



Forever Run

April, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

April is an exciting month! The Boston Marathon is just around the corner and the final three profiles of the club's waived runners - Tony Cellucci, Rick Collette, Mary Ulinski - are included in this edition along with one of our qualified members - Mike Menovich. Byron Petrakis has done an extraordinary job in writing about our marathoners and we wish everyone a great experience!

April is also the month for the USATF National Masters 10K Championship on Sunday, April 24th in Dedham, MA. The James Joyce Ramble has hosted this competition for several years now and we are pleased to have our 70+ men's team competing again for the top prize. In this edition of *Forever Run*, you will read about their first place team wins at the USATF-NE Grand Prix 5K and half-marathon races in March...we wish our 70+ men speed at the Ramble!

The Bylaw mailing was a success with 272 members voting. Nearly all votes (268) were positive. This mailing also enabled us to update our master list with address changes in both snail mail and email. In addition, many members sent in donations and wrote positive feedback about the club on their ballot. What a pleasure to go to the mail box each day! Thank you!

Two fun and exciting opportunities for us to get together in June are featured in this edition of *Forever Run*. Susan Filene has taken the initiative to coordinate the celebration of our 25th birthday on June 25th by participating in a relay. After you read her fun article, please contact Susan with your plans to run, jog, or walk a mile (or just come to be with friends!).

Another opportunity in June is for us to participate in the Massachusetts Senior Games (MASG) whose 25th birthday is also being celebrated this year on June 18th in Springfield. Recently, I met with Greg Tooker who is on the MASG Board (and a 65+ member) in order to discuss collaborating as our missions are the same and the birthdays of our organizations are the same...let's celebrate both organizations 25th birthdays in June! Please see Greg's article in this newsletter. By the way, Mary Harada is both a member of the 65+ Board and the MASG Board. Thanks, Mary and Greg, for continuing to take a leadership role in promoting fitness among our older population!

Just a reminder: All members are encouraged to submit articles for inclusion in this newsletter and to nominate members for the Volunteer of the Month and Spotlight On features.

I hope everyone enjoys the longer days, warmer weather, and spring foliage...carpe diem!

NE 65+ Marathon Waiver Profile: Mary Ulinski



photo by Seth Ulinski

Mary after taking 2nd in her age group at the Seacoast Half Marathon.

by Byron Petrakis

All Boston marathoners have to overcome obstacles just to get to the starting line. Then there is the challenge of running 26.2 miles in the wildly unpredictable New England spring; we all remember last year's driving rain and cold wind, for example. Poet T.S. Eliot's famous quote, "April is the cruellest month," could well apply to Boston's weather on Patriot's Day.

For long-time NE 65+ Runners Club member Mary Ulinski, overcoming both expected and unexpected challenges is nothing new. Last fall, her fiancé suffered a horrible worksite accident resulting in an amputated right hand and a paralyzed left arm and serious injuries to his back. Mary has stepped up to provide 24/7 caregiver help during this most difficult time. Thankfully, her fiancé was recently fitted with a prosthetic hand, thus allowing him to become more independent. She also credits her friends who generously helped out.

Given these circumstances, some runners with Boston numbers might choose to rethink their goals and drop out. Mary is not one of them. Rather than withdraw, she has redoubled her efforts, drawing upon a deep well of proven strength garnered from past experiences which have made her tougher and more resilient than ever. In 2013, the year of the Marathon Bombing, Mary participated with a waiver from the NE 65+ Running Club. Running the race with her daughter, she was stopped at around mile 25 and told she could not proceed into the city. Mary's own words bring back both the chaos of that day and the generosity of Boston citizens who embraced the stranded runners in their hour of need:

"I was fortunate to meet up with a couple of young professionals who had been watching TV with friends and heard news of the bombing. They came out to check on the runners. They had cell

phones and were able to hook me up by text with my son, waiting for me at the finish area. The couple gave me food and water and walked me to a train stop where I met my son and headed back home. Someone working in Boston picked up my suitcase back at the hotel. What impressed me was how Bostonians came out into the street to help whoever they could. It seemed like everyone around me was taken under the wing of a kind-hearted resident. Boston Strong! is very meaningful to me and my family."

