



Forever Run

December, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I hope everyone had a happy thanksgiving with family and friends. Dozens of our members ran a road race to begin the day. Please note the results that are available on our website: <http://www.ne65plus.org/index.php?page=2016-results-by-race>

Thanks go to Tom Abbott and his amazing team of volunteers - RJ Harper for Maine, Eldon Burkinshaw for NH and VT, Bill Borla for CT, Tom Abbott for RI, Dan Donovan, Steve Kohanski, Bob Sullivan, and Tom Abbott for MA, who keep this portion of our website up-to-date!

2017 Boston Marathon: The club received 7 waivers. If you would like to be considered to receive a waiver (and have not already let me know), the deadline is Friday, December 9. Please email me at jholmquist@mspca.org and include a brief bio as to your participation in the 65+ club. You must have been a member for at least one year and have supported the club's mission. Examples include: volunteered, run a flag race, attended the banquet, convinced a race director to add our age groups, and/or written an article for *Forever Run*, etc. The Board selection committee will then review the list and make decisions by December 16th.

Board Director updates: At our meeting on November 7th, we welcomed our new members - Newton Baker (VT), Dave Ellis (MA), and Ken Houle (NH). Bill Borla (CT) announced his resignation and brought Janit Romayko - a guest who is interested in assuming his assignment. Mel Fineberg (MA) announced that he will be resigning from the Board in April and has a potential volunteer to represent Maine. Milt Schumacher (RI) has also given his resignation, so there are 2 open positions from RI. Anyone interested in joining the Board should send an email and bio to Henry Wolstat, Chair of Nominations: hwmd@comcast.net.

Other topics discussed at the Board meeting included a vote to continue to donate to the Wakefield Education Foundation in appreciation for all their help supporting the Run For All Ages (RFAA). We had fewer runners this year due to fewer day-of registrations in spite of nice weather. We welcome members who are willing to be on the RFAA planning committee and assist with our goals to increase participation and identify sponsors. Please email me if you are interested: jholmquist@mspca.org

VP Steve Viegas has offered to set up a Facebook page for 65+ members and also look

into other ways to communicate with each other. One goal is to be able to share rides and go to races together.

USATF news: The James Joyce Ramble in Dedham has been chosen to host the national masters USATF 10K championship race for another 3 years! Our 70's men have won 1st place year after year and we hope to do so again in 2017, 2018, and 2019! Please save-the-date: Sunday, April 30th.

Whereas Dan D. writes about where he has run, I'll let you know where I plan to run. Please join me at Walter's Run 5K on December 11th in West Roxbury.

Finally, a year-end reminder: The 65+ club is a not-for-profit entity, so your donations are tax deductible. Thank you again to everyone who contributed to the Annual Fund! Donations to support the mission are appreciated anytime of the year!

Happy Holidays!

Athletes Forever Young at the 15th Annual RFAA

by Byron Petrakis



photos by Ted Tyler

Two senior athletes happy to head to the finish at the 2016 Run For All ages. Dot Ketchum (L) placed 2nd in the 75-79 age group while Ronald Sanville (R) was second in the men's 85-89 age group.

"The time you won your town the race
We chaired you through the marketplace.
Man and boy stood cheering by,
As home we brought you shoulder-high.

To-day, the road all runners come,
Shoulder-high we bring you home,
And set you at your threshold down,
Townsmen of a stiller town.

Smart lad, to slip betimes away
From field where glory does not stay
And early though the laurel grows
It withers quicker than the rose."

A.E. Housman's poem "To An Athlete Dying Young" (1896) is familiar to many readers. The poem's first three stanzas convey a mournful tone, suggesting that athletic glory is fleeting and the only way to make it last is to die young in order to avoid the disappointment of living long enough to see your records broken:

"Now you will not swell the rout
Of lads that wore their honours out,
Runners whom renown outran
And the name died before the man."

Of course, Housman is not suggesting that a premature death should be the goal of young athletes. Rather, his poem is a meditation upon the transience of fame and the inevitable dejection that accompanies the passage of time, especially for athletes.

However, if A.E. Housman had lived in the 21st century instead of the 19th and had he watched an age-graded race with 5-year age groups all the way into the 90's, he might have written a radically different poem with a far more positive theme. Furthermore, had he been at the Run For All Ages on November 5, 2016, he might have acquired a totally different perspective on athletic glory and aging. Instead of concluding that lasting glory is only available to athletes who die young, he might have celebrated the achievements of runners in the 70's, 80's, and 90's, who-along with their younger fellow competitors-look forward to testing their mettle against their peers and even getting a little older so they can "graduate" into a higher age-group!

