



# Forever Run

March, 2016

## Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

As Mark Twain is often quoted: "If you don't like the weather in New England now, just wait a few minutes." This is certainly true this winter as we have been challenged by below zero actual temperatures, snow, ice, pouring rain, damaging wind, sunshine, and temperatures in the 60's! If you managed to sleep through the powerful storm this morning in the wee hours (February 25), then you are really a heavy sleeper! Spring is not far away and many of us are looking forward to running in the National Masters 10K, once again at the James Joyce Ramble on Sunday, April 24th in Dedham, MA. Our men's 70+ runners won the team competition last year and we wish them the good fortune to do so again this year!

In this edition of *Forever Run*, Byron Petrakis has continued profiling three more of our eight Boston Marathon waived runners. The final three club members who received waivers from our 65+ club will be featured next month, but we also would like to feature others who have either received a waiver from another group or those who have qualified. If you would like to be featured, please contact Byron at [byronpetrakis@yahoo.com](mailto:byronpetrakis@yahoo.com). We hope everyone's training is going well.

I am very pleased that so many members are sending in articles for our monthly newsletter. I hope you enjoy, as I do, reading about our members even if our paths never cross in person! Everyone is encouraged to submit articles of interest and also to nominate a member for a "Spotlight On" feature as well as "Volunteer of the Month."

Please note Susan Filene's article and remember to "Save-the-Date" of June 25th to participate in the marathon relay (run, jog, walk - just 1 mile) while we celebrate the 25th birthday of the New England 65 Plus Runners Club!

And as a reminder, the deadline for voting on the Bylaw revisions is March 11th, so next month I'll share the outcome with everyone. The Bylaw mailing has also enabled us to update email and snail mail addresses for many of our members, allowing us to **keep communications current!**

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## NE 65+ Marathon Waiver Profile: Marj Radin

by Byron Petrakis



photo by Ted Tyler

Marj heading to the finish at the 2015 Run For All Ages.

For Marj Radin, running is a family affair. She's run races with her husband, daughter, granddaughter, and daughter-in-law. Indeed, meeting her husband, Henry Wolstat, in 1999 provided the catalyst for her running career. She completed her first race—a 5K in 2001 at age 56—and then began running triathlons, thanks, she says to the influence of NE 65+ Runners Club legend Phyllis Mays.

A late bloomer, Marj started running half marathons to build her endurance before running her first marathon, in 2005 at Boston, when she was 60, an age where most men and women (but not those in the NE 65+ Runners Club!) are content with 5K walks. One year later, she ran her marathon PR in 4:51. In 2009, she received a NE 65+ club waiver which allowed her to run Boston with her husband. Since then, she has run two more marathons, the last one in New York in 2013.

At 70 years of age, her goals for her 5th marathon overall and 2nd Boston Marathon are: first, to finish having fun and being healthy; second, to run under 6 hours; and third, to run under 4:55 for a BQ—"the latter for bragging purposes only, as my marathon days will be over as of April 18, 2016," she says.

While her marathon days may be coming to an end after Boston, her recent racing experiences suggest that her running days are far from over. Last November, she ran a 5K with her daughter and 9-year-old granddaughter, and she has logged "a few half marathons" with her daughter and daughter-in-law. "It's been fun!" she says.

Whatever the future may bring Marj, she has already provided a great role model for her daughter and granddaughter as well as the larger community of runners who aspire to remain hale and hearty throughout their lives.

Good luck, Marj!

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## **NE 65+ Marathon Waiver Profile: Phil Pierce**

by Byron Petrakis



photo by Dave Giberti

Phil taking first in his age group  
at the 2016 Boston Prep Race  
in Derry, NH.

Mainers are tough, and Mainers who train through the winter to run the Boston Marathon are even tougher. NE 65+ Runners Club Hall of Famer Phil Pierce is one of them.

A veteran of 63 marathons overall, Phil does not plan to rest on his laurels after doing Boston. Rather, he is looking forward to running both the Maine Coast Marathon and the Maine Marathon in the fall of 2016. Beyond that, he is also hoping that the USATF National Championship 50K will continue to be held on Long Island in March 2017. If so, and if properly trained, he plans to run it. Phil's reduced work load at a Maine Veterans Administration facility has given him more time to train, which could serve him well as he pursues his ambitious running goals. Not bad for someone about to turn 75 this summer!