Mary's motivation to run Boston 2013 with her daughter is inspirational and exemplifies her desire to turn personal tragedy into positive action: "We were fundraising (for the Multiple Myeloma Research Foundation) in memory of my late husband, Walter Shyska, who passed away from the disease. Walter ran Boston in 2012, when he had the disease, just a month before his death. He had positive spirit and determination. He loved running, and found the marathon distance especially challenging. It was because of his enthusiasm that I ran my first marathon (Cape Cod in 4:17 when she was 57) and was amazed that I could." One year later, Mary finished the 2014 Boston Marathon, together with many other runners who were denied the opportunity to finish by the 2013 bombings.

Mary's courage, commitment to loved ones, and determination should serve her well in the remaining weeks before Boston. Despite the constraints upon her training, she still managed a 2nd place finish in her age group in the Half at the Hamptons on March 6, though her 2:45 finishing time was lots slower than her past efforts. In just two weeks, she will run the Eastern States 20 Miler, another crucial test of her readiness to go the marathon distance about a month later.

Mary's past marathon performances have proven her durability and ability to handle the distance. She has run a total of 17 marathons, including 8 at Boston. Her first one was 2003 and her best Boston performance was 4:20 in 2006.

As Mary prepares to run her 9th Boston, she considers her club waiver "a wonderful gift." She is "grateful to have the privilege to run in this prestigious event which has so much history and attracts athletes from around the world. Boston holds many sweet and wonderful memories for me. My daughter has run Boston 7 times and my son is always at the finish to assist me getting home. Boston Marathon from training days until the event is special time with family, friends and fellow runners from around the world. Thank you NE 65-Plus Runners!"

And thank you, Mary, for your courage, selflessness, and commitment to make the world around you a better place. Your story inspires us and demonstrates the principle of karma: good things happen to good people. We hope the wind will be at your back every step of the way.

NE 65+ Marathon Profile: Mike Menovich



Mike finishing the 2001 Boston in a time of 2:49:19

by Byron Petrakis

Recent NE 65+ Runners Club member Mike Menovich is a stalker. No, not THAT kind of stalker—the kind who have one too many drinks, get egged on by their friends, and embarrass themselves by stripping off their clothes and running onto a major league baseball field before being tackled by security and hauled off by the police.

In sharp contrast to that kind of stalker, Mike Menovich is a member of the exclusive Quarter Century Club, one of only 76 people in the world who have run 25 or more consecutive Boston Marathons. Like his fellow QCC members, Mike is the kind of tough, resilient runner who perseveres through his training just to get to the starting line and then endure whatever Boston's unpredictable April weather—record heat, driving rain, cold wind—throws at him. Not even the actions of two terrorist bombers in 2013 will stop Mike from returning to run Boston year after year in a rite of spring as sure as the yellow daffodils that line the course.

Last August, the BAA informed club members that in order for their streaks to officially be extended, they must run six hours or faster. Given Mike's past performances, his chances are excellent that he will continue his streak and be on the starting line on Patriots Day in 2017. His best time in Boston was an impressive 2:49, 15 years ago when he turned 50. In all, Mike has completed 80 marathons, 26 ultra marathons, and has done five 100 mile runs.

His goal for 2016 is to run between 4 hours and 4:10, which is his qualifying time for his age group.

Mike joined the NE 65+Runners Club as soon as he turned 64.5 years of age and this Boston Marathon will be his first as a club member. As runners, we all know that factors beyond our control, such as freak injuries, illness or accidents can impact us at any time and prevent us from continuing to do what we love. We all wish Mike the best of luck in his quest to continue his Boston Marathon streak for a long time to come!



photo courtesy of Rick Collette

by Byron Petrakis

Rick Collette credits his fellow NE 65+ Runners Club members for motivating him to train through the winter and get him to the starting line of next month's Boston Marathon. As he puts it, "running Boston has gotten me through 32 New England winters, reaching towards spring!" A veteran of between 65-70 marathons, Rick has run Boston 27 times, including 2013 when he was stopped by police at mile 24.

