



Forever Run

February, 2016

Keeping Communication Current with Jan Holmquist

Dear 65+ members,

This is a very special year - our club turns **25** this June 2016! So much progress has been made since our inception! We need to celebrate! We already have one awesome event idea described in an article in this newsletter by Susan Filene...a relay on June **25th** and we only need **25** more members to complete a team...**25** years on June **25th**- coincidence? Ideas for other opportunities to celebrate are welcomed and will be discussed at the April Board meeting. We will also be celebrating at the Annual Banquet, with the program yet to be determined. Please email your ideas to me at: jholmquist@mspca.org.

Last month, I presented another trivia question as to how many of us ran in a race on New Year's Day. I love statistics and numbers and here's another fun number - 65 of us in the 65+ club ran on New Year's Day! Wonderful way to start the New Year! I ran in Needham with my daughter and several 65+ members. Pictured running in Needham with me are Tom Abbott, Ted and Mary Tyler, and John Babington. Also in a separate picture are Phyllis Mays and Anthony Cellucci who received recognition for being the oldest runners in the Needham race. Another group ran in Lowell and is pictured below: Dan Dodson, Lou Peters, Leo St. Louis, Henry Wolstat and Marj Radin.





As I mentioned in the last edition of *Forever Run*, over the next three months, we will be featuring our 8 members who will be running the Boston Marathon with waivers from the club. Gary Circosta and Chuck Keating are profiled by co-editor Byron Petrakis in this month's e-news with 3 more profiled in the March edition and 3 in the April edition of *Forever Run*.

Now to business matters: You will be receiving sometime soon a snail mail related to our Bylaws asking for your vote to accept - or not - a few revisions that the Board has discussed and approved. Please make sure you mail back your vote before March 11. A self-addressed envelope is included in the mailing.

All the best in 2016 as we celebrate **25** years of age-group and age-graded recognition!

NE 65+ Marathon Waiver Profile: Chuck Keating by Byron Petrakis



Chuck Keating is no stranger to the Boston Marathon; he has run 10 of them stretching back to 1969 when he finished in a time of 3:01 at age 26. Determined to capitalize on his experience and train harder, he ran consecutively faster times of 2:40 and 2:32 in 1970 and 1971, respectively. His 2:32 time earned him an impressive 31st place overall finish. Chuck is also no stranger to readers of our club's newsletter, having contributed many articles over the years. He is grateful to Fred Zuleger for inviting him to join the club, commenting that "The 65 Plus Runners Club is the premium example of what a Running Club is all about. I am thankful to this day to Fred."

Chuck's noteworthy achievements are not limited to his younger days, however. In 2002, at age 60, he ran 3:24. Not satisfied with his 3:59 finish the following year, he thought his Boston Marathon days were over. However, in 2010 he qualified at the OBX marathon in North Carolina's Outer Banks to run Boston for the 10th time in 2010. Now, six years later, approaching 75 years of age, he will lace up his sneakers and head to Hopkinton with a NE 65 Runners Club waiver and a goal of running a time of under 4:40 in order to qualify for Boston 2017.

Chuck describes his nearly 50-year-old love affair with the Boston Marathon in an article entitled "Boston Is Seductive," posted February 24, 2010 in Cool Running:

The New York Marathon is exciting, the Sydney Marathon is exotic, but the Boston Marathon has an irresistible allure. And for New England runners the 2010 race is extra special because it will be run on the "real" Patriots Day, April 19.

Even though Chuck has retired to Florida, the lure of running Boston keeps him coming back to try again, especially when approaching a new age bracket, just to see if he can still meet the challenge. His description of his excitement in anticipating the 2010 Boston Marathon could just as well apply to his feelings prior to the 2016 race:

This year I'm like a kid going to a party - happy at the very thought of being there and being part

of the festivities. This is Boston. And to me Boston is as seductive as it has ever been and as exciting as when I dropped into Jock Semple's office at the Boston Garden in 1969 and handed him my entry blank with the \$2 entry fee and heard him say, 'You're in, lad. Good luck. You'll need it. This isn't the Plodders Marathon. This is Boston.'

Like many of us who have run Boston before, we can share Chuck's enthusiasm and understand that Boston is more than just another marathon. It is a rite of spring, a pilgrimage, a promise of renewal as sure as the first crocuses which break through the frozen earth.

Good luck, Chuck!

