



Forever Run

June, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I hope you are enjoying the spring colors and wonderful weather!

There are some great articles in this edition of Forever Run. Especially relevant to many of our 70+ men is Bill Borla's analysis using the age graded tables. We do love age grading as a way to keep older runners competitive with their peers!

On a serious subject, at the April Board meeting, we discussed how to inform you when we were aware of a member passing away. The decision was made to only include obituaries of members who made a significant contribution to the club in this e-news (we want to stay positive), whereas others can be found in the obit section on our website. Thus, it is with great sadness that we relate to those who are unaware that Barbara Robinson died unexpectedly on May 5th from an unfortunate accident.

Barbara was an inspiration to me and to countless others. She was an 82 year old who defied her years. I have received numerous emails and phone calls from members and non-members who knew her and, like me, were overwhelmed and saddened to hear of her sudden passing. For those of you who attended the fall 2015 banquet, you may recall her presentation to me for the 65+ Hall of Fame....what an amazing honor for me and a memory that will last forever! For those who did not know her personally, you would know her name as she was our Annual Fund manager. We are now aware that there will be a "Celebration of Life" on August 27th in NH. Once we have more details, we will share them. In the meantime, I think the best way for all of us to share our thoughts is to use the link to her condolence page: <http://www.legacy.com/guestbooks/hartfordcourant/barbara-v-robinson-condolences/180071909?cid=full>



Barbara (Van Dine) Robinson, 82, of Franconia NH, wife of the late Guy Robinson, passed away unexpectedly on May 5. She is survived by her brother Wesley and his wife Gail of Canton, CT. She was born in Hartford, CT to Wesley B. and Josephine (Zygmunt) Van Dine and grew up in West Hartford. She lived in Nahant, MA and she and Guy retired to Franconia, NH. Her loves were skiing, running, and her kitty. She is survived by a nephew and his family, two nieces, several cousins, Guy's relatives, and many friends in the skiing and running communities. Memorial contributions may be made to Second Chance Animal Rescue 1517 Meadow St. Littleton, NH. A celebration of her life will be held August 27 in NH. (Published in The Hartford Courant from May 21 to May 22, 2016)

Please note that Susan Filene's attempt to get a 25th celebration relay organized on June 25th in Somerville has been cancelled due to lack of enough members signing on to run. We plan to celebrate our 25 year anniversary at the Annual Banquet.

The summer mailing inviting every member (and guests) to attend our Annual Banquet at Spinellis's on Monday, September 26th will include the annual fund request with replies mailed to me...this is something I want to do for Barbara who undertook this endeavor for so many years.

The weekend after the banquet we hope that many members will participate in the National Masters USATF Championship 5K at the Syracuse Festival of Races on October 2nd. I am planning to run and we are hoping to have a 70+ team (see article in this e-news). Let's keep winning 1st places!

The 15th Annual Run For All Ages race committee kick-off meeting is June 11th at 11:15 am at the Wakefield Public Library (downstairs). All are welcome to join the committee to help make the race successful. Please let me know if you are interested: jholmquist@mstpca.org. The race will take place on Saturday, November 5th at 10 am.

As always, I hope to see many of you at races this year. Carpe diem!

Jan



photo courtesy of Jerry LeVasseur

65+ers gather in front of the club tent at the Sea Dogs 5K in Portland. In the background at the far left, Sea Dogs' mascot, Slugger's Mom, receives a Mother's Day hug from Slugger.

Maine Flag Race A Great Success

by Rick Stetson

Maine once again started off the NE 65+ flag race series in fine fashion at the Sea Dogs 5K on Mother's Day. Some 17 club members were welcomed to Portland by Mel Fineberg who took the club's tent to the ballpark, Hadlock Field, at 6:00 a.m. There Mel along with board members Jerry LaVasseur and Phil Pierce and a non-club member put up the tent. Then they discovered there was no table on which to place club membership applications. At that time, along came Geoff Lacuessa, the general manager for the Sea Dogs and Mel told him there was a small problem in that the club did not have a table. "That's not a problem," said Geoff and 5 minutes later he came back to the tent carrying a table for the club to use.

