



Forever Run

July, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members:

"Time and good friends are two things that become more valuable the older you get." This quote caught my eye as I was thinking about 2016 and that it is July already and how fast time flies. I was also thinking about good friends who have passed on and good friends who have been with me for a very long time and new good friends that have come into my life since joining the 65+ club. I have met good friends virtually and some in person. I am pleased to write about two good friends I have met recently...both are 65+ club members who I have read about and heard about. One is Lloyd Slocum who was our "Spotlight On" member last September. Lloyd is currently my new virtual email good friend who is hoping to spend some time in New England this summer/fall (he has lived in North Carolina for the last 7 years). He misses his 65+ friends and the number of races to choose from in this area. He is an amazing runner, now 83 years old. My new in-person friend is John Parker (Hampton Falls, NH) who I had the pleasure of getting to know this past Sunday when we shared lunch and reviewed pictures of members of his era. It was interesting to hear his memories that the pictures prompted. John will celebrate his 85th birthday on August 3rd. And, not surprising, Lloyd and John are good friends who keep in touch with each other. I hope to get to know many more of you as time flies by. The quote at the beginning of this blurb is so true!

On to club business: Later this month or early August, you will be receiving (by snail mail) the invitation to the Annual Banquet scheduled for Monday, September 26 at Spinelli's on the Lynnfield/Peabody line where we have been the past many years. We are planning to celebrate our 25th anniversary at the luncheon...a great time to meet old and new good friends! In addition, in the same envelope, you will find the Annual Fund Appeal letter asking for your donation to support our club activities. This year, for example, we are subsidizing our men's' 70's team at the USATF National Masters championship on October 2nd at the Syracuse Festival of Races. The guys are becoming national celebrities with their 1st place team finishes for the last 3 years at the James Joyce Ramble National Masters 10K Championship. Please email Rob Knight if you are interested in competing. We can have an "A" team and a "B" team depending on how many would like to participate: robertfknight@comcast.net.

November 5th may seem a long way away, but planning for the Run For All Ages occurs all year long! Your 15th Annual Run For All Ages 5K race committee met last month and we

are well on our way to having another successful event. Our online registration link is live, so please register by going to our website: <http://ne65plus.org/> or http://www.lightboxreg.com/14th-run-for-all-ages-5k_2016 or you can print the entry form.

I plan to run the Charles River YMCA Independence Day 5K in Needham on Monday, July 4th. Tom Abbott and Phyllis Mays plan to be there too. Maybe more will join us!

I hope everyone has a safe and happy 4th of July!

Amazing Runners at Connecticut Flag Race



65+ Runners at the CT flag race (L-R): Dan Dodson, Lou Peters, Bill Borla. Bill is holding the Dan Lloyd Trophy presented to the first runner 65 or older to finish. Bill's time in the West Hartford race was 22:42.

by Bill Borla

I had the very special honor of being teamed up with, by far, the most amazing runners at the "Celebrate West Hartford 5K Road Race". You probably won't be surprised when I tell you that those runners were none other than NE 65+ members Dan Dodson and Lou Peters. It was wonderful to see them and they were a big help. It was a bit rainy before the start, and we didn't have a tent, but we walked around and talked to a number of runners who were over 65 years old telling them about the 65+ running club. I think we will pick up some new members. Four or five seemed to be very interested in joining us. We'll have to see what happens.

But getting back to Dan and Lou. I was blown away when I heard their stories. Dan had to

get up about 3:30 a.m. because he had to drive 135 miles to the race from his home in New Hampshire. On the way he picked Lou up in Methuen, MA. I was impressed that they were willing to drive all that way that early in the morning. I am very reluctant to go to a race if I have to drive that far. But much more impressive was what they did in the week or so leading up to the race. Lou ran 6 races and Dan ran 5 (42 for the year 15 in May)!! This was between May 28 and June 4. They made me look like the all time scuzziest, lamest wimp. My last race before this flag race was in mid March. I don't understand how they can do so many races. It'll take me 2 or 3 days to recover from this race. Because of tiredness, I had to take the day after the race off. And you'd be mistaken if you think they're not going as hard as they can. I observed each of them making his approach to the finish line. Dan was giving it everything he had trying to get under 40 minutes. He made it by seconds (net time). He was over based on gun time. He is a big man. You would never mistake him for a white Kenyan. When we saw Lou coming to the finish from about 300 meters away, he was walking at a fairly fast pace. But when he got within about 100 meters, the crowd started clapping, yelling and whistling, and Lou responded by going into a trot. It was beautiful - 91 years old!! What an inspiration they were to me and to the many spectators.

