



# Forever Run

July, 2015

## Keeping Communication Current

Jan Holmquist

Happy 4th of July! I hope many of you are planning to run or walk in a road race on Saturday! Many communities host a race on the 4th so you don't have to go far to find one. Last year, several of us ran in the Needham Charles River 5K. I plan to do so again with my family (who live in Needham) and other 65+ members, so it would be great to have more of you join us!

In this edition of Forever Run, we have included the first of a new regular monthly feature - "A Spotlight on..." July's spotlight is on Dan Dodson, known to all as Dan D. What an amazing story of his "retirement" from racing and his joy of getting back to doing so. Dan D. will be writing an article for us in the months that follow...he races often as you will see.

And our Co-editor, Byron Petrakis, has written a beautiful account of his travels to Ireland and his joy in running there...we encourage all of you to submit accounts of special races.

Henry Wolstat, one of our MA state representatives on the 65+ Board, and Chair of the Nominating Committee, wrote an article that will inspire you to think about your memories at races.

Rick Stetson continues to inspire more of us to join him and others at our Flag Races. How wonderful to see the Flag Races rejuvenated in all 6 states! Rick writes about the CT Flag Race in this edition and we thank Bill Borla, one of our CT representatives, for hosting this Flag Race. Zeke Zucker, club Secretary, is hosting the next Flag Race in Stowe, VT on July 12th. Look for our club tent and banner!

Congratulations go to our men's 70+ team who came in 1st at the Hollis Fast 5K, one of the USATF-NE Grand Prix races. We met a new 70+ member at Hollis - Gerry Porricelli - who will be another asset to our men's 70+ team!

Club business: Annually in July, we send a "snail mail" to all members. This mailing has a dual purpose. Since we do not have yearly renewal dues, each year we ask members for a donation of any amount to support our club activities.

Also included in the mailing is an invitation to our Annual Luncheon. If you haven't already, please save-the-date: Monday, September 28 at Spinelli's beginning at 11 am. Our speaker will be announced in the mailing and in the August edition of Forever Run.

Hope to see you at races this summer!

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## Spotlight on Dan D.



**Dan Dodson at the Crowley Brothers 10K in Rutland, VT.**

It would be difficult to find a runner who has raced more than Dan Dodson of Newton, NH. How many competitors do you know who have a goal of running in 100 races every year? Or a personal high of 166 races in a year? If you have run in a race in New England, Dan is most likely to have been there. He is easily recognized as the tall guy wearing his trademark white safari hat.

An amazing fact about Dan is that due to his arthritis, he "retired" from running last year running in just two races, which for Dan, is nothing. But last November, he decided to join his good friend Lou Peters at the Run For All Ages and help Lou celebrate his 90th birthday with a 5K around the lake. He had so much fun running with Lou and "his posse" that Dan decided it was okay to run slow just as long as he could be out there again and see everyone participating. He found out just how much he missed racing and was delighted to be back. Dan says he doesn't have any speed so his motto is, "If you don't have any quality, then go for the quantity."

And "go for the quantity" he does. So far this year through the end of May, Dan has taken part in 41 races, about half of them with Lou. His wife has a serious illness so he won't be running in South Carolina or Florida this year but in the past he has gone to Charleston, SC, three times, to run in the Cooper River Bridge Run 10K, crossing a 2.5 mile long suspension bridge, the longest in the United States and down to the British Virgin Islands for the Jost Van Dyke 5K. He has

completed an ultra, the Run For Hope 50K in Lake Placid, New York and taken part in many of the major series including the USATF-NE Iron Runner and the NE Runner Pub Series. This year he is running in the Gate City 5K Series in Nashua, NH and parts of the Millennium Racing Series.

To give an example of his hectic schedule, Dan recently raced in Nashua, NH on a Thursday. The following day he raced in Salisbury, MA, and then on Saturday in Strafford, NH. He made it four days in a row by racing that Sunday in Windham, NH. But Dan is selective as to the races he will run in. He and Lou try to convince race directors to add age divisions wherever they run and Dan has refused to run in races where there are not any awards for over 50+ or 60+. Dan likes to say, "We gotta grab all the fun we can each day....we only have one time to do it."