In 1992, at age 42 Rick ran a solid PR of 3:13 at the Clarence De Mar marathon in New Hampshire. Having turned 65 in November 2015, Rick says Boston 2016 will be his first post 65-year-old marathon. He hopes to run between 4:30 to 5:00 on April 18. This will be the second time he has received a waiver from the NE 65+ Running Club.

Rick generously praises his new club, writing that he "has met some very fine people and many terrific runners. They have shown me the class and grace of 'getting along in years.' Even though I have reached the years, I have yet to attain the wonderful attributes of this club."

He says he "will proudly run wearing my 65+ club's singlet" on his journey from Hopkinton to Boston. By so doing he will remind us all of the benefits provided by club members to one another. Each one of us becomes a better runner by participating in our sport with our fellow club members, whether on a training run, as part of a NE 65+ team, or engaged in friendly competition with one another.

Best of luck, Rick!

NE 65+ Marathon Waiver Profile: Tony Cellucci



photo by Ted Tyler

Tony at the 2015 RFAA

by Byron Petrakis

Tony Cellucci will be the first to tell you that he is no spring chicken, but at 83 years old, he's running the Boston Marathon next month. That makes him one tough bird.

Tony started running at 55 on a dare. As he tells it, he was chief engineer on a large construction job, where many of his fellow workers were runners. He took up their dare and was soon running races. His first one was memorable—a snowy 5-mile Thanksgiving Day race in Boston sponsored by Jordan Marsh. Mayor Ray Flynn (himself a Boston Marathoner) had the course plowed so the race could go on as planned. The raffle prize was also memorable—a car! (Wish we had more races like that one!)

Tony's first marathon was the Boston Peace Marathon, which he did three times. Once again, his first experience at running long distances proved memorable. He recalls how at the 3 mile mark, he told the group of young runners accompanying him that "the pace was too slow." When he then took off, they shouted, 'we'll reel you back in.' They never did." Instead, much later on the course, at the 24 mile mark, his younger companions came upon a mutual friend who was watching the race and asked him about Tony. When he told them that Tony had already passed by 15-20 minutes earlier, they said "that old (expletive) will be waiting for us at the finish line." When Tony greeted his younger friends there, he jokingly asked each one what "took them so long."

Since then, Tony's running has proven to be a source of both strength and comfort. He credits running with helping him cope with the loss of his wife, Ann, only a year ago, Tony's eloquent words speak for themselves:

"Since Ann's passing, running has helped me a lot. That's why I put my name in for the NE

65+ lottery. I'll give it my best shot, go for broke. Running now is between God, me, and the road."

May God bless you, Tony. I feel that Ann's spirit will be with you every step of the way.

SOMERVILLE MARATHON RELAY CLUB CHALLENGE

by Susan Filene

The race is on Saturday, June 25th. As this year is the 25th anniversary of the NE65+ Runners Club, we can celebrate by.....running on the 25th!

10 NE65+ members have already agreed to be on our team. We only need 16 more! Seven of those 16 must be women.

Doesn't it sound like fun—run your mile, hang out with other 65+members, listen to music, eat, celebrate our 25th anniversary as a club? All for only \$10.

Here is the link: <http://www.srr.org/events/club-challenge-marathon-relay/>

Find answers to questions here:

Q. Will I get a medal?

A. If you are the fastest male or female 60-69 or 70+, yes.

Q. Can I be part of the team if I am slow?

A. Of course. Slow is good. Gives the rest of us more time to rest up.

Q. I have a race the next day. Won't I get too tired?

A. Nope. Four turns around a track the day before a longer race is a perfect warm up. I myself will be running the second part of the BAA Medley the next day (10K). I expect the marathon relay AND spending Saturday morning with NE65+ members will be so energizing that I will be flying through the 10K on Sunday.

Q.What if I don't have anything nice to wear that coordinates with my running shoes?

A. WHAT!!! We will all be wearing our WHITE NE65+ singlets or tees. They look good with everything. We will be an example of sartorial splendor!

