



Forever Run

December, 2015

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I hope you had a wonderful Thanksgiving with friends and family! We'll be able to see how many of us fit in a race on Thanksgiving Day by going to our website results page...just for fun, venture a guess before you look: www.ne65plus.org.

Good news! The Boston Athletic Association has issued our club 8 waivers for the 2016 Boston Marathon, the same number as the last few years. On Friday, December 11th your Board committee - comprised of Zeke Zucker, John O'Donnell, John Gibbons, Mary Harada, and myself - will be determining the 8 of you selected. If you would like to put your name on the list and have not already done so, please email me no later than Wednesday, December 9th: jholmquist@mbspca.org. The list at this time is: Anthony Cellucci - 80 years old, Larry Cole - 80 years old, Phil Pierce, Marj Radin, Jeffrey Race, Gary Circosta, Chuck Keating, Rick Collette, Kathleen Kelley, Lester Friedberg, and Mary Ulinski. There will be a wait list in case someone who receives a waiver cannot participate. Let's hope that this coming winter is easier than the last one, making long training runs much more enjoyable, and that the weather on Marathon Monday is nicer as well!

The 14th Annual Run For All Ages was a success! Thanks again to all who participated by running, volunteering, or both. Rick Stetson has captured numerous details in an article in this edition of Forever Run. We continue to "Spotlight" a member almost every month and Byron Petrakis has written about Mary Harada - an inspiration to all of us! We welcome your input by suggesting members for the "Spotlight On" and "Volunteer of the Month" features as well as submitting other running memories and experiences. As we close out a full year of Forever Run, sincere thanks to all of you who have made our monthly e-news a success!

I wish everyone a wonderful holiday season!

p.s. I am planning to run a 5K race in West Roxbury on Sunday, December 13th. My daughter's running club puts on this race and I run it every year. I hope many of you might join me!

<http://www.waltersrun.org/>

From 7 to 92, It Was A Run For All Ages

by Rick Stetson



Photo by Ted Tyler

Bob Sullivan takes it to the finish at the RFAA

65+ volunteers arriving in Wakefield to prepare things for the 14th annual Run For All Ages (RFAA) race were greeted by the sight of flags flying straight out which is always a sign of strong winds. Nevertheless, the volunteers quickly got to work setting up the registration area but the brisk wind proved to be a challenge. No sooner had everything been put in place on the tables, when a strong gust of wind sent a stack of bib numbers flying across the parking lot resulting in some unexpected speed work as the volunteers ran after the race numbers. No sooner were the bibs collected and put back in order than another wind gust picked up a box and scattered safety pins all over the ground. Meanwhile, Tom Abbott was using yards of duct tape to fasten previous race results by club members to poster boards while Milt Schumacher retrieved tools from his truck along with anything else that had weight that could be used to keep the raffle items from blowing away.

Runners began checking in at registration tables staffed by 65+ volunteers while keeping an eye on the wind's direction. The way the flags were facing indicated that the wind would be at the runner's backs for the first half of the race but in their faces as they ran the final mile to the finish. A nice turnout of 327 runners, 97 of them age 65 or older, made their way to the starting line where Tom Wylie blew a whistle and they were off around Lake Quannapowitt.

Despite the stiff breeze against them the final mile, six runners set new age group records for the race. Ben Wallis, with a new 20-29 age group record of 15:41, was just four seconds off Guy Stearns' course record of 15:37. In the women's 50-59 age group, Jennifer Rapaport's record of

19:47 was bettered by Mimi Fallon who was clocked in 19:06. The age 66 record of 19:59 set by Bill Spencer was erased by Bob Giambalvo of Delhi, New York who lowered the record by 32 seconds with a time of 19:27. Milt Schumacher's age 67 record of 19:49 was bettered by Gordon Macfarland who turned in a time of 19:33. Jan Holmquist earned her 8th RFAA age group record when she lowered the age 71 record previously held by Barbara Robinson, to 22:51. And Dennis Branham came up from Providence, Rhode Island to replace Bill Tribou's age 85 record of 29:34 with a time of 29:05.

The closest race of the day was for the title of first female runner to cross the finish line. Kara Hass of Chelmsford, MA is the women's course record holder with a time of 17:33. However, Amory Salen of Cambridge was not intimidated by Kara's accomplishment. The two battled neck and neck down the final stretch with Amory finishing less than one second ahead of Kara, 17:47.6 to 17:48.4. There is a good photo of the two talented runners approaching the finish posted with the RFAA results on Cool Running. And on that same results page, there is a link to the many excellent race photos taken by Ted Tyler. For a listing of how all the club members did who ran in the race, be sure to check the RFAA results on the club's web page. Tom Abbott and his group of volunteer posters always do an excellent job of keeping everyone up-to-date on how club members have been running in races all around New England.

