



Forever Run

October, 2015

Keeping Communication Current

With Jan Holmquist

Dear 65+ members,

Wow...the highest attendance ever (139) at our Annual Banquet! Thanks to everyone who attended (and to those who let me know they wished that they could be there, and were sorry to miss it), donated to the Annual Fund, brought raffle items to the luncheon, and sent me emails after the event that they had a good time and enjoyed our upbeat speakers, Bob "Fitz" Fitzgerald and Michelle LeBrun, who had us all laughing - a lot!. One of our Board members described the overall atmosphere as saying there was joyful "buzz" in the room.

Our next big gathering is the 14th Annual Run For All Ages (RFAA) on Saturday, November 7th. I know many of you have already registered to run and/or volunteer. Thank you!!! We can use more runners and volunteers, especially since - drum roll, please - the RFAA has been chosen by the Mystic Runners to be their November Grand Prix event. As you may be aware, the Mystics have always volunteered at the RFAA especially on the course; many of those Mystics will likely prefer to run this year, so please let me know if you are not running and can be out on the course on race day. I would be very grateful!

We hope many of you will be participating in the next Flag Race on October 11th in New Castle, NH. Please look for our 65+ red canopy and club banner!

There are a number of wonderful articles in this month's **Forever Run** and we hope you enjoy reading about our members each month. We welcome your submissions!

I hope you enjoy the fall, the beauty of New England, and running in the cool temperatures!



NE 65+ Hall of Fame Members Who Attended the Annual Banquet. Front (L-R): Phil Pierce, Jerry LeVasseur, Harry Carter, Jan Holmquist (Class of 2015), Bill Spencer, John DiComandrea, Dick Fedion. Frank Hurt, Bill Riley, Zeke Zucker (Class of 2015), Jim McLaughlin, Wendy Burbank, Richard Busa, Jim Lynch, Barbara Robinson, Lou Peters, Georga Bisson, Bob Hall.

Attending the banquet but not in the photo were HOF members: Mary Harada, Carrie Parsi, Dennis Branham and Ray Cormier.

A Banquet For All Ages (65 and above)

by Rick Stetson

The NE 65+ banquet was a great success. As members entered the lobby of Spinellis, they found their nametags nicely displayed on a board in alphabetical order with color-coded stickers so the staff would know what meal had been ordered. Then as members entered the banquet room, we were greeted by Carrie Parsi standing behind her merchandise table covered with all types of NE 65+ gear. Nearby were boards set up by Tom Abbott that had races where 65+ members had competed along with a board that showed the records for the Run For All Ages.

After a delicious meal and dessert, President Jan Holmquist opened the meeting by thanking the banquet committee. She also thanked everyone for attending.. Jan then opened the annual meeting by introducing the guest speakers, New England Runner magazine publishers, Bob "Fitz" Fitzgerald and Michelle LeBrun.

Fitz had the audience laughing with many humorous remarks that included tales of Lou Peters and Larry Cole picking up their pace so they would look good at the finish line and he included some personal humorous race incidents. But Fitz also had some serious comments, describing how the age group opportunities have increased in races. He concluded his remarks by urging everyone to "stay active." Michelle began her remarks by saying how much she enjoys the socialization factor of racing. She observed that while running is the purest sport, it is also the most humbling. After they had finished speaking, Jan said her abs was hurting from laughing so much. She later presented a plaque to Fitz and Michelle in appreciation for their being with us.

It was then time for the Joseph Shea Memorial Award. Bob Hall made the presentation to Andy Lewis saying that Andy was much more than a runner. He is also a hiker, one who has walked across England. Bob mentioned Andy's sense of humor and said he rarely comes away from being with Andy without learning

something. He pointed out that Andy serves as the club's treasurer and he does "a bang up job of paying the bills," in addition to belonging to the club's RFAA and banquet committees.

The Hall of Fame induction was next and first up was Zeke Zucker. Phil Pierce made the presentation and he began by describing Zeke as a national and international runner who also manages the elite runners for the Vermont Marathon. He told how Zeke, who was a swift boat captain in Vietnam, ran the JFK 50-miler in 2004 winning the 60-69 age group in a time of 7 hours 53 minutes, a record that still stands. He mentioned some of Zeke's other ultras, like the 2007 Comrades Marathon in South Africa and the 2009 Raleigh 100 miler that Zeke completed in 19 hours setting a national 65-69 age group record. Zeke serves as secretary for NE 65+ Runners.

