



Forever Run

August, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

By the time you read this edition of Forever Run, I hope you will have received our annual snail mailing serving two purposes: 1) an invitation to the Annual Luncheon on Monday, September 26 beginning at 11 am at Spinelli's on the Lynnfield/Peabody line where we have met the last several years; (the fish selection at the luncheon is salmon) and 2), our annual appeal for donations to support club activities. If you have not received the mailing, please contact me at: jholmquist@mspca.org.

The annual luncheon program will be all about our first 25 years of encouraging race directors to add age categories for 65+ runners! We have lots to celebrate! We hope that newer members and our founding members - and everyone in between - will learn something interesting about our very special club. I would like to put together a message board that can be read at the luncheon noting in 2-3 sentences (or less): 1) why you were inspired to join; and 2), what the club has meant to you. Please email your thoughts to me: jholmquist@mspca.org.

This summer seems to be challenging for all of us with the heat and humidity...sure makes running less enjoyable. I decided to embrace "fartleking" lately in order to make my morning run more fun. When there was a shady area, I picked up the pace as I felt less hot, but then I thought that I should fartlek through the sunny areas to get back into the shaded portions...decisions, decisions...but it took my mind off the heat and humidity for a while!

Our next Flag Race is the Bobby Doyle 5 miler in Narragansett, Rhode Island on Sunday, August 14th - same venue as last year. Rhode Island 65+ Board Director, Milt Schumacher, will be there to set up our tent and banner and is healthy this year to also compete for our "famous" 70+ team. I look forward to seeing many of you there.

I hope you enjoying reading *Forever Run* and want to remind all members that we welcome your participation in submitting articles and nominations for the Volunteer(s) of the Month and Spotlight On features.

Jan

Encounters On The Run

by Bill Borla

Over the many years that I have been running, I've had a few things happen that were unexpected with some of them being pretty funny. I'm sure many of you have had a similar experience and even a laugh or two on the run. Maybe you'll get a chuckle out of these that I've encountered. In each one there is the element of fear. I never thought of myself as a particularly scary creature, but maybe the running made me appear so.

The first tale I'll tell happened in a cemetery near my home. In one area of the cemetery there is a small hill circled by the cemetery road. I was running on the road that forms the circle. Up ahead of me there was a parked car on the side of the road. In the center of the circle at the top of the hill, I saw a woman who was probably sprucing up the grave of a relative. I noticed that she saw me running toward her parked car. She started walking toward her car trying to act nonchalant. But the closer I got, the faster she ran until she was at top speed. We got to her car at the same time. She ran to the driver's side door while I was running past the car on the passenger's side. When she realized I wasn't trying to get her, she burst out laughing and so did I. She must have been a little embarrassed about the way she reacted.

The next incident also happened in this same cemetery, but in a different area. I came running around a corner onto a straight section of road. Up ahead, four young girls were walking in the same direction as I was running, and they were about 70 yards ahead of me. I guessed they were between 10 and 14 years old. So, as I was running up behind them, the youngest one looked back and saw me coming. The next thing I knew, she started screaming at the top of her lungs. Then, the other three looked back to see what she was screaming at, and they started screaming at the top of their lungs. It was mass hysteria!!! And in a cemetery, no less. I was intent on doing my run, so I just kept on charging right toward them. They stopped screaming when I ran past them and they recognized me. Three of the girls, including the youngest one, were sisters and they were my neighbors. We knew each other for years. The other girl was one of their friends and I didn't know her. We all had a good laugh at the foolishness of that scene as I just kept running by and never broke stride.

Lastly, I was running out of the cemetery at the start of a 12 mile run. I was coming toward a main highway and I saw a youngster riding his bicycle up the highway past the intersection with the side road I was on. He was about 13 years old and he was wearing one of those military style camouflage outfits that were popular at the time. He seemed like a rugged type boy. At the intersection, I turned left and was behind him. Shortly, I caught up with him, and as I started passing him (it was on an upgrade), I said, "Mornin young fella, how ya doin?" Dead silence - there was no response from him until I got about 10 yards ahead of him and he blurted out, "Mister, you scared me!" I thought he knew I was behind him, but apparently he had no clue and I was running fast but quietly. I had to muffle a laugh that was ready to burst out of me. I turned back over my shoulder and told him I was sorry and didn't mean to scare him. When I got out of range, I had a big laugh for myself.

