



Forever Run

November, 2015

Keeping Communication Current

With Jan Holmquist

Dear 65+ members,

The 14th Annual Run For All Ages (RFAA) is this coming Saturday, November 7th at 10 am. Your RFAA race committee has been working diligently all year to make this a wonderful, fun, memorable event and we look forward to seeing many of you there! If you haven't already registered, please do so soon as the online option closes at noon on Thursday: www.runforallages.com. I think our race has more 65+ participants than any other race in the area - except perhaps for the Boston Marathon.

And speaking of the Boston Marathon...now is the time to let me know if you would like to put your name into the lottery for a club waiver: jholmquist@mspca.org. Although we are uncertain as to the number of waivers we will receive, we have had 8 for the past few years. As noted in the September issue of Forever Run: *Last year, your 65+ Board voted to require a minimum membership of 1 year in order to be eligible to enter the lottery. In addition, after much discussion at the Board meetings regarding further criteria for preference in the lottery, the Board voted to have a small committee of impartial members prioritize other factors. This concept is in line with all other local clubs and how waivers are distributed. If you plan to enter the Boston Marathon lottery for a 65+ club waiver, and have been a member of the 65+ club for at least one year, priority will be given to those who have participated in any of our club events: volunteered for any event or with any committee (refer to the web site for a list of committees and get involved), write an article for this e-newsletter, attend the Annual Banquet and/or the RFAA, sponsor new members. If we have interest from those who are 80+, we are going to set aside 2 waivers for our 80+ senior members. If someone has never received a waiver, but entered the lottery in the prior 3 years, they will also receive preference over those who have been lucky to have received a waiver more than twice.*

I hope everyone is enjoying the crisp, cool mornings and the beauty of the season. My favorite run is on Battle Road and the path is especially spectacular at this time of year. I enjoy the meadows, woods, and history along the route as often as possible!

Great Island 5K was a Great NE 65+ Flag Race

by Rick Stetson



NE 65+ New Hampshire Board Members (L-R): John O'Donnell, Dan Dodson, Jim McLaughlin (65+ past president.)

It was a beautiful October morning for the NE 65+ New Hampshire flag race. The race director of the Great Island 5K, Guy Stearns, had been honored by the club in September as "Race Director of the Year," and he did an excellent job to include providing detailed directions on how to reach the Great Island Common, the 31-acre recreation area where the race would start and finish. When I neared the common, I was directed to a parking area by flag-waving volunteers and then walked to a building to pick up my number where I met John O'Donnell, our point of contact for the NH flag race.

John suggested I move my car to an area closer to where we would set up the club's tent and said he would ride with me to show me the way. As I moved my car, flag volunteers tried to direct me to other parking areas but John rolled down the window and said, "We are New England 65+. We have a tent," and they waved us through. We parked a short walk from where the tent would be set up on the top of a small hill close to the food tent and spotted Jim McLaughlin and Dan Dodson standing by a table with the club's banner on it. The four of us put up the tent and we were in business, ready to hand out applications to runners who looked as if they might be old enough to join the club. The tent also serves as a meeting place for our current club members, making it easy to find each other.

We were soon joined by club member Nancy Wilson and then by Lou Peters and a lively conversation took place when we heard Andy Schachat announce, "10 minutes to the start of the race," so we headed to the starting line. Guy Stearns welcomed all the runners to the race and thanked the sponsors for their support. Then the command, "go, go, go" was heard and we were off. The course was rolling but the hills were not too steep nor too long as we wound through the scenic town of New Castle close by the Piscataqua River. As runners finished the race, many had their names called out by Andy but one received a special welcome when it was announced, "Now approaching the finish line, a living legend, from Methuen, Massachusetts, Louie Peters," and a loud cheer went up from the runners standing nearby.