Jan Holmquist was the next induction into the NE 65+ HOF. Barbara Robinson began the presentation by saying, "Wonder Woman is in our midst" and mentioned it was appropriate that New England Runner recently had a photo of Jan leaping off the winner's podium. Barbara said that "records are made to be broken but some of Jan's are going to last for a long time." Just this year, Jan has set records in the mile (6:37 world record), the 5 mile (36:37), 10K (45:19, a world record), half marathon (1:44:43, American record), and one hour run (12,100 meters, American record). Barbara also mentioned that in addition, Jan serves as president of the NE 65+ Runners Club, is race director for the Run For All Ages and serves as the women's long distance masters chair for USATF-NE.

A modest acceptance speech was made by Jan who said that Barbara Robinson was always her inspiration. Jan also gave credit to Carrie Parsi, "who always came in first," and to Wendy Burbank and Mary Harada, saying it was an honor to be in the HOF with those women. Jan pointed out that there were 8 women and 42 men in the Hall of Fame and she encouraged the committee to continue to nominate more women.

The final award was the race director of the year. John O'Donnell made the presentation to Guy Stearns, the co-founder and race director of the Great Island 5K in New Castle, NH. The race was started in 1992 to fund a playground and in 2002, it became a flag race for NE 65+ and still serves as the club's New Hampshire flag race taking place this month on Oct 11. John said that New Castle, one of New Hampshire's smallest towns, is a beautiful place and that the race will give away 150 raffle prizes, Guy said NE 65+ was an amazing club and that he will have a 90+ award in his race and that he hoped Lou would run it.

Tom Wylie had spoken about the 14th Annual Run For All Ages earlier in the program and in making her closing remarks, Jan said she hoped to see everyone at the race which will be held in Wakefield on November 7. She concluded by thanking everyone for attending what turned out to be a wonderful NE 65+ event.



L-R: Guy Stearns, Race Director of Year, Jan Holmquist, Zeke Zucker, 2015 HOF, Andy Lewis, Joseph Shea Memorial Award

Banquet guest speakers Bob Fitzgerald (L) and Michelle LeBrun (R) with HOF inductees Jan Holmquist and Zeke Zucker.

My First Half Marathon

by Susan Filene



Susan Filene after running her first half marathon in Jacksonville

Editor's Note: When we learned that cancer survivor Susan Filene had completed her first half marathon earlier this year and was training for her first full marathon, we asked if she would share her experiences with fellow NE 65+ club members. We will look forward to reading her "second installment" after she completes the Disney Marathon in January.

February 15, 2015. It is still dark and surprisingly cold in Jacksonville, FL. I am standing with my support team of one very patient husband in a field with over 4000 other runners and at least that many of our family and friends. Under my sweatpants and jacket I am wearing a bright pink tee shirt, a pink plaid running skirt, pink compression socks and pink laces in my Brooks shoes. Pinned to the front of my pink tee is a pink bib with my number—2866. This is a good number for me because in the year and a half since I began running I have become superstitious about bib numbers. I like them to be even and this one is really, really even. Pinned to the back of my pink tee is another pink bib with the word "Survivor". It has 26 names I have written there at the request of friends. The names are in two lists. One list says "in support of". The other list says, "in memory of". Later in the race I will think of those names and they will push me along.

I am talking to other runners. There are incredible stories here. One woman has finished treatment for a third recurrence of breast cancer. It has been three weeks since her last chemotherapy. She is going to walk 13.1. Another woman is two days out from chemo. She is going to do the whole 26.2 miles. She slept in her car last night in the hotel parking lot because she had not booked a hotel room as she was not sure she would be here—I mean HERE—on this earth. And now she is here and running with the blessing of her doctor. Three young women who can't be out of their 20's yet are running in memory of a college friend who died of breast cancer. Men and women and kids are running in memory of mothers, sisters, daughters. There are some men who are themselves survivors. These are humbling stories. What do I have to worry about? Not much.