You probably have had, or will have, some unexpected encounters while on the run! Be sure to try your best not to scare non-runners you encounter while running. For you non-runners, don't be afraid of runners. They are not the type of people who will harm you.

Vermont Flag Race: The Rain Came Down in Stowe



photo courtesy of Andy Lewis

65+ club members at the Stowe 5k and 8 mile race (L-R): Andy Lewis, Marj Radin, Zeke Zucker (Vermont flag race coordinator), Dan Dodson, Henry Wolstat.

by Zeke Zucker

It was a dark and stormy.....morning. Yes, the weather for this year's Northern Vermont classic was less than ideal. Vermont had been experiencing a rather dry spring and early summer, so the rain was overdue. It would have been nice if it could have held off for just one more day, but Mother Nature is in charge.

As the coordinator for this club event, I drove the eleven miles from my house early on race morning to set up the 65+ display at the Rusty Nail on Mountain Road in Stowe. Precipitation was threatening but it remained dry as I got the canopy set by 7:00. I then drove the half mile to the parking field at the start area and found a good spot. I got my bib at 7:12 and the rain commenced at 7:17.

Lo and behold, Dan D. was parked in the next row and Marj & Henry were fairly close too. Shortly after we gathered in a vain attempt to stay dry by huddling under my Subaru tailgate. Then Andy emerged from the mass of parked cars, much the same as Shoeless Joe Jackson did from the cornfield in Field of Dreams.

We got a couple of photos, then retreated to our individual autos in order to prepare for the 8:30 start. At 7:40 the rain picked up and at 7:50 it was really coming down. If rain commences while one is racing it's not much of an issue, but starting in the rain is rather unsettling. Anyway, we all trudged through falling rain and soggy turf to the start line and waited for the inevitable. Noting here that characteristically, Stowe on race day is really hot and humid so the low 60's temperature and sun's absence were true positives.

Both races start together, and then split at about the 1.5 mile mark. The 5K runners then jump onto the well-known paved Stowe Recreation Path, and meander their way back to the finish line, not very far from where they started.

In the meantime, the long-course folks head out into the countryside, encountering their first, rather brief but steep, hill at 2.5 miles. If they miss the left turn at the top, they'd have to keep climbing all the way to the famous Trapp Family Lodge, but instead they level out, pass Stowe High School, and then enjoy a delightful descending 1.5 mile cruise. Payback is a bear, as they say, and the latter miles of the race, on a mix of gravel and paved roads, tend upward so that negative splits are hard to come by.

The rain continued at a blessedly moderate rate, so it was cooling but not disruptive. That is, until about the 1 hr. 15 minute mark when the intensity increased, and at that point most of us just wanted to be done with it. There were 114 finishers in the 5K, and 373 in the 8 Mile, somewhat lower numbers than in the past, but the weather was obviously the reason.

In the 5K, Andy Lewis grabbed 2nd place in the 70-79 Division, and Marj Radin nailed first place for the women. Dan Dodson placed well as he continued his quest to complete all six of our 2016 Flag Races. In the 8-Miler, I managed to come in ahead of THE other 70's gent, Peter Mitchell (73) from nearby Jericho, Vermont. At the post-race soiree at the Rusty Nail, I talked up 65+ with Peter and also Kogi Nagamora (68), another local from Essex Junction. Our prospective new Vermont Board Member, Newton Baker, would have participated except for the fact that he was running in the Mad Marathon not far away in Waitsfield. I give him great credit for running a full Marathon in the rain.

With the race director's permission, I'd set up my canopy right next to the two large event tents, where last year Island Ice Cream and SmuttyNose Beer were served. Due to the rain, however, such shenanigans were staged inside The Nail. This was only the second time that I've consumed both items simultaneously; my first time was exactly one year ago. Same place, same time.

I should mention that Henry Wolstat demonstrated remarkable common sense by electing to forego running due to a lingering injury. We should all be so wise. But the Stowe flag race turned out to be great competition, camaraderie and fun, which is what it's all about.

