 waivers" from the NE 65+ Runners Club and says that her finishing time often depends upon "how many people I stop and help along the way." Nonetheless, with an 11:30 a.m. starting time, she hopes to finish this year's marathon "before 6:30 p.m." While she has not run any marathons besides Boston, she sounds like the type of dedicated runner who will return to Boston as long as she can. "I can't find anyone my age to run with me," she says; "all they want to do is sit in a chair."

Tucker Anderson

Boston will be Tucker's 40th marathon. He ran Boston in 2008 and received two other Boston waivers which he was unable to use due to injuries. Tucker's goal this year is to finish. He has been competing at a slow pace due to prostate surgery for cancer in 2013 and because of a diagnosis of a blocked coronary artery, however, he says his training has been going on schedule. In 2014, Tucker completed both the New York City and Kiawah marathons. He is currently running around 40 to 45 miles per week but said he had to give up some of his training time this winter as a result of snow shoveling duties. Besides being a member of the NE 65+ Runners Club, Tucker belongs to the US Streak Runners Association. On February 5 of this year, he achieved his 23rd straight year without missing a day of running.

John Hussey

John has run 20 marathons and is a three-time veteran of Boston, all run with qualifying times. This is the first year he has received a waiver. John will be running the Prague Marathon two weeks after Boston and his goal there will be to run a qualifying time for Boston. He says his training has not been easy with the winter weather we have been experiencing but that he has not missed a long run and he has been hitting his training times.

Peggy McKeever

An amazing fact about Peggy McKeever is that she has run 43 marathons yet this will be the first time she has run Boston. Peggy spent the winter in St. Pete Beach, Florida where she pointed out that "it is tough to do intervals when it is 80 degrees." She is feeling a little nervous about running Boston but said she is "honored to run in the footsteps of elite runners past and present."

John Murphy

John Murphy has run four marathons. His first was Boston in 1979 and he ran it last year with a waiver from NE 65+ Runners Club, which he appreciated receiving. John is a triathlete and uses the QT2 system which enables him to run long distances without having to do a lot of long distance training. He trains by riding his bike and then running. John has done a few 10-mile training runs and will increase both his bike rides and running leading up to Boston. On February 22, he rode his bike for four hours and then went on a 45 minute run. On March 8 he rode his bike one hour and then went for a two hour run. John is working on his heart rate training trying to keep his heart rate and pace slower so as not to tighten his hamstring which he injured last year. He did not run from October to January to let it heal. It still had not completely healed by the beginning of March but he says he is feeling great and looking forward to running Boston once

again.

Boston Marathon Study

The club received the below email from Dr. George Wu of the University of Chicago asking if any of our club members running in the Boston Marathon would like to take part in a study on the relationship between marathon performance and satisfaction. For those who complete two surveys, their names will be entered in a lottery drawing for a chance to receive prizes.

Dear Boston Marathon Participants:

The University of Chicago, Booth School of Business is conducting a study on the relationship between marathon performance and satisfaction and we would like to invite you to participate. We are seeking individuals who plan to run in any of the following 2015 marathons: Boston, Cincinnati, Flying Pig, Grandma's, Los Angeles, Pittsburgh, and Rock 'n' Roll Washington.

The study involves completing 2 online surveys. Each survey should take 10 minutes or less to complete. The surveys will include a variety of questions pertaining to the marathon itself, your marathon training, and your general running experience. The first survey will take place prior to the marathon, with the final survey taking place after the marathon.

Participants will be entered into a lottery offering prizes including an Amazon Kindle Voyage, Bose SoundDock, iPod Shuffle, Garmin Forerunner GPS watch, and a Nike running jacket.

More information about the study (including a full listing of prizes), contact information and an online registration form can be found here:

<http://faculty.chicagobooth.edu/george.wu/marathon/>

We also hope that this research will be of interest to you, and we would be delighted to provide you with the results of our research when the study is complete.

We look forward to hearing from you. Thank you for your time.

Sincerely,
George Wu, PhD
Professor of Behavioral Science
University of Chicago
Booth School of Business

Looking at 65+ Results **by Tom Abbott**

Editor's Note: Tom Abbott is one of our dedicated members who posts race results to our club web site. We asked Tom to explain for members not familiar with the web site how to find the results and to give us an idea of what they might show for the month of March. Below is Tom's response.

You can easily go to our website, hover on "RACE RESULTS" on the red banner, click on "2015 Race Results - All" then scroll down, finding: The 15 club members who ran the April Fools 4-Miler

on the 28th, the 10 who ran the An Ras Mor 5K the previous Sunday, the 13 who represented us at the New Bedford Half the Sunday before (plus 44 other races members ran in during March alone!) - and see time & age-group-wise just what your fellow club members were up to.

Flag Races Begin Next Month

by Rick Stetson

After the schedule for our club's 2015 flag races was published in the March newsletter, a club member sent an email asking an excellent question: "What is a flag race?" To find a good explanation, I went to the club's web site, clicked on "special races" and then again on "flag races" where a flag race is described as "a race in each of the six New England states in which an attempt will be made to turn out our members to run, to socialize and spread information about the club, encouraging other runners 65 years of age and older to join."