Q. What if it's rainy/hot/sleeting/hurricane-ing?

A. Come on. This is the NEW ENGLAND 65+ Club. We do weather.

Seriously, please sign up. It will be fun, we'll let people know about us. All you have to do is email me: susanfilene@gmail.com. I will make sure the team gets registered.

And, again, if you live far away and need a place to stay there are still some places at my house in Cambridge.

65+ Sweeps Age Group at Holy Grail



photo by Lynn Nill

The men's 70+ age group at the Pursuit of the Holy Grail 5K in Epping, NH was swept by the above 65+ runners (R-L): Byron Petrakis, 1st; Tom Wylie, 2nd; Dan Dodson, 3rd.

Massachusetts Senior Games Celebrates Its 25th

by Greg Tooker

On June 18th, 2016, athletes from all over the Northeast and beyond will gather on the campus of Springfield College in Springfield, MA to celebrate the staging of the 25th Massachusetts Senior Games (MSG). For a quarter century, MASG has hosted thousands of athletes ages 40 to those into their 90's competing in a variety of individual and team sports, with winners age 50+ being eligible to compete in the biennial National Senior Games. This year, MASG is going all out to host this landmark event which will include an athletes' parade, Olympic torch lighting and remarks by invited dignitaries.

A FREE fitness exam will be offered to all athletes registered for the State Senior Games. This professional screening will be performed by physical therapists and physical therapy students and includes strength, flexibility, posture, balance and cardiovascular health. The purpose of the screen is to increase your health awareness and help you with injury prevention as you continue to remain active.

Since this is a qualifying year for the National Senior Games, to be held in Birmingham, Alabama in 2017, we expect the turnout will be large, with a strong field of competitors. Events to be held on June 18 include Track and Field, Basketball, Swimming, Tennis, Racquetball, Triathlon and more. Other events including Archery, Pickleball, 5K Road Race, Volleyball and more will be held at different locations on different dates throughout the Commonwealth.

Registration for many of the events is now open and can be accomplished by visiting www.MASeniorGames.org or calling 413-206-6274. So throw your hat in the ring! Be a part of what promises to be one of the premier senior athletic events in the Northeast in 2016. Strut your skills and possibly bring home a medal sure to impress your kids and grandkids. You'll never know if you still have it in you unless you try!

65+ Senior Vets Win at An Ras Mor 5K & New Bedford 1/2



photo by Ted Tyler

Dave Pember, one of the 65+ senior vets who helped his team win at An Ras, shown here at the 2014 Run For All Ages

Congratulations to the 65+ male senior veterans team of Rob Knight, Dave Pember and Gerald Porricelli for winning the Senior Vets division at the first New England Grand Prix race of the year, the An Ras Mor 5k, held in Cambridge. The 65+ team finished ahead of the Green Mountain AA, North Shore Striders and Cambridge Sports Union. And congratulations also go to the 65+ team of Zeke Zucker, Rob Knight and Richard Paulson for taking first in the New Bedford Half Marathon. Way to go Senior Vets!



photo by Ted Tyler

Richard Paulson at the 2015 Run For All Ages. Richard, along with Zeke Zucker and Rob Knight, helped 65+ place 1st in the mens Senior Vets division in the New Bedford Half Marathon.

The New Bedford Half Marathon.....How it Happened

by Zeke Zucker

February and March were a bit hectic as far as my training schedule was concerned. After all, I ran a 50K on March 6th, then this Half Marathon on the 20th, and am looking at a 50 Miler in April. This has meant switching back and forth among three different training plans simultaneously. Here's how the second leg of the triad played out.

As a member of the Green Mountain Athletic Association up here in Vermont, I boarded a luxury coach for the 5-hour team trip down to New Bedford, Mass. with 45 other runners. As soon as I stepped aboard, the trip organizer got all excited because he had only two 70-year olds, and I would make it a team for the USATF Championships. I then broke the news to him that a year ago I changed my affiliation to NE65+ for the James Joyce, and that I'm running it again next month.