The weather for the race was perfect and Mel said it was "not too hot and not too cold." A number of the 65+ runners responded to the favorable conditions by taking home age division trophies including Tony Swebilus (1st, 70-74); Elizabeth Serrage and Dick LaJoie (1st, 75-79); John Howe (1st 80-84); Lou Peters (1st 90-94); Sandy Utterstrom (2nd, 70-74); and Bob Randall (2nd, 75-79). (A complete list of club members running in Portland can be found in Dan D's article in this issue or on the club's web site under race results.) Mel reports that Lou Peters got a rousing ovation from spectators in the stands when he entered the stadium. He also said there were many good conversations about the club and that a lot of runners at the race were not familiar with NE 65+ but now they are. That happens to be one of the reasons we put on flag races and we thank our club members in Maine for putting on such a good one.



photo by Jerry LeVasseur

Sea Dogs 5K winners (L-R): Dick LaJoie, John Howe, Lou Peters, Bob Randall
(Not pictured: Tony Swebilus, Elizabeth Serrage, Sandy Utterstrom)

Connecticut Flag Race Coming Up Soon

by Rick Stetson

The next 65+ flag race will take place on June, 5th at the Celebrate West Hartford 5K. The race will feature a flat, USATF certified course that will wind through West Hartford neighborhoods and finish in front of the West Hartford Town Hall. The entry fee is \$30 and gift certificates will be presented to the first three finishers in each age division. Unfortunately, the highest age division is 70+ but there is a special trophy awarded to the first finisher age 65 or above (which ties in nicely with the name of our club.)

Bill Borla is the club's flag race coordinator for Connecticut and he is asking for members to meet him prior to the race in the REI parking lot across from Whole Foods (71 Raymond Street, West Hartford.) At press time it was not known if the club's tent would be set up but look for either the club's banner or a 65+ sign. Bill should be somewhere nearby, except for when the race starts. Then he will be off and running, usually very fast. But he hopes to see many of you either before or after the race in West Hartford on Sunday, June 5.

Looking ahead to the club's July flag race, make your plans to be in Stowe on July 10th for the 35th running of the Stowe 8 Miler. There will also be a 5K race held at the same time. Zeke Zucker is already excited about meeting club members in Stowe at a post-race party that is always a lot of fun with plenty of Smuttynose beer and hand-scooped ice cream, a nice refreshing combination after a run through the beautiful Vermont countryside.

Boston Thoughts

by Marj Radin



photo courtesy of Marj Radin

Marj might have used thoughts of being on a Florida beach to help her get through Boston, but she made it to the finish.

Obsession - what is the weather on April 18, 2016 - warm, cool, wet, dry - this starts early, but gets more intense in the days preceding the marathon. First it's 60 and cloudy - perfect, changing daily - this is New England to finally low 70's at the start to head wind and 50's at the finish. Such were the days before my final marathon - yes, truly my final.

I know I've said it before, but this time I mean it! Before I ran the NYC in 2013, I said that would be my last unless I qualified for Boston, but in my heart I knew I wanted to finish with a round number of 5 marathons preferably at the age 70. However, without a waiver in 2015, I ran number 5 at the age of 71. I had hoped to better my previous Boston times, but my lack of training resulted in a 5:48 finish, under goal 2 (6 hours), but slower than all other marathons, except my first.

If a marathon is fun, then Boston qualifies. First, it's home territory and there are the cheers from friends and family, not just strangers. Four times I saw friends or family: two unexpectedly at 9 miles (Ted & Mary Tyler) and 16 miles (Carrie Parsi), and knowing that when I crested Heartbreak Hill, my cousins would be cheering me on at mile 22, and then rounding Cleveland Circle and seeing my husband, Henry, at mile 23 - there are no words for that. Finally, I finished with Rick Collette who kept me moving the last 2 miles and caused me to sprint the last 0.2.

And on the flip side, the lows - the ache in my quads and feet after the race, the miserable sick and dizzy feeling while walking up the hills in Newton and bad thoughts at mile 5 for which I forced my brain to think cheerful and light thoughts.