Dan is a club member who is grabbing fun all around New England. The editors of "Forever Run" thought it would be interesting if Dan could relate how he came out of "running retirement" and give us a look at some of the races he has been traveling to. Dan's first installment of stories from a man who is headed to 100 races this year begins next month!



Dan D. with Bill Rodgers and Katherine Switzer in Rutland, VT

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## Connecticut Flag Race

by Rick Stetson

It was a perfect morning in Simsbury, cool, no wind and lots of sunshine, for the club's 2015 Connecticut flag race. Actually, it was a perfect morning for three races as the Iron Horse featured a 5K, 10K and a half marathon. When I arrived at the race area shortly after 6 a.m., Connecticut state representative Bill Borla was already there waiting for me and we set off to look for a place to hang our club banner. We were disappointed we could not set up our new tent without paying a hefty fee, however we did find a fence where our banner could be displayed. But to attach the banner to the fence, we needed several pieces of string so the one long piece we had needed to be cut. Neither Bill or I had a knife in our running shorts so Bill went off and returned with a pair of scissors he borrowed from a race official. The banner was hung and we stood there and talked for a while before deciding we should warm up before our 5K race and we agreed to meet at the starting line.

With three races all starting close to each other and around the same time, getting to the right starting line was a bit tricky. I ran up the road to a large archway of orange balloons where the

5K started and found Bill. We were standing when talking when the race announcer said the half marathon was getting ready to start and it would be followed in one minute with the start of the 5K. I was busy watching hundreds of half marathoners pass by when "bam," the gun went off to start the 5K. I looked over to find Bill and he was gone. I finally spotted him weaving through runners up ahead and then he disappeared. I did not see Bill again until I crossed the finish line and found him looking refreshed despite turning in a blistering time of 22:14. He was talking to Mark Difranto about the benefits of joining NE 65+ Runners. Mark is from Rhode Island and a good friend of Milt Schumacher, the club's RI state representative. Mark told us that Milt was injured which we hated to hear because when he is healthy, Milt is an excellent road runner to include racing up Mt. Washington in New Hampshire where he is often an age division champion.

I was delighted to find in the post-race refreshment area local boy scouts who were busy cooking and handing out delicious cheese sandwiches free to the runners. There were also tents where a Connecticut dairy cooperative by the name of Farmer's Cow was handing out cups of free ice cream in addition to cups of chocolate milk, my favorite post-race beverage. The woman pouring the chocolate milk told me six Connecticut dairy farmers joined together to form the company. She has 1200 cows on her farm and she gave me a booklet with interesting dairy facts such as a milking cow drinks enough water in a day to almost fill a bathtub. I was pleased to meet some of the nice Farmer's Cow representatives and hope to see them again at future races.

Mile eight of the half marathon passed right by where Bill and I were standing so we cheered some of the runners on with Bill telling them they were "looking good" even though the ones toward the rear of the pack were not moving too fast but they seemed to appreciate our words of encouragement. Then it was announced that it was time for the 5K awards so we gathered in front of a large outdoor stage at the Simsbury Performing Arts Center. Bill had moved to the 75-79 age division which let me win the 70-74 men's group. Bill was then announced as the men's winner 75-79 which was followed by the announcer saying, "And now, let's give a big round of applause for the men's 80+ winner, Bob Davidson." And as if to show our club has talent in the longer races, Barrett True was announced as the 75-79 men's winner in the 10K race. Four NE 65+ club members running at Iron Horse with each coming away with a first place finish in their age division. A good day's work for our club.

The Iron Horse races were put on by the organizers of the Hartford Marathon and they did a nice job of putting on three races at the same time. Maine and Connecticut have both provided an excellent start to our 2015 flag race series. Next stop, Stowe, Vermont for our July flag race. Hope to see you there.