The awards ceremony was held in the park with runners seated on a grassy hillside facing the river

with a view of sailboats passing by. When Guy Stearns got to the 80's age group, he called out Nancy Wilson's name and presented her with one of the attractive sweat shirts that went to all the age division winners. When I congratulated Nancy, she said, "But I was the only one in my age group." I told her that did not matter. She was out there when others were not. Then it was time for the 90's age group. Race Director Stearns said he included the 90's age group because he knew a special runner would be at the race, Lou Peters. As Lou went forward to receive his award, the entire crowd rose and gave him a standing ovation. Stearns presented Lou with a one-of-a-kind medal where on the back was engraved, "You are amazing." Then a woman at the awards table asked if she could give Lou a kiss and of course, he obliged and said, "That was a good one." Some young ladies in the crowd then asked if they could have their pictures taken with Lou and again he obliged with Dan Dodson saying that Lou should charge for each picture taken.

It was a great day in New Hampshire not only for Lou, but for all who attended the Great Island 5K race. John O'Donnell, Jim McLaughlin and Dan Dodson gave out a number of club applications and we should get some new members as a result. Now we are getting ready for the final flag race of the year, our Run For All Ages 5K which will take place in Wakefield on November, 7. Race Director Jan Holmquist invites club members to come by even if you don't plan on running as there are a number of volunteer positions that need to be filled. It is always a great opportunity to visit with your fellow club members as well as help support the Wakefield Education Foundation . I hope to see you there.



**Nancy Wilson, 1st Place at
Great Island 5K Race**

A reminder to our runners: You can find out how club members did in races by using the link to our club web page at www.ne65plus.org/ and then click on "Race Results" where you can select either 2015 Results by Race or 2015 Race Results- All. We are grateful to Tom Abbott's crew of posters who constantly update our web page with the latest race results. It is great to see so many club members taking part in races both large and small all over New England.

SPECIAL RUNNING MOMENTS

by Bill Borla



Bill Borla (R) running with son, Peter (L) and grandson, Grayson, at the Apple Harvest 5-mile Race in Southington, CT.

It's hard to believe but, even at my age, I keep having special moments related to running. Last April it was finishing with Jan Holmquist at the 10K at the JJ Ramble in Dedham, MA. I got in a bit of trouble over that one, but we got a few laughs out of it. Then, unbelievably, something even more special happened at a recent race. It had to do with running and family. It doesn't get any sweeter than that combination.

This happened at the Apple Harvest Race 5 miler in Southington, CT on October 4. My son, 11 year old grandson and I entered with the intent of using this race to gauge our fitness level prior to unleashing our family relay team, the PINKLADY, at the Hartford Marathon on October 10 (the 6th year in a row). Two years ago the three of us ran the 5K together and came in tied. That was another special moment because of the three generations. So this time, with the longer distance, we thought another tie was possible. At the first mile, we were together, running it in a little over 7 minutes. Then my grandson gradually started pulling away. My son and I thought he'd get tired and would come back to us. That never happened. He maintained that pace to finish in 35:42, about 1½ minutes ahead of me and my son. At first I was not amused. How was it possible that an 11 year old could beat us? We were not jogging out there!! But, then I started feeling pretty good about it when I remembered that my grandson was going to anchor our relay team over the last 5.7 miles. For the relay I assigned estimated paces for each of the team members. I had my son at 7 minute/mile, and my grandson at 7:30. Because of what happened at the 5 mile race, I had to flip

flop their paces. Now my son wasn't so amused.

Another special thing happened that perked me up a little more. The legendary Bill Rodgers was there signing bibs. I went over and introduced my grandson to him and had a photo taken with the two of them. But this is what was really cool. In the note Bill scribbled on the back of my grandson's bib, he congratulated him regarding the race and said, "you race like the wild wind, just like your granddad". Bill didn't have to do that. He could have just signed his name and my grandson would have been happy. It's for things like this that I consider Bill to be one of America's best ambassadors for the sport of running, and he is a humble, wonderful human being. We should all strive to be like that.

You may be wondering how we came upon the name PINKLADY for our relay team. I have a 48 year old daughter who has cerebral palsy and is confined to a wheelchair. So we're always looking for ways to get her out and about and to get her involved with her family. Her favorite color is pink - she is the pinklady. Weather, and other situations permitting, she almost always gets to see us run.

Have a blast running, hopefully with family once in a while.



**Grayson Borla with his bib
signed by Bill Rodgers.**

A Jog Down Memory Lane by Chuck Keating

As I close in on fifty years of running and racing I find myself thinking back on the wonderful people in our sport, many of whom have been a leading force in our Club and many of whom have made an impact on me as a runner. If you want to come along, I am going to take you for a jog down memory lane and share those thoughts with you.

