



Forever Run

August, 2015

Keeping Communication Current

With Jan Holmquist

Summertime...I hope everyone is having a good one!

I am pleased that the plans for the Annual Banquet are going well with a great group of club members helping out with the details. We are fortunate that our key speakers will be Bob Fitzgerald and Michelle LeBrun, owners of New England Runner (NER) magazine. Each year in NER, they cover our Run For All Ages (both even ran the race 2 years ago!), often spotlight older runners, and they added an 80+ age category in their Pub Series (a plus for our club member and amazing runner - Larry Cole). I hope you have saved the date: Monday, September 28th beginning at 11am at Spinelli's on the Lynnfield/Peabody line.

The annual mailing with the banquet invitation and fund appeal letter is in progress and will be snail mailed soon. You may even receive it before you read this August edition of Forever Run. At this time, we know that only 226 members open this newsletter, so we are trying to reach the entire membership with an old fashioned snail mail at least once/year. The mailing also helps us update the club's master database with current addresses and emails.

Speaking of over 700 members...I wish I knew all of you! Each month in Forever Run we highlight at least 2 of you with the "Spotlight on..." and "Volunteer of the Month". And to get to know others, we encourage any/all of you to send in articles to either of our co-editors (Rick Stetson and Byron Petrakis) or myself. We appreciate those of you who have already contributed interesting articles! So even if our paths don't cross in person, we can enjoy getting to know each other in print! In addition, everyone is welcome to submit nominations for either the Spotlight On or Volunteer of the Month. Please include information on the members with your nomination.

I am delighted to be meeting many of you for the first time (in person or by your emails). I recently had the opportunity to join Bill Stern (96 years young) and Leslie Lowry (81 years young) and Leslie's husband Ed, for dinner where they live in Bedford at Carlton Village. Although Bill had to stop competing 3 years ago due to heart surgery, he is vibrant and interesting and I enjoyed hearing about some of his memories of competition and other older members of our club. Leslie met Bill when she and her husband moved into Carlton Village about a year ago, and Bill has inspired Leslie to train and qualify for the National Senior Games. You will hear more

about Leslie as she works toward her goals...by the way, she runs and swims competitively!

Please note that the next Flag Race is Sunday, August 9th in Rhode Island. I hope many of you participate. We can meet up at the 65+ red canopy tent...look for our banner!

65+ Turns Out for 4th of July in Needham



(L-R) Tony Cellucci, Phyllis Mays, Mary Tyler, Tom Abbott, Mary Radin, Jan Holmquist, Story Bracker (Jan's granddaughter), Henry Wolstat.

A Good Time in Needham

By Tom Abbott

In the photos (above and below) are 65+ runners who participated in our "herding of cats" exercise after a 5K race in Needham on July 4th. Ever try to get a highly energized group to gather for a group photo? You know how it is right after a race: the combo of being pumped up from going all-out combined with the immense relief of all that intense effort finally being over! A great overall feeling, but of course it has to be "earned". And everyone in this partying-at-the-end-of-the-race

group in Needham sure did earn their glows. All of our runners, especially our most-veteran runner, Phyllis Mays, Tony Cellucci and Henry Wolstat, had on their "game faces" coming down that long (half-mile) Highland Avenue finish. A huge crowd waiting for the parade cheered each of us on as if we were "fast" people! (One of our runners, Jan, was really fast.)

After Jan and I had finished, we did a quick cooldown as the race was winding down, and as we jogged back over the 1/2-mile finishing stretch in front of the sidewalk crowds, we got a lot of "Good going!!" "Looking good" and "You can do it!!" Gave us quite a laugh as we jogged along - they thought we were still racing! Then after Phyllis finished, the "cat-herding" started. It was: "We are trying to get a group photo here, where's Tony gone??" "I just saw Phyllis a few seconds ago!" "What? Ted's still in the restroom? Across the street!?" "Wait, get Marj and Henry back here!" We finally corralled some nice person to take two differently-comprised group photos of us. It was easy to smile even quite a while after the race had finished!

More Needham Runners



(L-R) Tony Cellucci, Tom Abbott, Henry Wolstat, Marj Radin, Phyllis Mays, Barry Singer, Ted Tyler, Mary Tyler

65+ Puts on a Show at Stowe



65+ Winners at Stowe (L-R): Zeke Zucker, Kathy Clark, Rick Stetson

Vermont Flag Race Report

by Rick Stetson

Zeke Zucker knew what he was doing when he selected the Stowe 8 Mile and 5K as the club's flag races for the Green Mountain State. Runners stopping by the Rusty Nail the afternoon before the races to pick up their bib numbers couldn't help but notice the club's new tent and NE 65+ banner that Zeke had set up close to the race registration area. After the runners had been handed their bib numbers and a jar of Boves mushroom and wine pasta sauce, many stopped by the club tent to say they wished they could join but they still had a few more years to go. Zeke handed them an application anyway and said to be sure to send it in when they turned 64 and a half.