NE 65+ Marathon Waiver Profile: Gary Circosta by Byron Petrakis



Gary Circosta "loves Boston," as his 16 Boston Marathons attest. As Gary puts it, "It all began in 1996 with the 100th Boston. Before that, I didn't feel that normal people could run marathons. Then Boston came out with the lottery idea. I figured if they thought someone like myself could actually run a marathon, then maybe I could. I guess they were right!"

Those 16 Bostons make up just a fraction of the over 100 marathons Gary has run; just don't ask him exactly how many because he is too busy training and running marathons to actually count them, though he hopes at some point to arrive at an exact number. While modestly reporting that his PR is a "meager 3:16:00," he also says that at age 50, he always wanted to run a comfortable pace and "not 'suffer' too much." Since turning 65, he has run an impressive 3:32:00, though admitting that he has slowed since then. Don't worry, Gary; our readers will understand!

While he has qualified for other Boston Marathons, a severe injury prevented him from doing so in 2016. This year's race will represent his first waiver from the NE 65+ Runners Club and he "hopes to make the club proud" now that he has fully healed and returned to real training. His goals are to enjoy the day, have fun and finish in less than 4 hours.

Gary's emotional bond with the Boston Marathon can be seen in his description of his experience during the bombing at the 2013 edition of the race and his return to the starting line in 2014. Gary's own words tell it best:

"My family always stands at the 26 mile mark on Boylston St. to cheer me on. Boylston St. is a total thrill! As you may recall, the second bomb exploded at the 26 mile mark in 2013. I had finished the race 57 seconds before the first bomb went off. As soon as I pass my family, they always leave to go to the family reunion area. The bombings were horrific to say the least, I had nightmares for months; but if I had been a couple of minutes slower, it really would have been a personal tragedy. Needless to say, in 2014, my family was at the 26 mile mark again, cheering me on."

Best of luck, Gary; we wish you the best in your return to the Boston Marathon!

Out on the Roads of New England

by Dan D.

Good day fellow NE 65+ Running Club members. Another month is over and at least in my "neighborhood" of southeastern New Hampshire and the Merrimack River Valley of Massachusetts the roads are still pretty much clear and wide open for running. We've been "blessed" around here as other areas have not fared so well this year.

I'm going to tell you about my races in January, and then (as promised) announce my personal choice for "race of the year" that I participated in. I'll also tell you about the awards parties that I qualified for from series I ran in 2015. I started 2016 off with 2 races on January 1st. The first was the "1st Run 5K & 10K" in Lowell, MA. I did the 5K and we had 823 finishers. The fee was \$30 (\$35 on race day) which included a nice wine-stopper finisher's medal designed by Ashworth Awards, a neat stocking hat with race logo on it, food and beer served INSIDE at the Elks Club, chip timing by Yankee Timing, etc. Age groups went up to 80+. The races were limited to 1500 participants total. NE 65+ runners Marj Radin and Patricia Ryan were 1/2 in F70-79, while Barry Pearson and Leo St. Louis were 2/3 in M70-79. Members George Bisson, Henry Wolstat, and George Leslie went 1,2,3 in M80+. The course is pretty gentle with a "roller" about the halfway point.

From Lowell I headed directly to Londonderry, N.H. (about 18 miles away) to run the "Millenium Mile." As you probably know, I don't usually run races under 2 miles as I don't personally count them as DISTANCE races. But I am trying to fulfill the requirements for the Millenium/Elliot Running Series so I decided to do it. The pre-race \$18 fee included post race refreshments INSIDE at Londonderry High School, a Millenium Mile scarf, professional announcers at the start AND finish, National Anthem by Miss New Hampshire, instant results at the finish, and a fast DOWNHILL mile course on Mammoth Road. There were 1418 finishers with age groups up to 80+. Timing was by Millenium Running. NE 65+ members Robert Knight and Bill Spencer finished 1,2 in M70-79.

The next day I ran the "Fudgcicle 5K Series - Week 1" at Tewksbury, MA. High School. This January/February Saturday 5K series is put on by the Greater Lowell Road Runners in memory of GLRR Hall of Famer Ben Fudge and his wife Pat. The fee is "a whopping" \$1.00 and the timing is by the Greater Lowell Road Runners. The 8:00 am start produces some COLD mornings. The 3.1 mile course is quite flat and starts and finishes at the high school driveway. Perhaps half of the runners go for breakfast afterward at the nearby Deli-King on Rte. 38 in Tewksbury. Age groups go up to 70 - 99. NE 65+ member Rita Labella was 2nd in F60-69 with Johanna Riley 5th. Member Steve Kanaracus topped the M70 group followed by Jon MacKenzie, Daniel Dodson, and Lou Peters. 130 runners finished this 1st of 8 weekly races.