With regard to my race, I was caught in between twin girls who were just about 9 years old. A woman was running with them and she kept encouraging them all the way. I asked her to ease up a little on the encouragement because I didn't want to be embarrassed by them beating me. I couldn't get out of the box they had me in and I at least was able to finish between them.

With regard to the race itself, this was the first time I did it and I came away liking it. It was relatively flat and fast with a downhill finish; was well organized; had close to 700 runners; free parking and plenty of good food. Put it all together and it got the Dan Dodson "Seal of Approval". Dan agreed that we should continue using it as the CT flag race. It does need some tweaking, though. Lou wasn't recognized for his effort because the last age group was 80 and above. Lou would have won if they had a 90 and above group. Also, they go with ten year age groups. I'll send an email commending them for running a fine race and I'll suggest that they consider taking a look at the age groupings. With the baby boomers coming on like gangbusters, it only makes sense to do things that will encourage more of them to participate.

West Hartford is a pleasant, charming little town. I encourage everybody to come down next year and check it out.

Camp Sunshine Update

by Mike Brooks

Editor's Note: Readers of *Forever Run* might remember a story in the May issue about NE 65+ Runners Club member, Mike Brooks, and his efforts to raise funds for Camp Sunshine by running seven marathons in seven states in seven days. Mike has helped the camp in Casco, Maine for a number of years through his various running adventures. He says he enjoys helping Camp Sunshine because it is a place where "seriously ill children and their families can go to restore hope for their future." We thought club members would be interested in the following email Mike sent out recently to his friends and supporters.



I would like to thank everyone who helped us raise \$17,700. Whether you made a donation, plan on doing so or helped publicize the event. I met a lot of wonderful people doing this and had fun. I am not planning on doing another fundraiser for Camp Sunshine until I turn 75, if then. I am having open heart surgery next month for a valve that has worsened severely since last year. I was told several years ago not to run because of it. Also having my knee replaced in January. I feel very fortunate to get through the fundraiser with no problems and plan on doing my 500th marathon Oct. 2nd. Thanks Howard Spear for saying you would keep the Maine Marathon finish line open until I finish. Bring a flashlight , smile. All you runners who have been finishing just ahead of me watch out. With a new heart valve and top of the line bionic knee I plan on kicking some you-know-what. Thanks again, Mike

Vermont Flag Race to be Held in Stowe

by Rick Stetson



Vermont flag race coordinator, Zeke Zucker and 65+ club member Kathy Clark shown last year at the Stowe 8 Mile and 5K race. Both runners won their age divisions, Kathy in the 5K and Zeke in the 8 mile (1:05:45) which was 15 minutes ahead of the next finisher in his age group.

On July 10, Stowe will again serve as the club's flag race for Vermont. It is the 35th anniversary of the 8 mile race and like last year, there will also be a 5K race starting at the same time. And like last year, Stowe's Rusty Nail will be the location for the post-race celebration featuring Smuttynose craft-brewed beer and hand-scooped Island Home Made ice cream given to all race participants.

The Stowe races are a great way to tour the beautiful Vermont countryside surrounding the picturesque ski resort town. After the race, club members are encouraged to join 65+ board member, Zeke Zucker, at the Rusty Nail for some Vermont food, fun and hospitality.

New Club Members

Richard Marais, Tyngsborough, MA

Sponsor: Dan Dodson

Started running at 60. Member of GLRR. Runs mostly 5Ks and some 5 milers.

Bill Reilly, Arrowfield, ME

Sponsor: Jerry LeVasseur

Has run over 800 races and 98% of them have been age graded 80 percent or above. 28 years experience coaching cross country and track and has been a race director many times. Is a USATF level 2 certified coach.

Jayne Wilson, Swansea, MA

Sponsor: David Simmons

When in her 30's, ran a 5K in 21:19 and a half marathon in 1:45:28. In her 60's, she has run a 5K in 27:06 and a half in 2:10:23. Missed 6 months in 2014 due to an injury. Finding it tough to come back.



photo courtesy of Newton Baker

Spotlight On Newton Baker

by Byron Petrakis

There must be something in Vermont's water. How else to explain why such a small state produces so many unique and creative people who march to the beat of a different drummer? Ben Cohen (of Ben and Jerry's), Senator Bernie Sanders and philosopher and educator John Dewey are names of famous individuals linked to Vermont by birth or

current residence. For members of the New England running community, though, Zeke Zucker and Newton Baker highlight the list.