Race day, Saturday, November 05, 2016 in Wakefield, MA was cloudy, cool, and brisk. The sun made a feeble attempt to break through the layer of clouds that hovered above the scenic 5K course around Lake Quannopowitt. The cool weather made for ideal racing conditions and once the race started, friendly competition heated up the atmosphere as 234 registered runners of all ages (131 men & 103 women) began their journey to the finish.

From my vantage point as a course monitor at around the ½ mile mark on Quannopowitt Parkway, and later, as a spectator at the finish line, I observed runners from 8 to 93 with smiles on their faces (except for the leaders at the front of the pack who had their stony "game faces" on), embracing the opportunity to participate in the 15th annual 5K race put on by the NE 65+ Runners Club.

There was 91-year-old Lou Peters, walking briskly with a smile on his face, to the finish. Lou

couldn't take his age-group victory for granted, however, for 93-year-old Robert Hunter, from Tewksbury, MA was there to keep him honest.

And there, moving right along, was 79 year-old-Dorothy Ketchum, from Plaistow, NH, striding toward the finish smiling broadly as she heard friends from the sidelines telling her that she was about to beat her 2015 time. And there came 8-year-old Jeffrey Plourde from Melrose, MA, running proudly alongside his 45-year-old dad. In his trademark headdress was the ubiquitous Dan Dodson, whose participation at races throughout New England has become legendary. Proudly representing their octogenarian age groups were 85-year-old Phyllis Mays, and 86-year-old Jim Lynch, who crossed the line in an impressive time of 34:05. And finally, there was the presence of Louise Rossetti, one of our club's founders. Though I could not see her, I could feel her smiling as she looked down at the race.

At the race, runners turned in some impressive 5k times. Twenty-seven-year-old Antonio Wilson of Everett, MA was the overall winner in a chip time of 15:19 (4:56 pace). First female finisher was 31-year-old Meghan Weaver of Peabody, MA with a time of 19:11 (6:11 pace). Not far behind her was 52-year-old Simonetta Piergenti of Wilmington, MA whose time of 19:17 represented a 6:13 pace.

Notable female age-graded performances were turned in by 72-year-old club president Jan Holmquist, (24:03 gun time or 15:28 age-graded); 61-year-old Marge Bellisle from Warren, RI (21:01 or 16:02 age-graded); and 74-year-old Nancy Spero of East Falmouth, MA (28:18 or 17:35 age-graded). On the men's side, notable performances included 67-year-old Bob Giambalvo from Delhi, NY (19:35 or 14:47 age graded); and 80-year-old Michael Mayr from Saugus, MA whose 24:57 translated to 15:19 age-graded. As careful readers will note, Michael's age-graded time of 15:19 matched the overall race winner's pace.

I think that had he been in Wakefield at this year's Run for All Ages, poet A.E. Housman would have written a different kind of poem, celebrating athletes of every decade. Instead of calling his poem "To An Athlete Dying Young," he might have called it "To An Athlete Forever Young."



photo by Ted Tyler

Leslie Lowry on her way to winning the 80-84 age group at the 2016 RFAA.

Records Set at 15th Annual RFAA

by Rick Stetson



photo by Leslie Behan

Antonio Wilson (L) who set a new course record at the RFAA shakes the hand of Jim Lynch who holds 5 age records for the race.

Antonio Wilson, 27, of Everett, MA set a new men's course record at the 15th annual Run For Ages race around Lake Quannapowitt in Wakefield. Wilson's time of 15:19 smashed Guy Stearns' old record of 15:37 set in 2003, which was one of the older course records on the books. Wilson's time also set a new men's age 20-29 record, beating the time of 15:41 set last year by Ben Wallis. The day after the RFAA, Wilson finished third in the Manchester, NH Marathon with a time of 2:29:30, an amazing "double."

Michael Mayr of Saugus, MA set a new men's age 80 record lowering Dennis Branham's old record by almost a minute with a time of 24:54. The remaining men's record was set by Jim Lynch, Plaistow, NH who broke Lou Peters' age 86 record with a clocking of 34:05. It was the fifth RFAA record for Lynch who also holds marks for ages 78, 79, 81 and 82 and is a member of the NE 65+ Hall of Fame.