Well, as you can imagine, the cat-calling and ribbing started immediately, for I was looked upon as a turncoat. It was, of course, all friendly, but I still felt a little bit guilty for disappointing my clubmates.

When we made an interim stop at Montpelier to pick up a few more runners, none other than John Hackney came aboard, with his wife Sue. He and I have run some head-to-head duels over the years, and he recently turned 70. I learned that John had uncorked a 22:43 age division win at the An Ras Mor 5K Championships only two weeks before, and since I know I can't run that fast, figured I had my work cut out for me for this race. His time, by the way, was only 19 seconds slower than our Jan's, and being anywhere close to her is commendable, but his GMAA time wasn't quite enough because our 65+ 70's team took the prize by a mere three seconds. The teasing, by the way, continued during dinner at the Fairfield Inn, and my guilt trip just kept intensifying.

Race morning was sunny and chilly, with a race time temp of 36 degrees. Giant sigh of relief, because we really dodged a meteorological bullet. The original forecast called for snow on race day, but most fortunately the storm coming up the coast slowed down enough for us to run and get out of 'Dodge' just ahead of it.

It took me 26 seconds to get across the starting line in the field of almost 3,000 runners, but things began to open up shortly thereafter. My goal was to run at about an 8 minute pace, and my first mile was 7:45, with the second at 7:37. I slowed on the hill at 3 miles, and then settled into a fairly steady pace. Just after the 4 mile mark who should I see up ahead of me; none other than John H. He runs like a metronome, and keeps his gaze firmly fixed straight ahead. John therefore didn't know I was right behind him, and I certainly wasn't about to reveal my presence.

I decided to let him set the pace and to stay just about 50 feet behind. In so doing I found myself being challenged, and having to work just a bit harder than if I'd been setting my own pace. By about mile eight I was beginning to tire, and thought I might not be able to stay with him. Even so I was determined to stay close, and was surprised when we clocked a slower 10th mile in 8:25.

My strategy from the moment I caught up with John was to hang close until we neared the finish, and then get the drop on him in a surprise passing move. But now I was getting antsy because I really thought that I needed to get back on the sub-8 pace. I was also thinking that passing him right near the finish would be tantamount to cheating, or at least be less than sportsmanlike. I also knew that we were fast approaching the infamous 12-mile hill. As we got closer I decided that the moment was right to take the chance and just go for it. I shifted into a faster gear, cruised by John, and just kept driving my legs to motor up the hill and put some distance between us. (We Vermonters love hills. Yes, we are different!)

Now HE clearly knew where I was, and I was now unable to see HIM. Therefore, in paranoid mode, I just kept hammering up the hill, dearly hoping that he wasn't putting on a surge of his own. As it turned out my 12th mile was 7:53 and the 13th was 7:40, and I crossed the line about 38 seconds ahead of John.

I didn't know until later that the two of us were duking it out for first place in the age division. Our group leader got the results fairly quickly, and told the assembled how the various GMAA teams had placed. Much to my surprise he said that "our" GMAA 70's team was the only one with 3 members, so we won the division. I knew it was a mistake, but there it was in print, and it really made the trip home a whole lot easier on me. I had clearly registered for the race with my 65+ affiliation, and it would be just a matter of time before it would be corrected. As it turned out, NE65+ had only two other 70's gents running (Rob Knight and Richard Paulson), so now I was once again a team-maker. From goat to redeemer, just like that.

As of this writing I've not yet seen the official team results, but President Jan tells me that it will be straightened out. So now it's on to the James Joyce 10K National Championships on April 24th, and I don't believe GMAA is planning on participating. That's just fine with me because I don't want to go through that hassle again. Oh yes, I almost forgot. There's the business of the Bull Run 50 Miler, in Virginia on April 9th, to be dealt with first. Cheers, Zeke

Epilogue from Jan: I was so confused when I saw the NB team results. It is understandable that GMAA wanted Zeke to compete and complete their team, but we are so pleased that his USATF affiliation is with our 65+ club. We have the best 70+ team in the country!!!