In 2017 on Patriot's Day, I will probably rue this decision for a nanosecond until I remember that I have spent the year enjoying my runs and not training for a six hour adventure.

A RUNNER'S MUSINGS ON AGING

by Bill Borla



photo courtesy of Bill Borla

As I get older, I'm thinking more about the impact aging has on my running. Each year I run the St.Patrick's Day 4 miler in Fairfield directed by one of the best race directors around - NE 65+ member Joe Riccio. The course is flat and fast, and it allows me to gauge my fitness level early each year. In my early 60s, I was happily doing this race in the low to mid 23 minute range (Note: refer to the table below). Every year I wanted to stay under 24 minutes. I could see that my times were steadily getting a little bit slower, but I continued to think that I could stay at sub 24. Then it happened!! At age 66, I went over 24 for the first time. I thought it was likely just an aberration. Maybe my breakfast had too many slow calories that day. The next year, I tanked pretty good and went over 25 minutes. Now I began to realize that I was living in fantasyland thinking I could stay under 24 minutes. Reality had reared its ugly head on me.

So I wanted to take a look at this from a different perspective. I wondered what my age graded percentage and times would be like. Using my clock times, I determined what the

corresponding age graded percentages and times would be. This turned out to be more uplifting than using the clock times. My age-graded times were consistently under 19 minutes. That was more like what I was hoping. I thought that if you kept doing your training runs, the age-graded times would stay under 19 minutes no matter what my age was. That was true starting at age 61 and going through age 72 (with one exception at age 71). But then at ages 74, 75 and 76, the age-graded times went over 19 and increased with each successive year. Now I'm wondering if this trend is going to continue. My feeling is that it will because it seems that aging is having a greater impact than I can compensate for through training.

One of the things that is very noticeable to me is how tired I get now and how much longer it takes me to recover. At one time I could run back to back days of 17 and 12 miles and still do a fairly decent run on the third day. Now I'm doing my 10 mile long run on Sunday morning and it takes me until Wednesday to overcome my tiredness. Speed training has the same effect. I can't do the hill training and intervals without getting wiped out. I'm going to have to develop a different training schedule, maybe using a two week time frame with one long run; doing fartleks for speed; and inserting rest days. Up to this time, I've been on a one week schedule with at least one day off. I'm also finding it harder to get fired up for races. The fire is not at the same level as it used to be. At one time, my friends and I would go off to a race at the drop of a hat. That brings up another point. One of the things that helped a lot was having some really good training partners. Over the years, the guys I trained with are gone. Some have moved away; others had to stop due to illness or injuries; and one died before age 62.

I hope you don't think I'm getting depressed over this aging situation. I'm not. I have many good memories about my friends and the races. Now it's just that I'm enjoying going for a nice, quiet run in the woods instead of going to races. But I still intend to do some racing. And although on occasion I may complain about how terrible my running is, I remind myself that I'm God blessed to still be able to get out and run.

RACE RESULTS - FAIRFIELD ST. PAT'S 4 MILER

YEAR	TIME	AGE	AGE GRADED %	AGE GRADED TIME
2001	23:02	61	91.76	18:22
2002	23:10	62	92.04	18:18
2003	23:14	63	92.6	18:12
2004	23:20	64	93.05	18:07
2005	23:40	65	92.57	18:12
2006	24:02	66	92.01	18:19
2007	25:07	67	88.86	18:58
2008	24:30	68	91.96	18:19
2009	24:37	69	92.47	18:13
2010	no race	70	—	—

2011	26:20	71	88.5	19:02
2012	26:00	72	90.84	18:33
2013	Missed due to injury			
2014	27:57	74	87.08	19:20
2015	28:38	75	86.44	19:30
2016	29:22	76	85.81	19:38

Volunteer of the Month: Jerry LeVasseur



Last year Jerry took first place in his age group at the Sea Dogs 5K (above) but this year he helped put up the club's tent, worked the registration table and then jumped in the race to pace fellow 65+ board member, Dan Dodson.

by Rick Stetson

NE 65+ Runners Club hall of fame member, Jerry LeVasseur, has been a national champion in events ranging from the steeplechase, the 8K national cross country race to the triple jump. He has been a member of a master's world record 4 x 1600 relay team and at age 71, had 75 age group wins. But he is not being honored here for his many running accomplishments nor for his work coaching college cross country and track runners at Bowdoin or for his involvement with the Maine Track Club or his service on the boards of the Maine, Connecticut and National senior games.

