



Forever Run

September, 2015

Keeping Communication Current

With Jan Holmquist

Dear 65+ members,

On Monday, September 28th we will be holding our Annual Banquet beginning at 11 am at Spinelli's in Lynnfield on the Peabody border. Everyone should have received a snail mail invitation this past month. We are pleased that we already have about 100 members and guests who are planning to attend. If you have not signed up yet, please send in your check for \$35 per person (unless you are 90+ as you are complimentary guests) to Phil Pierce, 79 Waites Landing Road, Falmouth, ME 04105. We need to give Spinelli's an anticipated head count by September 15. We are pleased that our interesting and fun guest speakers are Bob Fitzgerald and Michelle LeBrun from New England Runner magazine.

The 14th Annual Run For All Ages is Saturday, November 7th at 10 am...same venue in Wakefield as the last few years. Please plan to run, walk, and/or volunteer. Our goal is to have 400 participants this year! Tom Wylie and I co-chair as Race Directors and along with a fantastic committee of 65+ members, the details and logistics are shared making the planning and day-of activity successful. Please register online or by snail mail: www.ne65plus.org/RFAA

Our men's 70+ team is running well and giving our club lots of recognition this year by placing 1st at USATF events. Congratulations to our 70+ men! We hope to have a team for the last 2 USATF-NE Grand Prix races: September 6, 20K in Acton and September 20, 10K Lone Gull in Gloucester.

Our club anticipates receiving waivers for the 2016 Boston Marathon. 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, and 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. In the past 2 years, we have had interest in the lottery by 18 members and have received 8 waivers. We will let everyone know when we receive the waivers and how to enter the lottery. Waiver committee members include: Zeke Zucker, John O'Donnell, John Gibbons, Mary Harada, Marj Radin, and myself.

I look forward to seeing many of you at the luncheon and again at the Run For All Ages!

65+ In The Money At Rhode Island Flag Race

by Rick Stetson

The Bobby Doyle 5 Miler turned out to be a profitable race for NE 65+. Not only was it the club's Rhode Island flag race, but it was also part of the USATF-NE Grand Prix series which meant cash awards for age group winners as well as for the winning age group teams.

Club president Jan Holmquist continued to show why she is one of the best runners in the country by winning her age group in a clocking of 36:37. Her time set a world 8K age group record adding to her world records at the mile and 5K, and American records for the half marathon, 10K road races and 1 hour run on the track. The club's men's team of Rick Stetson, Richard Paulson, Gerald Porricelli and Joe Noonan joined Jan in hauling in the cash by placing first in the 70+ team competition finishing ahead of clubs such as CSU and North Shore Striders.

Milt Schumacher, 65+ state representative for Rhode Island, had the club's tent set up close to the finish line where he congratulated club members who finished the 5-mile race. They included: Nicholas Kanaracus (who finished just one second behind Jan), Rob Knight, Denny LeBlanc, Gary Circosta, Michael Pelletier, Don Clukies, Giuseppe Giannone, Mary Tyler (Ted was out on the course taking photos), Fred Zuleger, Skip Cleaver and Chuck Hyson. It was a good turnout by NE 65+ at the club's Rhode Island flag race.

Milt has been injured and did not take part in the race but while runners were on the course, his wife, Phyllis, encouraged him to try a few strides on the soft grass of a nearby soccer field. Milt followed her suggestion and the pain he had been experiencing was not there. We hope this means that Milt can ease back into his training because when he regains his health, he would make another excellent addition to the club's competitive 70+ team. By the way, Milt is in charge of the RFAA raffle and reminds club members who will attend the annual meeting that they can drop off an item or items on September 28 if they have something they would like to donate as prizes at the club's annual race.

65+ members were impressed by the organization of the Bobby Doyle race. The course was fairly flat, well marked and all finishers received a unique bottle opener complete with the USATF logo and attached to an attractive ribbon. Members of the Doyle family were present to assist with the awards and the top 10 male and female finishers as well as all age group winners were announced and called forward to a stage during an impressive ceremony at the conclusion of the race.

Rhode Island was a fun event and runners are already looking forward to the club's next flag race which will be held Sunday, October 11 in Great Island, New Hampshire. Hope to see you there.