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## Vermont Flag Race

by Rick Stetson

Vermont flag race coordinator Zeke Zucker is looking forward to welcoming club members to the Golden Eagle Resort in Stowe on July 12 for the 34th running of the Stowe 8 Miler. This year a 5K race has been added but the field in the 5K is limited to 200 runners. Both races will start at 9:00 and wind through beautiful Vermont countryside before finishing with a run through scenic downtown Stowe. The 8 mile course is described as "rolling" but there are some flat sections. It is hard to find a course in the Green Mountain State that is completely flat but the impressive scenery is worth the uphill. A post-race party at the resort will include Smuttynose

beer and hand-scooped ice cream for all the runners. So if you run the 8 mile or the 5K, be sure to look for Zeke and the other NE 65+ members who will be socializing in Stowe after the races.

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## Remaining 2015 Flag Races

Date	Location	Race	Club Contact
Aug, 9	Narragansett, RI	Bobby Doyle 5 Mile	Milt Schumacher
Oct, 11	New Castle, NH	Great Island 5K	John O'Donnell
Nov, 7	Wakefield, MA	Run For All Ages	Jan Holmquist

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**A rural road in County Galway**

photo by Byron Petrakis

### **Where the road rises to meet you: running in rural Ireland** by Byron Petrakis

Whenever I travel abroad, I look forward to discovering as much as I can about the country I'm visiting by running on its roads and trails. Doing so provides many opportunities to interact with the environment and the locals, even those from a different species. (More about that, later!) Running is a kind of common currency that the adventurous traveler can use anywhere in the world to discover and enjoy people and places off the beaten path. When one of those places is the West Cork section of Ireland's southwestern coast, the runner willing to take the road less traveled will harvest a treasure trove of memories. To paraphrase a famous Irish blessing, the road will rise to meet him and the wind will always be at his back.

On my recent trip to the Emerald Isle, I experienced just such good fortune. Ireland's

southwestern coast, called "the Wild Atlantic Way," is one of the country's most dramatic landscapes. There, rocky pastures drop into the wind-swept sea, creating hypnotic seascapes and landscapes. The series of rocky inlets eroded by the sea rewards the walker and runner alike with stunning views around every bend of the country's twisty, narrow roads.

Paradoxically, these narrow lanes, not much wider than the typical American driveway, provide the runner with a degree of safety superior to that found on the wider, more heavily traveled national highways and regional roads. Tour buses and other large vehicles are unable to navigate these country roads, and car drivers must always be alert for whatever comes around the bend. Besides oncoming vehicular traffic, these narrow roads are also the domain of hikers, cyclists, and the flocks of sheep and herds of cattle that use the roads to migrate from pasture to pasture. Sheep are particularly numerous in rocky places like the remote Beara peninsula and cross the road from one side of the other to graze at will. Often, when two cars meet in opposite directions, one of them has to back up to a wider place on the road to allow the other to safely pass. There are situations where, with only inches to spare, drivers in both vehicles have to stop and fold their side mirrors inward to provide enough room to pass. Given these conditions, Irish drivers are mindful of the presence of both man and beast sharing the roads, and the frequent signs warning of hikers on the roads provide additional reminders. Foreign drivers like me have to be even more careful because they are unaccustomed to driving on the left and navigating with the steering wheel and gearshift on the right. None of these factors mattered to me, however, when I arose early in the morning after my arrival from Boston. I was eager to shake off the lingering effects of jet lag and to build up my appetite for the sumptuous traditional Irish breakfast that previous stays in Irish B & B's had taught me to expect.

There was little stirring at 6:30 a.m. when I stepped out the door of my B & B at Sandy Cove in Castletownshend, County Cork. The view right across the road was magical: the sun breaking through the morning clouds to reveal a grey Atlantic bordered by black cliffs with their carpets of bright green grass. I didn't have a pre-planned route; I only wanted to run for about 45 minutes to wake myself up and start the day on the right foot, so to speak. So I just headed off up the hill from the B & B to see where the road would take me. The only other signs of life were herds of cows grazing peacefully in the fields and a lonely gull or two soaring overhead. Lining both sides of the road were bright green fuchsia hedges, thick clumps of golden yellow gorse and the fragrant white flowers of blackthorn bushes.