Back at Boston in 2016



photo by Judy Graham Garcia

by Rick Stetson

Last year, Byron Petrakis (with umbrella) stood along the Boston Marathon course on a cold, rainy day to cheer on his friend and running buddy, Tom Wylie. This year, both Tom and Byron will be on the course at the 25k (15.53 mile) mark to cheer on our 65+ runners. Look for them on the right side of Rt 135 in a residential part of Wellesley half way between miles 15 and 16. Runners will see a large elevated banner at the 25k checkpoint just before the 100 foot descent to Newton Lower Falls. We wish all our 65+ members, both waiver and non-waiver runners, all the best for an enjoyable and successful run from Hopkinton to Boston.

Numbers to Look For

If you plan to watch the marathon in person like Byron and Tom, below are the bib numbers that we know of for our NE 65+ runners. Be sure to give them a "looking good" as they run past. Or if you are watching at home on TV and have your computer on, you can type in bib numbers on the marathon web site and track the runners as they head to the finish line.

15563 Mike Menovich

28150 Chuck Keating

28043 Mary Ulinski

28248 Ram Satyaprasad

28046 Gary Circosta

28279 Rick Collette

28047 Phil Pierce

29042 Tony Cellucci

28099 Marj Radin

29367 Steve Viegas

On Disrupting Aging



photo by Ted Tyler

Bill Tribou on his way to setting a new age 89 course record (36:33) in the 2010 Run For All Ages. Bill also holds RFAA course records for age 84 (28:59) and 87 (32:46).

by Rick Stetson

The current issue of the AARP magazine has an article by Jo Ann Jenkins taken from her new book, *Disrupt Aging*. The title reminds me of our club because 65+ runners are doing just that: we are disrupting the aging process.

You have probably heard expressions like, "60 is the new 40," but Jenkins disagrees saying, "Fifty is the new 50." She contends, "We're not becoming younger as we get older. We're redefining what it means to be our age." Where it once was assumed that aging presents only challenges, people are now realizing that "aging creates new opportunities."

Runners who have been competing for a number of years have realized that the challenges of running while growing older can be turned into opportunities. In my 40's, I found out I could no longer hang with the front runners in a race so I adjusted my sights on finishing as the first master. Then as faster, younger master runners came along, I settled on trying to be first in my age group. But as happens in all age groups, there are always younger, faster runners eager to make their mark. Still, I was able to take comfort that I was faster than any female in my age group, that is, until I met Jan Holmquist. Now I realize that one day I will need to come up with the goal not to finish last in a race. But even if that happens, I'll remember the words of a former coach who told a friend of mine who was upset after she came in last, "Take comfort in the fact that you finished ahead of every person who failed to come out to the race today."

An impressive goal of the NE 65+ Runners Club is to encourage race directors to add age divisions for older runners. We set a good example with our Run For All Ages (RFAA) race which really is a race for every age. Records are maintained for each individual age from 65 on up. Presently, the men have records up to age 93 (George Whitney, 45:43) and the women to age 89 (Mary Hines, 1:12:50). Every year, many 65+ members take part in the race knowing they won't set a record, unless they have the ability of a Dennis Branham, who last year set an age 85 record (29:05) or a Jan Holmquist who set the women's age 71 record (22:51). Instead, we take part in the race to be with friends and demonstrate to the public that we can still get out there and be active. If we should win an award, that's nice, but it is more important that we have taken steps to disrupt aging. As Jenkins writes, "When we disrupt aging and embrace it as a part of life to look forward to, we can begin to discover the real possibilities for living the life of the person we always wanted to be."

65+ New Members

Armand Auger, Manchester, NH Sponsor: Dan Dodson

Has been running for over 40 years. Runs 30 races a year.

Jim Burnett, Cannan, NH Sponsor: Jan Holmquist

Best 10K is 34:30; marathon, 2:45; 100K, 10:18. Presently races from 1500 to marathon. Has run 52 marathons including 9 Bostons. Is a USATF road race certifier.

Joe Drugan, Hopedale, MA Sponsor: Dan Dodson

Coaches cross country and track in Hopedale.