THE 1960s: My first racing experience was at Fresh Pond in Cambridge in 1968. Races there attracted runners from clubs all over the area. This was where I first met Fred Brown, the leader of the North Medford Club. Fred encouraged me to run the 1968 Plodders Marathon in Brockton, a Boston qualifier which took place in December. Fred impressed upon novice runners like me what the unwritten creed at Boston was back then. The creed went like this:

Run Boston under 3:00 hours and you are an established marathon runner.

Run between 3:01 and 3:30 and you are an aspiring marathoner.

After 3:30 consider yourself a pack filler.

Competition was what it was about in the sixties. Today the sport invites everyone to participate. Can you imagine how those times would sound to most runners today? But believing in that creed drove me to under 3:00 hour finishes in five of my ten Boston Marathons. Thanks, Fred.

Two future 65 Plus Club members made an impression on me in my first year running - Father Joe

Shea and Phil Campbell. In early 1969 a running friend, Bill McNulty, invited me to Rhode Island to race, and it was there that Bill introduced me to a friend of his who was stationed there, Father Joe Shea. Bill, Father Joe and I enjoyed many a competition that winter and always capped off races with hot coffee and good conversation. Father Joe didn't wear his collar to the races but his outgoing pleasant personality was a hit with everyone he came in contact with. Father Joe was one of the early members of our 65 Plus Club.

Now Phil Campbell - he needs no introduction to readers of this newsletter! He and I had many a close finish in my early races, and when Phil gave advice you bet I listened. His advice was always spot-on.

Come March of '69 I took my \$2 entry fee into Jock Semple's office and was set to go. I had qualified in Brockton. When Jock saw my 3:20 qualifying time, he said to me tersely, "Remember, son, this isn't the Plodders. This is Boston. Good luck." And with that I was officially entered in the 71st running of the Boston Marathon.

There was also a non-Club runner who inspired me that April at Boston, a runner who made a lasting impression on me and on many other aspiring marathoners. He embodied the running lifestyle. I first encountered him as I ran up Heartbreak Hill. There he was, Johnny Kelley, who greeted me with the words, "You're looking strong, young man. Keep up the good work." I finished with a 3:01. Johnny finished in 3:05. I was not even thirty while John was sixty-two, more than twice my age, yet he was only four minutes behind me. What a sport! I could do this forever!

My only regret that year came from thinking about Fred's marathon creed. By 103 ticks of the clock I was not yet a serious marathoner. The challenge of that minute and forty-three seconds brought me back to Boston in '70 and '71 to record back-to-back sub-three Boston Marathons, 2:40 and 2:32. Then after the 1971 race I took my first break from racing. Note that I said from racing not running. Running was now a part of me, a life-affirming, feel-good activity for mind as well as body.

BOSTON 1978: I knew that in 1971 I had peaked at 2:32. No way was I going to run sub-5:47 miles over 26 miles again. Nonetheless the urge to run Boston came back seven years later. And it turned out that the 1978 Boston Marathon was memorable, especially for New England runners, because of the strength of the field and the fact that New England runners were hit in February with the famous Blizzard of '78, making training difficult to say the least.

The results of the race were special, too. More than 2,400 runners broke three hours. That is astounding given that there were only 4,000 entrants in the field. 1978 had the best percentage of sub-three-hour runners ever at Boston, almost 60%. Imagine if a marathon today with 20,000 starters had 12,000 runners who broke three hours! The seventies produced a rare, dedicated group of regular, every day runners who took their sport seriously and reaped rewards at the finish line. And all these runners were inspired by athletes like Bill Rogers, Frank Shorter and Al Salazar who led the charge both in training practices and in results.

1978 saw four of our Club members break three hours. I just barely managed to be one of them at 2:58. Gerry Good and Bob Aucoin demonstrated their talent by crossing the finish line at 2:55, and at the ripe old age of 39 Bob Reagan clocked a 2:33. How about that performance!

