



Forever Run

June, 2015

Keeping Communication Current

With Jan Holmquist

Dear 65+ Members,

Now that the weather is wonderful and more of us are participating in races, I am thinking about the inception of the New England 65+ Runners Club and our mission. I encourage all of you to be aware of the older age categories at races and whether we need to contact race directors (RD's) who need a bit more information with the goal to add older age groups to the awards. With the help of your co-editors, we drafted a letter ready to be sent or emailed to RD's asking for their inclusion of 70+, 80+, and if Lou will be at the race, 90+! I am also happy to send a Thank You letter to RD's who add more older categories.

As your USATF-NE Long Distance Running Chair, I encourage all of you to keep track of your races and apply for the Phidippides Award. Please go to:

<http://www.usatf.org/Resources-for-/Masters/LDR/Phidippides-Award.aspx>

We will include all of you who receive the award in **Forever Run**, so please let me know. Once we get many of our 65+ members recognized, I think it would be fun to get some competition started with other USATF associations!

We have been remiss in acknowledging new members to the 65+ club. Rick has gone back to last fall and identified those who have joined since the last hard copy newsletter. Welcome to everyone! And special thanks to those of you who encouraged their membership, i.e., sponsors. Beginning in July, we will include all new members and their sponsors each month.

As many of you are aware, numerous Mystic Runners club members volunteer each year at our Run For All Ages (the 14th Annual RFAA is on Saturday, November 7, 2015). This year, I would welcome club members to give back to the Mystics by volunteering or running at their yearly race - the 10th Swimsuit Classic 5K on Sunday, August 2. The Swimsuit Classic is the exact same course and venue as the RFAA. A few of us who are 65+ members are also Mystics; please come join me, your VP Steve Viegas, and others. You can register to run at: <http://www.mysticrunners.com/>

If you would like to join me in volunteering, please let me know jholmquist@mbspca.org. and I'll contact the Mystic volunteer coordinator.

Please note the article and pictures in this month related to our first very successful flag

race of 2015 on Mother's Day in Maine. We looked great with our new tent and banners. Also please note that the next flag race is June 7th in CT.

In addition, I welcome you to join me at the next USATF-NE Grand Prix race - the Hollis 5K on Thursday, June 11th. I have never done this race, but I hear we can all get a PR as the course is downhill...happy running!

As always, we encourage you to submit articles for inclusion in an upcoming edition of

Forever Run to me, Rick, or Byron!



New England 65+ members standing under our new tent ready to welcome runners to Maine.

Maine Flag Race Hits a Home Run

By Rick Stetson

The 2015 flag race series got off to an excellent start thanks to NE 65+ club members who also belong to the Maine Track Club (MTC), Maine's largest running club with over 500 members, and the Portland Sea Dogs baseball organization. I had never run in the Mother's Day race in Portland but NE 65+ board member, Mel Fineberg, said the race is always a fun event with a good field (there were 2263 finishers) and that I would enjoy finishing the race in front of the third base dugout inside Hadlock Field, where the Sea Dogs play their home games.

I told Mel that I would bring the club's new tent and banner that had been ordered by club president, Jan Holmquist, and set it up before the race in front of the stadium where the race registration would take place. Mel said he would be there at 6:00 am and when I arrived (not quite as early as Mel) he had already set up a table next to a statue of Slugger, the team's mascot. I was a bit nervous that it might take Mel and me some time to get the tent erected but as soon as I pulled up, board members Bob Randall and Jerry LeVasseur jumped up to assist along with Chandra Leister, the president of the Maine Track Club. With each of us on a leg and one person pushing from inside, the tent went up smoothly and quickly. It fit perfectly over the table where Mel had applications and information about NE 65+ Runners on display in addition to give away items like pens and key chains donated by a local bank as well as applications for races that had age divisions for older runners.

Mel had recruited club members Cathy Burnie and Bill Davenny to help at the tent and meet runners who might have questions about NE 65+. And it seemed like board members Mel, Bob and Jerry knew most of the runners which made them excellent ambassadors for the club as well.

Before the race, Mel took me inside the stadium which was open to all the runners and showed the opening in the center field wall where the runners would enter the field and run on the warning track to the finish. Everything was clean and neat, especially the bathrooms (no porta potties needed) and there were drinking fountains with cold water. Quite a nice set up for a race.