I am pretty sure I can get to the finish of this race. First, there is a marathon at the same time so we half marathoners get ALL that time. Also, I have trained with a Jeff Galloway run-walk-run plan. Wisely, he has you go further than you will go in the race so I have already done 14 miles in practice—I mean "training".

Finally it starts to get light enough so that we can see inside the portos – a big improvement. Then everyone moves to another field where there is a warm tent with lots of food and coffee. We huddle in there and wait some more and talk some more and people walk back and forth to the first field to use the portos. It is still cold outside the warming tent and all the runners and supporters cannot fit inside at the same time. We all pop in and out so everyone can have a chance to get inside for a few minutes. There is a lot of music. We move to the start and sort into corrals. We are all still talking. People are stripping off outer layers, revealing a sea of pink running attire. My support team stuffs my sweats and jacket into his backpack. National anthem. The race finally starts in waves. And it is sooooo much fun.

All through the race, when someone passes me with my survivor bib they yell something encouraging. Or when I pass a survivor, I do the same. We survivors ask each other, "How long?" Eight and a half years for me.

Every bit of the route is packed with cheering spectators. It's early at the start and some of the cheerers are in their pink jammie's and robes in front of their homes. There are bands and funny signs and everywhere screaming crowds. After many miles we run down a street towards the beach. There are pink streamers from house to house all across the street for the entire long block. There are bubble machines in front of almost every house throwing off pink bubbles which we run through. People throw pink confetti. There are more cheering people and many dogs dressed in pink. We hit the soft sand and head towards the water. The race has been planned to run the beach at low tide. The sand is hard near the water, the day is cool and beautiful, the water is on our right. It is much quieter here, meditative. We 13.1ers will run a mile on the beach before peeling off. The 26.2ers will go much further on sand. The loooooong line of runners stretches as far as I can see and, I assume, there is a long line behind me. Too soon it's time to get back on the roads and turn toward the finish. More cheering crowds.

This is an out and back course so the lead runners, the elites, from the marathon are now passing us on the right. It is great to watch them run two or three feet from me. None of this has been hard so far. I am run-walk-running on schedule. Drinking UCAN from my fuel belt. Downing some water now and then. Chatting with other runners.

Finally we come to some kind of overpass, a bridge which is a bit of a hill. Around mile 12 I put a hard coffee candy in my mouth and think of the names on my back. That combination gives me a boost. Somewhere in there the road was divided by orange cones with marathoners on the right and halves on the left. THEN, who should come by on my right but Joan Benoit Samuelson! I match her stride! I have Joan Benoit Samuelson as a pacer! For a few seconds we are side by side until.....well, she's 14 years younger than I am.

Across the bridge, down a big turn and so much cheering up ahead. Across the finish, medal, space blanket, water, find my "team" and then cocoa, ice cream, burgers, donuts and....this was really fun, I am ready to sign up for another race.

About the author:

Susan Filene became a runner in June 2013 when she jogged a 2 mile course on the island of St. Croix to benefit the Women's Coalition of the island. She got a 1st place medal because she was one of only two women 70-79. Her 79 year old friend who talked her into the race got second. Susan had done a few races before that (a Tufts 10K walk/shuffle on a dare and two Thanksgiving 5K's with family, pushing grandkids in a stroller). But until 2011 horseback riding was her thing. Then a horse accident left her with a pelvis in five pieces and a right hip in three. After recovery she tried Zumba, treadmill, yoga. Nothing "clicked" until that run on St. Croix. Since the half marathon described above, Susan has developed arthritis in a knee but keeps on. She is now in e-training with Jeff Galloway to do the Portland, ME half marathon on Oct. 4 and Disney marathon in January. Also several 5K's in between. In October 2013, she heard about NE 65+ Runners at the Tufts 10K for Women. She joined the next week.





NE 65+ runners at the one hour run in Lynn. (L-R) Lou Peters, Jan Holmquist, Dennis Branham

Records Fall in Lynn by Tom Abbott

It was a dark and stormy night. Actually, it was anything but: It was a nice, cool, Friday evening in often-humid mid-August to run hard for an hour on Manning Field's beautiful track in Lynn, Massachusetts. It was just a very warm, late afternoon drive to get to it.