New England 65+Runners Club Hall of Famer Zeke Zucker is well known to club members for his ultra-marathoning achievements, including the prestigious Comrades 56 mile race in South Africa. Zeke has run over 50 marathons and 15 ultra-marathons of 100 miles.

Not to be undone, Zeke's 74-year-old friend and fellow Vermonter Newton Baker has run 347 marathons, including 50 ultra-marathons. In 2015, he also ran across the country, from Huntington Beach, California to Washington D.C. According to an ESPN article about the Race Across USA, Newton "began his run on Jan. 16, his 73rd birthday, and finished on June 2. He covered 3,080 miles in 140 days – essentially running a marathon a day, with a handful of rest days – while sleeping in campgrounds and on the floors of churches and gyms in 12 states."

"He was one of 12 who started Race Across USA. He was the slowest of seven who finished, and the second-oldest man ever to run across the U.S. His final surprise came when he finished at Lafayette Square across from the White House. There, a group of visiting middle-school students from near his home in Montpelier just happened to be at the finish. When they learned the lean, brown, bushy-bearded runner with the red, white and blue bandana was a Vermonter, they celebrated his arrival by cheering and waving small Vermont state flags."

The Race Across USA marathon series has an educational mission well-suited to this retired elementary school teacher: to promote the benefits of physical activity and healthy diets to school children across the country. As cited in the ESPN article, Baker and his fellow runners "also spoke in front of nearly 5,500 kids at 28 schools as part of the group's 30- to 45-minute presentations about the 100 Mile Club, staying fit and being healthy. Through donations, the group raised more than \$54,000 for the club during the run."

Not all of his experiences during his cross-country run were so pleasant, however. In New Mexico, he encountered freezing rain that left him literally coated in ice. "We were just covered head to toe in ice," he says. "I took off my glasses. I couldn't see. I was really beginning to freeze. There was so much ice. They knocked about two pounds of ice off, head to foot." Nonetheless, he persevered and remained open to what he calls "surprises on the road." In addition to his running into visiting middle-school students from Vermont near the White House, he recalls the time a young woman drove up alongside him, jumped out of her car and asked: are you Newton Baker?" She was a former student from Vermont who was living near Baker's running route because of her husband's military assignment.

Though he knew in advance of his cross-country run that he would be challenged both mentally and physically, Newton felt that his prior experience at long-distance running had prepared him reasonably well. He believed whole-heartedly in the cause of running to raise awareness about the problems of childhood and adolescent obesity and inactivity, and he believed in those who had painstakingly plotted the course across the country. He also felt confident because prior to his epic adventure, he had run 5 Vermont 100-mile trail runs, run across the state in two consecutive days and the length of Vermont in four days on weekends. As he put it, "running across the USA was an epic adventure on so many levels. But what jumps to mind is my 225 miles unsupported, the length of Vermont in 4 days. It was my own journey, out there in my state, just run/walking and discovering I could go and go. I began to realize I was getting deeply reconnected to ALL my ancestors and what running meant to human beings. That whole run fueled my desire to expand it to my whole country." After his two-day run across Vermont, he traveled to Westport, NY where he ran 102 miles in 24 hours on a ½ mile horse racetrack. This year will mark his 23rd

consecutive 24 hour National Championship run.

Remarkable as his achievements are, Newton's status as a prostate cancer survivor with chronic lymphocytic leukemia makes them even more so. According to the ESPN article, Newton says "he's totally recovered from prostate cancer and the surgery he had seven years ago. His chronic lymphocytic leukemia has not yet required treatment. He might need treatment tomorrow – or never." A lesser man might think of resting on his laurels and quitting when he's ahead. Not Newton. His short-range goal is "to run this year in A Race For The Ages (ARFTA) and join all the great distant runners of the past and present to run for as many hours as you are old on a one mile loop. The stories and fun will be extraordinary! Long term includes continuing my present streak of 22 consecutive National 24 Hour Championship Runs and become the 1st and only Vermonter to run 100 road marathons in Vermont. I'm either at 71 or 77."