Masters running With Lena Hollmann

by Rick Stetson

Just as *New England Runner* covers runners and races in the Northeast, *Running Journal* does the same for the South. Both magazines have some excellent columnists on their staffs. Because there are not many members of NE 65+ who subscribe to a magazine about running in the South, I want to introduce you to Lena Hollmann who writes a monthly column on masters running for the *Running Journal*.

Lena is a certified trainer who lives and runs in Naples, Florida. She is a Road Runners Club of America (RRCA) state rep and in 2015, won the Browning Ross Spirit of RRCA Award. I emailed Lena recently and told her I have enjoyed her articles on masters running and asked if I might include some of her recent thoughts in the NE 65+ newsletter. She replied that she had heard of NE 65+ Runners Club and kindly gave her permission.

In the July issue of *Running Journal*, Lena's article was titled, "Running is a Baby Boomer Sport." She wrote that while numbers of runners in most age groups have either decreased or increased slightly, "there is one demographic that has recently flocked to running and that's senior citizens." Lena quoted a *Wall Street Journal* article that said "there was a 25% increase in the number of frequent runners age 65 and older between 2013 and 2015" and that "inevitably there are folks who discover running as they approach their golden years."

This brings me to Lena's column in the June issue of *Running Journal*. Because many of us in NE 65+ can identify with Lena's thoughts on age groups and age grading, I'll include portions of her article below.

Some Musings on Age Groups and Age Grading by Lena Hollmann

Nothing has raised more eyebrows among non-runners than my joy and excitement over "aging up." Each time I have a birthday ending in a 5 or a 0, I find reason to celebrate. And only a runner can understand the happy anticipation these milestone birthdays bring. For me, turning 40 was probably the most exciting one of them all. This was a birthday that my friends and colleagues were dreading, but I was looking forward to it. I was still quite competitive at that time, and having a 40th birthday meant I became a masters runner. So after slowing in my late 30's I was now suddenly in a new division where I could place, and sometimes even win prize money!

I remember the days when there were hardly any women over 50 at the races so the few who did compete almost always won an age group award. It was more competitive for men age 50 and over, because a higher number of men in these age groups were racing. (Age groups rarely went beyond "50 and over" in the 1970's and 1980's by the way, since there were relatively few competitors over age 50, even among the men.)

There's a category of runners, both male and female, who discovered the sport later in life and realized they were naturally gifted. They didn't start running until their 40's or 50's, maybe even later, having focused on family or career before then. Running became their new love, so they entered some races and started coming home with hardware. Often the age graded times for these late bloomers are better than for younger competitors, and occasionally they beat all their younger counterparts outright. I can recall a few races that I ran after my 50th birthday where my age group turned out to be the toughest of them all.

During races there are often runners around me who look "older" who I don't know and therefore not sure whether they are in my age group or not. For example, the female who passed me near the two mile mark during a recent 10K in Naples. As she charged on with a fast clip and left me in the dust, I guessed she was older than I was. Although I wasn't sure. I would pass her later in the race with about a mile to go but before I did we exchanged a few words and encouraged each other. And this is when I found out she was 71 years old! I finished ahead of her but by less than a minute. We each won our age groups, but of course her age graded time was much better than mine.

Ultimately we are all winners! For getting up before dawn, showing up at the starting line and crossing the finish line. Age groups are just icing on the cake and something we look forward to every five years. And often an inspiration to try a little harder!

91-Year-Old Record Holder Gets Pro Contract

by Rick Stetson

Continuing with Lena Hollman's thoughts about "late bloomers," the story of Betty Lindberg serves as a good example, although the above headline might have caused even Lena to read it in amazement as I did.

The article about Lindberg appeared in the July 3rd online edition of *Running Journal*, and it was submitted by the Atlanta Track Club (ATC). The full title was, "91-Year-Old World Record Holder Gets Pro Contract." The world record was set by Lindberg in a 800 meter race at an ATC all-comers meet in May. The club said Betty was not out to set a world record and that "she didn't even know what it was." Lindberg simply wanted to take part in the event and perhaps earn some points in the club's Grand Prix Series.