In the ladies' record book, Jan Holmquist of Burlington, MA earned her 9th consecutive RFAA age record, a record in itself, by lowering Barbara Robinson's time of 25:33 set back in 2005. Jan's time of 24:01 set a new record for age 72. Finally, it is rare when a runner ties an existing record but it happened in the 2016 RFAA when Phyllis Mays of Needham, MA was clocked in the exact time, 53:36, that Florence Dagata ran in 2011. Phyllis, who does much to help the 65+ Runners by keeping the club's membership list, is to be congratulated for adding her name to the record books. We also salute the other runners listed above who ran so well in addition to all of our club members who showed up on a cool day and participated in the race. Nice going one and all.

Greg Tooker New Vice Chair of Mass Senior Games



photo courtesy Mass Senior Games

65+ member Greg Tooker (right) presents a plaque to outgoing Mass Senior Games board chairperson, Fred Thompson. Tooker, of Wrentham, MA, will serve as the new vice chairperson for the Massachusetts Senior Games.

World Masters Athletes

by Rick Stetson



Mary Harada and Joe Codero have competed in national and international track

events. Our thanks to Jerry LeVasseur for alerting "Forever Run" about Mary and Joe's recent accomplishments at the World Masters Athletics Track Meet.

Two NE 65+ Hall of Fame members competed for the United States last month at the World Masters Athletics (WMA) competition in Perth, Australia. Mary Harada (65+ HOF Class of 2007) and Joe Cordero (HOF 2011) both are veterans of world and national championships so running against top competition was nothing new and they both turned in some good performances.

In Perth, Mary won the women's 80+ cross country race, finishing the 8000 meter event in 59:46 ahead of Erika Krueger of Germany (1:01:51) and Anne Young of Australia (1:08:51.) Mary also placed third in the 800 (5:32.7) and fourth in the 1500 (11:05.4.) The United States entered a women's 70-89 team in the 4x400 relay that finished sixth in 8:26.4 with Mary running the lead off leg (split time not available.)

Mary's running accomplishments are impressive. She has set an indoor mile world record for 70-74, outdoor American records for the mile and 3000 meters, has been a national indoor champion in the mile and 800, won three 5k outdoor championships and one in the 400 and has earned five gold medals in national and New England cross country championships.

Joe Cordero, a winner of seven national steeple championships and holder of two steeple national records, placed fourth in the steeple at the WMA in Perth with a time of 11:28.1, finishing behind athletes from France, Australia and Canada. Joe also entered the 800 and ran 3:36.25 in the prelims but the time did not qualify for the finals.

Mary and Joe are to be congratulated for their performances at the World Masters competition and for representing both the United States and NE 65+ Runners Club. We are proud to have club members who compete on the international track scene.

Short, Quick Steps in BIGGSteps 5K

by Tom Abbott



photo courtesy of Tom Abbott

Needham in November. The above members of NE 65+ Runners finished with four age group wins and one second while helping raise funds for cancer research. (L-R) Tom Abbott, Jan Holmquist, Barry Singer, Phyllis Mays, Tony Celluci.

Five NE 65+ members (Phyllis Mays, Tony Celluci, Jan Holmquist, Barry Singer and Tom Abbott) found ourselves a week after the Run For All Ages (RFAA) in the last race of a 4-race Needham, MA, series: the BIGGSteps. This 5K was unlike the others in that it was particularly hilly, even a little more than Needham's Great Bear 5K. The inducement to run in this series was, beyond the usual racing fun of a high from the race effort itself and maybe winning an age-group medal, the promise of "a special prize" for runners who did all 4 races. (Although, as of this newsletter, it's still hopefully "in the mail"!)

The BIGGSteps is held to help fund the Sean D. Biggs Memorial Foundation, in memory of Sean (1976-2012), who, in Abilene, Kansas, graduated at the top of his class, was on the state championship basketball team, quarterbacked the varsity football team, excelled in track, then later ran the Boston Marathon 6 times, one in under 3 hours. Earning an MIT graduate degree, he specialized in clean energy, and after marrying at MIT and having two daughters, was diagnosed with cancer in 2011. When people asked, "Why Sean?" Sean would respond simply, "Why anyone? Why NOT me?" The Foundation in his memory raises awareness of the causes and prevention of cancer, assists those affected by cancer, and supports cancer research. A win-win-win focus if there ever was one.