Perhaps there's another factor, besides Vermont water, that explains Baker's motivation and success. As a young man in his 30's he was a knuckleball pitcher in an amateur baseball league, hoping to make it to the big leagues one day. Because he could not find a catcher willing to catch knuckleballs, he soon found himself out of shape to stay competitive in his weekend league. After reading about 2, 4, and 6 mile races in his local Vermont paper, he signed up for the 2-miler, ran as fast as he could, and threw up at the end. The next week, he did the same thing with the same result, but he noticed that most people did not throw up after the race, so he started reading about running to learn as much as he could. Through continuous reading and adaptation, Baker has learned a great deal about himself, about the nature of running, the earth he is running on, and his connection to the human being as a running animal. Like his fellow Vermonter John Dewey, who revolutionized educational philosophy in the 1930's with his dictum of "learn by doing," Baker has practiced an eclectic approach to training that focuses upon his levels of energy and motivation at any one given time. Rather than adhere to a strict regimen that does not allow for flexibility, he listens to his body and runs accordingly. As he puts it, "I might not run for 2 weeks and then go run 20 miles. Or run 100 miles and then not run for 12 days."

Clearly, whatever he is doing works well. So go ahead, Newton; indulge yourself a little-you deserve it! Have some Ben and Jerry's ice cream, but just make sure you wash it down with some of that Vermont water!



65+ Helps Mass Senior Games Celebrate 25th

**by G. Gregory Tooker
MASG Executive Committee**

On a clear, bright morning, hundreds of athletes from far and wide descended upon the

campus of Springfield College to compete in the 25th annual Massachusetts Senior Games. Months of planning and preparation paid off handsomely and Mother Nature rewarded those efforts with a perfect day.

The celebration, dedicated to the memory of the Games founder, Jack Neumann, began with the Opening Ceremony at Blake Track at 8:15 AM and wrapped up with a Special 25th Celebration Social at the end of the day. Competition sports included swimming, track and field, racquetball, tennis, basketball and strength and conditioning, a new event for the Games. The New England 65+ Runners Club was well represented on the track by members Sue Filene, Steve Viegas, Mary Harada, Ken Graves and G. Greg Tooker, all who captured medals. MASG and 65+ have upped their collaboration considerably in recent months and the synergy between the two organizations is growing. With the able assistance of Springfield College student volunteers, all went smoothly, to the satisfaction of the Games administrators and athletes alike. The College has been an integral part of this event for years. Without Springfield's support, the Games may not have withstood the test of time.

The Special Celebratory Social held at the campus Town House included a gathering of individuals who have played key roles in the success of the Massachusetts Senior Games during the past quarter century. John Lawrence "Jack" Neumann was also Chairman Emeritus of the National Senior Games and a Silver and Bronze medal winner at the national level. John's many academic, administrative and athletic contributions were touchingly recounted by his son, Jeff. The MASG Executive Committee and Board of Directors then honored two individuals who have also been major contributors to the Games success in recent years, Fred Thompson and Larry Libow.

Fred T. Thompson, renaissance "man in motion" and current Massachusetts Senior Games Board Chair, was praised by Davis Cox, Vice Chair for his many contributions and achievements, both as an administrator and an athlete. Fred has won many medals at the state and national levels, most recently at the 2015 National Senior Games in Minnesota where he captured the gold in the 10K Cycling time trial and a silver in the Triathlon. When not leading MASG and competing, Fred practices law in North Adams, MA.

The MASG Board of Directors also honored Larry Libow, current Managing Director of the Games and past Chairman of the Board. Larry was instrumental in shoring up the foundation of the Massachusetts Games during a challenging period a few years ago. Both Fred Thompson and Larry were presented with handsome trophies in recognition of their dedication to the Games.

Alice Bonner, Massachusetts Secretary of Elder Affairs, spoke during the closing ceremonies, underscoring the critical importance of emphasizing and promoting senior citizen wellness throughout the Commonwealth. This goal was also stressed by Heather Hurd, representative of Blue Cross Blue Shield of MA, the primary financial supporter of the Massachusetts Senior Games.

In the months ahead, MASG plans to collaborate with MA Elder Affairs, local Councils on Aging, the YMCA organization, the Massachusetts Association of Contributory Retirement Systems and many other entities which are natural partners in the statewide effort to promote senior fitness and wellness.

Please note that the Maine Senior Games for Track and Field are July 30 and we hope many of our 65+ members will compete: <http://www.smaaa.org/msg.html>

Out on the Roads of New England

by Dan D.