David Simmons, Nashua, NH Sponsor: Fred Zuleger

Quit smoking in 1983, first road race in 1985. Has run in 1,112 road races, 2 marathons and over 200 half marathons. Has also done two Reach the Beach relays and some duathons.

Greg Tooker, Wrentham, MA Sponsor: Ken Graves, Jan Holmquist

Been a road race and track competitor for 40 years in races ranging from 1500 to the marathon.

Out on the Roads of New England

by Dan D.

Just when we thought winter was done and gone we experienced a little pushback from "Mother Nature". Not to worry – a little snow generally melts quickly this time of the year. Spring and Daylight Savings Time are here (yaaaay) making it easier to get an evening run in if we wish. We're presently in Easter season for our Christian members and Passover is only 3 weeks away for our Jewish friends. And of course some "little race" down in Boston will occur for the 120th consecutive year in about 3 weeks. It truly is a great time of the year to be a runner in our beloved New England.

Last month I asked you to check New England Runner magazine (January/February edition) and see how many of the top 70 races in New England you have ever run in the past. I told you that I had run 37 of the 70 (52.9%) and was thinking I had done pretty well. Then I get an email from our own Rich Paulsen with the information that he has run 47 of them (67.14%). My thanks to Richard for responding and my congratulations on his accomplishment. Any other takers out there??? Email me at mjodand7@msn.com and I'll be happy to include your totals in this friendly little competition.

Well my St. Patty's races are finally all behind me and my race total for March was a somewhat thin 6 races. That gives me only 19 for the year – about 8 behind my planned output of 9 races per month (9 X 12 months = 108 races) needed to reach my 100 race per year goal. That's okay – the late spring and summer have many mid-week "extras" to help me attain my goal. The key is STAY HEALTHY!!!!!!!

I started the month in Lawrence, MA with the "Claddagh Pub 4 - Mile Road Race - 23rd Annual" on Sunday, March 6th. This was the 2nd race in the 3 - part "Wild Rover Series" and 961 runners completed the 4 mile course. There is a MAJOR hill to climb at the 2 - mile mark that gets everybody's attention. NE65+ swept the M7079 category with Barry Pearson, Leo St. Louis, and Richard Molloy leading the way. Connie Brescia won the F7079 division and Dick Kuhl brought home the gold in the M8099. Rich & Kathy Clark and Daniel Dodson rounded out our club's participation. This race featured bibs with your name printed on them, free beer ticket and pasta and salad meal inside the Claddagh Pub, Irish music, chip timing by Yankee Timing, tee shirts, professional race announcer, etc. The results of this race are added to the previous "Frozen Shamrock" (Haverhill) and the future "Hynes Tavern 5 Miler" (Lowell) to determine the standings for the Wild Rover Series. And the medal is joined to the other 2 medals to form a most unique running award.

On March 12th (Saturday) I journeyed to Concord, NH for the "Spring Ahead 5K Road Race at NHTI - 10th Annual". This annual race seeks donations to support the cross country team at New Hampshire Technical Institute and to send the team this year to the community college national championships in Lakeland, Florida. As the name implies this race is always held on the day before the clocks are moved ahead for Daylight Savings Time. The race is quite flat and is run on the campus driveways and sidewalks of the college. There were 97 finishers and timing was done by 3C Race Productions (Mike Amorello) and was gun time. Age groups went up to 80-99 and our club swept the top 3 in M7079 with Lucien Trudeau winning followed by Roger Gosselin and Daniel Dodson. Member Clifford Smith was victorious in M8099.

The next day (Sunday - March 13) was the "Hynes Tavern 5 Mile Road Race" in Lowell, MA. This race is the final leg in the "Wild Rover Series." Like the other 2 races in this series personalized bibs, computer timing with instant results on screen at the finish (Yankee Timing), food and free beer ticket, race announcer, shirt, etc. were provided. 880 runners pounded through the streets of Lowell

and west Chelmsford with NE65+ sweeping the M7079 again with Barry Pearson 1st, Richard Paulsen 2nd, and Leo St. Louis 3rd. Dick Kuhl breezed to victory in the M8099 division, and members Rich Clark, Richard Molloy, and Daniel Dodson completed the 5 mile distance.