By the end of the week, Lindberg's 6:57.56 age-group world record had made her a celebrity and she received a good amount of national publicity. When asked about her new fame, Betty replied, "I've been really surprised at the different people who have asked for interviews. I think I have to get an agent."

But what about the pro contract? At an ATC press conference, it was announced that Mizuno was signing Lindberg as a member of its racing team. She told the running shoe company, "I plan to live to 100 so I guess they are stuck with me."

Lindberg is one of those runners who discovered the sport latter in life. Her running started at the age of 63 after she gave a ride to her son and daughter-in-law to the Peachtree race, saw all the runners getting ready to compete and thought, "I can do that." And run Peachtree she has done, some 26 different times, although these days she will race walk the course. But it was Lindberg's performance in the 800 meters that has given her so much attention, however she says she could not have done it without the encouragement of spectators at the race.

"I had been pegging along as fast as I could, the last one in my age group, and all I could think of was 'just get me to that line.' The spectators started clapping and shouting and I said, 'I can't just walk my fast walk; I've got to run.' " Lindberg ran the final 100 meters and she commented with modesty, "My running is pretty pitiful but it was sufficient to break that record by two seconds. If I had walked, I would not have broken that record."

Afterwards she was told she had been "digging deep" and she replied, "Now I'll have to go look up the records."

A Romp by Seven on the Fourth



photo courtesy of Tom Abbott

Club members who ran the 5k in Needham on July 4th (L-R): NE 65+ President Jan Holmquist, Barry Singer, Phyllis Mays, Mary Tyler, Ted Tyler, Tom Abbott, Tony Cellucci. Far left: Jan's granddaughter, Story Bracker, who lives in Needham and cheered on the runners when they passed in front of her house.

by Tom Abbott

Here we were, on the morning of the Fourth of July and the day had finally arrived DRY, windless and only in the high 60's for the Independence Day 5K in the middle of Needham, Massachusetts. We were trained, hydrated and primed to race!

It had been a "fast" course for most of us over the years, even though a steep downhill and 3 uphills had recently been included in the first 1 1/4 miles. But then, while in the final stages of our warmups, we noticed a second chip pad and cones around 100 yards before the finish line's chip pads. What was this? Jan Holmquist had an answer: "I heard they've added 100 yards or so this year to make the course accurate." "Oh-oh, are you sure?" she was asked. One nearby wimp said, "I like "short" courses! You get a better time!" Jan's answer was, "Oh, I don't. I like when they add on to make a course accurate." Why? Jan could set a record in a race anytime, and what a shame if the distance were judged to be "short," even slightly. OK, that's fair. Jan this day would find a different reward for her strong effort: her calf that had been healing fitfully for months responded very well for this race! As Jan explained, "My time wasn't great, but at least this time my calf did NOT act up, so I feel like I am on the road to recovery...paws crossed." Spoken like the animal-over she is. Jan would've easily won the F60-69 division (by almost 5 minutes), and even would've been 2nd in the M60-69! Jan's time was of course good enough to win the "Age Graded Champ" designation and a very good-looking medal.

The next NE65+'er to come in was this writer. I mostly sprinted down the opening, right-around-the-corner, steep downhill about as fast as I could, making up in advance what I'd lose going up the subsequent 3 upgrades, and that strategy worked well, as the legs recovered nicely on the flat stretches, especially along crowd-lined Highland Avenue (for the upcoming parade) straight to the finish. I was slower by 5 minutes than 7 years ago here, but my legs were over a minute faster than last year, despite the course being longer by 100 yards. Victories where you can get 'em!

A bit behind me, Barry Singer was doing what he could to nab Third Place in our M70-99 age

group. Barry jogged over from where he lives not far from the course - "just a few easy blocks" - so had a leg up on us knowing the course. But golf takes a lot of Barry's time, and we didn't ask if he rides (Heaven forbid!), carries his clubs and walks or jogs along the course as he plays! That's a good workout actually, and keeps you loose for your swings. If Barry hadn't been at this race, Ted Tyler would've nabbed that 3rd medal. Ted has to keep his heart rate under 130, so there's a bit of a handicap for you. Ted gets his kicks out of finishing in front of wife Mary Tyler, and he did that again - by 34 seconds! "Team Tyler" does race a lot - almost every weekend - so their weekly racing conditioning is always ready to be used. When Ted's at a race but not racing, he's usually taking hundreds of photos of us, and Mary sometimes photographs when Ted races. Mary is still in that rough-and-tumble, W60-69 division (a year to go to age outta there!), so her medaling chances were "slim and fat" here. Individual ages for us didn't show in the results, but the bet here is that Mary would've medaled if they had a F65-69 age group. Isn't there some club around here that's trying to push for that?