To get to the start, we walked up a hill near an ice arena about 400 yards from Hadlock Field. As I left the stadium I heard music and spotted four musicians dressed as sea dogs playing "oldie but goodie" music like hits by the Beach Boys. You could not see the faces of the musicians as they were wearing large costume dog heads which muffled their voices a bit but the music they played was good. As I walked farther up the sidewalk, I heard sounds coming from four Japanese drummers who were performing in front of an expo center. Two were banging on both sides of a large drum that was turned sideways and mounted on a stand while the other two beat on metal objects in a rhythmic manner. Just standing there listening and watching made the legs want to move, perfect preparation for a race.

As I approached the start area, a convertible was parked in the middle of the street waiting for the arrival of Slugger and Slugger's mom who would ride the race course in front of the runners while waving to the spectators along the way. Signs were posted so runners could line up according to the pace they planned to maintain (under 6:00 per mile, under 7:00 per mile, etc.) while Mel and Bob held up large signs asking all runners pushing strollers to line up at the back of the starting area. When the race started, the strollers were delayed 10 minutes to enable the runners to get out ahead without being run over, and Mel said there were no complaints. The gun went off and we ran down the hill we had just walked up which got everyone off to a good start in addition to the fact that we went right by the Japanese drummers who provided a fast beat that made us want to pick up the pace. A great way to start a 5K. The course wound through mostly residential areas and was fairly flat except for one long but not too steep hill around mile two. Then we entered the baseball stadium for the finish and were amazed to see a number of spectators in the stands looking on as our names were announced over the PA system while a video showed us on a large jumbo screen. And there to greet us as we crossed the finish mats were Slugger and his mom who gave all the runners a high five. We moved to an area where plenty of post-race refreshments were provided and all the female runners received a carnation for Mother's Day. In addition, all runners received a complimentary ticket for a Sea Dogs baseball game which many of us used later that day to check out some of the future Boston Red Sox players.

The proceeds from the Mother's Day 5K goes to benefit breast cancer research. Last year, \$20,000 was donated to that cause from the race. On Father's Day, the Sea Dogs and the Maine Track Club will conduct a 5K race (that will include a 90+ age division) where the proceeds go to the Coalition to Fight Prostate Cancer. The MTC and the Sea Dogs are to be commended for supporting such worthwhile causes. The NE 65+ Runners also benefited because due to the efforts of our volunteers, Mel reports that he had five runners tell him they definitely want to join our club. Tom Abbott has posted the club members who ran in Portland on Mother's Day on our web site. They deserve thanks for supporting our first flag race of the year. We look forward to meeting our NE 65+ club members as flag races are held in other New England states throughout the year. Your participation in events like our flag races is one aspect of what makes our club so special.



Sluggor and Sluggor's Mom leading the runners in Portland.



Lou Peters (left) and John Howe in front of the Portland Sea Dogs stadium.



Dick Houle (left) and Jerry LeVasseur at the Maine flag race in Portland.

Meet Your Vice President



Steve Viegas, shown here as he competed in the Around the Cape 25K, is one of those individuals who makes you wonder how they can accomplish so much in a 24-hour period of time. In addition to serving as the vice president for the NE 65+ Runners Club and board member of USATF-NE, Steve is a state representative (Massachusetts) for the Road Runners Club of America (RRCA) and in April, he traveled to Iowa for the RRCA national convention. We asked if he might give us an idea of what took place at the RRCA convention but first, some more info about Steve that was included in a listing of the organization's state reps.

Steve turned to the sport of road racing 30 years ago after a 16 year hiatus. He was a member of his high school and college track and cross country teams and he continues to compete as a masters athlete in track and field, cross-country and road racing. Steve has been a member of Mystic Runners since his return to the sport and he is a former president and coach of the running club. Steve competes in track and field for MassVelocity, a masters track and field club. He served two terms as secretary and one term as president of USA Track & Field New England. He currently serves on its board as the immediate past president. He is a certified RRCA coach and is USATF certified Level 1 coach. Steve can be found most Wednesday evenings timing the Mystic Runners weekly 5K race. He has met athletes from around the country at national championships and has made many valuable contacts with fellow administrators around the country at USATF annual meetings and workshops. He looks forward to networking with athletes and other stakeholders in his new role of RRCA State Representative. Steve is a family law attorney and divorce mediator in his hometown of Reading. He

is the proud father of two daughters who are active runners.

