



Forever Run

May, 2015

Keeping Communication Current

with Jan Holmquist

May has finally arrived! The magnolias and ornamental trees are blossoming, green leaves are opening, spring bulbs are everywhere, and the grass is getting green, birds that winter elsewhere (like many of you!) are returning...beautiful...and we can start to wear shorts when we are running!

Congratulations to all our members who ran the Boston Marathon this year! All of you are amazing! Results will be found in this newsletter.

Congratulations to our men's 70's team who won the team title at the James Joyce Ramble 10K - the USATF National Masters Championship. This is the second year of their accomplishment and we are proud of the 6 members who represented the club.

The first Flag Race is Sunday, May 10th. We will have a red canopy tent and new banner. Please drop by. Mel Fineberg gave a very interesting and detailed account of this event at our recent Board meeting. More details in this newsletter.

Speaking of Board Matters, the 65+ Board met on Thursday, April 30th. A few items of note:

After 10 years on the Board, Ken Johnson resigned as a Rhode Island representative. Milt Schumacher offered to assist in finding a replacement. If you are a RI member and are interested, please contact Milt (miltschumacher@hotmail.com) or me (jholmquist@mstpca.org).

I am delighted to announce that we have a new web master! Dave Smith has agreed to take over and update the web pages that Bob Hall has done for so many years. Our huge thanks to Bob and welcome Dave! Tom Abbott - and his results team - and John O'Donnell will continue to assist with our website as well.

The Run For All Ages (RFAA) committee held our first meeting on April 11th to begin planning for the 14th Annual RFAA. Please save-the-date: Saturday, November 7th! If you would like to join the committee, please let me know. Our next meeting is June 6th; we meet at 11 am downstairs at the Wakefield Public Library.

Also, please save-the-date for our Annual Banquet- Monday, September 28th at Spinelli's on the Peabody/Lynn line. The invitation will go out this summer with the annual appeal letter.

The Board voted on two important Finance Committee recommendations: In order to cover the costs of the Annual Banquet (we lost \$963 last year), we will be asking attendees to pay \$35 (rather than \$30). We also voted to raise the one-time life membership fee from \$35 to \$50,

effective January 2016. With adequate financial resources, we are planning to support our

members who represent our club at national events and Grand Prix races. We feel that our members' presence promotes mission of our club which is:

We are advocates for the health and life-long benefits of exercise with running our major sport. The Club is very active in seeking recognition for 65+ runners. We encourage race directors to have 5 year categories above 65, but even 10 year categories for 70's, 80's and even 90's is important. We want to show that senior runners do stay fit, active, and healthy! We also encourage age-grading results as well.

More details will be shared as we go forward with this exciting initiative.

I hope to see many of you at races this spring and summer!

65+ Runners Shine at Boston, But the Sun Does Not

by Rick Stetson

On a cold, wet and windy day, 13 club runners braved the elements to finish the 2015 Boston Marathon. Byron Petrakis who was along the course to cheer on his friend, Tom Wylie, plus cheer any other club member he could spot, remarked that he was inspired by the sight of the athletes who persevered and passed by in good spirits despite the nasty weather. Even though we are all older than 65, the following club members showed that they can still get out there and brave the elements with the younger runners. Note: there were some runners who finished the marathon yet their names did not make it into the official results. If this happened to you, please let us know so we can add your name to the following list. rickstetson@aol.com

Joe Noonan 3:52:40
Nicholas Kanaracus 4:05:31
Stavros Kanaracus 4:36:08
John Hussey* 4:27:22
Phillip Pierce* 4:48:33
John Murphy* 4:52:52
Gary Circosta 5:07:47
Rick Collette 5:23:33
Peggy McKeever* 5:31:37
Tom Wylie* 5:47:22
Lester Friedberg* 6:38
Tucker Anderson* 6:44
Joanne Clark* 7:05

* received waiver from NE 65+ lottery

NE 65+ Wins Big At James Joyce Ramble

Editor's Note: At the April NE 65+ board meeting, the board members told club president, Jan Holmquist, how much they enjoyed reading Marc Bloom's article,

"Master Athlete Achieves Perfect Marks" in an on-line edition of **Runner's World**. The board voted to overrule Jan and insisted that a link to the article be included in the next issue of "Forever Run" so that club members who did not have a chance to read it could do so. Here is the link: www.runnersworld.com/masters-profiles/masters-athlete-archives-perfect-marks

After the **Runner's World** article came out, Jan lowered her US and pending world 10K record at the James Joyce Ramble. We asked board member, Bill Borla, also an age group champion, what it was like to be in a race with Jan. And since Bill was a member of the 65+ men's team that took home a national championship at the James Joyce Ramble, we asked if he would contribute an article about that experience as well. Congratulations to Jan and to our 65+ national champions. We are proud of you.