On January 9th I returned (with Lou Peters) for Week 2 of the "Fudgcicle 5K Series." The number of participants jumped up to 142 for the 2nd race. Rita Labella topped F60-69 while M70+ was again swept by NE 65+ members Steve Kanaracus, Jon MacKenzie, Daniel Dodson, and Lou Peters. Rick Collette was 7th in M60-69.

Cold icy weather kept the "Fudgcicle 5K Series - Week 3" crowd down to 92 finishers on January 16. Rita Labella again was victorious in F60-69, and Rick Collette was 4th in M60-69 followed by Francis Quinlan in 5th. M70+ was swept by NE 65+ with Steve Kanaracus in 1st, Daniel Dodson 2nd, and Lou Peters 3rd.

From Tewksbury I hustled over to Cambridge, MA. (about 24 miles) for the annual North Medford Club winter visitation to the weekly "Fresh Pond 2.5 & 5 Mile Runs." The 2.5 mile course goes around the reservoir (Fresh Pond) and you can opt to repeat for a 5 miler if you choose. Parking is difficult here and there generally are no results posted (although the race is timed). The race is free. The NMC does have race results on their website ... but only for NMC members. The poor wet weather on the 16th kept the number of runners (and the # of walking dogs) much lower than usual. The 2.5 mile loop does have a few rollers and is mostly gravel. Puddles were a big problem on January 16th!!!!

January 17th was the totally sold out (within 24 - hours) "Snowflake Shuffle" at the Copper Door Restaurant in Bedford, NH. This 3 mile run is part of the Millenium/Elliot Running Series and was capped at 2000 runners. The race fee was \$35 which included pizza, soup, beer, professional race announcers at the start/finish and at the turnaround point. The big draw here is a fantastic hoodie with "NH Runs" printed on it. For an additional \$10 you could buy a VIP parking pass (sold out) putting you right next to the start/finish. Otherwise, busses were provided to take people back & forth from satellite parking lots. The course did have several hills and was free of automobiles. Miss New Hampshire sung the National Anthem. NE 65+ member Wendy Burbank topped the F70+ division while Daniel Dodson was 2nd and James Stafursky was 3rd in M70+. 1751 runners completed the race. Chip timing was by Millenium Running with instant results at the finish line as well as on personal computers and cell phones.

January 23 was the "Fudgcicle 5K Series - Week 4" in Tewksbury, MA. There were 118 finishers and the Greater Lowell Road Runners did the timing. Member Rita Labella again topped F60-69, and Rick Collette was 7th in M60-69. NE65+ again swept the M70+ division with Steve Kanaracus winning, followed by Jon MacKenzie, Daniel Dodson, and Lou Peters.

The next day I headed to Nashua, NH to run the "Freeze Your Buns #2". This five-race 5K series occurs at 9:00 am on every other Sunday from January 10 through March 6. It is managed and timed by the Gate City Striders. The entry fee is only \$5 and the course is quite gentle. The race sign up is at Conway Arena indoor ice skating facility. The course proceeds on Riverside Street and around Nashua High School South 3 loops. There were 165 finishers and 10 - year age groups up to 80+. Bob Welts won M80+ and Daniel Dodson was 3rd in M70-79.

On January 30th I returned to Tewksbury, MA. for the "Fudgcicle 5K Series - Week 5". There were 129 finishers on a nice mid-winter day. NE 65+'er Rita Labella won the F60-69 division, while Steve Kanaracus, Jon MacKenzie, Daniel Dodson, and Lou Peters went 1 thru 4 in M70+.

The first of my awards parties (2015 Fudgcicle 5K Series) took place on February 28 at the Deli-King function room in Tewksbury, MA. following the Week 9 final "Twosome" series race. Awards were presented to runners for winning each age group and for finishing the entire series.

The next event was the Gate City 5K Series on November 19 at Margarita's in Nashua, NH. Running jackets were presented to those of us who completed the series. Drinks and snacks were available.