BOSTON 1991: As I warned you at the beginning, this is my jog down memory lane so now my Boston Marathon memories jump to 1991. The Boston Marathon had changed drastically since I had last run. For one thing that three-hour creed was a thing of the past. Fred Lebow had introduced a new philosophy to marathon running. Now it was all about finishing. This philosophy put new energy into the marathon scene and drew record numbers to the sport. Most runners did not aspire to be sub-three-hour marathoners; instead they put in the time or the miles to achieve a personal best. But the hard core runners who are today members of our Club continued to race to the standards of the

sixties and seventies. Check out these Club members and the effort they put into the 1991 race.

At 60 years of age Jay Sturdevant came in at 2:53. At 49 I was the youngest of our future Club members running that year and I only beat Jay by 4 minutes. Joe Fernandez, at age 62, ran a 3:06. Here are many others who are 65 Plus Club members today.

Bill Riley-2:52	Dick Hoyt-2:53	Bob Reagan-2:56
Charlie Farrington-3:02	Denny LeBlanc-3:07	Ali Abbas-3:10
Andy Lewis-3:11	Ed Doucette-3:13	Joe Noonan-3:13
Ray Lussier-3:21	Carlton Mendell-3:25	Don Ross-3:27
Barbara Robinson-3:34	Carrie Parsi-3:37	Robert Hall-3:41
Julian Siegel-3:54	Lillian Christmas-4:28	

Shortly after the 1991 Boston Marathon I was asked to join the BRC's 50+ Team. The next three years were a wonderful, unforgettable experience. Captain Kirk Randall whipped me into the best shape of my life. Our 50+ Team was number one in the country for three straight years and I ran my fastest times during this period. When Kirk's health forced him to stop racing after the third year the team disbanded.

BOSTON 1994: Not surprisingly my attention turned back to the Boston Marathon, the 98th running of Boston in 1994. 1994 was a great year for future members of the New England 65 Plus Runners Club. Check this out. Joe Noonan, who had run 3:13 in 1991, ran 2:50 in 1994 when he was over fifty! Improving Boston by 23 minutes at age 50+ is no easy task. In addition Joe led all of our Club runners to the finish line. Here's how we did. My apologies if I missed anyone.

Joe Noonan-2:50	Chuck Keating-2:52	Dick Hoyt-2:55
Bill Riley-2:58	Peter Orni-3:03	Zeke Zucker-3:06
J.Fernandez-3:08(63)	Sturdevant-3:10(60)	Ali Abbas-3:11
Richard Murphy-3:11	Phil Pierce-3:13	Al Nagle-3:14
Bill Noun-3:23	Fred Zuleger-3:24	Wendy Burbank-3:28
Bob Aucoin-3:30	Ray Lussier-3:33	Dick Fedion-3:38
Barbara Robinson-3:39	Ben Fudge-3:49	Carlton Mendell-3:50

Those of you who know me well won't be surprised that I cannot jog down memory lane without sharing the road with four men against whom I have competed often during the past fifty years: Bill Riley, Doug MacGregor, Joe Fernandez and Bill Borla. They always turned in stellar performances not only in their age group but in the whole field.

I have extolled Bill Riley's greatness many a time in my "Forty Year Journal." His credentials are impressive. In the Boston Marathons in '91 and '94 Bill broke three hours in both, the latter at age 58.

Joe Fernandez ran both of these Boston's when he was in his sixties - at 62 and at 65. To come so close to breaking three hours speaks clearly of his talent. Every time I got on the line against Joe one

thought went through my mind - will he beat me? Joe, you were something at all distances.

Then there was Doug MacGregor. I raced against him in my fifties. I was running 17:15 5K's and 34:00 minute 10K's and I'd only see the back side of Doug. There was no better 50 year old of our decade. I am sure most of you our age would agree with me.

Finally, Bill Borla is another runner of whom I would see only his heels in a race. I first met Bill in 2001 in Orono, Maine, at a Master's T/F meet. I was running 20 minutes and change in the 5K and Bill lapped me. My only consolation was that he lapped every runner in our age group. Bill got a late start in the sport and demonstrated what talent, conditioning and fresh legs can accomplish. He was one of the best runners in the U. S. for many years. It is my honor to call Bill a friend and competitor.