It was truly a run for all ages because in the field were runners as young as 7 while at the other end of the scale were Bob Hunter (92) and Lou Peters (91). An excellent total of 65 members of NE 65+ turned out for the run. The success of the RFAA is due to the efforts of club volunteers who plan all year long and then arrive early on race day to set up the race and who stay late to take everything down. And they are fortunate to be assisted by members of the Wakefield Education Foundation (WEF) who take care of the water stops on the course and provide home-baked goodies as part of the post-race refreshments. In turn, the 65+ Runners Club shows its appreciation by donating a check each year from race proceeds to the WEF. It is a win-win situation for both organizations while the race with its cash to top age graded finishers, attractive medals, good-looking t-shirts, great food and nice raffle prizes is always a win for all the runners who take part.



Spotlight on Mary Harada

by Byron Petrakis

"Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are"
(From the poem, "Ulysses," by Alfred Lord Tennyson)

Some runners who have accomplished much in their younger days choose to forego competition and rest on their laurels. Eighty-year-old Mary Harada, New England 65+ Runners Club member from West Newbury, MA, is not one of them.

Mary's recent achievements at the World Masters Games held in October in Lyon, France, show that much is still left in her running tank. She finished 4th in the 8k cross-country run, 3rd in the track 5k, and 3rd in the 800 meters! But the "cherry on the cake" at Lyon, as Mary put it, was running as a member

of the USA Women's 80+ 4x400 meter relay team that set a world record. Closer to home, she competed in the National Masters 5K X-C Championship in Saratoga Springs, NY in October and the USATF-NE 6K X-C in early November, finishing first in each event. (Mary notes she was the only competitor in her age group, which says as much about her durability as her humility.) All this from someone still recovering from a two-year period where family illness and a broken elbow forced her to cut back on her training!

The World Master's Games do not represent the first time Mary has set world and American age group records at major meets. On June 17, 2010, at age 75, she set a new outdoor record for the mile in Concord, MA in 8:11:55. Less than two weeks later, on the weekend of June 26-27 at the Hayward Masters Classic in Eugene, Oregon, she bested her own world record by running in 7:55:74. (Mary still holds the world record for the indoor mile for women 70-74 in 7:12:59.) She identifies this record as her most gratifying one, set at the National Indoor Track Meet at Boston's Reggie Lewis Track. She says she had trained hard for the event and was pleased it took place in Boston with many of her friends in the stands as spectators.

Not content to sit still, Mary is looking forward to near-term and longer-term goals. For the remainder of this year, she has local races such as a hometown Turkey Trot and winter masters track meets at 1500 meters and 3k. Her more long-term goals include the Women's Masters Meet in Perth, Australia in late October/early November 2016 and the World Masters Games in Auckland, New Zealand in 2017. As Mary puts it, "I enjoy those meets because it is a good excuse to travel to places I might not see otherwise and be there with running friends."

Mary started running in 1968 and ran for fitness for about 8-10 years before she caught the race bug. Although she ran marathons in her younger days, she realized that with young children and a full-time teaching job, she did not have the time to properly train for long distances. A runner friend talked her into an indoor mile race at Harvard University, and her enjoyable experience there caused her to give up marathons for track and cross-country racing. The rest, as they say, is history.

While acknowledging that she is "much slower" than she used to be, she typically looks at the glass half full by recognizing that slowing down is inevitable after a certain point. She does "not spend time lamenting" that she is now "at the back of the pack." Rather, she tries "to train smarter rather than longer and harder. And having a goal for running helps keep it interesting." It is just this kind of wisdom and spirit gained through long experience on the road, trail, and track that Mary shares with other accomplished athletes, like Joan Benoit Samuelson and our own Jan Holmquist, who still continue to compete at the highest level in their respective age groups. Indeed, age-group racing has been a boon for those runners who still relish the joy of competing against their peers, despite the relentless toll of time.

In the lines from Tennyson's poem quoted at the beginning of this profile, the legendary Ulysses speaks to his fellow survivors of the 10-year journey back home to Ithaca after the long Trojan War. Not content to spend his old age thinking back to past glories, Ulysses urges his fellow mariners to recognize the heroic qualities they still possess, despite the ravages of time, and to set forth with him on future adventures before their days on earth are finished. Mary's example of continuing to strive, and her recognition that the limits imposed by aging are relative, inspire all of us to view our own "running odysseys" with new eyes.