The North Shore YMCA Road Race Series awards night was held on December 16 at the Tavern in the Square in Salem, MA. A buffet meal and drinks were available at this well organized function. Jackets were presented to all who had completed at least 6 of the 12 races in this series. NE 65+ did well in the age group awards as Daniel Dodson won M70+ with Lou Peters finishing 2nd. Wendy Burbank won the F70+ award. Kathy Clark was 3rd in the F60-69 division.

The Millenium/Elliot Road Race Series jacket party took place on January 9 at Tandy's Top Shelf in Eagle Square in Concord, NH. Runners who completed at least a total of 26.2 miles in the series received a Millenium Running jacket. Wendy Burbank and Daniel Dodson won the 70+ age groups.

Choosing a "Race of the Year" from the 106 races I ran in 2015 is a difficult task. I am happy that this is TOTALLY unofficial!!! New England produces a tremendous variety of races throughout the year. I guess I was looking for "something new" as well as "different." I chose Millenium running's "Boot Scootin' Boogie" 5K held in Londonderry, NH on the evening of Saturday, July 25th. Where else could you run a 5K with 3 different country bands in concert (1 pre-race and 2 post-race). And be treated to a huge bonfire. Or get a neat cowboy hat instead of a tee-shirt!!! And have Miss New Hampshire sing the National Anthem. Or have pizza, beer, etc. at the post race party. And have Channel #9's Jamie Staton as 1 of your 2 announcers. Or have a mechanical bucking bull available to ride. And on a personal note, win my M70+ age group in a race with over 1,000 finishers. Or have a drone fly over as you wait for the huge throng to start. Like wow this race was REALLY different. Check it out this July on the Millenium Running website.

As I leave you now I want to give everybody a homework assignment. Go to your January/February, 2016 edition of *New England Runner* magazine. Turn to pages 43, 44, 45 and check out the top 70 races in New England AND the top 50 races in New York. Add up the number of those races you have run EVER (like this year or at any earlier time). Next month I'll tell you how many I have run – let's compare. Keep New England (70 total) and New York (50 total) separate. See if you can beat me!!!!!!

Until then as always ... I hope to see YOU "Out on the Roads of New England"!!!!!!!!!!!!

Any Healthy Person Can Run a Marathon

by Jeffrey Race



Jeffrey passing the Capitol during the 2010 Marine Corps Marathon.

We run for different reasons. As a "relaxational" jogger for many years I decided to take up marathon running in my 60s as I wanted to see what was happening to my body with advancing age. Marathons are a good way to do this since we really learn about something only when we push toward its limits. I also wanted to introduce my active (but non-runner) 18-year-old daughter to the benefits of running. So we trained together for our first marathon, during which we learned many interesting and some unexpected things, which I am happy to be able to share with you here. This is just one person's experience, so evaluate it against the experience of other runners and as it applies to your own body.

An unexpected conclusion from my experience is that any healthy person can run a marathon, even though most people (even some runners) consider it a daunting challenge. The challenge is actually not the run but the preparation. Here let me provide you some details.

An important caution: it's wise to consult with your doctor and to undergo a stress test before you take up marathon running. I made it to 12 minutes on the treadmill still with 95% blood oxygen level, no cardiac arrhythmia, and 175 peak heart rate. My doctor said I was "good to go."

Marathons Differ from Shorter Runs

Marathons differ from shorter runs both in impact on our body and in demands upon it. Many friends had to give up running due to knee damage, so when I started long runs I was keen to learn how to keep going into old age. A bit of research revealed that knee damage is exacerbated by the exaggerated impact on the knees from popular brands of running

shoes which force an unnatural hind foot rather than forefoot initial impact. Humans are designed to run, and if you run a few steps as early humans did you will see they fell on the forefoot, which cushions the concussive force on the knee. I decided to train barefoot.

Fortunately at the time I was living in Bangkok whose Polo Club offers a field surface perfectly maintained, perfectly smooth, and perfectly free of anything which might injure an unshod foot. I began running a mile at a time, gradually building up to half marathon distance barefoot on the grass. My feet felt great and I continue to run barefoot while abroad (several months each year).

However an American marathon means running on cement in protective shoes so I researched the possibilities. I tried the Vibram Fivefingers soon after its first release but had to give it up because my second toe is (unusually) longer than my great toe. An American friend (an expert Thai boxer!) recommended the Newton line which I've used ever since because its design promotes impact on the forefoot. I sometimes use the Nike Free or the Altria for training. The right shoes and socks are the most important equipment decision in order to avoid injury (like bloody feet and lost toenails, which you'll sometimes see on first-time marathon runners).