Thanks for joining me in my jog down memory lane. It gives me pleasure to reminisce about the wonderful men in our Club. I hope some woman in our Club will write up her thoughts on the talented athletes she has enjoyed competing against. I'd love to read about Barbara, Carrie, Wendy, Jan and many more.

Here's to our Club! Keep on running!

Jan Gets A Nice Welcome to Hartford



The thousands of runners who went through the Hartford Marathon and Half Marathon expo last month were greeted by large posters with photos of the elite runners who would be competing in the races including our club president, Jan Holmquist. Even though she had run in the USATF national 5K championship in Syracuse just six days prior where she had lowered her own world record with a clocking of 22:15, Jan had agreed to run Hartford as part of the New England Finest program after being invited by our speakers at the annual banquet and owners of the New England Runner magazine- Bob "Fitz" Fitzgerald and Michelle LeBrun. On Jan's poster it said, "Ready to break the course record of 2:07:08." And was she ever ready to break the course record! Her time of 1:45:14 not only broke the old course record by 22 minutes, but it was faster than all of the men in the 70-74 age group and all of the women in the 60-64 and 65-69 age groups and it was just 37 seconds off her world record set at New Bedford last March when she was well rested. A remarkable accomplishment and our congratulations go out to Jan.

Out on the Roads of New England

by Dan D.

Hello fellow NE65+'ers,

What a great time of the year this has been for our section of the country. The dry & crisp air makes for better times and reduces the negative impact of heat and humidity. As I write to you on October 27th I have 9 races completed in September and 6 in October (with 1 more scheduled for the 31st in St. Johnsbury, VT.) for a 2015 total of 89. We're pretty much on schedule for our annual goal of 100+ per year. This Saturday should give me Vermont for 2015 leaving only Connecticut to be completed to finish my other annual goal of the 6 - state "New England circuit!"

Let's get to discussing a few recent races I've participated in recently and then finish off with my unique experience of being in the top ten runners at the halfway point in a race with about 1,000 participants FOR A SHORT PERIOD OF TIME!!!! This was the "New Hampshire 10 - Miler" on August 29th in Auburn/Manchester, N.H. Keep reading and you'll find "the truth" at the end of this column.

The "Kelly Mann Memorial 5K and 3K Walk - 10th Annual" was held on September 26 - Saturday in Nashua, N.H. This was the 5th race in the 6 - race "Gate City 5K Series." The run had 170 finishers plus a good group of 3K walkers. Registration was \$25 and a nice technical tee-shirt was included. Excellent age groups including 80 - 89 and 90 - 99. I was glad to see the 80 - 89 bracket as I managed to win 70 - 79 but behind 82 year - old Bob Welts by about 2 minutes!

The race start & finish was at Nashua's Sunset Heights Elementary School, with all \$\$\$\$\$ going to the Bridges: Sexual Violence Support Services. Timing (chip) by Millenium Running for the Kelly Mann 5K and all other Gate City 5K Series races.

The "Rowley Poker Run" took place on October 3rd - Saturday in Rowley, MA. It is part of the April to December North Shore YMCA Road Race Series.

175 runners finished the 5K and age groups went up to 70 - 99. The entry fee was \$24 and the indoor registration and awards at the Rowley VFW was a benefit on a rather chilly day. Joseph Long of Lynnfield, MA. was top NE65+'er with Daniel Dodson and the unstoppable Lou Peters 2nd & 3rd respectively. Timing (chip) for this and all North Shore YMCA races was by North Shore Timing Company.

"Jeanne's Journey 5K - 2nd Annual" was held in Somersworth, NH. on October 10th - Saturday. It was a fairly small race with 115 finishers. The entry fee was \$25 and tee - shirts were only for those entered by September 11th (I missed out). The start & finish were at Somersworth High School with parking nearby at St. Martin Church. Timing (NOT chip) was done by 5K Sports Race Management. The one negative was the age groups which stopped at 50 - 99. I did have "a discussion" about that with the R.D. - so we'll need to check in 2016.