A hilly course can be fun if you plan what you're going to do over the different parts of it. I had run this the year before, so remembered pretty much how it went. This year, when the gun went off (or a horn, or just someone yelling, "GO!!" I'm not sure which) it was time to execute The Plan! The first half mile (after a short climb out of the parking lot) being a gradual downhill, I told the legs to zip down it at a pretty fast clip. You can't just dawdle

down, hoping the saved energy can be better used on the uphills. When the uphills came, the legs went into quick, short-stride mode, hoping that it would tax the quads the least. All of the other downgrades got run pretty fast too, and the first split was a good one ("good" being a very relative term in this club, so I won't say what it was!). This up-and-down strategy continued right up to the final 200 meters: a steepish downhill evolving into a nice, flat sprintable stretch to the chip pads. Perfect. The hills-induced deadness in the legs gave way gradually to sprinter speed! At least it felt like sprinter speed. I've seen videos of my sprints, and...oh-oh...a lot different looking than it feels!! But, we're in this game mostly for how it feels, right? OK, a "good" finish time (again, relative term) helps a lot with that post race "feel" too!

Now, the foregoing was only one runner's "take" on a hilly course, but I'll bet a lot of us have approached/game-planned races like this. Some runners seem to be quite reticent, when asked, about how they plan their races. Maybe it's in the asking. For instance, the top RFAA finisher this year in one of the age groups with a phenomenal time was asked postrace if he runs either "hard" and "easy" days or otherwise plans to do a specific pace on certain days leading up to a race, and his response was only, "I just go out and run!" OK, so much for that theory. We're all different.

One of the more speedy female racers in our club, Jan Holmquist, explained why she ran this race this year: "Needham races are a lot of fun, especially since my family lives in Needham...sometimes either my daughter and/or my son-in-law run too and my granddaughter is always there to cheer us on. But to answer your question, thankfully my calf [Jan had missed the National 5K Road Championship race over a month earlier because of that balky calf] was fine before, during, and after the race - and the next day and beyond. I think I am finally okay and now need/want to get my speed back." [Heh, don't we all want that!]

Barry Singer, one of the race's "walking wounded": "I had my cataract surgery on the the right eye the Wednesday before the race; everything went fine. The race is run in my home town for a great cause, so when I asked the doctor he said I could run very carefully, with proper eye protection (safety glasses) and a sweat band. I didn't mind taking it slower than usual because I have no allusions about beating Tom Abbott even on my best day; I finished second in my age group and was thrilled. Funny thing is I was more sore the next day after purposely running slow, I must have used different muscles." Greta Waitz once said something very similar after jogging the NY Marathon with the much-older Fred Lebow at his then pace. Just before Thanksgiving, the second eye all done, Barry had it planned: "Time to run my best starting today. Weights next week. Swimming in two more weeks." Maybe a tri in Barry's future?

Phyllis Mays: "I was following two walkers but as we passed by Broad Meadow [Road] at the end, they quit so I was all alone. The weather was great. A volunteer on his bike rode along side me the last loop, offering me water, and encouraging me. That does not often happen and I was grateful." Next race Phyllis is in, let's go out and run in with her! Less than a couple of weeks later, Phyllis, 85, would run her fastest time of the year in a Holden 5K, almost 4 minutes faster than in the BIGGSteps 5K. It was mentioned to her after that result - 3 races in just over 3 weeks - that maybe her legs are starting to thrive on frequent racing! For icing on the cake this day, the BIGGSteps had an 80+ division, which Phyllis (and Tony, below) easily won!

Tony Cellucci, 84, told us before the race that he had 12 stitches in his thigh from 9 days earlier still healing from a search for "a cancerous growth" - that turned out to NOT be there. He was still told to really take it easy in the race, nevertheless. He further thought during the race he might've felt something to do with screws holding a plate in his femur

which were inserted in 2009, but X-rays showed nothing loose there! Tony seems to run every Needham race he can, and did the far flatter RFAA 5K a couple of minutes faster than this one. But Tony on a good day will pop a 5K in the mid-40's, and only a couple of years ago (despite the screws) almost broke 40 in a hilly one (the Great Bear). Tony runs 4-5 miles every other day, and on those non-running days he hits the gym for "weights and machines, everything there is!" That's sure going by "The Book" on what they're lately saying we should all be doing. As a quotation in Rick Stetson's article in this newsletter, "Staying Young On the Run" says, "...how well you live is 80 percent up to you and 20 percent genes." So Tony sure has two legs up on the 80% part!