Marathons also differ from shorter runs in demanding much more energy than we carry as we cross the starting line. In training this means carrying energy bars and consuming an average of about 150 calories per mile plus hydration to facilitate nutrient absorption. But one need carry no food or water on a well organized race as these will be provided along the way. (But check first! On my first long race - a half-marathon in Bangkok - not only was there no food or water—there were no toilet facilities either, providing some exciting moments in the bushes along the course.)

A third and very important difference is the challenge to the body, especially the feet. It's very important to get a snug but not slipping fit of the shoe, which you can test only by long runs in candidate shoes and socks. I wear very thin socks when I run in my Newtons. I recently tried an Altra but they are too loose for a marathon though they are OK for my shorter mid-week runs.

My Training Regime

I usually run an October marathon so I start training around July by running along the rail trail from Davis Square in Somerville toward Lexington. I begin with a four-mile run on the first Sunday, building up two miles each week until six weeks later I run the entire fifteen mile route out to Lexington and back. So for two and a half months I run 15 miles each Sunday and a shorter run at mid-week. This was a routine I learned from a much more experienced distance runner at the Polo Club in Bangkok: train to the point where you're not tired after a half-marathon, and you'll do fine at a full marathon distance. Since my goal is just to stay healthy and keep running marathons into my 80s, and to measure my body against a challenge, I don't run fast.

Preparations for the Race

Experience has taught me to consume a non-fibrous meal the night before

(spaghetti is usually recommended) and a non-fibrous breakfast several hours prior to race time so you can clear your system before starting the race. I wear a hat, Bermuda shorts and a racing T-shirt and in really cold weather (February on Cape Cod) a windbreaker which I remove after a mile since I become so hot. I tie my windbreaker around my waist to put back on at the end of the race. I take a Tylenol as the race starts and another every seven miles (check with your doctor).

Running the Race

Boredom is my biggest marathon challenge as I don't try to run fast so the choice of course is important to me. Jasmine and I ran the Marine Corps Marathon which is a terrific experience because it is so well organized and one passes such gorgeous spots as the White House, the Capitol and the Smithsonian Institution. All along the way bands play, people cheer, at the end a Marine lieutenant places a medal around your neck, and there is a recovery area with massages and plenteous food. For our 2010 race applications were still taken for three days; by three years ago all 35,000 slots were gone in 45 minutes of the website's opening minute, and now that marathon running has become so popular one actually has to join a lottery even to have a chance to run the Marine Corps Marathon. So the last several years I've run on Cape Cod and in Rhode Island at Newport and Narragansett, which are well organized, less expensive, and more convenient to Boston. But beware: the second half of the Newport course is hills!

At Narragansett in 2015, I was the sole 70+ entrant in a total field of 270 runners!

Conclusion

People are often amazed that I have been a marathon runner since my mid-60s, but in fact there's no cause for amazement or even surprise if you look below the surface. I have always been physically active, earlier mainly with figure skating, but never a competitive runner. To run marathons I use only ordinary human capabilities. Anthropologists tell us that we homo sapiens began as a relatively small number of emigrants to the Middle East from Africa – perhaps only ten thousand or less. Now billions of us dominate the globe as the world's super predator. Our intelligence helps, but that could manifest only because we could get enough protein to support our big and active brains. That we got because we are built to outrun any other animal: not faster but farther. That innate capability is what I rely on to make it alive to a 26.2 mile finish line. And any healthy reader who gets his doctor's OK and trains simply as I did can do it too. Try it!



Jeffrey (with red shirt and barefoot) at the Polo Club in Bangkok, Thailand.

NE 65+ Takes Home Awards at USATF-NE Banquet

by Dan D.



photo by Ted Tyler

Robert Knight, one of the 65+ club members to receive awards at the USATF-NE banquet,

Attending the USATF-NE annual awards banquet is always a special event because I get to enjoy some good fellowship with club members before the program begins. With me at the 65+ table this year were Lou Peters, Steve Viegas, Mr. and Mrs. Rob Knight, Mr. and Mrs. Richard Paulson, Tom Abbott and Alice Kenney and her husband, Terry.

The speaker for the evening was Tim Ritchie, a Boston College assistant track coach who in December, ran a 1:01:24 half marathon- the 10th fastest half ever by a US runner. Tim told about his comeback from an injury which forced him to miss a year of running and his recovery that led to qualifying for the 2016 Olympic Marathon Trials.