The "Great Island 5K - 22nd Annual" was held in New Castle, N.H. on October 11th - Sunday. This race served as our NE65+ New Hampshire "flag race" and had age groups up to 90 - 99 with 911 5K finishers. The R.D. is Guy Stearns - our NE65+ Race Director of the Year. The (chip) timing was handled by Yankee Timing. The entry fee is \$25 with a Swix ski hat included. Cotton tee shirts were available for an additional \$10. There are super ocean views all along the course and at the start/finish in the Great Island Common. Nice post - race refreshments and a large raffle for runners. NE65+ members were present in abundance with 70 - 79 medalists Lawson Noyes, Rick Stetson, Gary Reuter, Wendy Burbank and Mary Ulinski. Bob Welts and Nancy Wilson were 80 - 89 winners, and Lou Peters topped the 90+ division. Our club had a nice recruiting table and tent with a large number of members in attendance.

October 17th - Saturday was the "Witch City 5K" in (of course) Salem, MA. This race is part of the North Shore YMCA Road Race Series and is (chip) timed by North Shore Timing Company. The start/finish is at Salem Willows Park - totally outside. The \$24 fee includes a tee-shirt and refreshments. The course is fairly gentle and heads "downtown" and back to Salem Willows in a circle. There were 444 finishers ... quite a few in Halloween costumes. It was quite cold out and unfortunately the porta-potties were delivered to the wrong address - yuck!! Age - group awards went up to 70+ and our club had Wendy Burbank 1st and Kathy Clark 4th as well as Daniel Dodson

3rd, Tim Cunningham 4th, and Lou Peters 5th.

The "Miles for Mary 5K - 3rd Annual" was held on Saturday - October 24th in Marblehead, MA. The entry fee was \$25 (\$30 on race day) and included a tee - shirt and post - race refreshments. There were 82 finishers and awards up to 70 - 99. I won the male 70+ by "default" and there were no 70+ females. The race started and finished at Devereux Beach with terrific ocean views on the out & back causeway section. Timing (chip) was done by North Shore Timing Company. The non-causeway section was surprisingly hilly for being so close to the ocean. This race is part of the brand new Marblehead Race Series (6 races).

The "Telegraph Santa Fund Run - 39th Annual" was held at Mine Falls Park in Nashua, NH. on October 25th - Sunday. This was the 6th and final race in the "Gate City 5K Series". There were 158 finishers in the 5K and 70 participants in the accompanying 10K. The 5K race was about 2 miles on asphalt and 1 mile on gravel park trails. The \$30 entry fee included an excellent long - sleeve technical shirt and a Santa's elf hat. Timing (chip) was by Millenium Running with instant results on screens at the finish line. Bob Welts won the M80+ division and Daniel Dodson was 2nd in M70 - 79. The money from this race goes to local charities through the Nashua Telegraph newspaper.

Now for the story of how your slow - footed columnist had the thrill (short - lived) of being a top - ten elite type runner for a few minutes during the "New Hampshire 10 Miler" on August 29 - Saturday with over 1,000 participants. Yup ... thanks to "my partner" I was in about 7th place at the 5 - mile mark. You see there were 988 finishers of the ten - mile race along with 57 relay teams (2 persons running 5 miles each). Knowing my "limitations" I decided to enter the relay and run 5 miles. I then made a terrific selection of one E.J. Hrynowski from Arlington, MA. to be my "partner." Our team name tells it all "Tortoise & Hare." You already know that I'm the tortoise and I can assure you that the talented Mr. Hrynowski runs like a hare. To prove the point just key in: "Peak to Creek Marathon 2015" and click on the results. This North Carolina marathon was just run on October 24th and E.J. did it in 2:51:46 — 3rd OVERALL!!!!!! So there I was at the 5 - mile relay point of the N.H. 10 Miler at the eastern end of Lake Massabesic watching the first few elite runners come by (including female Olympic Trials marathoner Erica Jesseman – 3rd overall) when in charges E.J. and I start running towards mile #6. For the next few minutes I had some pretty tremendous runners catch me and run by. Like this was pretty cool!!!! And then by mile 7 or so reality set in and I was back to struggling over the hills of Auburn & Manchester, NH. I did enjoy having so many running friends holler out to me as they went blasting by. Due to E.J. we managed to finish 16th out of the 57 Relay teams. The experience was one I'll never forget.

Be sure to check our column next month and I'll give you some ideas on where I find the races I run. You might be surprised at how many race choices you have each week within an hour from your home. Some of you are well aware of this, but you might find out a few new sources to increase your running opportunities.