NE 65+ Runners and the RRCA

by Steve Viegas

I am proud to say that NE65+RC is a club member of RRCA. That means that you are an individual member also. RRCA clubs provide RRCA with rosters of its members. Members receive the Club Running magazine which is a quarterly periodical. If you do not receive it, we may not have listed you on the roster. Here is a link to the current issue. <http://issuu.com/rrcaexecdir/docs/crspring2015-iores.final>

Club membership provides insurance for its regular events which may include social events, fun runs, club meeting etc. We have obtained separate liability insurance coverage from RRCA for our Run for All Ages race. It has many resources on its website to assist officers in the governance of their clubs.

Obtaining and maintaining non-profit status (501(c)(3)) is a cumbersome process for clubs involving filling out a lengthy application and equally lengthy yearly returns. We use the RRCA's (501(c)(3)) status as a member club which saves us time and resources.

There is much more that RRCA does for clubs. I encourage you to explore the RRCA website www.rrca.org.

RRCA is actively involved in promoting our sport. It has tremendous resources for education and advocacy. It sponsors "run@work" and "run@school" days. "Kids Run the Nation" is a program for children. RRCA has developed a curriculum for adults working with children who are beginning runners. It provides grants for worthy children's programs.

RRCA through its "Roads Scholars" program provides grants to road racing athletes who are trying to pursue a racing career but who may not have yet landed a sponsor or been selected for a national team. RRCA gave such a grant to Deena Kastor who was able to leave a waitress job and become a full time runner.

RRCA has a regular calendar of coaches' certification courses around the country. It is a major source of new running coaches. It makes sure that its coaches stay current in their first aid and CPR certifications and it provides insurance for coaches at a reasonable premium.

RRCA has a certification course for race directors which may be taken online. Several officers of NE65+RC have expressed an interest in taking the course in connection with our stewardship of the Run for All Ages.

RRCA is more imbedded in other states as an organization which sponsors championships. I have a challenge in Massachusetts since the state championships have never been established and the USA Track & Field New England long distance championships are the gold standard. I hope to grow a local championship series. RRCA has national, regional and state championships. I'd love to name the Run for All Ages as the Massachusetts 5K championship but the state championship age groups are by decade. NE65+RC is in the vanguard of insisting on 5 year age groups for older runners. I'll advocate changes within RRCA in this regard.

There is much more that RRCA does for our sport that I cannot fit into this short article. Among them are the services RRCA provides to running events and event management companies.

My job as state representative is to service clubs, events and companies and those who would like to join RRCA. I've greatly enjoyed getting to know people in our sport and to be of assistance. If I can answer any questions for you drop me an email at massachusetts@rrca.org.

Meet Our New Members

by Rick Stetson

We are pleased to welcome the following new members to NE 65+ Runners Club who joined since last Fall. Listed by their names are their home states along with the club member who sponsored them. The sponsors are all to be commended for recruiting new members. Any club member can be a sponsor by asking a runner they know who is 64 and a half or above to join our club. Ask them to check out our web site where applying for membership is explained. And once they have joined, be sure to remind them to get on the web site to order items from the club store such as jackets, shirts, singlets and caps. We want all our members to wear our 65+ gear whenever possible.

One final request. If you sponsored a new member, or if you have a friend who is a member of 65+, ask them if they are receiving **Forever Run** on a monthly basis by email. If not, it probably means we do not have their correct email address. If that is the case, please ask if they will contact Jan or myself with a good email address. Thanks. And now, here are are our most recent members of NE 65+. We welcome you to the club and look forward to seeing you on the roads.