Following Mary was the irrepressible Tony Cellucci, 83, hoping for an M80+ medal, but to our dismay, they didn't have that age group this year. Tony had fun anyway. Arriving early, he kidded me with things like, "Harry Carter's registered, right? And that Joe somebody?" (Maybe he meant Noonan or Drugan.) But those guys raced that day in Freeport, Maine; Foxboro and Dedham, respectively. OK. Point scored. But it got me worrying! Tony raced conservatively, letting one of his knees do its recovering from his last Boston Marathon attempt, where it thankfully saved him from the heat that day. The crowd lining the finishing straightaway recognized Tony and cheered him in all the way!

Our excellent Membership Director and Needham resident, Phyllis Mays, 84, also finished her umpteenth Independence Day race, and got a nice medal for placing Second in the F70+ division. She had a wrap around her right knee, but I didn't hear her mention it. Phyllis shows up at most Needham races and is helping show those race directors that she and Tony will populate those 80+ divisions if they'll have 'em!

In a nice group photo of the seven of us, we were joined by Jan's granddaughter, Story Bracker. She had watched with us with her mother, Kara. We looked in vain for Marj Radin and Henry Wolstat who had run this race other years, and we missed Rick Stetson, who took the M70's last year, but is living in Alabama now. And still helping us put out this newsletter!

This latest Needham race is part of the 4-race, Needham-based, BIGGSteps Series (New Years 5K, Great Bear 5K, the 4th of July 5K and BIGGSteps 5K), where runners in all four get a jacket or something similar. All seven of us running this one are still "in" the Series so far. It honors the memory of Sean Biggs and helps his Foundation raise \$\$ to benefit the Beth Israel Deaconess Cancer Center and Surgical Pavilion in Needham. NO age group awards for the Series, but then the few of us "oldies" in it have gotten something every race so far. Only so much room in living quarters for medals. Ask any spouse!

Pub Series Battles

by Rick Stetson

The New England Runner (NER) Pub Series always features some exciting age group competition. The battle for pub bragging rights can get fairly intense, especially in the men's 70-79 division where the top contenders are all members of NE 65+.

I was able to witness just how close the competition is when I watched one of the pub series races, the Evan's Run 5K, in Norwell. An injury prevented me from running so I stood on the course about 800 yards from the finish, which was all downhill. It was fun to watch the leaders

fly by and then, not too far behind, I spotted Joe Noonan. I shouted my encouragement as he ran to a finish time of 23:38. Less than 20 seconds passed and then I saw two club members battling it out for second in the age group. Rich Paulsen, who finished with a time of 23:54 was followed closely by Dave Pember, 23:56. About 25 seconds later Denny LeBlanc came by (24:22) and then Joe Drugan (25:08.)

The next pub run was a 5K in Foxborough on a hot day in June. Point standings going into the race had Noonan leading Paulson by 8 points but as the NER reported about the race, "Series leader Joe Noonan wilted in the sun and was tilting backwards at the finish." Not affected by the heat was Rich Paulsen who won the division in 23:55 followed by Dave Pember in second (24:33), Joe Drugan, 3rd (24:46), Noonan, 4th (26:07) and Charlie Farrington, 5th (27:34.) LeBlanc missed the race while Paulsen showed his durability by running the Corrib 5K the next day in West Roxbury where he won his age division.

Runners who compete in all six pub races and are subscribers to NER will receive a pub series jacket. Those who finish five of the six races earn a pair of New Balance shoes. Two races remain in the 2016 series with the next one taking place September 4 in Warren, RI at the Finish for a Guinness 5K. The top five 70-79 runners are all from NE 65+ (see below) so it looks as if the division winner will be a NE 65+ runner. And we should mention that the only runner in the 80+ age group is our own Larry Cole so he stands an excellent chance of winning that division. Congratulations to all of our club members who are participating in the NER pub series.

