



# Intervals

February, 2015

## Keeping Communication Current with Jan Holmquist

As I compose this message, I am distracted by the beauty of the snowfall outside my office window at home. You likely guessed it is Saturday, January 24th and since I live northwest of the city, there is already about 5 inches on the ground. The plows are yet to make my street safe for driving, so here I am thinking of all of you and warmer, sunnier days with races to enjoy.

I heard from many of you that you are pleased that we are trying to keep communications among 65+ members current more often than 3 newsletters per year. Thank you to those who offered input, suggestions, and ideas for future articles. I am pleased to report that I am meeting with a member who may agree to compose future newsletters. Our meeting today needed to be postponed due to the above mentioned snowfall. I am also pleased to report that I am meeting with a member who may agree to be our new webmaster, finally allowing Bob Hall to retire from this duty after so many years...thank you, Bob! I remain hopeful that these members will enjoy getting more involved in the 65+ club and our mission. I'll keep you updated on progress.

We have 2 new At-large Board members who were voted in at the Board meeting in November - Charlie Farrington and Marj Radin - welcome! Your Board Finance Committee - Treasurer, Andy Lewis; Ray Cormier, past Treasurer; VP Steve Viegas; Assistant Treasurer, Carrie Parsi; CT representative, John Gibbons; Maine representative, Jerry LeVasseur; past President, Tom Wylie; and myself will be meeting in February to discuss our overall financial status, a 2015 budget, and potential programs for the future that may include revenue and expense. Your full Board will vote on the proposed budget at our April meeting and approve any new expenditure. At the November meeting, we all agreed that the club would purchase at least one pop-up tent and signage banners so that our presence at Flag Races would be improved with more visibility.

Our first edition of Intervals went out to 468 members for whom we have an email address. Unfortunately, 98 of the emails bounced, so we have some data to try to update! In reviewing the emails of our members, Rick and I came across a number of ones that clearly indicate a passion for running: runfast26, runfar416, runner 41, fanrunner1, cf\_runs26, dottieruns, iwojimarunner, linda.run2, marjroadrunner13, nedrunner, nutrun, oldrunna, racetime, and 10 more that have the word "run" in them!

I want to offer a Special THANK YOU to our Intervals Editor, Rick Stetson, who initiated this monthly e-news! We encourage all of you to continue to offer ideas and submit articles for an upcoming newsletter.

## From the Editor

Recently I had the pleasure of attending the USATF New England awards banquet in Stoneham, MA where I was proud to see a number of 65+ club members honored.

Club President Jan Holmquist was named by USATF as the national female long distance runner of the year (70-74) while Bill Riley (75-79) and Dennis Branham (80-84) received recognition for being named the national male long distance runners of the year for their age groups.

In the USATF-NE grand prix series, Joe Noonan took second and Robert Sullivan third in the men's 70+ division while Jan Holmquist and Carrie Parsi placed first and second in the women's 70+ division. New England 65+ Runners Club was third in team standings for the men's Super Vets (70+) division.

Three NE 65+ club members competed in all seven grand prix road races, including a marathon, to earn LDR Iron Runner status. Congratulations to: Lawrence Cole, Joe Noonan and Phillip Pierce.

In the USATF-NE 2014 mountain series, Michael Gonnerman and Richard Paulsen placed second and third in the Super Vets division for both the mountain series and in the New England Mountain Championship. Richard also placed third in the Super Vets division at the USATF National Mountain Championship. He received the honor of being named a Mountain Goat by completing 6 out of 7 races in the mountain series.

Club members were also active during the cross country season. At the USATF New England Cross Country Championship at Franklin Park, Denny LeBlanc and Richard Paulsen took second and third in the Super Vets category for the men while Jan Holmquist was first and Mary Harada placed second in the 70+ division for women. Sue Gustafson was honored for placing second in the women's cross country 60-69 age group.

2014 was a year of accomplishment for many members of the NE 65+ Runners. Continued success to everyone as we enter races in 2015. See you on the roads.

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### Two Winners

NE 65 Plus club members Phyllis Mays (L) and Barbara Robinson represented the club well last fall at the Tufts 10K placing 1st (Barbara) and 2nd (Phyllis) in the women's 80+ age group. Barbara and Phyllis hold a number of age records in the club's Run for All Ages. Phyllis, who serves as the club's membership chair, is the record holder for women age 77.

Barbara, who is the committee chair for the club's annual fund drive, has the record for ages 71, 72, 73, 75 and 80. In fact, Barbara is proof that it is possible to get faster as we get older. In 2004 she set the age 71 record with a time of 26:26. A year later she lowered her time by almost a minute when she ran 25:33.

The 2015 Run for All Ages will take place on Saturday, November 7 in Wakefield. It is one of the only races where age group records are kept for ages 64 and below and individual age records are maintained for ages 65 all the way up in to the 90's. Our club members enjoy demonstrating that even though we are 65 and above, we still have fun competing.



#### Volunteer of the Month: Tom Abbott

Tom Abbott running in the Dudley Pond 5K last September where he placed 1st in the 70-79 age group. Tom, along with 7 other NE 65+ volunteers, scans race results from around New England and post the times recorded by club members on our web site.

When looking at the race results for January, it is obvious that a number of club members got 2015 off to a good start by running in races all over New England on New Year's Day to include Burlington, VT; Camden, ME; Bristol, RI and Londonderry, NH where Bill Spencer took first in his age group with a time of 6:36 in the Millennium Mile.

There were 15 club members who participated in the Lowell First Run, 5K including George Leslie and Jon Mackenzie who won their age groups and Larry Cole who won his age group in the Lowell 10K.

Lowell was just one of 11 races in Massachusetts that



(Photo by Mary Tyler)

the results at [www.ne65plus.org](http://www.ne65plus.org) or [e65plus.org](http://e65plus.org) or [www.ne65plus.org](http://www.ne65plus.org).

club members participated in on New Year's Day. For a complete listing of club members who ran on New Year's as well as all of the races in January, go to: [www.ne65plus.org](http://www.ne65plus.org). And when you check the race results on our club web site, remember they would not be there were it not for the efforts of Tom, who scans the results for Rhode Island and Massachusetts, along with Jon Mackenzie, Steve Kohanski and RJ Harper (Massachusetts); Eldon Burkinshaw and Shu Minami (Vermont and New Hampshire); Bill Borla (Connecticut); and Dan Donovan (Maine.) They all deserve our sincere thanks.

 Forward to a Friend

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