The above pretty much sums up what a flag race is all about. Our club does not hold monthly meetings like a lot of running clubs. In fact, we hold just one social luncheon a year which makes getting to know fellow club members rather difficult. A flag race gives club members in a New England state, and hopefully members from some of the other New England states as well, an opportunity to gather before and after a race and socialize. Or, as Byron Petrakis shows in his article about Lou Peters below, it is possible to socialize with fellow club members even during a race.

Every year in every New England state, there are runners who will reach the magic age of 64.5 making them eligible to join our club. The best way to have a runner join is to extend an invitation but this is hard to do when a runner has not heard anything about the NE 65 Plus Runners Club. For this reason, we hope to make a visible presence at our flag races where we will have a table set up with brochures and informational displays about our club. We are working on the purchase of a club tent and plan to have our club banner on display. But the best attention getter will be if we can have some of our club members decked out in their club clothing standing by radiating good looks and happiness and demonstrating that just because we are 65 or older, it does not mean that we have stopped running and having a good time (on and off the race course.)

Our first flag race of the year is the 15th Annual Portland Sea Dogs Mother's Day 5K on May 10 in Portland, Maine. Our club's point of contact for the race is Mel Fineberg who reports that the race is Maine's largest 5K and that entries will be capped at 3,000 runners. Mel says it is always thrilling when runners enter the Sea Dogs' baseball stadium (the team is a minor league affiliate of the Boston Red Sox) where they finish in front of the third base dugout.

2015 Flag Races

Date	Location	Race	Club Contact
May, 10	Portland, Maine	Sea Dogs Mother's Day 5K	Mel Fineberg
June, 7	Simsbury, CT	Amica Iron Horse Races (select from a 5K, 10K or a 13.1)	Bill Borla
July, 12	Stowe, VT	Stowe 8 Mile	Zeke Zucker

August, 9

Narragansett, RI

Bobby Doyle 5 Mile

Milt Schumacher

October, 11

New Castle, NH

Great Island 5K

John O'Donnell

November, 7

Wakefield, MA

Run For All Ages 5K Jan Holmquist



Lou and his posse at the 2014 Run For All Ages

Running With A Legend

by Byron Petrakis

November 1, 2014 may have been a cold and drizzly day for an outdoor birthday party, but I could think of no better way of thumbing my nose at both the weather and old age than by joining the Lou Peters "Running Posse" to honor indomitable Lou on his 90th birthday at the N.E. 65+ Running Club's 13th annual Run for All Ages. Outgoing club president Tom Wylie, Dan Dodson, George Bisson, Lou St. Louis and I formed Lou's honor guard as we escorted him around the scenic Lake Quannapowit 5K course.

Along the way, we kept up a steady chatter on topics ranging from observations on our fellow competitors ("Come on, Lou; you've got to catch that hot looking 80-year old up ahead") to infamous quotations from U.S. presidents past and present. As Dan Dodson and I recalled some of the more outrageous presidential quotes, Lou kept up a steady 14:57 pace despite our banter. I simply can't remember what prompted us to indulge in such political irreverence, but I think running can have a liberating effect, freeing one from the restraints of political correctness. Our litany of presidential utterances started with Richard Nixon's "I am not a crook!" and ended with Barack Obama's "you can keep your doctor." In between, we came up with Bill Clinton's "I did not have sexual relations with that woman!" and George W. Bush's "Mission Accomplished." Had Lou wanted to contribute to our treasure trove, he could have gone back to Herbert Hoover and FDR, but that was before the time of his running posse!

As we rounded the last turn and headed toward the finish, newly installed club president Jan Holmquist, who earlier had finished in a course record time of 22:52 for her age group, honored Lou by escorting him to the finish line where Lou was cheered enthusiastically by fellow runners

and spectators alike.

Lou's finish of 46:25 was soon followed by a celebration that involved presenting him with a suitably large birthday card signed by his fellow runners, a birthday cake, and flowers. Through it all, Lou's gracious smile and resilient spirit warmed the admiring crowd on a cold and windy day.

During my return home to New Hampshire, I kept thinking about Lou's presence at this race as an enduring gift and inspiration to runners of all ages. To me, Lou embodies an exemplary attitude toward age that is as old-and as timely-as Homer's praise in the Iliad of Nestor, the oldest Greek adviser in The Trojan War: "Nestor yielded no ground to withering old age" (Book 10, line 91). Like the legendary Nestor, Lou acknowledges the reality of advanced age but refuses to be defined by it.

May we all run like Lou, whatever our age!

Volunteer of the Month



Andy Lewis is the April Volunteer of the Month. (He is #143 in the above photo taken at the 2013 Run For All Ages 5K race.) Andy is our current Treasurer, assuming this role beginning in 2010 following the "retirement" of the only other club Treasurer, Dr. Ray Cormier. In addition to being prompt and accurate in keeping all of the club's financial details in order (a huge commitment), this is only part of what Andy does for the 65+ club. He plays an important role as a member of the Run For All Ages (RFAA) committee and he orders and picks up the T-shirts among many other RFAA tasks. In addition, Andy helps with the planning and logistics for the Annual

Luncheon. Thanks, Andy, for all you do for the club

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