Out On the Roads of New England

by Dan D.

Greetings from Newton, NH on the 28th of November, 2015. Thanksgiving Day is over as are the

beautiful 50 to 65 degree temperatures (at last for the most part). The darkness arrives earlier and we now have to "endure" for the next 3 months in order to be prepared for the March St. Patrick's races and beyond. Still, we are fortunate in our region to have many races to choose from each week throughout the winter. There are several winter weekly and bi-weekly series which help us during this season. I utilize them to help keep the race totals up if there are not enough "regular" races on a given week-end. I believe the Colonial Road Runners have already begun their weekly 4 - mile races in Raynham and Abington, MA. The Greater Lowell Road Runners, the North Medford Club, and the Gate City Striders will start their winter races in January of 2016. I'm sure that there are many other similar scenarios throughout New England.

I promised you last month that I would tell you how I find my many races that I run. In the "good old days" we all learned about upcoming events from the Boston Running News/New England Runner magazine, Rick Bayko's Yankee Runner, Peter Wallan's Hockomock Swamp Rat, local newspapers, our own running clubs, and the many flyers that would be placed on our car windows at races. Of course the number of races as well as the number of race participants were significantly smaller back then.

Welcome to the new millennium and the age of computers. We still occasionally find a race flyer on our car windows but far more often are emails from various race organizers, race directors, timing companies, running clubs, etc. all promoting their particular race or series of races. Thankfully Bob & Michelle still publish their fine magazine ... "New England Runner" ... with a running calendar of races throughout our 6 - state region plus New York. Several newspapers still announce "local" races to their readers. Running clubs send out to members their "grand-prix" races.

For the past few years coolrunning.com has been the best on-line source of finding races throughout New England. Recently they made some format changes that have "turned off" a number of runners I know. They still have an excellent "results" section, but some race directors are not listing their races there anymore. I have increasingly turned to "Running in the USA" to find races in New England and anywhere else I might travel. I think they now list more races around here than Coolrunning does!!!! New Hampshire runners often utilize the Millenium Running website for finding N.H. races and Millenium timed results. Other areas in New England find races and results on RaceWire. Obviously the increase in races has made knowing about all your race choices somewhat more complicated and time - consuming. I spend many more hours studying NER and the various computer sites before determining which races to register for. I consider which race series I am going to do and lock those race dates in first. I then plug in our EVERY YEAR races (like the Run for All Ages which next year will be held on Saturday, November 5) before I fill - in the other days.

I am now up to 98 races in 2015. I ran 7 races in October and 8 in November. I'm now fairly confident that I can reach my yearly goal of 100+ races. I'm still missing Connecticut to complete my "New England circuit" this year. I hope to run there in December. I have completed the Gate City 5K Series, and am almost done with the North Shore YMCA Road Race Series, and the Millenium/Elliot Series. Back in March I completed the Tour de Patrick, and way back in January/February the Fudgcicle race series. Next year I'll keep some and try a few different ones. I like both tradition AND variety.

"The Kingdom Challenge" half marathon and 5K was held on Saturday - October 31st. I ran the Half perhaps 3 years ago and was tremendously impressed by the beauty of the area and the friendliness of the people. My new reality led me to run the 5K this time. Thankfully they had age groups up to 70+ which allowed me to win a pumpkin!!!! The registration fee is only \$20 and that includes a tee-shirt and typical race food. There were 225 finishers in the 5K.

November 1st - Sunday was the "Ralph Lord Memorial 5K" that accompanies the "Genesis Battlegreen Run" 10K in Lexington, MA. There were 384 finishers in the 5K and even more ran the better known "Battlegreen Run" 10K. NE65+'er Susan Filene from Cambridge won the 70+ division.

There is an open team competition and an amazing array of food choices from different restaurants inside the Lexington High School field house.

On November 8 - Sunday (day after our RFAA) I ran the "St. James Run to Overcome 5K Run/Walk" in Haverhill, MA. 5K Sports Race Management did the timing and there were 151 finishers. Terry-Lee Harrington was 3rd in 60-69, and Daniel Dodson was 2nd in 70+. The post race food was exceptional and served inside. The awards only went up to 60+ this year, but the R.D. was quite willing to add 70+ awards (and even 80+) following our friendly discussion. The \$30 entry fee included a nice tee-shirt.