When the pre-race number pick up ended, we took down the club tent and decided to look for a place to get something to eat. But being a Saturday evening in the middle of the summer tourist season, the restaurants in Stowe had lines and waiting times of 45 minutes so Zeke told me to follow him and we would go over the mountains through Smuggler's Notch to a restaurant he knew in Jeffersonville that should not be as busy.

Following Zeke through the "Notch" is something I won't easily forget. Up, up, up my car went, past signs saying "no trucks allowed", winding through switchbacks until near the top, the center line disappeared into a narrow passage between large boulders that only allowed one car to pass through at a time. Zeke later told me that sometimes a driver of an 18-wheeler would disregard the signs thinking he could make it through only to get stuck as his truck jammed between the rocks. But my car made it through OK and then it was time for a descent down a 2610 vertical drop and on to Jeffersonville where we had a good meal at a restaurant where Zeke meets for breakfast once a week with his Rotary Club.

Over dinner, I learned that Zeke had been a naval officer in Vietnam serving as a swift boat commander in the Delta which was an area of the country that I was familiar with. I also learned that in addition to serving as our club secretary, Zeke is in charge of an aid station at the Vermont 100. Zeke and his crew of volunteers set up at mile 76 of the race so he named his station the Spirit of 76 and has red, white and blue tents decorated with lights of the same colors making it easily visible at night. It was interesting to hear the preparation that goes into the race to include marking his 10-mile section of the course and providing food, liquids, bandages and encouragement to the runners who still have 24 miles to go. It is a long day for Zeke and his volunteers. He will open his station at 2:00 pm and it will stay open until 3:00 am. but being an experienced 100 mile runner, Zeke knows what to say when the runners stop at his station. He holds the USATF 65-69 100 mile record he set in Raleigh, NC in 2009 with a time of 19:46:20.

Zeke and I were up early the next morning and traveled back through the Notch to the Rusty Nail to set up the club tent and banner near where the post-race awards and festivities would take place. We just happened to pick a spot adjacent to where free ice cream would be handed out so once again the club received a lot of attention. The start and finish were about a half mile from the Rusty Nail so after setting up the tent, I rode with Zeke to the parking area and since we were one of the first cars in, we had a front row position. We were treated to the sight of nine hot air balloons in various colors and designs that drifted over the area as we went out for a warm-up jog. Zeke had entered the 8 mile while I was doing the 5K but all runners started in the same area and ran together for almost two miles when they split and went in different directions.

Before the race started, Zeke introduced me to NE 65+ member, Ron Ridlon, of Morrisville, Vermont who was not running due to an injury but had volunteered to help out at the finish line. Ron positioned himself on the course not too far from the start so when runners went by that he knew, they all received an encouraging cheer and then a high five from Ron when we reached the finish line.

After completing the 5K, I jogged back to the Rusty Nail so I could "man the tent" and pass out applications to interested runners. I was pleased when one of our club members, Kathy Clark, stopped by and introduced herself. While waiting for the 8 mile runners to finish, we had a nice conversation about club members we both knew, like Dan Dodson and Lou Peters. We went over to the awards tent where results were posted and Kathy was pleased to see that she had won her age division and that I had won mine. Soon after we saw Zeke and he told us he had won his age group in the 8 mile. We had hoped the age group winners would be announced to come forward for their awards so we could give a club application to all the winners 65 and above but it was set up so the winners went up individually with no announcements. But that did not stop Zeke from introducing himself and handing out applications to everyone who looked as if they might be 65 or older.

Since our tent was right next to the ice cream serving line, Zeke, Kathy and I had to sample the different flavors. There were six varieties, all delicious. Zeke mentioned he had never had ice cream and beer at the same time, but there is always a first time for everything, except I'm not sure there will be a first time that I try to run 100 miles. But if I do, I'll be sure to consult with Zeke because he knows how to train for such an event. He is an excellent ambassador for our sport: just ask any of the Vermont 100 runners who stop by the Spirit of 76.

Volunteer of the Month: Zeke Zucker



Zeke before the start of the Stowe 8 Miler with hot air balloons overhead.