New Club Members

Rick Bayko, West Newbury, MA Sponsor: Dan Dodson
51 years running experience. Past president North Medford Track Club. Finished in the Boston Marathon top 20 from years 1971-74 with a best time of 2:20:52 (1974).

Rod Hasker, East Stroudsburg, PA Sponsor: Don Jewell
Has been running for 25 years. Has completed races up to 100 miles.

Ted Ruetenik, Newburyport, MA Found club on web site
Ran high school and college track. Runs the Newburyport Yankee Homecoming 5K every year.

James Stafursky, Thornton, NH Sponsor: Dan Dodson
Been a jogger for 3 years. Has run 107 5K's and a half marathon.

65+ Loses a Founder

Note: We were saddened to learn of the death of NE 65+ founder, John M. Kane, Sr. and would like to share the following with our members.

I just received your letter about the banquet this year and it reminded me that I should inform the club of my dad passing away this past April at the age of 91. He didn't start running until his fifties but his passion and dedication were obvious. He was very proud of the fact that he was one of the six founding members of the 65+ club. He ran in many Boston marathons but his most memorable was the 1997 race when he was given #10497 from the 65+ club (or maybe it was from the Winning Circle running club, not sure which) to run his 1st official race at the age of 74. My proudest moment was the 2007 RFAA race in which my dad (John M. Kane, Sr.), myself (John M Kane II) and my son (John M Kane III) completed the course. He probably would have still been active in the club till the end except for my mom getting ill in the late 90's and him dropping everything to be by her side. He was diagnosed with cancer in 2005 and was a battling cancer survivor till last April. He loved his running buddies and was proud to be a old geezer.

John M. Kane II

Spotlight On Lloyd Slocum



Lloyd Slocum running the Hope for Horses 5K at age 77 on a hilly course in Asheville, NC in a time of 24:14.

North Carolina Meets A Fast NE Runner

by Rick Stetson

Numerous NE 65+ members will certainly remember Lloyd Slocum. Inducted into the club's Hall of Fame in 2003, Lloyd did not sit back and rest on his laurels even after he moved to hilly North Carolina. In 2013 after turning 80, he returned to New England for a visit and took the area by storm running away with the age graded master award (90.48%) at the Great Island 5K in New Hampshire with a time of 23:14. He then placed ahead of all males 55 and above at the Team Kyle 5K in Maine with a blistering time of 22:44. He also showed he could hold his speed for twice the distance by completing the Great Pumpkin 10K in Saco, Maine in a clocking of 48:52. For his efforts, Lloyd was recognized by USATF as the number one male runner in the 80-84 age group for 2013, joining other NE 65+ number one runners: Bill Dixon (65-69), Bill Riley (75-79) and Jan Holmquist (65-69).

Lloyd was also the USATF top-ranked runner in the country for age group 75-79 in 2008. During his 67 year (and counting) competitive running career, he has gathered numerous other awards to include being a 5K national champion at age 69 with a time of 19:12, setting a world 2 mile record for age 50-54, and in 2003, becoming the 3000 meter indoor national 70-74 champion with a time of 11:08, which still stands as a record. The next day, Lloyd defeated

Canadian legend, Earl Fee, as he captured the national mile championship with a time of 5:36. He was selected as the Maine Track Club's Runner of the Year in 2002. In 2004, he was elected to the Maine Track Club Hall of Fame.

The former college math, engineering and physics professor started racing in high school where he was clocked in 49.3 for the 440 and 4:35 for the mile. He received a track scholarship to Penn State where he earned BS and MS degrees. Lloyd says that due to lower back and hip problems, "after age 81 my wheels began to go out of alignment." He still runs every morning but the races are a lot less frequent as it takes "days to recover after a race." He says that "I have decided to enjoy easy non-competitive forays for the years I have left," but then adds, "Of course, this resolution is one I'm inclined to ignore."

Lloyd and a couple of his running friends still meet on a track at Brevard College where they do some "geriatric intervals." He has observed that it can be quite hot in North Carolina and that the hills are "endless and steep," but that has not stopped him from becoming as well known there as he was in Maine. In 2010 he was the Asheville, NC masters grand prix winner and he often races wearing his NE 65+ colors. A local runner, Martha Marshall, says "Lloyd is an inspiration to runners who hope they can be fast as they age." She points out that "younger runners worry about losing their edge," but Lloyd is "proof it does not have to happen."