John Babington, MA (Phyllis Mays)

Elaine Richer, ME (no sponsor)

Jim Brehio, MA (Steve Viegas)

Martha Rumley, MA (no sponsor)

Skip Cleaver, NH (Jan Holmquist)

Joanthan Sauer, MA (Betsy Knapp)

Paul Chagon, NH (John O'Donnell)

Robert Sherman, RI (no sponsor)

Edward Curran, MA (Lou Peters)

Barry Singer, MA (Phyllis Mays)

Richard DeMarco, CT (Jerry LeVasseur)

Howard Spear, ME (Mel Fineberg)

Bob Fiore, CT (Colburn Grave and Ted Phillips)

Leo St. Louis, MA (Lou Peters)

Barbara Grandberg, MA (Stuart Kaufman)

Jim Toulouse, ME (Phil Pierce)

John Grant, MA (Tom Abbott)

Beth Walton, MA (Simmi Doyle)

Norma Harrington, MA (no sponsor)

Laura Warren, MA (Phyllis Mays)

Yolanda Hobin, MA (no sponsor)

Joe Koziol, MA (Tom Abbott)

Frank Knight, ME (Bob Payne)

Yvette Knight, ME (Bob Payne)

Leslie Lowry, MA (Bill Stern)

Robert McGuire, ME (Cathy Burnie)

Cliff Parkinson, NH (no sponsor)

Michael Pelletier, MA (Nancy Wilson)

Gerald Porricelli, RI (Harry Carter, Chuck Hyson, Ted Ridout)

June Flag Race Just Around the Corner

by Rick Stetson

Bill Borla, Connecticut flag race coordinator, looks forward to meeting NE 65+ members at the Amica Iron Horse Half, 10K and 5K races which will be held on Sunday, June 7 in Simsbury, CT. Unfortunately, the 10K and 5K races have already sold out, however, there were still openings in the half marathon when this issue of **Forever Run** went to press. The race organizers predict the half will also sell out so runners interested in running a half marathon that winds through the scenic town of Simsbury, need to register soon.

Bill reports the race has a substantial fee for tents to be set up, so our new NE 65+ tent will not be at the race. But we will hang the NE 65+ banner and have volunteers standing by it inside the the Simsbury Performing Arts Center to answer questions from runners who might be interested in joining the club. With two of the races sold out (it is likely the half will sell out as well) there should be a good crowd on hand. Runners and their families can enjoy the Finish Line Village with exhibitors promoting health and fitness for adults and children and Simsbury is known for its many quaint shops and restaurants. It sounds like a nice setting for a race (or races.) Hope to see you there.

NE 65+ Runners Busy in May

Tom Abbott, the chief compiler of statistics for NE 65+ Runners, reports that in the month of May, the club had at least 126 members run in at least 239 races and that more than 100 of those runners were age 70 or older. Tom says, "at least" because the complete stats for all the races in all the New England states have not been totaled yet (we hope to have a full report next month) but this will give race directors an idea of just how active our members are. If you run in a race and there are no age divisions for the older runners, you can point out that ours is a big club with all members at least 64 and a half years old and growing all the time (see new members list.) Tell the race directors our members enjoy participating in races where there are age divisions for older runners so that their efforts might be recognized along with the accomplishments of the younger runners.