Marines Make A Memorable Marathon

by Stephen Viegas



photo courtesy of MCM

65+ Vice President Stephen Viegas at the 2016 Marine Corps Marathon

I want to thank the Marine Corps Marathon and its director, Rick Nealis, who made it possible for me to represent Road Runners Club of America at the 41st Marine Corps Marathon this past Sunday. The excellent reputation of the MCM is well known in the world of long distance running. I had already decided against running a Fall marathon when I

received my invitation for the MCM. I had trained almost 5 months for the Boston Marathon. I signed up for the MCM on August 29th and began training on Labor Day - a much abbreviated training period. I just knew that I couldn't turn down a generous offer like the one MCM made for RRCA members. I am very grateful that I accepted. The MCM is one of the finest running events I have ever participated in.

I grew up during the Civil Rights era and idolized Martin Luther King and the brave men and women of the non-violent movement which led to the passage of the Civil Rights and Voting Rights Acts. I became a pacifist as a consequence of their exemplary dedication to the principle of non-violence and of my deep faith as a Christian. I feel strongly that war should be a very last resort. I have been active in anti-war activities over my lifetime. This all would seem to make me an unlikely admirer of our warriors but I am. I like to think that the principle of non-violence and seeking resolution of problems through diplomatic talk and negotiation will save our warriors from fighting and sacrificing in unnecessary conflicts. I greatly admire our warriors, their patriotism, their dedication to country and their willingness to sacrifice themselves for their country. You can love the warrior but not the war.

I know how painful my activities during the Vietnam War must have been to those fighting the war. I cannot blame them for how they might feel about the anti-war movement and my involvement in it. If I were serving in Vietnam, I might see it as aid and comfort to the enemy. My hope was to end the war as soon as possible and bring the warriors home. Like most communities in America, my hometown suffered the loss of a number of brave and dedicated men. I knew most of them. Other friends of mine served and returned. These warriors were not some abstract idea. They were my friends and colleagues. Their service and sacrifice made the conflict real for me. Despite my feelings about the war, these friends are my heroes.

As you might imagine, I approached the Marine Corps Marathon with great humility and reverence. I felt surrounded by love and generosity from the time I entered the expo hall to pick up my bib until I returned to my hotel after finishing the race. I am still experiencing the glow. Everywhere I looked were Marines in brown camo fatigues greeting me, offering me help and cheering me on. They were deployed all over to course providing structure and security for the race. I wish it were possible to thank each and every one of them for their support and for all they do for our country.

I have long believed that we have the best trained and most competent military in the world. To see how the Marines deployed to organize the MCM gave me firsthand experience of that overwhelming competence. No detail was too small. All contingencies were covered. They provided a safe and supportive environment. To them, organizing and deploying the marathon was a mission. The Marines encouraged the runners to think of the marathon as a mission. They encouraged the runners to pursue their mission and push through the pain and obstacles encountered on the path to the finish line.

This was a people's race. It is the largest race in the world which doesn't give out prize money. It celebrates the performances of all its participants. The spirit of the race was unlike any I have experienced. From step one to the finish line, I felt a part of the greater whole. I started back with the four hour marathoners. It took a little over 12 minutes to reach the starting line. The road was filled as far as the eye can see in front and in back. You felt part of some organic whole. Although I gained a half mile of extra distance maneuvering around the crowd, the electricity of the crowd more than made up for lengthening my course. I fed off the energy.

This was my fourth marathon. The first one was 31 years ago and I didn't finish, dropping

out at 20 miles. My second was three weeks later. I finished but had to walk the last 10K because of a stomach bug. My third was this year's Boston Marathon and I again had to walk at the end. This year I was done in by the unseasonable heat. I missed qualifying for Boston by a little over 2 minutes.

Sunday I ran very strong through 24 miles, maintaining a nice rhythm and turnover. I was very light on my feet. I actually ran mostly negative splits after reaching Georgetown and leaving the hills behind. I only had to rely on my willpower over the last 2+ miles. I did walk the initial part of the hill leading into the Iwo Jima Memorial but I did so only because of the pitch of the hill. I picked up the pace as the road turned toward the memorial. Because I was wearing my GPS, I knew I was going to have a finishing time better than the Boston Marathon qualifying time. I beat it by 3 minutes and 19 seconds. I think that should be enough of a buffer to get into the 2018 marathon.