Three NE65+ RC members were there to set or break One-Hour Run American records: From 7:00 to 8:00 p.m., Lou Peters, 90, would try to set a record in the Men's 90-94 age group, and Dennis Branham, having within weeks turned 85, would try to break the Men's 85-89 One-Hour Run American record. After the men's efforts, at 8:15 p.m. Jan Holmquist would try to set a new W70-74 American age group record for the One-Hour Run, meticulously officiated by the USATF-NE.

As Dennis Branham (of Providence, RI) relates it, "I was trying to break Paul Spangler's 31-year-old record of 6.27 miles or 10,087 meters. To do this I had written lap times through 25 laps for my family to monitor and give me a hands-up for being on pace or hands-down for being slow. I was only on pace for 1 mile and was never able to make up the time. The pace to break the record was 9:28/mile. We were stuck in traffic and got to the track later than I wanted in order to get a proper warm up. I was trying to pick up the pace but my legs felt heavy and it became a long hour." Cheered on by his wife Frances, who also races, Dennis' pace - despite that heavy-legged feeling - averaged 10:27 and generated a WAVA% of 76.0%. We think Dennis should try again next year - or sooner if a One Hour Run is held here or elsewhere. He ran 9:59's in a 4.8-miler in July, and did a 7:32 1500 meters a week after this race (NH Masters). If next time maybe he could stay near the event overnight so as to avoid that energy-sapping, 2 hours plus in heavy traffic, very possibly Dennis could best his 5.739 miles here and also top that 31-year-old record of 6.27 miles.

Lou Peters, 90, of Methuen, races almost every week (probably over 50 races this year by the time you read this), sometimes twice a weekend, and wanted to just post a respectable time for the vacant M90-94 time spot. Since Lou races his 5K's in the upper 40's, low 50's, a 3.5-mile record or better was very possible. So he kept up

a very steady pace with a quick foot turnover and noticeably poured it on over his last 1/2 lap, which finished at the end of the back straightaway. At that spot, Lou had set a record of 3.88 miles that might stand for quite a while - unless he breaks it next year! Asked after he finished if he would be resting up quite a bit from the effort, Lou responded with, "Oh, I'm racing tomorrow morning!" And he did just that the very next morning, racing the Londonderry 3.1 miles in 51:36, placing first in his age group of course!

A few minutes after Lou and Dennis finished, Jan Holmquist, 71, of Burlington, MA, started out at 8:15 p.m. with the women, most of whom were in their 20's, 30's and 40's doing 5:00-paces trying to set records in those divisions. Jan's pre-race thinking was, "How could I run around a track for an hour starting at [the late hour of] 8:15 pm after a 5-day work week?" Jan had to do over 6.03 miles to break the record, and she'd been doing mid-40's for 10K's recently (that's 7:20-7:30 pace), so it was just a matter of keeping up a good stride - she started doing low 8's and gradually dipped into the mid-7's, eventually averaging 7:55's. She also was wise to keep in mind it was best to at least try to smile for the cameras whenever they popped up over her 30+ laps. Jan's daughter (who drove her there through the thick Friday traffic, thus saving her energy) and granddaughter were in the stands cheering her on. "Looking great, Grammy!" "I love you, Grammy!" These cheers, which she said "made the event enjoyable and fun" she heard every time she passed the clock. Jan broke the old record of 6.03 miles by over a mile and a half, and it now sits at 7.525 miles - by our Jan - for the American One Hour Run record! And, no small thing, that generated a nice WAVA% for her of 92.95!

All three of our One Hour Run competitors have excellent diets. Lou's is very stringent, as he's apparently learned over the past few years what is really good for him and what probably isn't. And it's sure paying off! Able to be a little less stringent, Dennis's days start off with a great, often oat-based breakfast cereal with fruit, cinnamon, ginger and pumpkin seed mixed in. The rest of his day's meals continue with similarly healthy - but tasty - foods, including yogurt, chicken, soybeans, fruits, veggies, fish, etc. - but he stays away from red meat. Jan likewise has a diet almost completely comprised of healthy ingredients. Could these highly successful runners be telling us something? I think I'll be putting cinnamon, ginger, dried plums and honey on my cereal from now on.