Zeke Zucker is the club secretary for NE 65+ Runners and he can always be counted on for timely, accurate and complete minutes compiled at our board meetings. He volunteered to serve as coordinator for our Vermont flag race (see above story) and he is constantly talking up the club to prospective members and a number have joined as a result. We are proud to name Zeke Zucker as our August "**volunteer of the month.**"

August Flag Race: Bobby Doyle 5 Mile

65+ runners will go to Narragansett, Rhode Island on Sunday, August 9 to take part in the Bobby Doyle 5 Mile race or the 3K walk. Rhode Island state representative, Milt Schumacher, says the course is flat and fast and he looks forward to welcoming club members when they check in at the Narragansett Pier Middle School. The race is named in honor of the late Bobby Doyle, a college all-American cross country runner, 7-time winner of the Ocean State Marathon and 5th place finisher at Boston in 1985. Proceeds from the race support the Bobby Doyle Scholarships and the Rhode Island Youth Running Fund. It is part of the USATF-NE grand prix series so there should be a good field of runners. Cash awards will be given to teams, including 70+ teams, so 65+ club members who are registered with USATF-NE, be sure to enter your name with the club when you register. Hope to see you in Narragansett.



Spotlight on Harry Carter

by Byron Petrakis

The first time Harry Carter did a timed run, he was not wearing a race number or running shoes. Nor was he competing against runners of various age groups competing for prizes in their respective divisions. Instead, he was an 18-year-old British military recruit from London just trying to finish the 5 mile cross country run required at the end of his training. All during his training period, he had been dreading that final requirement, simply hoping to finish. Much to his surprise, however, he finished second among 60 fellow recruits, all of whom ran the course in heavy, crepe-soled "gym shoes." (Those among us of a certain age probably remember those klutzy shoes from the 1950's, precursors of the much more functional Asics Tigers and Nike Waffle Trainers of the '60s and '70s).

It wasn't until almost 40 years later, at age 57, that Harry, now a U.S. citizen living in Woonsocket, RI, ran a standard road race with race numbers and proper running shoes. His arrival in the United States is a fascinating story in itself and warrants a brief retelling. After completing his military service, which included postings in Malaysia and Singapore, Harry got a yen for travel overseas. When a job opportunity opened up in Australia, Harry and his wife were ready to emigrate there. Just three weeks prior to their scheduled departure, he read of other opportunities related to his craft in the United States, deciding then to move to Woonsocket, RI, which he reasoned was a lot closer to his native London than Australia. He and his wife have been living in Rhode Island and Massachusetts ever since and avail themselves yearly of the opportunity to visit family and friends back in England.

Prior to entering his first road race, though, Harry says he really wasn't much interested in either running or racing, but at the urging of one of his workmates, he took up the sport just to be sociable. As he put it, "I had no inclination to want to run" and surprised himself, once again, with a finish of 38 minutes for the 5 mile race, even though he had hardly trained for it. His friend, however, observed that Harry had a natural talent for the sport and urged him to continue running. So he did, and he became hooked.

At age 60, as a result of his early success as a runner, he was invited to join the NE 65+ Running Club and continued to participate regularly in local and regional races. His achievements eventually earned him admission into the prestigious BAA Running Club. Harry said it took him two years of trying before he was admitted and noted that the BAA keeps its membership to about 250. He is also an active member of the Rhode Island Road Runners and the Wompanoag Road Runners. He is grateful for the many friendships that he has formed by his membership in all of these clubs and his participation in road races they sponsor throughout New England. Harry

enjoys competing in the NE Grand Prix Series and regularly participates in mid-winter events leading up to the Boston Marathon, including the Derry, NH Boston Prep 16 miler, Stu's 30K, and the Eastern States 20 miler from Maine to Massachusetts.

Harry calls the marathon his "worst event," even though in 2005 he finished 3rd in the 60-69 age group at the London Marathon. Of all the marathons he has run (including numerous Bostons), Harry prefers London for its historical route that takes runners by such icons of British history such as Tower Bridge, Big Ben, and Buckingham Palace. His first marathon was the old Ocean State Marathon from Narragansett to Warwick, RI which he finished around 3:24 or 3:25. His first Boston Marathon was in 1997. Currently he is planning a late fall marathon at age 79, after returning from a trip to England, which will include a reunion with his army mates.

While competing at all distances from the 5K up to the marathon, he says that the half marathon is probably his favorite event. He has regularly finished first in the 70-79 category of the BAA half marathon in October, save for 2014 when he was coming back from injury but still managed to finish second. Since the beginning of 2015, he has steadily brought his 5K times down from around 24 minutes to a quick 22:47 (1st place in 75-79 division) on June 11 at the Hollis (NH) Fast 5k, part of the NE Grand Prix Track & Field series. He is now working on improving his 10K times while gradually increasing his weekly mileage from about 40 to 70 miles. He finds that for him, improvement in speed is directly linked to increased mileage. While he does no structured interval training on the track, he works on his speed by throwing in occasional ½ mile spurts during his long runs and by competing in 2-3 road races per month. His typical training pace is 11 to 12 minutes per mile.