NER Pub Series 70-79 Standings After Four Races

Top 5

Joe Noonan 29

Rich Paulsen 27

Dave Pember 23

Denny LeBlanc 19

Joe Drugan 17



photo courtesy Susan Filene

A 5K Race With A Wonderful Moment by Susan Filene

A couple of weeks ago I saw that a Runners World Classic was coming to the Boston area. It looked to be a fun event—expo, several races including a Celebrity Mile, finishers' medals, age group awards, a finishers' festival—all over three days. In North Andover! Wow! I could go without a plane ticket or hotel room!

My back had been bothering me for three weeks since pulling some dead trees from my garden but an X-ray had shown no fracture so I had kept running. However, to be conservative I signed up for the 5K only. But two days before the July 16th race I had a bone scan to see if my painful back was bone metastasis from my breast cancer. No metastatic disease but a thin fracture of L4. This is how a broken vertebrae becomes good news! But what to do about the 5K now that I knew I had the fracture?

Well, I would walk—with maybe an occasional shuffle. A Back of the Pack thing (see my letter to the editors below).

And so I started: walk, shuffle, walk, shuffle a little faster, etc. I was feeling just a bit frustrated with my lot. A little over two miles in I heard a regular tapping noise from up ahead. Suddenly I

saw her. The Marathon (we all know which marathon) runner who made it from Hopkington to Boston on one leg and a prosthesis. The woman who was on the Boston course just three years after losing her leg in the marathon bombing. Adrienne Haslet. I knew that she was going to run the Celebrity Mile later in the morning and so seeing her also running the 5K was a surprise.

I took several pictures from behind her. Then one of her team (she had a few runners with her) turned and she asked if I would like a picture with her. Yes! (See above) So we both stopped, in the middle of a race, imagine! Just standing there in the shade with people passing us, not running, smiling. I told her how had I followed her marathon progress, how after the t.v. coverage ended I kept checking in on line to see when she crossed the finish. I told her how inspiring she is.

Then we said goodbye. My shuffling was a bit faster than her pace so I moved ahead. Since that day I have been thinking about how, had I not showed up, I would have missed a wonderful moment.

New Members

John Van Magnen, Nahant, MA

Sponsor: Dan Dodson

Been running for over 40 years, 5k's to marathons. Volunteers to help with writing articles, road race planning and organization.

Joseph Peruti, Cheshire, CT

No sponsor indicated

Has been running on and off for 35 years, 5k's to marathons. Runs in road races, trail races, triathlons and swim races.

We Have 65+ Members Who Might Not Get *Forever Run* by Rick Stetson, Co-Editor

We hope you enjoy reading our club's monthly e-newsletter, *Forever Run*. It has been fun sharing the accomplishments of many of our club's talented runners. Yet, almost half of our club members who have email addresses do not open their newsletter each month, so we are reaching out for your assistance.

When *Forever Run* was sent out in July, we had 262 members open their copy but there were 210 who did not. You may be able to help.

When you meet a runner you know to be a member of NE 65+, please ask if they are receiving the club's e-newsletter around the first of every month. If they say, "what newsletter?" please have them send me, or you can send me, a current email address and I'll make sure their name is added to our mailing list: rickstetson@aol.com. We don't want them to miss any of the news about our club, like the annual luncheon on September 26 when we will celebrate the club's 25th anniversary and the annual Run For All Ages which will take place on November 5.

We thank you for being a loyal reader of *Forever Run*. Let's hope we can increase the number of club members who read it every month. We appreciate your help.

Letter to the Editors

To the Editors:

For some time I have been wanting to say how grateful I am for Dan Dodson's column. In particular, the first column he wrote where he pointed out that if there was no "back of the pack" there would essentially be no race. And for his discussion of his comeback from injury to run shorter races and a lot of them. After two years of running, I developed severe arthritis in my knee and figured I was through with my short running career. But Dan's column helped me to see that racing slowly is OK! So I got back out there. I look forward to his write ups every month.