"Hello" New England 65+ runners. Nice to talk to you again ... this time in the early stages of a beautiful New England summer. June has been good for me as I have successfully completed 12 races to bring my 2016 total at the half - year point up to 52 races (2 mile minimum). So I now need to complete 8 or 9 races each month to finish above 100 races again this year ... a more manageable goal.

Towards the end of the article we'll discuss the NE 65+ "Flag Race Challenge", including our members who have completed one or both of the first 2 races. Time is passing ... so let's begin!!

I started the month in Strafford, N.H. at the "Bow Lake Dam 15K/5K - 8th Annual". For once common sense prevailed as I ran the difficult 5K as opposed to the well-known brutal 15K race. I believe the 15K is the sole remaining New Hampshire race of that distance. There were 107 finishers for the 15K ... none of them NE65+ members. The pre-race registration fee was \$25 (\$30 on race day) for either race. This included a nice tee - shirt (May 18 deadline) and a terrific buffet (burgers, hot dogs, chicken, dessert, etc.) in the nearby church yard with an excellent pop - rock band. Age group awards were 3 - deep up to age 70+ with timing by Granite State Race Services on USATF certified courses. The hilly 5K had 179 finishers with Daniel Dodson 2nd in M70+.

Next up was the "Celebrate West Hartford Road Race - 29th Annual" in West Hartford, CT. This 5K was utilized this year as the flag race for NE65+ for Connecticut. The entry fee was \$25 up to June 1st (\$30 thereafter), including a technical tee - shirt, a USATF certified course, free parking in a garage directly across the street from the race start/finish, chip timing by Platt Systems (results exclusively on plattsys.com), age groups up to 70+ (3 deep), and post race typical runners food with a large random raffle. Jerry Shimoda - Peterson won the M80-99 division with Tony Medeiros 3rd and 91 - year - old Lou Peters 4th. NE65+ Connecticut Director Bill Borla totally dominated the M70-79 division running 22:42 (7:20) for a 2:41 margin over the 2nd place finisher, while Boris Lurye was 6th and Daniel Dodson 8th. This course had rolling hills in mile #1 with a steady uphill 2nd mile and a terrific mostly downhill final mile to the finish. Race Director Linda Geisler was most cooperative and Bill Borla was a terrific host to the 2 out-of-state NE65+ members.

June 7 (Tuesday) was the "In the Garden of Eden 5K - Good Times Spring Series Week 9" in Lowell, MA. Race Director Dave Camire makes each week "special" for the runners and Week #9 had a pre-race drawing of numbers 1 - 100. Number 95 was selected so Dave started playing the 1968 classic by Iron Butterfly called "In-a-Gada-da-Vida" when the 95th runner reached the finish line. Any runners who finished while the 17:05 record was still playing received a nice "magnetic Mylie" for the car or refrigerator!!! There were 328 finishers including 12 NE65+'ers. Judi Moland topped F70-79 with Ann Molloy 2nd; while Rita Labella was 3rd in F60-69. Barry Pearson carried the day in M70-79 with Richard Molloy 2nd, Jonathan Mackenzie 3rd, Steve Moland 4th, Daniel Dodson 5th, and Ted Tyler 6th. George Bisson was victorious in M80-89 with George Leslie 2nd; while Lou Peters won M90+ and Rick Marais was 19th in M60-69 This terrific race series follows pathways, bridges, and sidewalks around the scenic Merrimack River near the Lowell National Historic Park.

June 11 (Saturday) was the "Flag Day 5K - 5th Annual" at Cashman Park along the Merrimack River in Newburyport, MA. The patriotic themed race had 1204 finishers