Even though he and his wife, Susan, moved to North Carolina six years ago, Lloyd says he enjoys receiving the email newsletters from the NE 65+ Runners. "The club bulletins are now one of my few remaining links to old friends in New England. It is a pleasure to read about the continuing accomplishments of many of my former competitors." He and Susan plan to return to Maine for a visit in 2016 and will try to find some races with NE 65+ runners. And looking beyond that, Lloyd admits that "lurking in the back of my mind is a ramp-up in 2018, when, and if, I turn 85." It looks as if Lloyd Slocum could have his sights set on another USATF number one ranking. Knowing Lloyd, he just might make it happen.



photo by
Susan Slocum

Lloyd and Martha Marshall after a race in North Carolina.



During his trip up North in 2013, runners posed for a photo after one of Lloyd's many races. (L-R) Lou Peters, Lloyd Slocum, Jim McLaughlin, John O'Donnell, John Parker

Pine Tree Race Services

By Byron Petrakis

(Co-editor's note: I am indebted to my friend John Parker, one of the original members of the NE 65+ Running Club, for informing me about Pine Tree Race Services and its commitment to 70+ and 80+ age groups. I join our president, Jan Holmquist, in urging you to support races that have these categories. If a race does not, we have a letter that Jan sends to the race director encouraging the addition of older categories).

Many a runner would consider Tony Myatt a lucky man. A runner from southern Maine, Tony founded Pine Tree Race Services, his race timing and management business, in 2010. Turning his passion for running into a successful business, Tony currently times over 35 events every year, most of which include age groups that extend to 80+.

Tony's appreciation and recognition of older runners can be traced back to his high school and college days. In his words, "I have always admired the dedication of runners in the 65+ age group. This support began when I was only a high school student watching Julius Marzul, a Maine Track Club Member in his mid-70s, participate in races until he passed away 200 feet from the finish line in the 2004 Maine Half Marathon." As a student at St. Joseph's College in Maine, Tony drove Carlton Mendell, a NE 65+ Runner, to races with him until Carlton moved away after turning 87.

Not long after he directed his first race in 2010, Tony realized how many races only have age group awards through age 60 or 65. In all the events that he manages and even some that he only times or competes in, he makes it a point to encourage race organizers to include age categories through 80+. Tony says he has "always been an avid fan of the New England 65+ Running Club" and he invites all members to participate in his events. Most of those events also have running club categories where only 4 members are needed to score.

As an added bonus, most events put on by Pine Tree Race Services include complimentary or discounted post-race food at restaurants along with beverages. Interested readers are encouraged to contact Tony at: Tonedog86@aol.com or 207-272-7731, for more information about its running-related events. Some of his popular races include Jimmy the Greeks Frozen 4-Miler in Old Orchard Beach, Maine in January and Maine Running Hall of Fame 5K In Memory of Julius Marzul (1926-2004) in Portland, Maine in June.

I urge my fellow members of the NE 65+ Running Club to show their appreciation to Tony Myatt and other enlightened race organizers and directors by patronizing races that include age group categories up to and beyond 80 years old. Although we all are getting older, it's encouraging to know that there are plenty of races out there that recognize the importance of supporting age-group competition for all ages.

Out on the Roads of New England

by Dan D.



Editor's note: Shown here are two hat styles for Dan D. On the left is the familiar white safari hat (see article below) while on the right, Dan is shown wearing a cowboy hat received by finishers at the Boot Scootin' Boogie 5K. We hope you will enjoy Dan's latest reports from the "roads of New England."



Greetings fellow NE 65+'ers...

I hope July and August brought you success and happiness running the roads & trails of our beloved region. It sure has done that for me. I managed 10 races in July and 7 races in the first half of August ... bringing my 2015 total up to 71 as of August 21st. My knees began bothering me quite a bit so I have taken the last 5 days completely off from everything. We'll see what effect this rest has on my progress. More on that later.

I promised last issue to tell you about my safari hat and why I consider 2010 my personal greatest running year ever. First ... the Hat!!!! About a dozen years ago my dermatologist at the Lahey clinic discovered about ten pre-cancer polyps on my head and face. She advised me to stay out of the sun – yuh right ... no hope of that happening in our sport. So my wife started scouting around the internet and found a company that makes "my" hat which protects against the damaging rays of the sun. Runners began recognizing me (actually the hat) because I run so many races. It became kinda fun as I would constantly hear from folks who remembered seeing me at various races and it gave me an opportunity to meet a lot of runners ... some of which have become close friends through the last decade plus. I was often criticized when I left the hat off during evening and night races – "hey Dodson ... where's your hat?" Okay ... now I wear my "calling card" at all races both day and night.