On Veterans Day I traveled to Carlisle, MA. to run the "Carlisle COA Road Race" (5K & Mile). The 5K had 97 finishers while the 1 mile had 62. Age groups went up to 90+!!!!!!!!!!!!!! All war veterans and runners under 19 and over 60 could pre-register for only \$10 (\$15 on race day). Food was served inside the local Congregational Church. It was damp and raw unfortunately. I was 2nd in M70 - 79 for the 5K. Marx Running timed the race.

Sunday - November 15 was "Lisa's Lung Cancer Awareness 5K Run/3K Walk - 9th Annual" at the Elks Club in Lowell, MA. The 5K drew 161 runners while the untimed 3K walk had over 60 walkers. The pre-reg. fee was a very reasonable \$22 and \$25 on race day. This included a tee-shirt and plenty of HOT food and beer in the Elks Club afterward. Steve Kanaracus won the M70+ division followed by NE65+ members Herb Hardman, Daniel Dodson, George Leslie, and Lou Peters. Johanna Riley and Terry Lee Harrington were in F60-69. Timing by 5K Sports Race Management.

November 22 - Sunday was the "Pentucket Pride 5K - 6th Annual" in West Newbury, MA. Tech Long-Sleeve Tee-Shirt, chip timing by Bay State Timing, great food inside the high school cafeteria, age groups up to 70+ were the reward for a fee of \$20 or \$25 or \$30 depending on when you registered. Our NE65+ club members swept the 60 - 69 age group as Rick Bayko and Kathy Clark topped their fields. Steve Malynn finished less than a minute behind Bayko. Daniel Dodson was 3rd in M70+ ahead of members George Leslie, Lou Peters, Ken Taylor, and James Starfursky.

The inaugural "Going, Going ... Gobble 5K" was held on Wednesday, November 25th at 3:45pm in Plaistow, N.H. This race is part of the North Shore YMCA Road Race Series and was chip - timed by North Shore Timing Company. The 5K had 152 finishers paying \$24 pre-race and \$28 day of race fees. Rita Labella was 2nd and Kathy Clark 3rd in F60-69, while Mainer Robert Randall and Daniel Dodson were 2nd and 3rd in M70+. Lou Peters was awarded a special medal to thunderous applause.

My final effort in November was the "Acton Turkey Trot - 7th Annual" on Friday the 27th (day after Thanksgiving Day). The race took place at Acton-Boxborough High School in Massachusetts and had a \$30 pre-reg. and \$35 day of race fee. There were tech long-sleeve shirts included and age groups up to 80+. Daniel Dodson was 2nd in M70-79. Marx Racing did the timing.

Next month I'd like to take a look at some of the racing series that are held in New England. Quite often you can win a jacket for completing a series and sometimes there are trophies/medals for age group series victories. I wish all our NE65+ family a wonderful holiday season and as always I hope to see you soon "Out on the Roads of New England."

Lawrence 4 Mile Race Salutes Veterans
by Rick Stetson



Eagle-Tribune staff photo

Ed Curran in front of the Lawrence Vietnam Memorial.

It was a late October overcast day with a few sprinkles coming down for the 2015 Lawrence Vietnam Memorial Race, but that did not dampen the spirits of runners, veterans and walkers who turned out to take part in Ed "Hoppy" Curran's annual scholarship fund raising event.

Ed, a member of NE 65+ Runners, was a driving force 20 years ago behind placing a beautiful memorial in Bellevue Cemetery dedicated to the 18 Lawrence residents who lost their lives in Vietnam. Ed served in Vietnam with the Fourth Infantry Division and felt the town needed a memorial so that the names of the young men who died in Vietnam would not be forgotten. After the memorial was completed, a friend asked Ed what his next project would be. They decided that a road race should be established to raise scholarships that could be awarded in honor of the 18 names on the monument. In the 20 years since the memorial was completed, over \$100,000 has been contributed to the scholarship fund thanks to proceeds from the annual 4-mile race and a cabaret dance.

Anyone who has run in the Mill Cities Relay is familiar with the Claddagh Pub in Lawrence. But for the Vietnam Memorial Race, it was not elbow to elbow inside the club which made it easy to move to a table in the back and pick up a bib number. The race was scheduled to start at 11:00 but at 10:30, a group gathered at the start wearing jeans, coats or sweatshirts. I learned that these were the walkers and they had their own opening ceremony complete with National Anthem. Then a horn sounded and off they walked. At many races, the walkers are to the rear of all the runners and it was nice to see them get a 30-minute start ahead of the race field.