Spotlight on Jim Lynch





Jim Lynch demonstrating strength in the weight room that goes with his strength on the roads.

by Tom Wylie

I first met Jim Lynch, of Plaistow, NH, about ten years ago when I was a youngster of 61. He started showing up at our weekly Sunday Runs in Haverhill, Ma. At that time he was 75, 14 years my senior and so as four of us headed out for an easy 10 miler I was thinking to myself, 'how fast can this guy be at that age?' Well, at the five mile mark he was not breaking a sweat, cruising along at a nice 8:40 pace and talking up a storm about his time in Florida, how much he loves the Red Sox, and offering vocal snippets of name-that-tune such as "Good Night Irene" by The Weavers, "Apple Blossom Time" by the Andrews Sisters and other hits from the 1940's and 50's. And he was constantly telling lots of very funny jokes. As a runner Jim is tireless!

I learned that Jim Lynch is a truly phenomenal runner, great athlete, long time member of the New England 65 Plus Runners Club, and one of the nicest running companions I have ever known. But I wanted to know more and so spent some time inquiring about his running habits, favorite races, and what he most enjoys about the sport.

When asked how he got started he tells the story of growing up in Everett, Ma and later living in Revere not far from Revere Beach. One day he looked out his window and noticed about 200 runners who were in a race that went by his street. It was 1991; Jim was 61 and just retired from working for John Hancock in Boston. He had a lot of time available and thought to himself, "that looks like fun." He inquired about the race and signed up the next year, and raced his first 10K. He doesn't recall his time but notes, "I didn't medal but I finished."

From that point running became a way of life for Jim Lynch. He was often accompanied by Helen, his wife and companion for thirty years, whom he fondly recalls as "a sweetheart lady who came to all my races." Jim ran twelve months a year, a lot in Florida where he joined the Boca Raton Running Club; entering many races and averaging 20-25 miles a week. When asked about his training routine he notes, "I never did any serious training, I just went out and ran and then raced."

Consistent with his carefree attitude, Jim heard about the Inaugural Walt Disney World Marathon held in January 1994 and signed up. While he doesn't recall his finish time, and electronic records only go back to 2000, he knows he came in second and being very annoyed with himself. He recalled, "I came in second and you know why? I stopped to take a leak and waited five minutes for a vacant Porta John, five minutes! At the end of the race a fellow runner said to me are you crazy or something, you don't stop for a leak in a marathon you just piss as you run." Jim's annoyance was in not winning the first prize, "a four foot high Mickey Mouse I wanted for my grandson." Disney was his first marathon and his finish did qualify him for Boston.

In total Jim has run eight marathons, his first Boston in 2001, in a time of 4:27:20, at age 70. His great joy is 10K's, 5K's, and many distances in-between. Researching race results from the Athlinks.com data base covering 63 events from January 1998 (age 69), to March 2012 (age 83) demonstrate Jim's amazing performance and ability:

Of 63 races he ran in his age division:

- Jim placed first 51 times, and second 10 times.
- Twenty-nine races were 5K's and Jim came in first 25 times, was 2nd three times at the Florida Fastest Times 5K in 2000; he ran a 21:24, (6:53 pace).
- In January 2000 he ran Florida Gulf Beaches Marathon and placed second in 60-65 category in a time of 3:51:33, a pace of 08:53 per mile, and qualified for Boston.
- Eight of his races were the Florida Seven Mile Bridge Run, and Jim placed first in seven of them with a best of 50:03 in 1999 (age 69), a 7:08 pace. Jim said he has run that race thirteen times in a row, and finished first in all but one.

In New Hampshire Jim has set three state records in the New Hampshire Senior Games:

- 5K in 21:36, in the 60-65 division (1996), 10K in 45:28 in the 60-65 division (2000), 5K in 24:01, 75-79 division, (2008, went to National Senior Games.)