Fellow competitors in the 70-79 age group are probably looking forward to the day when Harry graduates to the 80+ age division, even though he will most likely still be coming in ahead of runners a decade or two or three younger. I wouldn't be surprised if Harry continues to be competitive for years to come, even if he were to "go back to the future" and put on a pair of those crepe-soled gym shoes!

Out on the Roads of New England



by Dan D.

Good day NE65+'ers!!!! I'd like to begin by thanking President Jan Holmquist and Director Rick Stetson for giving me the opportunity to share "my story" and some of my ideas with my fellow

club members. My hope is that this will be a view of running from a different perspective than most running articles that we read. My view will come from the middle to the back of the pack rather than from the more elite runners up front. I like to tease the latter that without "us" there wouldn't really be a sport and they would have nobody to beat!!!!!! The truth is there is plenty of room for ALL of us as we each individually strive for our own personal goals. As Rick stated in last month's issue ... I like to say "if you have quality then go for the quality, and if not (like me) then go for the quantity!!!" Thus I try to do a whole lot of races ... and surprisingly I actually "win" quite a few by doing that and have FUN in every single race I run.

Let me back up a little and give you some background. In high school (Methuen) and college (Bridgewater State) I was a baseball pitcher. Just like my future running career I was not very good. My 3 - year varsity record was 3 wins and 7 defeats. Yet I loved being "on the team" and enjoyed the experience greatly. Yet despite my best efforts ... the Red Sox and Yankees never came-a-calling!!!! I entered my first road race much later after getting married, serving as a Methuen Selectman, teaching school in Methuen, earning two different master's degrees, etc.etc.etc. The date was January 14, 1979 in Newburyport, Mass. – the "Frigid Fiver - 1st Annual" (and that was MILES back then – not Kilometers). I wore bib #133 and ran 43:09 (8:37.8) for 95th place out of 107 finishers (some things never change!!!). Yet my time would be quite acceptable today if an additional 36 years hadn't sadly intervened. In case you are wondering the entry fee was a whole \$1.00 – imagine that!!!!!! I still have the bib and the "Yankee Runner" article written by the renowned Peter Wallan of Hockomock Swamp Rat fame. I have race results, bibs, race flyers, newspaper and magazine stories, etc. in separate file folders for each of my 1,000+ (I think) road races. I'll bet many of your names are in a lot of the race results through the years-way above my name in most cases!!

I began to think I was invincible (sound familiar??) and started to run too many marathons without proper spacing (like 7 in 1986 & 87) and even an Ultra (50K) out at Lake Placid. You can guess what happened – yup ... my right knee was injured doing 26.2 miles at the "Dixville Notch International Marathon - 12th Annual" on August 9, 1987. The course had a badly cantilevered slant the entire distance along Route #16 from Errol to Colebrook, N.H. The course rose about 500 feet in the 15th mile and then careened 940 feet downward into the finish at Colebrook. I literally limped in at 5:12:16.9 (11:55.1) and was completely "destroyed." Good-bye running and hello bicycling in the 1990's. My running career (I thought) was over forever.

I accomplished 3 Century (100 miles) Rides during those years. It was enjoyable ... but never the same feeling as road racing for me. Finally in the early part of this century I began race-walking. I felt good – won quite a few medals and qualified for the U.S. Senior Games about 10 years ago. I became discouraged often as so many "walkers" began "running" when folks weren't looking. Having to constantly complain to race directors wasn't my idea of "fun" so I began mixing in a little running and entering running events. I met my young running buds David Audet and William Peters (20 years my junior) and we became fast friends and prolific runners. I quickly got up and over the 100 race plateau per year and surprisingly my knee felt reasonably okay. Then came my top output year of 166 races which averaged 3.2 races per week and nearly 14 per month. We were (and still "are") crazy ...but it was so much fun.

At the risk of going too long and risking cancellation in my first writing venture ... I'll simply say that 2010 was my greatest year ever (more on that next time) and November of 2013 brought my "career" to a screeching halt for a 2nd time. Yup ... my knees again.

I took 2014 totally off – zero races from January to the end of October. Then R.D. Jan Holmquist asked me to get some runners to run with my close running bud Lou Peters on his "90th birthday run" at our "Run for all Ages" last November. I hobbled along with "Lou's Posse" and yet it was FUN again somehow. I did my 2nd and final 2014 race at Merrimac, Mass. in December – again SLOW but still so great "seeing everybody" again. I checked with a sport's medicine doctor who said I had arthritis and would most likely eventually need knee replacements. Yet he said he

doubted that my returning to running would make it worse and most likely was not the cause!!! I instantly made a decision. Come January 1st, 2015 I was heading back out on the roads no matter what and try to regain my "career" again.