Jerry is being honored as our volunteer of the month for his dedicated service to the NE 65+ Runners Club. Like many of our past presidents, he is still very dedicated to the oversight of the club and he travels from Brunswick, Maine to attend the club's board of directors meetings. He has been a driving force to organize the 65+ men's competitive teams. Jerry is an expert photographer and has contributed a number of pictures to our club newsletter focusing on the annual banquet and the Maine Flag race. Over the years, he has also written articles for our newsletter. His enthusiasm for running has influenced many and we are pleased to name Jerry LeVasseur as our volunteer of the month.

No Marathon Relay This Year

by Susan Filene

Well folks, it turns out that we cannot come up with enough club runners to field a team of 26 for the Somerville Road Runners Club Challenge Cup Marathon Relay on June 25th. Oh well....this means that the NE65+ 25th anniversary celebration will not take place on that day either, but note that we will be celebrating at the Annual Banquet on Monday, September 26th at Spinelli's. Thank you to those who were planning to participate in the 26 mile relay...we truly appreciate your willingness to get together at the track. Maybe next year we can get 26 runners together to celebrate the club's 26th anniversary.

Out on the Roads of New England

by Dan D.

Greetings fellow NE65+'ers as I tell you about my running experiences in May, 2016. I ran in 15 races this month bringing my personal total up to 40 races in 2016. Thus I'm only 3 races behind the necessary pace for another 100 - race year and 10 more in June would put me right on target at the half - year (6 month) mark. At the end of this column I'll discuss the "Flag Race Challenge" and the club members who ran the 1st event in Maine. Four of my 15 races were part of the "Good Times 2016 Spring Series" and I'll combine those together in order to save space. I also want to recognize a pretty amazing accomplishment as our 91 year-old Hall of Famer Lou Peters of Methuen, MA. has just completed running 5 races in 5 consecutive days (May 28 - 31 and June 1st). He did four 5K's and one 5 miler. Sure makes me feel like "a slacker!!!!!"

Let's begin with the 4 races from Yankee Timing's "Good Times 2016 Spring Series" in Lowell, Mass. These 4 races were held on May 10, 17, 24, and 31 with over 300 finishers each Tuesday evening. The 5K course runs along both sides of the Merrimack River and across 2 bridges over the river. The cost is \$15 for an individual race or \$10 per race if you signed up for the 10 - race series (\$100). There is chip timing and instant results at the post-race celebration at Dudley's Pub. Rita Labella finished 3rd in the F60-69 division followed by Johanna Riley and Mary Tyler. New member Rick Marais ran all 4 races in the M60-69 age group. Judi Moland is #1 in the F70-79 bracket with Ann Molloy either 2nd or 1st in Judi's absence. Barry Pearson won all 4 events in the M70-79 age category, followed each week by Richard Molloy (2nd) and Jonathan Mackenzie (3rd). They were followed by Steve Moland and Daniel Dodson (alternating in 4th place) and race photographer Ted Tyler. The M80-89 division was a back & forth 1st & 2nd place contest between the 2 George's — Bisson and Leslie. And ... of course ... Lou Peters won all events in M90+.

On May 1st (Sunday) I ran the "Cinco de Miles 5K" in Bedford, N.H. with 1,938 of "my closest amigos!!" This huge Millenium Running event cost \$30 and had "everything" possible. For example: bib #'s with your name printed on them, free Corona beer and margaritas, long-sleeve zip-up tech shirts, finish inside the NH Sportsplex field house, instant results on all computer and cellphone devices, 2 professional announcers, car free running roads, music by a disc jockey, etc. etc. etc. Age groups went up to 70+ and Daniel Dodson won that division.