A Very Special Ramble

by Bill Borla

Not every runner may realize it, but all runners encounter something special at every race in which they participate. It may be a runner offering encouragement to another runner, good sportsmanship, camaraderie amongst runners and amongst runners and fans, a runner high-fiving a youngster, all the nice work by volunteers, a runner stopping to help another runner in distress, fans staying to applaud the last runner to finish a race, etc. Once in a while a runner may be fortunate enough to be part of something that is super special. I had one of those at the James Joyce Ramble 10K National Masters Championship race in Dedham, MA on April 26. It was up close and personal and here's how it happened. At the start of the race, I passed Jan Holmquist, our club president. I continued on and thought nothing more about it and figured I'd see her again after the race. It didn't quite happen that way. With about a half mile to go, I sensed someone quietly pulling up alongside me. I looked over to see who it was and, to my consternation, I saw Jan! She passed me and proceeded to stoke the coals to the fire and started opening up a gap on me.

At this point, let me explain why I didn't want her to beat me. Several years ago, Jerry LeVasseur put a team together consisting of him, Joe Cordero, Harry Carter and me to attempt to break the 4x1600 meter relay world record for the 70 -79 age group. We ran on the indoor track at Boston University. There were races all day long and we were in the last event of the day. The slowest teams were in this event, and there were men's and women's teams of various ages. Jan and I were the anchors for our teams. Our teams were the oldest runners so we were the last ones on the track. Being the anchors, Jan and I were the only runners left on the track because all the other teams had finished. As it turned out, Jan's team was ahead of my team so she took the baton and headed off ahead of me. I thought I would catch her. I didn't - and everybody there saw what happened. I was mortified and still have nightmares about it.

So back to the 10K. Now I see Jan beating up on me again. I couldn't let this happen twice! It took everything I had, but I picked up the pace and caught back up to Jan just as we were approaching the finish line. Twenty meters before crossing the finish line I impulsively grabbed Jan's wrist and we went across the line together with our hands high over our heads. Hawk Hawkins, the public address announcer, picked up on it and announced that the top age 70 woman and the top age 75 man were crossing the line together. It was incredible, and instead of another nightmare, it turned out to

be a real thrill for me to have that ending.

If you see Jan and don't know anything about her as a runner, you would think she's a tiny, frail looking little old lady. What I saw was a powerhouse of a runner. She is just awesome. She was the top age-graded runner in the race at 99.09% with a time of 45:22. That time broke the national and possibly the world record. People over 90% are world class runners. I believe she has been over 100%. To me, that makes her an out-of-this-world class runner - one of the top female runners in the world in her age group. She is in the same class as the great 83 year old Canadian runner, Ed Whitlock. That is something truly wondrous.

NE 65+ Men Win National Championship **by Bill Borla**

Another story from the James Joyce Ramble had to do with the team competition. For the 2nd year in a row, the NE 65+ Running Club won the 70+ national 10K team title. The team consisted of Zeke Zucker, Dave Pember, Dick Paulsen, Bob Sullivan and Bill Borla. The top 3 times score for the team which were: Zeke (46:46), Dave (49:46) and Bill (45:21). We beat the 2nd place team, Shore Athletic Club, by about 8 minutes. Last year, in an epic battle, we beat the Ann Arbor Track Club, headed by the fabulous Doug Goodhue, by just 24 seconds. This year Doug was hurt and his team did not compete. Last year the big story was Bill Riley running a fine time against younger competition. We needed everything he could give us and he came through big time.

This year, Bill was hurt and couldn't run, so the big story was Zeke Zucker. Fortunately, he turned 70 and joined us. He ran a lot faster than I thought he would. After the race, I asked him what got into him and told him that whatever it was, hang on to it. I maintain that Zeke is the last of the Green Mountain Boys. If you don't think there could be any of those "Boys" still around, consider this. His name is Zeke; he is from Jeffersonville, VT; he was a swift boat captain in Viet Nam; he runs 100 mile ultra marathons and holds the 65-69 age group national record fastest time for 100 miles - 19:46:20. He is as resourceful, adventurous, brave and daring as old Ethan Allen himself!