And now, observing his 85th birthday on September 6th, Jim is still running and racing; he completed Saunders at Rye Beach on 8/20/15, and again took first place in his division. He remains a regular at the Sunday Runs in Haverhill, Ma and speaks most fondly of our organizing "guru" and coach Leslie Behan, whom Jim credits with helping him learn how to train. He notes, "Les is an excellent running coach, dynamite lady, and so disciplined; she helped me with the track workouts. I love to run and race with Leslie, she tells me how to prep and run a race, develop a routine and stay with it."

Among the Haverhill Sunday runners Jim is often called "Iron Man Jim," and "Hercules" because of his incredible strength, ability and wonderful joyfulness about a sport we all love so dearly. And too, Jim is very special for me in that he was kind enough to nominate me in 2009, when I became "eligible," to join the NE 65 Plus Runners Club.

Jim Lynch has been a Club member since 1995 when he turned 65, and was inducted into the New England 65 Plus Runners Hall of Fame in 2006, along with inductees Barbara Jordan of Vermont and Richard Busa of Massachusetts. The program notes at his induction state, "The surprising thing about this speedy road runner is how casually he regards his accomplishments in 5K to marathon road races, not bothering to keep records except in memory."

Of his twenty-one years in the Club Jim observes, "there are a lot of good people in our Club." He ran and raced often with Lou Peters, Phil Campbell, Louise Rossetti, and many others. In fact among his many running stories he told of getting stuck in traffic when he and Helen were traveling to a race in Western Mass. He stopped a police officer and told him they were late in getting to a race, lost and stuck; the officer asked if he knew Louise Rossetti and Jim replied indeed he did, the officer said, "no problem, come this way I'll get you there." A demonstration of the benefit of Club membership!





Jim (with Boston ball cap) and a group of the Haverhill Sunday Runners including newsletter co-editor, Byron Petrakis (L) and NE 65+ club member, Dave Hall (second from right.)

Out on the Roads of New England by Dan D.

Welcome to Autumn fellow NE65+'ers... As I write this column in September, Fall has arrived. This is perhaps the most beautiful time of the year to run and walk on the roads and trails of New England. The humidity is FINALLY gone, the hot temperatures are reduced, and nature's spectacular foliage panorama is about to unfold. Where else in the world would you rather participate in our incredible sport than right here right now!!!!

As promised the bottom of this column will prove beyond doubt that one Daniel Dodson, formerly of Methuen, Mass., "defeated" the great Bill Rodgers in a December 5K in Massachusetts!!!!!! Ya just gotta keep reading!!

I managed to complete 10 races in August and 9 thus far in September. This brings my 2015 total up to 83 with maybe 1 more in September. Folks have asked how and where I do this so I thought I'd give you an example. Here are my 19 races since August 1st.

Aug. 2 – Sun. – MA. – Wakefield – 5K – "Mystic Runners Swimsuit Classic 5K - 10th Annual"

Aug. 6 – Thur. – MA. – Beverly – 5K – "Yankee Homecoming 5K"

Aug. 8 – Sat. – N.H. – Kingston – 5K – "Kingston Volunteer Fire Road Race"

Aug. 9 – Sun. – N.H. – Epsom – 4Mi. – "Epsom Old Home Days 4 Miler"

Aug. 13 – Thur. – N.H. – Manchester – 5K – "Cigna/Elliot Corporate 5K Road Race - 23rd Annual"

Aug. 15 – Sat. – N.H. – Londonderry – 5K – "Londonderry Old Home Days Lundgren 5K Road Race - 36th Annual"

Aug. 16 – Sun. – MA. – Lawrence – 5K – "Greenway 5K Walk/Run"

Aug. 22 – Sat. – N.H. – Manchester – 5K – "New Hampshire XC Festival"

Aug. 25 – Tue. – N.H. – Loudon – 5K – "N.H. State Police D.A.R.E. Classic - 25th Annual"

Aug. 29 – Sat. – N.H. – Auburn/Manchester – 5Mi. – "New Hampshire 10 Miler"

Sept. 3 – Thur. – N.H. – Atkinson – 5K – "Atkinson Road Race - 38th Annual"

Sept. 5 – Sat. – MA. – Lawrence – 5K – "Feast of the Three Saints Run for Scholars - 2nd Annual"

Sept. 7 – Mon. – MA. – Gloucester – 7K – "Run the Goose 7K"