Volunteers of the Month



Photographers Ted and Mary Tyler

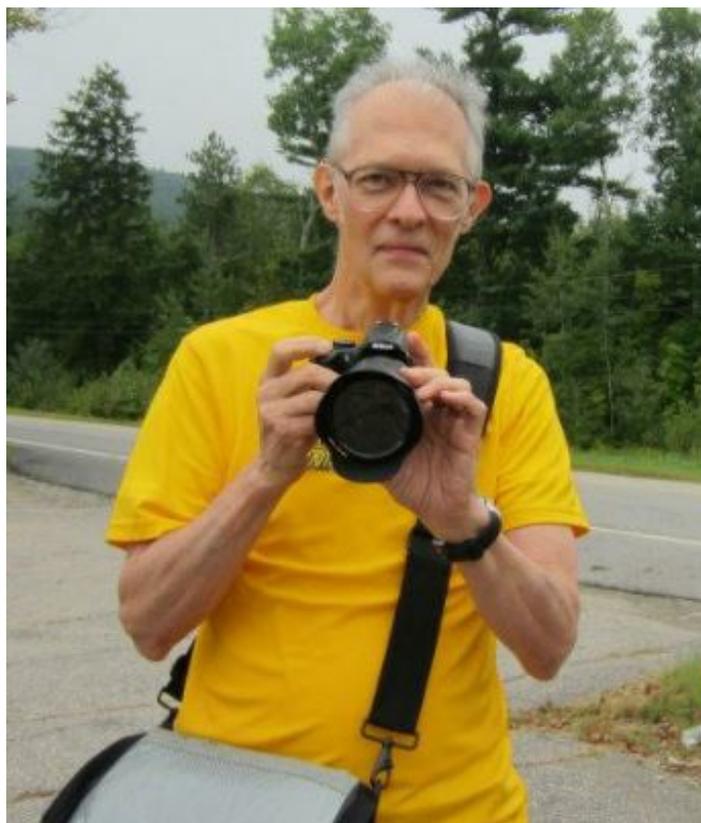
By Tom Abbott

Most of us who race often - at least in eastern Massachusetts (and sometimes in southern New Hampshire or northern Rhode Island) - have found themselves in race photos taken by Framingham resident Ted Tyler (and occasionally by wife Mary). These pics are found usually two days after a race through links on both www.Coolrunning.com and www.JimRhoades.com. Since 2003 alone, Ted has taken photos in 561 races! And in some races he takes over 500 photos with his high-priced Nikon D5000. Ted's high-quality pics are free to download (JPEG) - because he wants it that way! He might email you a higher-density photo for better printing if you request it. Ted's race-photographing strategy is to take a bunch of photos maybe a half-mile from the start, thereby getting large groups going by, then he'll scoot to maybe a few dozen yards from the finish to try to get individual "portrait" shots of runners in their final sprints.

Ted is fussy about sun angle and of course cloudiness (and rain!) affecting his shots. "I try to position myself so that I can be physically close to the runner as I take the picture. That way you can get a good view of the runner and get the background. I like to have the sun coming over my right shoulder as the runners go by me on the right. On cloudy days I increase the "saturation" in an attempt to give the photos more color." He tries to post only "good ones" of runners, but some runners' photos are challenging! Wife Mary has helped out by photographing 1-2 races a year since 2010, but did photograph 10 races last year because of Ted's rotator cuff injury. Jim Rhoades takes almost as many pics as Ted, but he's not old enough to be a member of a club that only we can join. Is weather ever a factor for Ted? Sure is, as he's told us how difficult it is in freezing wind to use his fingers to operate the camera. And rain? Forget it, as far as good picture quality goes. Ted has been doing this since the early 1980s. He took videos of tons of races back then when he was a member of only the Greater Framingham RC (He's now also a TVFR member).

Ted, 75, had a near-fatal heart attack in 2012, had a stent inserted, and since then notices when his LDL cholesterol has risen even a little. It's "...a clear wakeup call for me to return to the pathway of truth and virtue and banish the sin of occasional chocolate candies and ice cream. For healthier bodies, consider Larry Olsen and Martin Auty [who have passed away]. Both good runners with cardiovascular disease." So, Ted has tried his darnedest to adhere to a good diet: the Ornish/Esseltyn Diet (Google that; great stuff there). Also, Ted says, "I always run with a heart monitor to keep the heart rate 130 or less..." Ted and Mary have been running more than 30 races a year since the early 1980's, Mary nearly twice that, since Ted was often photographing! Ted's 20-years-ago-pace for 5K to 5 miles was in the low-to-mid 8's, but although he's now slowed a bit, he still often picks up age group awards.

There is one important thing for us as runners to keep in mind when you know Ted will be shooting (you can tell when he's racing instead by what he's wearing pre-race), and that's to watch for where he is taking pics during your race. Very important for how you'll look in his pics. Why? Because you want to be smiling at least a little bit. Only painfully grimacing? Naw, not so good. Any runner can do that, and most do. If grimacing early, it means you're probably having a sub-par race - but who has to know that? For Ted's first shots, those maybe a half-mile or less from the start, you should be already relaxed with your stride anyway, so grin or smirk away! But for his final, individual shot of you, when you're in "full battle sprint" (or should be), then do a grimace-grin combo. It might be all you can manage, but try to do it. It could even make a poor race look good later! Ted has said that he likes to get that "look of strain" when a runner is trying his or her absolute best at the end of a race. That's okay. You can do both.



Ted Tyler the runner (left) and photographer (above.) If you run in a race and see Ted the photographer, be sure to smile.



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