One other person should be cited here. Jerry LeVasseur put the team together and was team captain. In a classy move, Jerry took himself off the team and put Zeke on in his place. For that he is to be commended. Winning a medal is small potatoes compared to winning the hearts of those who know what he did. When you consider how much Jerry loves winning medals, you realize what a sacrifice he made. Jerry demonstrated why NE 65+ is a club with a reputation for being filled with both first-class people and first-class runners.

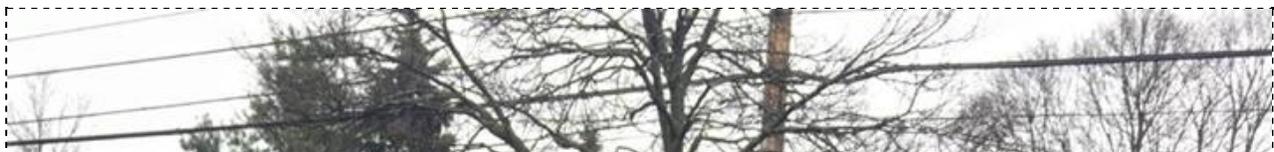




photo by Judy Graham Garcia

Volunteer of the Month

Byron Petrakis (with umbrella) and Tom Wylie (wearing his NE 65+ hat) at the 30K mark in the 2015 Boston Marathon. Tom looks so rested we thought the photo had been taken before the start but Byron assures us that Tom had already run 18 miles at this point.

Tom Wylie has been selected as our volunteer of the month for his continuing service to NE 65+. Since finishing his term as club president last year, Tom has remained active on the Run For

All Ages committee, securing sponsors for the race, organizing logistics with the host site and volunteering to help pick up and return tables on race day. Without the efforts of dedicated club members like Tom, it would be difficult to put on a race. We thank him for his service to the club and salute him for his finish at Boston.

Editor's Note: April, not March, roared in like a lion this year with very strong winds over Easter weekend. Wondering if anyone had run a race under such conditions, we checked the results and found a race in Upton that featured several of our dedicated NE 65+ runners. We noticed that in the men's 70+ division, there was a battle between two club members, Tom Abbott and Ted Ridout. We asked Tom if he would describe the race and he sent the following:

Battle to the Finish

by Tom Abbott

I knew Ted Ridout was probably gunning for me, as he'd raced longer distances than me a couple of times this winter (Stew Chase 15K, and the hilly Cohasset by the Sea 10K six days earlier), and he hadn't beaten me in over 5 years. But I was sort of invading his "distance territory" of 15K's to marathons (Ted in 2014 had run nine half marathons, the Boston Marathon, a 20K, a 20-miler, and four 10K's), while I'd been more of a 5K-8K racer the past year. I didn't look back until mile 7 1/2 (I know, you should never look back), and there he was, only 100 yards back! But seeing him so close did provide incentive, and I thought I had started picking it up enough to widen the lead. But another look at 8 1/4 miles confirmed he had maybe even gained a little. Then, the last mile - into stand-you-up wind gusts and quad-numbing upgrades - was a real test of wills. Ted actually kept gaining, he told me later, but only on the upgrades. The last 300 meters was partly on a curving downgrade (right where Ted Tyler was getting photos!) and I turned on all the jets (the jets that hadn't burned out anyway). But Ted - who I'd thought wouldn't outkick me - seemed to suddenly be right there, although I couldn't see him (no looking back again!), and with the last 30 yards on a discouraging upgrade, the legs suddenly felt near collapse. Had never felt that in a finishing sprint before. But Ted's incredible finish got only within 3 seconds. His first comment was, "Got you age-graded!!" Sure did, by 40 seconds - and this was our club's points-by-age-grading, Grand Prix race. Ted had also started 4-5 rows back of me. He was only 15 seconds per mile slower than last year here, but I was 57 seconds per mile slower! (Less mileage and temporary medications' effect the main reasons, I expect.)