honoring Lt. Derek Hines who died in 2005 in Afghanistan. Each participant wore bib #7 to honor Lt. Hines (his hockey number as captain on the West Point Army college hockey team). The Cashman Park field perimeter had placards set up to honor each of the hundreds of New Englanders who have died in the middle east defending our nation. The Dad of Lt. Hines spoke to the crowd and the deceased soldier's uniform was displayed on the stage. This race was quite emotional for myself and many of my fellow runners. The race fee of \$30 (\$40 day of race) included burgers and hot dogs, free beer, a terrific rock band, tee - shirt, chip - timing by Yankee Timing, and proceeds going to the Lt. Derek Hines Soldiers Assistance Fund. The keynote speech was delivered by Medal of Honor Recipient Staff Sergeant Ryan M. Pitts from New Hampshire who was joined onstage by other members of the 173rd Airborne Division who served alongside Lt. Hines when he was killed. As for the race itself ... Rick Bayko ran a terrific 22:28.6 for 4th place in M60-69. Wendy Burbank topped the F70-99 division followed by Maine's Nancy Spiro in 2nd and Terry Lee Harrington in 38th. Charlie Farrington amazingly won the M70-99 age group after doing the same earlier in the day at "Christian's Lifeguard Dash" in Ogunquit, Maine. He was followed by fellow Mainer Robert Randall 3rd, Peter Buhl 5th, Daniel Dodson 6th, and Lou Peters 10th. The rain that fell June 11th in Newburyport did little to dampen the tremendous feelings engendered by this terrific event. It was truly an honor to participate.

The next day (June 12 - Sunday) was the "Roger A. Cote Run for Courage - 2nd Annual" 5K road race in Dracut, MA. The \$25 (\$30 day of race) included a tee - shirt, age groups up to 70+ (only 1 deep), and timing by North Shore Timing. The 103 finishers ran a course that had rolling hills through neighborhood streets near Dracut High School. Daniel Dodson topped the M70-99 age group followed by Lou Peters in 2nd place.+

June 14 (Tuesday) saw a return to Lowell, MA. for the "Affirmation 5K - Good Times Spring Series Week 10". The 360 finishers participated in the final event of the spring series. Rita Labella was #3 in F60-69, followed by Mary Tyler 5th and Johanna Riley 7th. Rick Marais was 19th in M60-69, while Ann Molloy topped the F70-79 age group. Barry Pearson led the M70-79 runners, with Richard Molloy 2nd, Jonathan Mackenzie 3rd, and Daniel Dodson 4th. George Bisson captured 1st place in M80-89 with George Leslie 2nd. The M90+ age group belonged to Lou Peters. The "Good Times Summer Series" starts on June 21 and continues on Tuesday nights for 10 weeks.

Two days later ... on Thursday, June 16th ... I drove north to Pinkham Notch, N.H. to the Great Glen Trails at the base of the Mount Washington Auto Road to run the "Salomon Spring Trail Running/Walking Series - Week 6". This unique 8 - week series goes from May 12th to June 30th on Thursdays from 3:30pm to 7:00pm. The cost is \$45 for the series (about \$5.63 per race) or \$9 for an individual race. There are 3 distances to choose from, which include the Long Course (3.4 miles), the Short Course (2.4 miles), and a MINI Course. The starter accurately times each runner/walker as they start and finish anytime between 3:30 and 7:00pm. There are various age groups up to the Men's and Women's Grand Master Divisions (age 65+). Daniel Dodson was 1st in the Men's Grand Master Division in the 2.4 mile Short Course race. Most of the Short Course (about 80%) was run on gravel pathways with the remaining course (perhaps 20%) on narrow single track. There will be a Fall Series starting in September.

The "Bobcat Bolt - 8th Annual" took place on Saturday, June 18, at Oyster River High School in Durham, N.H. There were 217 finishers with age groups up to 70-99. The \$25 fee included a nice tee - shirt, chip timing by Yankee Timing, music by the middle school band, and a full pancake breakfast in the high school cafeteria. The rolling course had 2 decent hills as it wound its way through the neighboring streets near the University of New Hampshire campus. Mary Ulinski won the F70-99 age group while Daniel Dodson finished 3rd in M70-99. The one negative was the awarding of age group prizes only went to the #1

finishers.

The next day (Sunday, June 19) was the "St. Joseph Healthcare Ribfest 5 - Miler" at the Budweiser Brewery on the Daniel Webster Highway in Merrimack, N.H. The \$35 fee included chip timing by Millenium Running, free Budweiser beer, ribfest meal, personalized bibs with name, professional race announcers, national anthem sung by Miss Londonderry, greetings from U.S. Sen. Kelly Ayotte (who also ran the 5 - mile race in 47:27.7), a grill master apron, traffic-free course, instant results on all electronic devices, etc. This race is part of Millenium Running's "Elliot Race Series" and the series point leaders were given a gold colored 1st pace bib to wear on their backs. As in all Millenium Running races the age groups are 3 - deep and go up to 70+. The 1254 finishers included Dick Kuhl who finished 2nd and Daniel Dodson 3rd in M70+ followed by Jim Stafursky in 8th place.