About 25 minutes or so into my run, I rounded a bend and headed up a slight incline where I came upon a panoramic view of the coast that left me breathless, as if I had just run a hard 5K. The morning mist had just about evaporated in the warm, bright sun to expose the cliffs off in the distance against the calm sea. I came to a complete stop in order to fully savor that moment of blissful good fortune at having encountered such a sight on the morning of my first day in Ireland.

A few minutes later I had another "peak experience," though less sublime but not less typical among occurrences in rural Ireland—an "Irish traffic jam" consisting of a herd of cows coming around the bend right in my direction. There was not room for both me and the cattle; man or beast would have to move. Greatly outnumbered and outweighed, I stepped into the thick undergrowth on the roadside to make room for the two dozen or so cattle that were being herded along by a young farmer and his two black and white Irish border collies. After exchanging pleasant good mornings with the farmer, I stepped back out of the brush onto the pavement, saying a silent prayer of thanks to St. Patrick who had driven all the snakes in Ireland into the sea!

Back on the road again, I soon came to the end of my run at the beach at Sandy Cove, which turned out to be about 100 yards from my B & B. Without having planned to do so, I realized I had come full circle to my starting point. Before returning to the B & B, I descended the

long and winding concrete stairway along the cliffs down to the isolated beach at the cove. There, I took off my shoes and socks and waded into the cool, but not frigid waters of the Atlantic. Because Ireland's southwestern coast benefits from the passage of the Gulf Stream, the waters there are generally more temperate than those in northern Massachusetts, New Hampshire, and Maine.

Fully awake and refreshed, I returned to the B & B to shower and join my wife in the cozy dining room overlooking the sea. There, I enjoyed my reward of a traditional "full Irish breakfast": fresh fruits, juice, yogurt and cereal (or porridge) for the first course; eggs, bacon, sausage, tomato, and mushrooms for the main course, and freshly baked brown bread and scones with butter and jam for dessert. (Did I forget the coffee or tea)? My real reward, however, was far more satisfying. By exploring this corner of rural Ireland on foot, I accumulated magical moments that would provide me with lifetime memories.



**A Castle in County Clare**

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## **Running Down Memory Lane**

**by Henry Wolstat**

Having run and raced for over forty years it recently occurred to me how important the social side of running is. For many of us retired folk we rarely encounter acquaintances from our former working lives unless they are close friends. So, seeing those we've run with over the years at races, club meetings and other places brings back memories.

That happened recently at the Market Square Day 10K in Portsmouth, NH. 38 years ago I ran the first MSD race which (I was reminded by the RD) was a 10 miler. Over the years I've run a few more, the last being eight years ago. Before this year's race, as we were waiting to line up for the start I spied two old timers. We embraced and talked about the early days and, boy, did

it bring back memories-priceless, as the Visa ads say.

During my running career I've lived, run, and raced in and around Portsmouth, Kennebunkport, and Boston areas, interrupted by a ten year span in central California. In addition, I've run races up and down the northern New England coast as well as having been a member of various area running clubs.

A few years ago I was running with Marj, my wife, in Portland Maine on a popular route, when I heard my name called out. A member of the Maine Track Club recognized me from the back by my gait - and, I hadn't seen him in over twenty years. Once again, memories came flooding back.

I may not have garnered many age group prizes over the years but these running memories are my most valuable awards from my running career.

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## Volunteers of the Month

This month, we would like to recognize seven dedicated club members who have volunteered to scan New England states' race results and post the results for club runners to our web site: [www.ne65plus.org](http://www.ne65plus.org). The individuals listed below scan from 150-175 race results per year. Their efforts enable club members to keep up with performances all over New England and their work is greatly appreciated. Here are the volunteers and the states they are responsible for covering:

Tom Abbott            MA and RI

Bill Borla            CT

Eldon Burkinshaw   NH and VT

Dan Donovan        Maine

R.J. Harper          MA

Steve Kohanski     MA

Jon MacKenzie      MA

**Thank you !!**

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**Happy Independence Day !!!!**

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