Keep running and I hope to see you soon "Out on the Roads of New England."

65+ Men's Competition Team

by Rick Stetson

In 2014, the NE 65+ men's 70+ competition team tied for 5th in the nation in the USATF grand prix as a result of winning the James Joyce Ramble, the one championship race the team entered. Placing first out of 14 teams in the grand prix championship series last year was the Ann Arbor Track Club, led by Doug Goodhue. The Atlanta Track Club's men's 70+ team was second followed by the Shore Track Club, then the Clifton Roadrunners and tied with us for 5th, the Santa Barbara Track Club..

This year, our men's 70 team of Bill Borla, Zeke Zucker and Dave Pember defeated the Shore team to once again win the James Joyce Ramble (Dick Paulson and Bob Sullivan also competed on the 65+ team but only the first three places count in the scoring.) Teams like Ann Arbor and the Atlanta Track Club compete in most of the other national championships which gives them a big advantage in the final standings. Ann Arbor did not compete in the Ramble this year because Goodhue was injured but last month in Syracuse at the USATF 5K national championship, he took first in the age group with a time of 20:07 and led his team to a first place finish. If New England had a 70+ team at Syracuse it might have come in ahead of Ann Arbor as it did at the Joyce Ramble because while Goodhue is very fast, the second and third runners on his team are not as fast as some of our 70+ men (nor are they as fast as our club president but unfortunately, coed teams do not count.)

On November 15, the USATF 12K national championship will be held at Oronco Park in Alexandria, Virginia. I plan to be there and wonder if there might be a couple of other 70+ runners who would want to join me to make up a team? For those entering on line, you will be asked for the NE 65+ USATF club number which is 02-0065. I know it is last-minute to plan a trip to Virginia with the race just a couple of weeks away, however, some of our competitive runners are already looking forward to the next James Joyce Ramble which will be held in Dedham on April 24, 2016. We have a title to defend there and who knows, we just might be able to travel to some of the other national championships to give clubs like Ann Arbor, Shore and the Atlanta Track Club a run for their money.

New Members

Ron Pesaturo, Melrose, MA Sponsor: Phil Freeman
Been running for 3 1/2 years, 15-17 miles per week.

Tony Swebilius, Morrill, ME Sponsor: Robert Knight
Racing since 1970's, 5K to half marathons with occasional triathalons.

Volunteer of the Month **Rick Collette**



Runners arriving early in Wakefield for the race on Saturday are bound to notice a club member who seems to be everywhere at once performing a multitude of volunteer tasks. This person is Rick Collette, one of those volunteers a race director (RD) depends on to get things done. However, Rick's involvement with the Run For All Ages (RFAA) goes back even before he was a member of the New England 65+ Runners Club. After the 2011 RFAA and after 10 years as the RFAA founder and race director, Jerry Panarese decided it was time to "retire" and let someone else serve as the RD (Jerry still serves on the RFAA committee.) An appeal went out to all members of the 65+ club asking for someone to take over. When no 65+ member stepped forward, Rick agreed to be the RD for the 2012 race. Even though he was not eligible to join the 65+ club at the time, Rick lived in Wakefield, was an active member of the Mystic Runners club and served for a long time as the RD for the Mystics' weekly run around Lake Quannapowitt, so he was very familiar with the course that is used for the RFAA race. Rick saved the Run For All Ages from being canceled and even though Jan Holmquist has taken over as the primary RD for the last three years, Rick is still actively involved in the RFAA by doing things such as putting up posters and a sandwich board announcing the race to Wakefield residents, arranging for Wakefield Cable Access to be present to interview runners (WCA is unable to attend this year), arranging for Harrow's to bring their popular chicken pie samples, making sure the porta potties are placed in the correct location, picking up the bibs from Yankee Timing, and driving the course to position the water stops and mile marker signs. There may be even more items Rick is responsible for but this should be enough to let everyone know why Rick Collette has been selected as our Volunteer of the Month for November.

Quote of the Month

" This means that I don't have to run faster than the psychotic-maniac-vampire-cannibal; I just have to run faster than whoever is with me when the psychotic-maniac-vampire-cannibal starts chasing us."

Tim Benton

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