Sept. 12 – Sat. – MA. – Lawrence – 5K – "9/11 Memorial 5K Road Race and Fitness Walk - 4th Annual"

Sept. 13 – Sun. – N.H. – Manchester – 5K – "Northeast Delta Dental Halfway to St. Patrick's Day 5K"

Sept. 15 – Tue. – N.H. – Plymouth – 5K – "Miles for Smiles 5K - 5th Annual"

Sept. 20 – Sun. – N.H. – Nashua – 5K – "Home Stretch 5K"

Sept. 20 – Sun. – N.H. – Nashua – 4K – "Twilite Hoot Owl 5K"

Sept. 22 – Sun. – N.H. – Nashua – 5K – "Miles for Smiles 5K - 5th Annual"

As you can see all 19 races were in Massachusetts and New Hampshire (I did several earlier races this year in Rhode Island and Maine). Most were 5K's with a 5 - mile relay leg in the "N.H. 10 Miler", a 4 miler in Epsom, NH., a 7K in Gloucester on Labor Day, and a 4K in Nashua on Sept. 20th on the trails of Mine Falls. In prior years the race totals would have been higher, the running distances longer, the finishing times lower, and the locations more spread out throughout New England and beyond. I guess age and arthritis do have "some privileges"!!!

One race I should mention was the 38th edition of the "Atkinson Road Race". Held on the first Thursday in September this race features \$10 (mail) or \$12 entry fees and \$15 post-entry. Sandy Cannon - the long-time R.D. - puts a lot of work into this effort. Tee-shirts, hot dogs, cookies, etc. and age groups up to 70+. NE65+'ers present included: Rita Labella, Terry-Lee Harrington, John Loker, Byron Petrakis, Tom Wylie, Lou Peters, Lucien Trudeau, Jim Lynch, Roger Gosselin, and Daniel Dodson. There were 184 finishers this year with Rita Labella and John Loker our NE65+ leaders.

The "New Hampshire 10 Miler" was held on August 29th. It goes around beautiful Lake Massabesic in Auburn and Manchester, NH. It's a Millenium Running production and part of the Millenium/Elliot Race Series. There were 988 finishers as well as 57 relay teams (5 miles each). Our running club did well as Wendy Burbank topped F70+ in 1:38. Rick Stetson topped Bob Knight with a 1:22 clocking to win M70+. Other club members running well were Bob Kennedy, Ted Ridout, Mike Gonnerman, and Dick Kuhl (who would have won a M80+ division). Your columnist participated in the relay and our relay team called "Tortoise & Hare" (and you KNOW who the Tortoise was) finished 16th out of 57 teams. Tech shirts, personalized bibs, age groups up to 70+, pizza, ice cream, beer ticket, instant computerized results, 2 p.a. announcers, etc. - a typical Millenium (John Mortimer) production.

The opposite kind of race was the Sept. 15th Tuesday evening 5K in Plymouth, NH - the "Miles for Smiles 5K - 5th Annual". There were 88 finishers and ALL were from New Hampshire!! The \$25 fee had no shirts but did have coffee mugs instead. There were no age groups this year ... but "a little discussion" brought forth a pledge to have them in 2016. James Starfusk and I represented NE65+ and together we successfully signed up Tom Wallace from Rumney, NH to our membership rolls.

Too many great races and not enough space and I promised to tell you how this "back-of-the-packer" once finished ahead of Bill Rodgers — YES the real Boston & New York 4 - time marathon champion "Boston Billy" himself. Feel free to check out "the evidence" yourself (I would if I heard this story!!). Go to coolrunning.com for past year's results. The year is 2007 and the date is December 23rd which just happened to be Mr. Rodgers' 60th birthday (not that his 60th birthday would have anything to do with my VICTORY). The location was Somerville, Massachusetts and the distance was 5 kilometers. The race was the "30th Anniversary Bill Rodgers Jingle Bell 5Km Run & Walk". It had been postponed from a week earlier due to heavy snow which kept the usual crowd of 3,000 runners down to 870 finishers.

All that is pretty irrelevant. The only finishers who matter are #690 (a certain 63 year-old prolific runner who does 100+ races each year) and #695 (a 1976 American Olympic marathoner, 4 time Boston & NYC Marathon champion and Fukuoka, Japan Marathon champ). Go ahead – check these results yourself. Your columnist speaks "the truth".