May 5, Thursday was the "Harvard Pilgrim 5K Corporate Road Race - 6th Annual" at Stellos Stadium and Mine Falls Park in Nashua, N.H. The fee was \$25 pre and \$35 day of race. Tee

shirts, pizza, free parking in huge lot, chip timing by Yankee Timing, etc. were all provided by the Gate City Striders and race director Skip Cleaver. A car accident prior to the race caused a quick change in course with a reduction to 2.9 miles for the race. There were 311 finishers and NE65+'er Daniel Dodson was 3rd in M70-99.

May 6 (Friday) was the "Backshore 5 Mile Road Race - 30th Annual" at Good Harbor Beach in Gloucester, MA. The \$25 fee included a nice tee-shirt, chip timing by North Shore Timing Company, a post - race awards party at Mile Marker One Waterfront Pavilion with real food and a 1960's era rock band, and arguably the prettiest views of any 5 - miler anywhere. This race is part of the Northshore YMCA Road Race Series (12 races). Wendy Burbank won the F70-99 age division, while Daniel Dodson was 2nd in M70-99. There were 232 finishers.

On Sunday, May 8, Lou Peters and I drove up to Portland, Maine for the "Portland Sea Dogs Mother's Day 5K Road Race - 16th Annual" at Hadlock Field (home of the Red Sox minor league franchise Portland Sea Dogs). The fee of \$17 (up to March 31) or \$20 thereafter included a nice tee-shirt, a free ticket to a future Sea Dogs game, flowers for all ladies, and a final 300 foot "sprint" inside Hadlock Field in front of the 3rd base dugout. Race Director Howard Spear has 5 - year age groups up to age 79 and then 80 - 89 and 90 - 99. The 1,589 finishers is down somewhat from previous years when up to 3,000 was quite normal. This race serves as our NE65+ "Flag Race" for Maine and club director Mel Fineberg and his crew manned our NE65+ canopy admirably. A large contingent of 17 NE65+ers completed the 5K and many were age group awards winners. All 17 have now completed the 1st leg of the 6 - state "NE65+ Flag Race Challenge"!!!! They finished as follows: Tony Swebilus (M7074 - 1st); Dick Lajoie (M7579 - 1st); RJ Harper (M6569 - 7th); Charlie Farrington (M7074 - 4th); John Howe (M8089 - 1st); Robert Randall (M7579 - 2nd); Cathy Burnie (F6569 - 5th); Dave Barnard (M7074 - 5th); Sandy Utterstrom (F7074 - 2nd); Susan Filene (F7074 - 3rd); Daniel Dodson (M7074 - 6th); Mike Brooks (M7074 - 9th); William Morgan (M7074 - 10th); Lou Peters (M90+ - 1st); Elizabeth Serrage (F7579 - 1st); Raymond Neveu (M7579 - 5th); Elaine Richer (F7074 - 4th).

May 14 (Saturday) was the "Dan Ford Road Race - 8th Annual" in my old hometown of Methuen, Mass. The packet pick-up was at the Days Hotel and Conference Center on Pelham Street (site of our NE65+ Hall of Fame), and the race finish and party was at the Fireside Restaurant at the corner of Cross and Pelham Streets. The \$25 fee included a nice tee - shirt, chip timing by Yankee Timing (with instant results), food and music, finisher's medals, etc. The 5K is quite hilly and the 5 miler was Dan Ford's daily run course. Dan was a great Methuen football and track star and is enshrined in the high school hall of fame. He rushed for over 1,000 yards in all 3 varsity football seasons and ran a 50.8 in the Mass. state championship 400 meters race for 2nd place. There were no age group awards, but Lou Peters was 1st in the 5 miler in M70-99 and Daniel Dodson was 2nd in the 5K M70-99 age groups. The 5 Mile drew 125 and the 5K had 224 finishers.

May 15 (Sunday) was the "Exeter Day School 5K" in Exeter, N.H. held on the trails of Phillips Exeter Academy. The fee was \$25 which included a tech tee - shirt and was timed by Yankee Timing. There were 67 finishers and age groups up to 70+. Daniel Dodson was 1st in M70 - 99.