Last but not least I'd like to comment on the section of the course called The Marine Corps Marathon Wear Blue Mile. I have shared a photo from Rick Nealis and my thoughts in an earlier Facebook post. I was entirely unprepared for this experience. In a section on the parkway along the Potomac for a mile was a memorial to 150 of the fallen Marines from the Iraq and Afghanistan conflicts.

I run without glasses so I missed a lot of the handwritten messages on the signs. What I saw clearly were the images of bright young faces of fallen warriors. 150 large photographs. I was starting to process these images when I saw a young woman on one knee in deep prayer in front of one. Clearly the fallen Marine was a loved one. I was hit by a wave of emotion that I will never forget. I was in tears for the entire passage through this area. My eyes are tearing up as I write this.

One of the first images I saw was a black and white image of a young bespectacled Marine who resembled my friend Roger Parmelee's brother Bruce, a Marine who fell in the Vietnam War. I saw photos of Marines in uniform and in civilian clothes as well as individual portraits and photos with loved ones. The emotion was a combination of profound sadness, love and pride in what these brave men and women gave for their country.

I will never forget this experience. My heart is full of love and pride for the men and women who selflessly serve our country. I now have a very special place in my heart for our Marines.

Out on the Roads of New England

by Dan D.

Greetings to all my fellow N.E. 65+ R.C. members from our beloved New England. As we enter the festive and holy month of December let us wish "Merry Christmas" and "Happy Hanukkah" and a festive "Kwanzaa" celebration to all our members and families and to all other traditions as well. With all the disunity in our country and throughout the world ... our sport of RUNNING truly brings everybody together ... and as I heard Tom Derderian once remark "all heading in the same direction"!!!! I truly hope everyone tries to run a holiday themed race in December – "try it ... you'll like it!!"

November was a decent running month for me personally, but holiday events began taking away some racing opportunities and I only managed to run 8 races. This brings my 2016

total of races (2 miles or longer) up to 94 as we enter December. That leaves 6 more to go in a month that is heavily complicated by holiday events and possibly inclement weather. It will be pretty close ... but I'm still hopeful I can make that elusive century mark.

My first race in November was our NE65+ sponsored "Run For All Ages - 15th Annual" in Wakefield, MA. on November 5 - Saturday. There were 54 club members who completed the course led by Joe Noonan and Jan Holmquist. Yankee Timing timed the race. Extensive coverage of age groups and age - graded results are available on our NE65+ website thanks to the efforts of Tom Abbott and our "results" crew. Our thanks to all the volunteers from our club and the Mystic Runners for making this event possible. And of course a special "shout out" to Jan Holmquist and the RFAA committee for another job VERY well done.

The next day – Sunday, November 6 – was the "Run to Overcome 5K Run/Walk - 3rd Annual" in Haverhill, MA. This race cost \$25 to run and had nice tee-shirts, ten - year age groups up to 70+, a good meal served inside the school, and a terrific race director. 163 runners completed this 5K which offered a \$5 discount to any NE65+ member who ran the RFAA the day before. Ted Ruetenik was 2nd in M60-69 with Rick Bayko 3rd. Charlie Farrington topped the M70-99 division with Daniel Dodson 3rd and Lou Peters 4th. Timing was by 5K Sports Race Management.

November 11th (Friday) was the "Carlisle Council on Aging Road Race - 2nd Annual" in Carlisle, MA. This race offered free tee - shirts, ten - year age groups up to 90+, timing by Marx Racing, light refreshments indoors, and a hilly course for only \$20 (\$25 post) with a reduced \$15 fee for all veterans and all runners 60 years of age upwards. There was a nice small town pre - race flag - raising on the town green with a volley fired by the local Minutemen. Daniel Dodson was 2nd in M70+.

"Lisa's Lung Cancer Awareness 5K Run/3K Walk - 10th Annual" was held at the Elk's Club in Lowell, MA. on Sunday, November 13. The \$22 fee had nice T-shirts, hot food served inside the Elk's, free beer, a large raffle, and timing by 5K Sports Race Management. Ten - year age groups went up to 70 - 99. Barry Pearson topped the M70-99 age group with Daniel Dodson 4th, George Leslie 5th, and Lou Peters 6th. The course was fairly level with 1 decent hill around the 1 mile mark. 108 runners completed the 5K with about 75 more doing the untimed 3K walk.