Also, thank you for choosing me as the July Volunteer of the Month. It was such a nice surprise.

Sue Filene

Editor's Note: We want to thank Sue for her letter as well as for her inspirational article (see above.) We encourage members to follow Sue's example with articles or with a letter to the editors if you have a comment about your club's newsletter.

Out on the Roads of New England

by Dan D.

"Sometimes life gets in the way"!!!!!! That's been the case with my running during July. From 12 completed races in June I spiraled downward by half for a total of 6 races in July. There are several "reasons" (excuses) starting with the unusually hot and humid weather. Then came my wife's two-day stay and infusion at the Tufts Medical Center in Boston. A five-day hiatus to Lower Waterford, Vermont for wedding anniversary #44 was a much happier "excuse." Finally the death of a dear friend causing an unexpected four-day trip to the Baltimore, Maryland area. The reasons were varied ... happy, neutral, sad ... but the net result was unforgiving. Now it's time to regroup and rebound during August.

We'll begin by describing the six races that I did complete in July ... including the Vermont flag race for NE65+ at Stowe, Vermont. Then we'll "discuss" the Flag Race Challenge and running in New England (and the world) in August. Let's get started

The "Firecracker 4 Mile Road Race" took place on Monday, July 4th, in Marblehead, MA. The cost was \$25 in advance and \$29 on race day. This 4-miler is part of the Northshore YMCA Road Race Series and featured a newly designed course with an uphill 100 yard charge to the finish line. The weather was hot and the 8:30am start was appreciated. Everyone received a race tee-shirt and chip timing from North Shore Timing Company. Age group awards went up to age 70 - 99. Wendy Burbank topped the F70-99 age group while Lynnfield's Joseph Long was 2nd in M70-99 with Daniel Dodson 4th. There were 346 finishers.

The next day (July 5 - Tuesday) I ventured over to Lowell, Mass. for the patriotic "Birthday 5K". This evening run was part of the Good Times Summer Series. The race is \$10 if signed up for the entire 10 - week series or \$15 for one night. Yankee Timing manages the chip timing and Dave Labrode is the pre & post race announcer. There were 309 finishers on this hot and humid evening including 8 runners from NE65+. Jonathan Mackenzie won the M70-79 division with Daniel Dodson 2nd and Ted Tyler 3rd. George Bisson topped M80+ with George Leslie

2nd and Lou Peters 3rd. Johanna Riley finished 4th in F60-69 while Rick Marais was 17th in the rugged M60-69 group.

Friday evening, July 8th was the "Hillsborough Balloon Festival Osram Sylvania 5K Road Race" in Hillsborough, N.H. This annual event is part of the Hillsborough Balloon Festival which features country fair type rides, bands, food vendors, etc. in addition to the featured passenger balloons. Unfortunately this year the windy conditions kept the balloons grounded. The race was timed and managed by 3C Race Productions (Michael Amorello) and cost \$20 to enter. The 64 finishers all received tee - shirts and free "humor" from the R.D. Daniel Dodson was the sole NE65+ entrant and he finished 2nd in M70-79.

Sunday, July 10 was the "Stowe 8 - Miller and Flying Onion 5K" held in beautiful Stowe, Vermont. This was our club's "Flag Race" for Vermont and the 3rd leg of our "Flag Race Challenge". Zeke Zucker had a nice tent sent up at the post race party location but heavy rain made both recruiting and running somewhat problematic. The \$25 race fee included chip timing by Yankee Timing (Dave Camire was personally present at the finish line), a nice technical tee-shirt, and post race refreshments (beer and ice cream) at the post race party. Marj Radin won the F70-99 division and Paul Jarvis was 7th in M60-69. Andrew Lewis was 2nd in M70-99 with Daniel Dodson 6th and Dan Callahan 7th. Zeke Zucker won the M70-99 age group in the 8 mile race.