It was time for the race to begin. A local high school ROTC color guard marched in front of the runners and presented the colors while a trumpet player did a nice job with the National Anthem. Mayor Daniel Rivera was introduced and he sounded the starting horn as a bagpiper played "Amazing Grace." Then the runners were off led by a couple of Lawrence police cars with their sirens wailing. The Lawrence police were everywhere on the course making sure no traffic interfered with the runners. Mile splits were called out and there were several water stations which were nice to have even on a cool day.

After the runners finished, they congregated back in the pub for a great ziti dinner and a free beer. The awards ceremony was unique because in addition to age group medals, there was a special category for veterans and then another for Vietnam veterans. The medals made especially for the race, featured a wreath around a drawing of the Lawrence Vietnam Memorial with the words, "They kept Lawrence free." Ed announced to the crowd that the race next year, the 20th annual, would be a special event, but it is hard to imagine how the race could be more special than the one put on this year, especially for the veterans who attended.

A Race Director's Nightmare

by John Gibbons

Just a cautionary tale for runners. The nice and attractive Eastern Fairfield County Junior League (JL) put on their second Healthy families 5K this morning at Beardsley Park which is next to Route 8 north of the bad sections of Bridgeport. First thing I noticed while checking in (yes, late electronic check-ins from yesterday were not totally in their system) that there was only one, already heavily used porta potti (this at 8 a.m. suggests this park had other uses on Saturday nights). Not knowing the course, I asked the chief Junior League lady (Sam) if there was a course map. She said "No...but it is an easy course, out and around twice.". Hmm.

The race starts and the front group (I was behind but not way behind) heads out and as we pass some saw horses with signs on the right, there is no hesitation...we run through the park out on to the main road, down a leg to the right (on the road) and then back in the gate to the park. At which point I thought to myself: Self, either I am really slow or there is no way I can do two laps around 27 minutes...and I was feeling good. So we follow the course through the park and up the hill to the finish gate and I look at my watch and it says 19 minutes...ooops much too fast for a 5K but a big issue if we are running two laps.

Hmm, someone has screwed up. Indeed we run back on the same course to the main road at which point a policeman (and some Staples HS cheerleaders) direct us to turn around and retreat to the place where the saw horses are (now passed twice) and thence to the finish. I finish just under 35 minutes and say to the timer: "Whoa! What distance was this?" She smiles and says "You all ran just over 3.8 miles whereas a second group in the race were turned around and only ran 3.1 miles." So we had two races with two distances. The winners, of course, ran the entire 3.8 and beat some of the laggards in the 3.1.

So you wonder: How long did it take the JL ladies to work through this for awards? Answer: about an hour...and it was still messy. Fortunately a few of us stayed around to try to help (it is hard to help JL ladies). They had supplied us with plenty of post race food, coffee, water, apples, etc so we snacked and the temperature went up from 38 at race start to 50. Yes, I did win some strange age group (60-80) and got a nice gift certificate for this but I am sure the posted times (if posted) will look very strange. There was one other runner in the 70s and he said, as he met me at the finish line, "What race did you guys run in? You were way ahead of me and I lost you at the first turn around." I replied we all ran the longer race (probably 50 of those registered). He laughed. Of course, he ran barefoot and his photo was taken for the Moffley Mag. He was only a couple of minutes ahead of me (still at finish line) when I crossed it. Felt sort of like Bill Borla with Jan Holmquist. The JL people blamed the policeman and cheerleaders for not turning us around. Right. How about no guidance from either. Anyway, the good message is that this got my legs ready for Pequot 5 miler...and that my body actually told me that a 4 miler feels different than 3.1. Muscle memory. Good running all.

New Members

Betsy Knapp, North Weymouth, MA No sponsor

Betsy has been running for 40 years.

Alex Silverman, Northhampton, MA No sponsor

Alex has been running for 35 years, 5K to marathons. Recently placed 1st in the 70-74 division at the Marine Corps Marathon.

Volunteer of the Month



photo by Ted Tyler

Ram Satyaprasad

Our volunteer of the month had one of those important but little noticed jobs that help a race get off to a smooth start. Runners registering on the day of race fill out their registration form, pay an entry fee and receive their bib number. But then the runner's name, age, sex and hometown have to be entered in the timer's computer. What to do in a set-up like at the Run For All Ages where the registration table is in one place but the timer's van is some distance away by the finish line? The answer? Depend on volunteers like Ram Satyaprasad to run the paperwork from the registration table to the timing van. Then after the final form has been delivered, Ram will jog to the starting line and complete the 5K around the lake. Ram is one of many volunteers who work hard to make a race successful and for his help with the RFAA, we are proud to name him our volunteer of the month.

Quote of the Month

" If you want to go fast, go alone. If you want to go far, go together."

Old African proverb

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