Andy Schachat was the announcer for the awards presentation and he started things off by giving a special welcome to Lou Peters who, modest as always, acknowledged the applause with a slight nod and a little wave. Andy can be heard at races all over New England and whenever Lou is there, which is often, Andy always gives him a special mention as Lou approaches the finish line which results in loud cheers from the onlookers.

NE 65+ captured its fair share of honors at the USATF-NE banquet. Our All-World President, Jan Holmquist, took home the women's 70+ grand prix title while on the men's side, club member Nick Kamaracus, running for GLRR, edged out Gate City's Jim Burnett by one point to take first in the 65-69 division. The competition in the men's 70+ group was not as close as Rob Knight came in 6 points ahead of Rick Stetson to take first place. Also finishing in that division were Sumner Brown, 3rd; Joe Noonan, 4th; along with Harry Carter, Denny Leblanc, Richard Paulson, Gerald Poricelli and Skip Cleaver.

And while I'm talking about the 70+ men, how about our club's 70+ team that took first place in the grand prix competition beating out Cambridge Sports Union and North Shore Striders! Our 70+ men are also NATIONAL CHAMPIONS, winning the team title at the James Joyce Ramble last April in Dedham. Way to go guys!!!

Finally, a salute goes to our Mountain Goats: Steve Malynn and Richard Paulson. Frank Hurt also participated in some of the USATF-NE Mountain Series races.

A number of those mentioned above also achieved Iron Runner status which means they ran in every grand prix race to include the Vermont Marathon. I'm proud to belong to a club with such talented runners and look forward to seeing all of you "out on the roads" in 2016.

25 Runners for 25 Years

by Susan Filene

Below is a link an article I found in the Wicked Running Club of Salem's newsletter. This sounds like a lot of fun and it could be good exposure for NE65+ Running Club. The event is sponsored by the Somerville Road Runners and takes place at the Tufts University outdoor track. It looks as if the date will be Saturday, June 25 this year, 8 a.m. to noon.

Also below is a link to information from Somerville Road Runners about the 2015 event as they do not have the info for 2016 yet. Note that each team has to have at least 10 women and that teams are encouraged to have their tents and banners at the event. Jan has pointed out that this year is the 25th anniversary of NE65+ and suggested that we could possibly do something with that and the race date (25th).

I am volunteering to be the contact person for a NE65+ team. Anyone, fast or slow is welcome. (Hey, I am going to do it and I'm not so speedy!) We can also have more than one team if we have enough interested runners. Now we only need 25 more runners, at least nine of which have to be women!

I live not far from Tufts and could accommodate 4 or 5 people overnight if anyone lives at a distance and wants to run or show up to cheer.

Here are the articles and descriptions:

<http://wickedrunningclub.com/category/tufts-26x1-marathon-relay/>

<http://www.srr.org/events/club-challenge-marathon-relay/>

Email me: susanfilene@gmail.com

Or call: 617-877-8428

Looking forward to an enthusiastic response.

Spotlight On Ray Fell

by Ray Fell and Rick Stetson



photo by Marie Tarallo

Ray running in the Sugar Bowl 5K, South
Boston, 2013

Ray Fell grew up in Hyde Park, Massachusetts and at age fourteen left home to attend a minor seminary along with other young boys who wanted to become priests. In his senior year those who were eighteen could not go home for the summer vacation. They had to remain at the seminary in order to avoid being drafted as all eighteen year olds were. Eventually Ray was drafted into the army after a few months at the major seminary did not pan out too well. After serving as a military policeman for eighteen months and before being discharged, the army tried desperately to get him to reenlist for three years, but he just wanted to go home. Between the seminary and army, Ray missed being home for Christmas for eight years in a row. If he had done what the army had wanted, he probably would have found himself in the early days of the Korean War when many soldiers never made it home.

After his service days, he worked as a milkman days and attended night school four nights a week in a six year program. Upon graduation from college, Ray took a teaching position that paid \$105 every other week for his first year. By this time, he was married to his wife Gertrude and after ten years of not having children, they decided to adopt a son and two years later adopted a daughter. Before they knew it Gertrude found herself expecting and within three years, Ray and Gertrude had a son and two daughters. Eventually, Ray became a guidance counselor and retired after thirty three years in the field of Education. He and Gertrude will be celebrating their sixty fourth wedding anniversary in February.