Thus I'm presently up to 61 total races this year (as of July 20). I'm running slower, shorter distances, etc., but back OUT THERE doing what I truly love.

Hope to see you out there in August and beyond. My plan is to tell you about a few races and people from the "old days" and a report on the recent races with some honest details to help you decide if they would be good ones for YOU to enter or not. Next month you'll learn the true story of why I wear my now famous (or infamous) safari hat and why I consider 2010 my greatest running year ever.

Please stay tuned and hope to see you "out on the roads of New England."

New Members

Rich Baber, Manchester, CT.

Rich ran high school track in Madison, CT and college at UCONN. He founded Shoreline Striders in 1970 and also founded Glastonbury.

Fred Bollen, Swampscott, MA. Sponsor: Peter Wallan

Fred has been running since 1985

Kathy and Rich Clark, Raymond, NH. Sponsor: Dan Dodson

Kathy started running at age 57. She has done mainly road races with some trail races and many half marathons. Her favorite distances range from the mile to 10K. Rich has been running for 5 years with distances ranging up to the half marathon.

Terry Lee Harrington, Salisbury, MA. Sponsor: Dan Dodson

Been running for 30 years. She is a member of Louise Rossetti's fan club.

Dick Karvonen, Winchendon, MA.

Rita Labella, Tewksbury, MA. Sponsor: Dan Dodson

Rita has been running for 20 years, mostly 5Ks but she has done 6 half marathons. Worked on Run a Pleasant Mile and 5K for 9 years.

Lois Martin, South Portland, ME. Sponsor: Bob Randall

Lois has completed both marathons and triathlons and has been a running coach.

Stuart Merle, Lynnfield, MA

Stuart enjoys running around the lake in Wakefield.

Sue Simmons, Rockland, MA Sponsor: Jack Murphy

Sue has been running for 35 years and has a streak going of 20 years without missing a day. She was the first woman to finish the run up Mt. Washington in 1984 and she has run 50 marathons, 21 times at Boston.

How Our Race Results Get Posted on the 65+ Website

by Tom Abbott

If you've ever wondered how your race result got onto our website - or why it did not - then here's roughly what goes on: If a race with our members is on Coolrunning, then one of our seven club volunteers runs our software against the "Overall results" for the race, checks off the list of members it produces (while not checking off common "names" who have ages under 64). However, Coolrunning's results have some oddities our software just can't digest such as large boldface fonts, special characters (like commas after names), names and numbers divided into boxes. Then there are names on our membership list like "Robert" who register for a race as "Bob" or vice-versa. Or have a last name with a "special character" in it: "O'Donnell" for instance - which can not be scanned!

Then there are the non-Coolrunning race websites which are not scannable by our software. These have to be checked visually for runners 60-and-over who might be members. Very labor-intensive. The names that are found have to be copied and pasted into a "dummy" race result from a Coolrunning race which did have members in it. Confused yet? Should be. But this "dummy" method works! It does result in one oddity: In our website's "Race Results - By Race" link, these "dummy-originated" races will have an erroneous link to a Coolrunning race when the results have actually come from, say, Millennium.com or Racewire.com. (So, best to look for your result in "Race Results -All") It's very labor-intensive, this last "dummy" posting part. But quick "labor" when used to doing it. Very quick.

Lastly, the software looks for members in a race alphabetically, so everyone is listed that way, regardless of finishing time. A last name like "Abbott" or "Bisson" (no matter how far down the finishing time) will always be at or near the top, and members with last names like "Stetson" and "Holmquist" down near the bottom or middle, no matter if they should be - timewise - at the top. Sometimes, given a chance, I'll regroup a finish result by times and repost. We could use a volunteer or two to do this. If any of you reading this have last names way down the alphabet and want to look a lot better in the website's results, just let me know and I'll guide you through what it takes to become an official "65+ race poster."

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Quote of the Month

Byron Petrakis and long-time NE 65+ Running Club member John Parker of Hampton Falls, NH enjoy sharing humorous running quotes with each other. In an effort to add a bit of humor to **Forever Run**, we have decided to include a quote in each issue. Perhaps it will bring a smile to your face the next time you are out for a run. Our first quote of the month is by Lewis Carroll and comes from "Alice in Wonderland."

" Whenever problems arose, the Red Queen said to Alice, 'Let's just run faster.' "

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