Sunday, November 20th was the "Deerfield Community School Turkey Trot 5K" in Deerfield, N.H. A total of 75 runners paid the \$25 fee which included a long - sleeve tee - shirt, timing by 5K Sports Race Management, and a very hilly course including about a half - mile on the school x-c trail. Light refreshments were served inside the school cafeteria. Awards were only for the overall top 3 males and females. Daniel Dodson was the only runner over 60 years old.

November 23 (Wed.) was the "Going, Going ... Gobble 5K Road Race" in Plaistow, N.H. This race was the next to last event in the year - long North Shore YMCA Road Race Series and was timed by North Shore Timing Company. The \$25 fee included a nice t-shirt and was completed by 162 runners. Rita Labella was 2nd in the F60 - 69 division, while Daniel Dodson finished 3rd and Lou Peters 4th in the M70 - 99 age group. A unique feature of this race is the singing of the National Anthem by all the runners.

On Friday, November 25, the "AJWC Trot Off Your Turkey 5K" took place in the morning in Amherst, N.H. The \$25 fee included light refreshments on the town common, timing by Millenium Running, unique coffee mug with race logo and turkey, and a finisher's race medal. This 5K was the final event in the 5 - race "Gate City Series" (running 4 races

gets you a nice series hoodie and an invite to the series party in Nashua, N.H. in January of 2017). There were 218 finishers on a rolling and rural course through a beautiful New Hampshire town. Lucien Trudeau topped the M70-79 division, followed by Ed Auclair (2nd) and Daniel Dodson (4th).

My final race in November (unless I sneak 1 more in on the 30th??) took place on Saturday the 26th in York, Maine. It was called the "York Rotary Club Turkey Trot" and had 210 finishers. The \$22 entry fee included a nice long - sleeve shirt, light refreshments, FIVE - year age groups up to 70, and then 10 - year up to 80+, and timing by Granite State Race Services. The race started at the York Village Elementary School and finished a third of a mile away at the Town Hall. The course was very scenic and rolling with a few excellent ocean views. In the M70 - 79 age group Daniel Dodson was the top NE65+ member (5th) followed by William Morgan (7th).

I feel an explanation needs to be made as to why a person who runs over 100 races per year for many years never EVER runs a race on Thanksgiving Day – the biggest racing day of the year. I get questioned about this all the time. Simple answer ... since 1963 (Kennedy assassination time - period) I have attended all 54 Methuen vs. Dracut high school football games. I have presented the huge "Methuen Jaycees Memorial Trophy" to the winning team at mid - field at the conclusion of each game and have been named the "Keeper of the Trophy". Now you know "the rest of the story" (as Paul Harvey would say).

Stay tuned for the next "Forever Run" edition in January as we'll have our 2016 "summary" as well as a final report on the "Flag Race Series". In addition I'll be picking out my personal choice for "Race of the Year" from my hopefully?? 100+ races in 2016. Until then enjoy the cool & crisp weather and the wonderful holiday season and ... as always ... I hope to see you soon running and/or walking "Out on the Roads of New England".

New Members

Charles Murphy, Hudson, MA Sponsor: Phyllis Mays

Took up running at age 60 for medical reasons (blood pressure.) Runs 5K races. Began skiing at age 30 and is still skiing.

Paul Huyfker, Shelburne, VT Sponsor: Newton Baker

Ran first Boston in 1971. Had a 2:32 at Boston in 1975. Was a member of North Medford club under Fred Brown. Took 30 years off from competitive running and resumed in 2005. Has run 34 marathons since 2005. Will run Boston in '17.

Staying Young on the Run

by Rick Stetson



photo by Ted Tyler

Lou Peters at the RFAA last month. Lou, still running strong in his 90's, is a good example how daily exercise can have a positive impact on aging.

Members of NE 65+ Runners who belong to AARP (that's probably most of us) might have noticed an article in the recent issue of the AARP magazine written by Chris Crowley and Dr. Henry Lodge titled, "Younger Next Year." The authors listed 7 rules to stop aging. While I don't believe it is possible to stop the aging process, we can slow it down which is something many of us in the club try to do as evidenced by the fact that we are still running past the age of 65. The following are the first three of the author's "rules" for stopping aging:

1. Exercise six days a week for the rest of your life.
2. Do serious aerobic exercise four days a week for the rest of your life.
3. Do serious strength training, with weights, two days a week for the rest of your life.