Ray Fell has been a member of the 65+ Runners Club for over twenty years. He began training for races at age fifty five and has logged all his running from day one and so far has run over 8000 miles (one third of the earth's circumference) in the past thirty plus years. His inspiration to run came from a distant cousin named Billy McMahon who came in second in the 1935 Boston Marathon. Billy joined Tarzan Brown and Johnny Kelley as they represented the USA for the 1936 Olympics in Hitler's Germany.

Ray has been in many races over the years including State Senior Games and National Senior Games, but his favorite is the Beach to Beacon 10K in Cape Elizabeth, Maine the year he turned eighty. He not only won his age division, but received an award that was presented by Joan Benoit Samuelson for being the oldest runner in the race. He was more thrilled by being on the same stage with her than with the award. The whole town turns out for this annual race and Ray just loved the entire atmosphere of the race.

In the days when 10K races were more common, Ray found himself doing more of them than any other distance. Since he has become an octogenarian, he now concentrates on 5Ks only. Ray does not want to come in last in a race even as he is closing in on being a nonagenarian. For a number of years Ray has been the oldest runner in the races he enters and the Jeff Coombs Race in Abington in 2013 gave him a medal based on just that fact. It was a pleasant surprise!

Ray will be 89 in April and has been making a concerted effort to get back into the racing circuit. For someone who ran 7 and 8 minute miles in his sixties and seventies, he is now struggling to break the 15 minute barrier.

In 2014 Ray suffered from a blood disease called Autoimmune Hemolytic Anemia which came out of nowhere. His hematologist told him if he did not receive the treatments recommended he would die. Naturally he took the doctor's advice and everything worked out well because, if he had not been in such good shape, the doctor told him that he would have been very ill even after the treatments for someone his age. The hematologist told Ray that he was the doctor's inspiration! It seems all that running finally paid off!

Ray is also an author. The titles of his books are: *An Athlete's Fantasy*, *A Football Player's Dream*, *Go To Heaven* and *Judgment Day*. The first two books are fictional with an emphasis on overcoming obstacles. *An Athlete's Fantasy* has half the book revolving around road racing. The latter two books are spiritual in nature and, at Ray's age, he knows they have special meaning. Ray's books can be ordered on Amazon and we hope to be able to offer reviews in future issues of *Forever Run*.

How to Nominate a Runner to the NE 65+ Hall of Fame

by Phil Pierce

Members of the Club are invited to nominate others or self-nominate as a candidate for the 65+ Hall of Fame. Nominations should be received by February 19th. Candidates must have been a

member of the Club for two years and be at least 70 years of age. There is no nomination form and you should send in a self-crafted running resume highlighting running accomplishments, e.g., national championships, PRs at various distances, contributions to the running community, and anything else that you think that the HOF Committee should know. The Committee, which consists of formerly inducted NE 65 Plus runners, meets yearly on the Wednesday following the Boston Marathon and votes on candidates. Selected honorees will be notified shortly thereafter and then recognized at the annual fall banquet. Questions about procedures and completed applications/resumes can be forwarded to me at: Dr. Phil Pierce, 79 Waites Landing Road, Falmouth, Maine, 04015. I can also be reached at 207-781-3769 evenings and weekends and at 207-623-8411, extension 5025 weekdays, as well as at philip.pierce@va.gov.

Volunteer of the Month: Phyllis Mays

by Jan Holmquist



photo by Ted Tyler

Phyllis at the 2015 Run for All Ages.

Phyllis Mays is the Membership Chair for the NE65+RC. She maintains the master data base of members, sends new members a club singlet or T-shirt (whichever they prefer), emails the Board with new member information when they join, and helps with the logistics of snail mail mailings. Phyllis also helps with the Run For All Ages by creating an email list of runners from the prior year so we can email a notice encouraging registration for the current year. Phyllis also runs in the RFAA and has been awarded the oldest woman participant with flowers provided by Nancy Wilson in honor of our first club president, Louise Rossetti. Although we have chosen Phyllis for our volunteer of the month, she is a club member who volunteers all year long!

Quote of the Month

"I've come to realize that most of my favorite runs are my slowest ones. Sure, they may challenge my ego just as much as my legs and lungs. But as jealous as I may be of my faster friends, I don't enjoy running any less than they do just because I take longer to reach the finish line."

Jennifer Stahl
A Slow Runner's Lament

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