The "Merrimack County Savings Bank Rock 'n Race - 14th Annual" was held on May 19 (Thursday) at the State House in Concord, N.H. It is a major fundraiser for the Concord Hospital and annually draws about 6,000 walkers and runners. Restaurants serve free food on the grounds of the state capitol and bands play about every half mile along the course. The 5K run had 2,250 finishers this year and has 10 - year age groups up to 70 - 99. The \$25 fee includes a tee - shirt, chip timing by Millenium Running, announcer Andy Schachat, a rock band on the steps of the state capitol, and all the aforementioned free food. I ran for the

"Gaining Ground" team of 57 members and our team raised nearly \$2,000 alone. Robert Knight was 1st in M70 - 99, and was followed by NE65+ers Daniel Dodson and Clifford Smith.

May 21 was the "Exeter PTO Get Fit in May 5K Race - 18th Annual" held in Exeter, N.H. The \$25 race fee included a tee-shirt, chip timing by RaceWire, disc jockey music, and 10 - year age group award medals up to 70+. The race activities were all at the Lincoln Street School. Terry-Lee Harrington was 6th in F70-99, while Gary Reuter led the M70-99 group followed by Daniel Dodson (3rd) and Harold Black (4th).

May 22 (Sunday) was "Trav's Trail Run - 16th Annual" at Maudslay State Park in Newburyport, MA. The \$25 pre and \$30 day of fee included a tee - shirt and free \$5 parking ticket at this Mass. DCR state park. The trail is somewhat rugged for "roadies" and is 3.0 miles long. Ten - year age groups go up to 70 - 99. There were many raffle prizes following the age group awards. Nancy Spiro topped the F70 - 99 division, while Daniel Dodson (2nd) and Lou Peters (3rd) scored in the M70 - 99 age category. Rick Bayko and David Ritchie were 4th and 5th in the M60-69 age group.

The beginning of Memorial Day week-end (Sat. - May 28) was the opener of the 2 - part "Memorial Day Weekend Challenge" at the "Methuen Sons of Italy Memorial Weekend Races" in Methuen, Mass. The "Challenge" included running the 5 - mile "Baldi River Run" the next day in neighboring Haverhill, Mass. The cost is only \$20 per race if one registers for the 2 - race "Challenge".

The race at the Sons of Italy is a 5K with a very difficult hill in the first mile. The temperature hit the high 80's making that hill seem even steeper!!!! The race fee included a singlet with opening ceremonies honoring all US Veterans. Yankee Timing timed the 5K race. There were 10 - year age groups up to 70 - 99. Terry - Lee Harrington was 2nd in F60-69, while Stavros Kanaracus topped M70-99, with Leo St. Louis 3rd, followed by Daniel Dodson, George Bisson, George Leslie, Joseph Diprima, and Lou Peters. There were 100 finishers in the 5K.

The next day (May 29 - Sunday) was the "Baldi 5 Mile River Run" in Haverhill, MA. This fairly level course is mostly out and back along a roadway next to the Merrimack River. This race is sponsored by the Garabaldi Liguria Club on Washington Street in Haverhill with Yankee Timing keeping time. . There were ten - year age groups up to 80 - 99, as well as weight groups, Haverhill H.S. "Hillie" football finishers, Garabaldi Club members, and rankings for runners who completed the Sat./Sunday 2 - race "Challenge". NE65+ had 16 finishers with Stavros Kanaracus, David Pember, and Joe Drugan going 1,2,3 in M70-79, and Jim Lynch, Dick Kuhl, and George Leslie doing the same in M80-99. Other M70-79 finishers included: Barry Pearson (4th), Denny Leblanc (5th), Charlie Farrington (6th), Thomas Wylie (8th), Leo St. Louis (9th) and Daniel Dodson (10th). Rita Labella was 6th in F60-69, followed by Terry-Lee Harrington in 12th. Lou Peters was 4th in M80-99 with George Bisson in 5th. Terry-Lee Harrington was overall 22nd female in the 2 - race "Memorial Challenge", while Stavros Kanaracus was 8th overall male followed by Daniel Dodson (25th), George Leslie (26th), George Bisson (27th), and Lou Peters (28th).