On Saturday, March 19 I headed north to Epping, NH for "The Pursuit of the Holy Grail - 6th Annual". The \$28 fee benefits the Epping Youth Association and is held at a restaurant in a former church (thus the name "Holy Grail"). The course is point to point with busses leaving from the Holy Grail to the start. The chip timing for this rolling course was provided by Millenium Running and Andy Schachat from Announcers on the Run did the announcing. There was free beer afterwards and tech tee - shirts. The awards ceremony was held inside the Camelot Room. NE65+ once again swept the M7079 awards with Byron Petrakis 1st, Tom Wylie 2nd, and Daniel Dodson 3rd. Rich Clark was 2nd in M6069 and Faye Lowrey was the winner in F7079. There were 240 finishers this year including members Rita Labella and Kathy Clark.

The next day was the "Northeast Delta Dental Shamrock Shuffle" 2 miler in Manchester, NH. This race is part of the Elliot/Millenium Road Race Series and Millenium Running did the chip timing with instant results on screens at the finish line on Elm Street at Veterans Park. Results are immediately available for computers, smart phones, etc. Miss New Hampshire sung the National Anthem and Manchester Mayor Gatsas brought the greetings of the city to the huge crowd (2,669 finishers). Channel 9's Jamie Staton did the announcing and tech tee-shirts went to everybody. Free beer tickets were redeemable at a choice of around 5 area Manchester pubs. The course is mostly level with one steep hill around the 1.2 mile mark. Shu Minami was 3rd in M7099 with Daniel Dodson 4th and James Stafursky 5th. Vermont's Mildred Rhoades was 5th in F7099 and Mary Minami finished 42nd in F6069. Personalized bibs were given to all pre-registered with an appropriate "O" in front of each name (like Daniel O'Dodson or Shu O'Minami). I wonder what happened if your name was already O'Reilly????????

My final race in March was on Saturday the 26th in Milford, N.H. called the "Fool's 5K". I suspect it takes advantage of the closeness to April 1st (April Fool's Day). The race was put on by Mike Amorello's 3C Race Productions and benefitted the Milford High School Cross-Country teams. NE65+ swept the M70+ awards in the small 57 runner field with Daniel Dodson placing 1st and Thornton, NH's James Stafursky 2nd. The awards were "beer/soda" glasses (depending on the runner's age!!!!). Everyone received a cotton Fool's tee-shirt and a neat Fool's hat with lights. The course was quite "rolling" (as we like to say in New Hampshire!!).

I hope everyone looks up the race results on our club website to see how your colleagues and teammates are running. Tom Abbott and his crew spend many hours keeping our NE65+ members' participation in races throughout the 6 - state region up to date. It is one of the benefits we receive from our club membership and you'd be silly not to take advantage of it. They do a terrific job for all of us.

Until next month — email me and tell us how many of "New England's Top 70 Races" you have EVER run. And more importantly — GET OUT THERE and do some running or walking or jogging to the best of your ability "Out on the Roads of New England."

Volunteer of the Month: Byron Petrakis



photo by Ted Tyler

Byron running as a member of Lou's Posse in the 2014 Run For All Ages

As readers of this newsletter have known for some time, Byron Petrakis is a gifted writer. For the past couple of months he has contributed interesting profiles on 65+ club members who will be running in this year's Boston Marathon. In the February issue of *Forever Run*, readers were introduced to Chuck Keating and Gary Circosta. In March, Marj Radin, Phil Pierce and Ram Satyaprasad were featured and in this issue, we met Mary Ulinski, Mike Menovich, Rick Collette and Tony Cellucci. In addition to writing about our runners, Byron will be on the course with Tom Wylie to cheer them on (see article in this issue.) For all he does to enable us to get to know our fellow club members, we salute Byron Petrakis as our Volunteer of the Month.

Quote of the Month

"You've got to know when to hold them, know when to fold them, know when to walk away and know when to run."

Kenny Rogers

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