June 23 - Thursday - was the "Salvation Army Run Into Summer 5K" at Greeley Park in Nashua, N.H. This was the first event in the 5 - part "Gate City 5K Series" for 2016. The cost is \$90 for the entire series (\$18 per race) which includes a race jacket and year - end party at a Nashua restaurant for all who complete 4 of the 5 races. Millenium Running did the chip timing with their usual instant results at the finish line, and tee - shirts for all participants were given out. Age group awards were 3 - deep going up to age 70+. Barry Pearson topped the M70+ category, with Ed Auclair 2nd and Daniel Dodson 4th. There were 237 finishers in this hilly 5K race.

The "Lahey Health 5K Cancer Walk & Run - 11th Annual" was held on June 25 (Sat.) at Burlington High School in Burlington, MA. The \$30 fee (\$40 day of race) included a nice tee - shirt, shuttle busses from the parking location on Mall Road, refreshments, and chip timing by Granite State Race Services. The 1011 finishers included NE65+'er Daniel Dodson who was 3rd in the M70+ age category. The USATF certified course was designed by Dave McGillivray Sports Enterprises with the famed Boston Marathon race director present to direct activities at Burlington. The one negative was the awarding of age group awards to only the 1st place finishers.

On Thursday, June 30th, I travelled to Pinkham Notch, N.H. to the base of Mount Washington (at the start of the Auto Road) to run the "Salomon Spring Trail Running/Walking Series - Week 8". I ran the 2.4 mile "Short Course" in a time of 33:17. This was the 8th and final race in the "Spring Series". A new 8 - week "Fall" series will begin on September 1st and run for 8 consecutive Thursdays. Official results will not be available for a day or two.

I want to conclude this month's column with a "Flag Race Challenge" report. Thus far only Lou Peters and Daniel Dodson have run both NE65+ flag races in Maine and Connecticut and are still in the hunt for "the Gold Medal" award for running all 6 flag races. The following 19 runners have done 1 of the first 2 races and can still qualify for "the Silver Medal" award: 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, and Tony Medeiros. Next up is the "Stowe 8 Miler and 5K" on Sunday, July 10th at 8:30am. in beautiful Stowe, Vermont. Run either the 5K or the traditional 8 - miler for full "Flag Race Challenge" credit. I plan to be there — will YOU?????????

Many thanks to Tom Abbott and his "crew" for assistance checking results for this little column. They are the unsung heroes who provide a great service that helps bind us together.

Until next time I truly hope to see you in Stowe, Vermont and elsewhere in July
"Out on the Roads of New England".

Volunteer of the Month: Susan Filene



Susan with her pink survivor socks after completing her first half marathon.

by Rick Stetson

From her sunny disposition to her desire to help promote the NE 65+ Runners Club, one would never know that Susan Filene is a cancer survivor. And like all survivors, Susan has a story to tell. She started running in 2013 and in less than two years, she had completed her first half marathon. Susan also joined our club and got right to work volunteering. She handled the registration table for the RFAA and did such a good job, the race director is hoping she will volunteer again this year. When Susan heard about the Club Challenge Marathon Relay to be held on the Tufts track in June, she thought it could be the perfect way for 65+ members to meet and have fun and she decided to try and organize a team.

Susan had hoped the club could put together a team of 26 runners who would each run a mile on the track as a relay until a distance of 26 miles had been covered. She said that "Everyone will be so impressed that we have sexta-, septua-, octo-, and nona- generians in such a great club that they will be looking forward to their 65th birthday so they can be one of us."

Readers of Forever Run will recall Susan's sense of humor as she came up with answers to questions members might have about the relay such as, "Can I be part of the relay if I am slow?" Susan's response: "Of course. Slow is good. Gives the rest of us more time to rest up." And then there was, "What if it is raining or hot?" to which she replied, "Come on. This is the New England 65+ club. We do weather."

Unfortunately, we did not have enough members to volunteer to run this year for the marathon relay so the event was held without our club's participation. But survivors are always optimistic and Susan is already looking forward to next June when she will try to assemble a team of 26 runners as we celebrate the 26th anniversary of our club. In the meantime, we would like to name Susan Filene as our volunteer of the month for her efforts to support and promote the NE 65+ Runners Club.

Quote of the Month

"The difference between a jogger and a runner is an entry blank."

George Sheehan

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