The most races I ever completed was in 2006 — 166 races (2 mile minimum). If you think that's easy – try it some year. That figures out to about 13.8 races per month and just under 3.2 races per week. Yet I personally consider 2010 my most rewarding year ever in our sport. That's the year I fulfilled my lifelong dream of running in the Boston Marathon. Being 65 years old at the time I had pretty much given up on ever completing this major item on my "bucket list." I'll never forget the letter from Jerry Panarese saying I was getting a waiver from NE65+ ... I was so emotional. Then came the hard part – three plus months to "get ready". Yet 2010 became my best year because "building up for Boston" forced me to participate in so many challenging races that I otherwise might never have attempted at my age. There was the Boston Prep 16 Miler in Derry, and Stu's 30K in Clinton, the Half at the Hamptons, the New Bedford Half Marathon, the Eastern States 20 Miler, the Boston Tune-Up 15K in Upton, etc. "Boston" was my 39th race of the year on April 19th. This encouraged me to keep going and I ran half marathons in Madeira Beach (FL), Bar Harbor, Providence, St. Johnsbury, etc. I did the Stowe 8 Miler, the Paul Mailman 10 in Montpelier, the Bedford 12K in NH, etc.

On October 17th I struggled through the Bay State Marathon in Lowell to earn my USATF-NE Ironrunner jacket. Along the way I even did a 7.6 miler up "just one hill" in northern N.H. on June 19th that every runner should do ONCE!!!! Yuh ... I reached 143 races that year and made it to Boylston street and the top of Mount Washington, but it was just sooo much more!!!!

Back to 2015 – it was great doing "Randall's Run for the Gym 5K - 13th Annual" on July 11th with our own Bob Randall as race founder and still R.D. I thought my time was pretty good until Charlie Farrington & Byron Petrakis blew me away. Mary Ulinski won her age group and Lou Peters was unchallenged in M90+. Bob does a great job with this Saturday evening race in

Springvale, ME. He has lots of raffle prizes, five-year age groups up to 90+(YAAAY), and a REASONABLE \$20 entry fee including tee shirt!!! The course is mostly level to slightly rolling hills – nothing awful. Highly recommended for 2016.

Another somewhat unique race is the "Balloon Festival 5K" in Hillsborough, N.H. held on Friday evening July 10th. You get to see large weather balloons flying overhead as the race goes out and back along a somewhat hilly rural road along a river through beautiful farm country. There were only 108 finishers so the 10 - year age groups up to 70+ only have 1st and 2nd place winners (naturally I was 3rd and new member James Starfusky 4th – oh well).

Millenium Running had the "Boot Scootin' Boogie" 5K in Londonderry, NH on July 25th (Sat. night). Ten year age groups up to 70+ and over a thousand finishers. Entry fee was \$35 but you get a lot of "bang for the buck." Neat cowboy hats to all finishers, free beer ticket, pizza, 3 country bands, huge bonfire, both Andy Schachat and Ch. 9's Jamie Staton announcing, professional race video sent out on-line to all runners, etc. New member Rich Clark was 2nd in 60's, and I finally made it to #1 in the 70's. Tough hill for the last 0.6 mile or so.

I did both "Yankee Homecomings" again this year in Newburyport and Beverly, Mass. The Beverly 5K was on August 6th (Thur. night) at beautiful Lynch Park along the ocean. There were 595 runners and the pre-race fee was \$24. Kathy Clark, Lou Peters, and I represented NE65+ while Wendy Burbank was victorious in F70+. The course is fair ... flat and lots of rolling hills ... nothing too strenuous with beautiful views.

R.D. Don Yeaton put on his annual "Epsom Old Home Days 4 Miler" from Webster Park in Epsom, NH on Sunday morning, August 9th. The course goes on a rural highway to the 2 mile turnaround and back to the park. Mary Ulinski took F60-69, Lou Peters was victorious in M80+, and Bob Randall destroyed that Dodson guy in M70-79. There were only 50 finishers this year despite the low \$15 fee with tee shirt. Definitely worth it for the low \$\$\$\$.