On July 23rd (Saturday evening) I headed to Londonderry, N.H. for the "Boot Scootin' Boogie 5K". This race is part of the Elliot Millenium Running Series and was selected in 2015 as my personal choice for "race of the year." For a \$35 fee a runner gets a nice cowboy hat, free beer, bonfire, two excellent country singing acts, chip timing with instant results sent to all computer and phone devices, personalized bib, two professional race announcers, welcoming remarks by U.S. Senator Kelly Ayotte, mechanical bull ride, etc. etc. etc. A thunderstorm caused a 40 minute delay due to several downed trees along the race route. There were 947 finishers despite the delay and bad storm. Elizabeth Gonnerman was 1st in F70+ and Terry Lee Harrington was 19th in F60+. Michael Gonnerman finished 3rd in M70+ with Shu Minami 4th and Daniel Dodson 5th. An optional \$10 VIP parking pass allowed 200 recipients to park up close to the race, bonfire, music, etc.

My final race for the month took place on Saturday, July 30 in Hudson, N.H. The 5K is "Nate's Race" and it is run in memory of a 16 year-old Alvirne High School athlete who was killed 10 years ago in a car crash. The race director is the boy's Dad. There were 63 finishers in the race which was run this year on the high school cross country course. The \$30 fee included a technical tee-shirt, light refreshments, timing by 3C Race Productions, water bottles, etc. Daniel Dodson was 1st in the M70+ age division.

This brings us to the "Flag Race Challenge." Thus far Daniel Dodson has run all 3 states (Maine, Connecticut, Vermont) and Lou Peters 2 (Maine and Connecticut). The following members have run 1 race: Tony Swebilius, Dick Lajoie, R.J. Harper, Charlie Farrington, John Howe, Robert Randall, Cathy Burnie, Dave Barnard, Sandy Utterstrom, Susan Filene, Mike Brooks, William Morgan, Elizabeth Serrage, Raymond Neveu, Elaine Richer, Bill Borla, Boris Lurye, Jerry Shimoda-Peterson, Tony Medeiros, Andrew Lewis, Marj Radin, Paul Jarvis, and Dan Callahan. The 4th state will be Rhode Island on August 14 - Sunday at 9:00am. This is the "Bobby Doyle Summer Classic" – a 5 mile race in Narragansett, Rhode Island. Let's try to "be there" to meet fellow club members and help recruit some new folks to join us.

Thus far in August I'm planning to run the two "Yankee Homecomings" (Newburyport, MA on the 2nd and Beverly, MA on the 4th). The "Cigna/Elliot Corporate Road Race - 24th Annual" takes place in Manchester, NH on the 11th. The "Bobby Doyle Summer Classic" is on August 14th in Narragansett, R.I. and the "N.H. State Police DARE Classic" is held on the International

Speedway in Loudon, NH on the 23rd. There are MANY others – we are so blessed to live in the "racing capital" of the world. And let's not forget to get our televisions ready for the XXXI Olympic Games in Brazil from August 5 - 21. Hope to see you often in August "Out on the Roads of New England."

Volunteers of the Month: Phil and Rae Pierce



NE 65+ members attending the club's annual luncheon held at Spinelli's on September 26 in Lynnfield will find two friendly faces at the sign-in table ready to greet them with a warm welcome. They belong to Phil and Rae Pierce, our August Volunteers of the Month.

As they say, "ladies first," so here are some of the things Rae does to help with the club's annual luncheon. She will open the annual luncheon envelopes and record the meal selection for each member and guest. She will also keep track of who is attending from each state and make certain everyone has a name tag. On the day of the annual meeting, she and Phil will set up a display holding all the name tags and sit at a table in the lobby to welcome members as they enter Spinelli's. If a member comes in who has forgotten to RSVP, Rae will make certain they are given a name tag and that they have a place in the dining room.

Besides helping Rae with preparations for the annual luncheon, Phil volunteers to help the club throughout the year as a member of the NE 65+ Board of Directors and serves on the board as a club past-president. He also chairs the club's Hall of Fame Committee. Both he and Rae will be hard at work to insure the celebration of the club's 25th anniversary at the annual luncheon is a good one. They hope to see you at Spinelli's on September 26. And when you pick up your name tag, don't forget to congratulate Phil and Rae on being selected as our August Volunteers of the month.

Quote of the Month

"I just felt like running."

Forest Gump when asked by a reporter why he was running across the United States.

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