New member Joe Koziol was happy to be 4th (by 25 seconds) in the M70-79, Don Cluckies 5th, and Linda Usher 2nd (and ahead of all of us!) in the F60-69's. Got to get more members to put "NE65+ RC" after their local club's name when registering. To find out how other club members did in April races, check out the club web site at: www.NE65plus.org





Photo by Ted Tyler

Tom Abbott (wearing the NE 65+ Runners Club hat) holds off a fast-closing Ted Ridout 220 yards from the finish of the Frank Nealon Boston Tune-Up 15K in Upton.

Flag Race Season is Here

by Rick Stetson

The 2015 NE 65+ flag races begin this month in Portland, Maine with the Mother's Day Sea Dogs 5K. Maine flag race coordinator, Mel Fineberg, reports the race will be capped at 3,000 runners and that it is a popular event because all runners receive a ticket to a Sea Dogs game and all female finishers are awarded with a Mother's Day flower.

The Sea Dogs are an affiliate of the Boston Red Sox and the team's mascot, Slugger, along with Slugger's mother, will lead the way around the 5K course. It's the only event where both Slugger and his mother are together during the season. The race will finish inside the stadium by the third base dugout and Mel says there is usually a good crowd on hand to cheer the runners as they sprint to the finish line.

NE 65+ members are urged to come by the club tent which will be set up outside the stadium both before and after the race to meet and greet fellow club members. And at 1:00, the Sea Dogs will "play ball" when they host the New Britain Rock Cats, an affiliate of the Colorado Rockies. It should be a good day for both running and baseball as we say, "Happy Mother's Day" to all the moms who are club members.

Statistically-Minded Runners Needed

by Tom Abbott

Editor's Note: Tom Abbott is one of our NE 65+ volunteers who scan race results by club members and post them on our web site. When Tom mentioned he and his fellow volunteers could use help in compiling race statistics, we thought of the graduate school course that involved finding standard deviations but Tom said that was not what he was referring to. When asked to describe what he needed, Tom submitted the following

that was not what he was referring to. When asked to describe what he needed, Tom submitted the following article.

NEEDED: Someone (or more than someone) to gather race results STATISTICS to be included in the emailed monthly Forever Run.

Anything someone can come up with - statistics-wise - to do with members and races would be quite unique - and very interesting to us all. Who else would have any of these things in their newsletter? No one, I'd guess.

WANTED: Some member (or more than one member) to create race results STATISTICS to be included in the emailed monthly Forever Run. The "stats" can be anything you want; for instance (examples here):

(1) How many members 70-75 (or 70-79) ran how many races in the previous month?

(2) How many "placed" in their age groups?

(3) How does this compare against last year's same age groups?

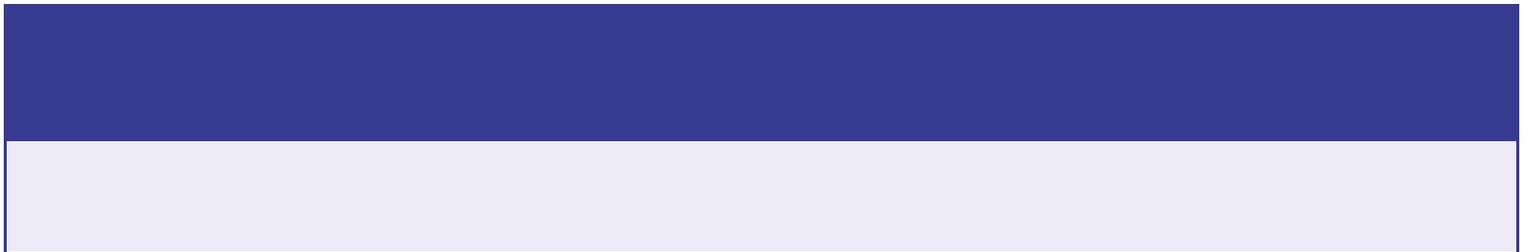
(4) How many men 60-64, and women 60-64 raced in a recent month? (THIS would be a great predictor of what's coming at us competitively in the next few years!!)

(5) An "oddball" stat could be how many races in a particular month end up having no one in any of the 60-69 and 70-99 age groups?

(6) A sampling of one month's (or week's) age-group listings showing how many/few were NE65+ members would be QUITE informative as to our club's future

(7) Anything you can think of even somewhat similar to the above examples.

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