There were so many more great races in Kingston, NH and Wakefield, MA and Londonderry, NH and Lawrence, MA and Manchester, NH and Lowell, MA ... but no more room!!!!

Hope you enjoyed my view from the "back of the pack". Tune in next month to hear about ... are you ready for this????? the time your esteemed writer finished ahead of the great Bill Rodgers make that BILL RODGERS!!!!!!!!!!!!!!!!!!!!!! Yup ... I have proof and I'll tell you "the rest of the story!!!"

Thank You for reading and stay safe out there as you run "out on the roads of New England."

Beach to Beacon 10K, Cape Elizabeth, Maine

by Zeke Zucker

In it's 18th edition, Joan Benoit Samuelson's signature event is going strong. Every year Joan and the race committee decide on which Maine charity will benefit from the race. This time around it was the Good Shepherd Food Bank.

With over 7,000 competitors, this Dave McGillivray-directed race is way up near the top of many runners' to-do race list. The organization and the perks are unparalleled.

"Whether you ran, cheered or volunteered...you were part of something spectacular", said the next-day headline in the Portland, Maine Sunday Telegram.

It's not an easy race to enter. Back on March 13th you had to go on-line early in the morning to enter, and in just 4 minutes the field was full. One slip on the keys and you were left out in the cold (unless you entered the lottery and were chosen).

NE-65+ singlets could be spotted in the field of runners like on Maine's Bob Payne (below) shown after the race proudly displaying his club colors.



photo by Zeke Zucker

Our top finisher, not surprisingly, was Club President Jan Holmquist, who won the womens' 70-74 Division in 47:13. She came in over 13 minutes ahead of second place in her age group.



photo by Mimi Fallon

(L-R) John Gibbons, Jan Holmquist, Zeke Zucker after the B2B

Old Greenwich CT, and Harpswell, ME. runner John Gibbons, still recovering from a nasty trail race spill, hung in there doggedly just to complete the course.

Jerry LeVasseur, of nearby Brunswick, grabbed 6th in the male 75-79 Age Division and Raymond, Maine's Bob Payne finished 7th. They both ran injured and were timed in 1:16:45. Prior to the race start, Zeke ran into another Club member, Kathy Harris of Falmouth, Maine. She ended up finishing in 1:25:16, on the beautiful sunny and warm first day of August. Both Dick Lajour and Polly Kennison won their divisions and Zeke placed 3rd in the 70-74 Division in 49:57.

There were lots of inspirational stories that played out at the B2B, not the least compelling of which was her 15th finish recorded by 90-year-old Dottie Gray of Kirkwood, Missouri, accompanied by her 21 year old granddaughter.

Almost as inspirational was the post-race tailgate soiree hosted by Mr. Lawson Noyes of Biddeford.

Running on the coast of Maine is certainly a marvelous treat, especially when the weather is sunny and warm. The B2B is truly a keeper.

Volunteer of the Month: Carrie Parsi



NE 65+ members entering the banquet room at Spinelli's on the 28th of this month for the club's annual meeting will see a table loaded with club hats, jackets, pants and singlets. Standing behind the table in charge of clothing sales will be Carrie Parsi, our Volunteer of the Month.

Carrie not only orders all of our club gear and fills clothing orders for club members, but she also serves as the club's assistant treasurer and does an excellent job keeping the bills paid whenever treasurer Andy Lewis is out of the country. But her contributions to the club don't end there. Carrie is an active member of both the club's Run For All Ages and Annual Luncheon committees.

When Carrie was selected for the club's Hall of Fame in 2009, she had run 24 marathons, 14 of them Boston where she won her age division four times. She has run up Mt. Washington at least 14 times and set a record in the 60-64 age division. A long-time member of the Liberty Athletic Club, she helped her team set a world record in the 4 x 800 relay. Two years ago, she set a new age 74 record at the NE 65+ Run For All Ages.

Carrie knows how to establish records with her running but she also knows how to order clothing with the club's logo, take care of financial matters and serve on important club committees all which make Carrie Parsi our Volunteer of the Month.

Quote of the Month

"Running is real and relatively simple.....but it ain't easy"

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
mjadand@msn.com

Results: Tom Abbott
tomabbott8@gmail.com