May 30 (Monday) was the Memorial Day morning "Swampscott Dory Run - 39th Annual". This "old - timer" was timed by North Shore Timing. The \$20 fee included a nice "Dory Run" shirt and ten - year age groups up to 70 - 99. Fred Bollen was 3rd in M60-69; while John Grant topped M70-99 followed by Daniel Dodson (3rd) and Lou Peters (5th). The day was rainy but run on a beautiful hilly course near the ocean.

This coming Sunday – June 5th – is our 2nd "Flag Race" in our NE65+ "Flag Race Challenge". This 5K takes place in West Hartford, Connecticut, at 9:30am and is called the

"Celebrate West Hartford Road Race - 29th Annual." Seventeen finishers from the flag race in Maine (May 8th) are still "alive" to win the Gold Medal in our little "Flag Race Challenge". Everyone else can still earn Silver (5 states) or Bronze (4 states) or Honorable Mention (3 states). Lou Peters and I will be traveling down to run it — will you???????

Hope to see you there in Connecticut and at many more races in June "Out on the Roads of New England".

New Club Members

Jay Diener, Hampton, NH

Sponsor: Marj Radin and Henry Wolstat

Jay was a runner from 1991 to 2003 and has been a race walker from 2003 to the present. He has placed in the top 3 in walking divisions ranging from 5K to half marathons. Jay leads a local informal walking training group.

Spotlight On: Rob Knight



photo by Ted Tyler

Rob, running for NE 65+ at the 2016 James Joyce Ramble

by **Rick Stetson**

The NE 65+ competitive team benefited greatly when Robert Knight of Hopkinton, New Hampshire, joined its ranks. Rob, as he is known to his friends, came to the team from New Hampshire's Gate City Striders where last year he was voted as the club's most improved runner. Rob also won the 70-74 division in the 2015 USATF-NE Grand Prix and he ran a strong ten-mile leg in the Mill Cities Relay helping Gate City win the club championship trophy for the 8th consecutive year.

Since competing for NE 65+, Rob led the club's competitive team earlier this year to a first-place age division finish in the An Ras Mor grand prix 5K race along with Dave Pember and Gerald Porricelli. In March, Zeke Zucker, Rob and Richard Paulson took first in another USATF-NE grand prix race, the New Bedford Half Marathon. The May/June issue of the New England Runner listed the top New England Boston Marathon finishers by age group and state. The only name for New Hampshire, age 70 and over, was Robert Knight. Then just six days after finishing Boston, Rob, along with Joe Noonan who did the same thing, ran the James Joyce Ramble where the club took home another USATF national 10K championship.

Rob is a long-time member of the Granite State Race Club but he is excited his USATF competitive team is the NE 65+ Runners Club. Prior to Boston, Ray Duckler did a feature on Rob in the *Concord Monitor* where it was written that Rob's competitiveness is part of his DNA and that the Hopkinton runner "is a perfectionist." Rob's competitive spirit already has him looking towards the USATF national 5K championship this October in Syracuse. It was recently announced that Rob will coordinate the club's 70+ competitive team at Syracuse on October 2nd. Zeke Zucker who usually coordinates the competitive team, has a conflict on that date and Rob was kind to volunteer to take the position. Runners 70 and over interested in competing on the club's team at the national 5K championship race in Syracuse are asked to let Rob know by contacting him at: robertknight@comcast.net. With his running buddies helping out, Rob will do his best to see the NE 65+ Runners Club brings home yet another national title.

Quote of the Month

"My ambition is to continue running - forever. Too many people are so intense with their running that they burn out and never do it again. I want running to always bring me pleasure."

Kay Ryan

New England 65 Plus Runners Club

President: Jan Holmquist
Jholmquist@mspca.org

Vice President: Steve Viegas
stephenviegas@hotmail.com

Treasurer: Andy Lewis
andylewis65@comcast.net

Newsletter Co-Editor: Rick Stetson
rickstetson@ad.com

Newsletter Co-Editor: Byron Petrakis
Byronpetrakis@yahoo.com

Contributor: Dan Dodson
mjodand@msn.com

Results: Tom Abbott
tomabbott8@gmail.com