I must admit that I fall short of doing "serious strength training, with weights." It is one of those things I know I should do more of but I do try and go for a run most every day. The editors of the magazine included with the article a great time-lapse photo showing a man taking a nap while stretched out in a comfortable easy chair. He then gets up, stretches his back and neck and changes into running shorts and shirt while heading towards the door. As he exits the door he is wearing running shoes and when he takes his first stride, he has a huge smile. I'm not sure we all have the same smile every time we hit the door because there are days when I have to give myself a good pep talk to get out and run but once we get going, and certainly when we finish our workout, it is with the feeling of having done something productive.

The authors got my attention when they wrote, "How long you live is 80 percent genes and 20 percent you. But how *well* you live is 80 percent up to you and 20 percent genes." The authors claim if you follow their rules, "you can put off 70 percent of normal aging till the very end," and "can actually skip 50 percent of all the major diseases and accidents" that others are going to have.

When it comes to aerobic training such as running, the authors recommend "45 minutes a day, four days a week, forever," as it will change your blood chemistry and make it anti-inflammatory saying: "This is the bit of magic that reduces your risk of heart disease and some cancers by 40 percent. What to do? Bike. Jog. Swim. Hike. It doesn't matter what you do - just do it."

Rules 4-7 for stopping aging are good suggestions but since they fall outside the running spectrum I won't list them here. You will have to read the article to learn what they are. And since you are reading the 65+ newsletter, *Forever Run*, you are probably already exercising, maybe even "forever." Let's keep it up so that perhaps we will all feel "younger next year."

Phidippides Award Deadline Approaching

by Rick Stetson



photos by Ted Tyler

Maureen Farren (L) and Nancy Spiro (R) competing in the RFAA last month and earning two points if they apply for a 2016 USATF Phidippides Award.

By the end of December will you have enough points to qualify for a USATF Phidippides Award? What is a Phidippides Award? You could ask one of our club members who earned the award last year including Susan Filene, Nickolas Kanaracus, Bob Knight, Michael Pelletier or Dan Dobson (who received a five-year award.) Or you could go to the USATF web site to obtain information or an application:

<http://www.usatf.org/resources-for-/masters/ldr/phidippides-award.aspx>

To apply for a Phidippides Award you must be a member of USATF, The next step is to accumulate enough points to qualify for a gold, silver or bronze award. If you are between 60-79 years old, a gold medal requires 24 points, silver 18 and bronze 9. Runners 80 and older need 12 points for a gold award, 6 for silver and 3 bronze.

How does a runner accumulate points? It depends on the distance of the race. A race between 1 mile to 4km earns one point. Races from 5k to 5 miles earn two points; 10k to 15k, three points; 10 miles to a half marathon, four points; 25k to a marathon, five points and any distance longer than a marathon, six points.

The races must have been run between Jan 1, 2016 and Dec 31, 2016, and each race must have a web site where times can be verified. The deadline to apply for an award is Jan 31, 2017. All races must have been run during 2016. If you are lacking points needed for an award there is still time this month to get in a few races. So get out your running logs, look at the races you ran in 2016, add up all your points and you might find you qualify for a USATF Phidippides Award.

Volunteer of the Month: Milt Schumacher



Milt Schumacher has competed in the Run For All Ages a number of times and held the record for Age 67 until it was surpassed last year by Gordon MacFarland. But besides running in the race, Milt has put together a raffle that is always popular with the participants. He has donated, and he has encouraged club members to donate, items that he has put on display before each race. Milt then draws the winning bib numbers and insures that many of the runners will take home a nice raffle prize.

He has served on the RFAA planning committee, on the board as a Rhode Island director, and is the coordinator for the club's flag race in Rhode Island. Milt also runs in the Bobby Doyle race and his 5-mile time of 41:18 led our club to a first place 70+ finish at the USATF-NE Grand Prix race. And when the call went out this year for club runners to compete in Syracuse at the 5K national masters championships, Milt was there to lead our mens 70 team to a third place national finish. For all he does to help NE 65+, Milt Schumacher is our club's December Volunteer of the Month.

Quote of the Month

"In running it doesn't matter if you come in first, in the middle of the pack, or last, you can say 'I have finished.' There is a lot of satisfaction in that."

Fred Lebow

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