690 — Bib #1630 – age 63 — Daniel Dodson – Methuen, MA. – 32:36 — 10:29.

695 — Bib #3 — age 60 — Bill Rodgers — Boston, MA.— 32:42 — 10:31.

And now (as Paul Harvey used to say) "for the rest of the story". I was running a pretty typical race for me back then. I had absolutely no idea where Bill Rodgers was on the course. I had not seen him since the "opening ceremonies" when he was introduced and wished a happy 60th by all of us. As I was doing the bike path for the last third of a mile heading to the Davis Square finish line I saw a commotion on the pathway about 50 feet ahead. As I got closer there HE was being congratulated and slapped on the back by the throngs of spectators lining the pathway. Instantly I saw my one and ONLY opportunity. My 400 meter sprint was now underway – I was not going to let a legend take away my little asterisk of racing history. With lungs bursting and a smile 10 - inches wide I crossed that line 6 seconds ahead of arguably the greatest distance runner in New England history. I know it was a fluke – I obviously realize that Bill could run maybe 4 minutes per mile faster than me even then – I did this story for you kinda "tongue in cheek" — but still for that one little moment (as the coolrunning race results clearly show) ... I can always point out honestly to that time years ago when the plodder from Methuen "defeated" the BAA's very best!

Tune in next month to learn how in August your esteemed writer managed to be in the top ten out of about 1,000 runners at the mid-point of the "New Hampshire 10 Miler" – hint: it's NOT as honest as the above tale. Until then I hope to see you "out on the roads of New England".



Bill Rodgers congratulates Dan D. for beating the Olympian to the finish line.

New Members

Paul Castonquay, Wilmington, MA Sponsor: Found NE 65+ in NER magazine. Paul ran a few races about 25 years ago.

Christina Christides, Keene, NH Sponsors: Newell Tolman, Bill Springer
Been running for 36 years and has enjoyed every step.

Linda Dewing, Pawtucket, RI Sponsor: Susan and Chuck Hyson, Al Campbell Linda has been running for 20 years. Used to train with Ken Johnson and Al Campbell at the Brown track.

Mike Menovich, Lexington, MA Sponsor: Jan Holmquist

Francis Quinlan, Lowell, MA Sponsor: Dan Dodson
Has been running for 40 years and has completed 5 Boston marathons.

Tom Wallace, Rumney, NH Sponsor: Dan Dodson Has been running since 1977 with a marathon best of 2:36:37 (Clarence DeMar, 1984)

Volunteers of the Months





NE 65+ Run For All Ages planning committee presents a check to members of the Wakefield Education Foundation. Front L-R: Andy Lewis, Tom Abbott, Steve Viegas, Jan Holmquist, Mary Jennings (WEF), Jerry Panarese. Back L-R: Tom Wylie, John O'Donnell, Carie Parsi, Violeta Yu (WEF)

About our Volunteers by Jan Holmquist

Our two big NE 65+ events - the Annual Banquet and the Run For All Ages - both occur in the fall, just a few short weeks apart. Organizing the logistics and details for both events at the same time requires a team. The members in the picture are your RFAA committee who meet several times a year to assure a successful race. Not pictured are Rick Collette, Nancy Wilson, Milt Schumacher, and Rick Stetson. Many of these same members are on the banquet committee as well, and singling out any one person who volunteers so willingly would be impossible. We therefore chose both the RFAA and Annual Banquet committee members as our Volunteers of the Months!

Quote of the Month

"I can run 50 yards faster than I can mow them."
Jared Kintz

New England 65 Plus Runners Club

President: Jan Holmquist
Jholmquist@mspca.org

Vice President: Steve Viegas
stephenviegas@hotmail.com

Treasurer: Andy Lewis
andylewis65@comcast.net

Newsletter Co-Editor: Rick Stetson
rickstetson@ad.com

Newsletter Co-Editor: Byron Petrakis
Byronpetrakis@yahoo.com

Contributor: Dan Dodson
mjodand@msn.com

Results: Tom Abbott
tomabbott8@gmail.com