Besides his marathon and ultra-marathon training, Phil is currently running the Hockomock Swamp Rat Race Series of 25 wild and wooly races all over New England, and is currently in second place (2/52), basically because he not yet missed any of the races! Phil's training and racing regimen has served him well thus far this winter. In late January, he finished 1st in the

70+ male age group at the hilly 16 mile Boston Prep in Derry, NH in an impressive time of 2:36:17 (9:47 pace).

Phil's marathon PR was 2:59:08 in Boston in 1987, and he ran an amazing 65 plus PR of 3:52:40 in Boston in 2005. As those of us who have run Boston can attest, the Hopkinton to Boston course is not the most conducive to marathon PR's, which makes Phil's past feats even more remarkable.

Phil has received three waivers from the NE 65+ Runners Club. When he lines up to run his 31st Boston Marathon in April, he hopes he will run a time of under 4:40 so he can qualify for Boston 2017.

Good luck, Phil; may you stay "Mainer Strong!"

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## **NE 65+ Marathon Waiver Profile: Ram Satyaprasad**

by Byron Petrakis



photo by Nancy Norton

Ram with his award after running 16 miles at the 2016 Boston Prep in Derry, NH

When Ram Satyaprasad toes the line at the 2016 Boston Marathon, he will be almost 78 years old.

Ram started running for health reasons in 1982 and says he is "still motivated by the same

reason." He runs all distances and modestly says he "will never be a top gun at any distance."

His first Marathon was the Boston Peace Marathon in 1987. Until he started the Shamrock Running Club with the late Bill Feeney, racing was not his "favorite activity."

Since then, he has run over 25 Marathons, including 7 Bostons. His best time ever was 3:34 at Bay State Marathon in 1992, while his best marathon time after turning 65 was 4:06 at Florida's Disney Marathon.

He has received two waivers from the NE 65+ Runners Club. "It is always an honor to follow the footsteps of the great runners (in) the club," he writes. "Without a waiver I (would) not be running in 2016."

His goal for 2016 is to run many races in order to accomplish his broader goal of 300 races.

In the grueling 16-mile Boston Prep Race in January, Ram finished in 2nd place behind Phil Pierce in a time of 2:52:59 for a 10:49 pace. As those of us who have run the unrelenting hills of Derry well know, just finishing this race in January is quite an accomplishment, let alone someone approaching 78 years of age!

Best of luck, Ram, at Boston and beyond!

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## **NE 65+ 2016 Flag Races**

**by Rick Stetson**

Listed below are the club's flag races for 2016. The races worked out well in 2015 and all have been retained except for Connecticut which has been moved to West Hartford. The reason the flag races were successful was due in large part to the club's race coordinators (names listed below in parenthesis) who contacted race directors and insured there would be a place to set up the NE 65+ tent and banners. Thanks to all who came by last year and took part in the club's flag races.

Our club's Bylaws state that one of the purposes of our organization is "to develop a spirit of good fellowship among its members..." An excellent way to promote that spirit of fellowship is to take part in a flag race when it comes to your state. And you don't have to live in the state to run in a flag race. The more club members we can have socializing before and after a race by the club's tent, the more visibility we will present to the other runners demonstrating that NE 65+ is an active club with many dedicated members. At the flag races last year, a number of club membership applications were handed out while many other runners stopped by to say they were not old enough to join but would do so when they turned 65. The flag race coordinators listed below are looking forward to handing out club applications again in 2016 and hope you will be there to join them

Maine: Portland Sea Dogs 5K, Portland, May 8 (Mel Fineberg)

Connecticut: Celebrate West Hartford 5K, West Hartford, June 5 (Bill Borla)

Vermont: Stowe 8 Mile, Stowe, July 10 (Zeke Zucker)

Rhode Island: Bobby Doyle 5 Mile, Narragansett, August 14 (Milt Schumacher)

New Hampshire: Great Island 5K, New Castle, October, 9 (John O'Donnell)

Massachusetts: Run For All Ages 5K, Wakefield, November 5 (Jan Holmquist)

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## Tufts Relay Update

by Susan Filene

We have five runners already for the June 25th Marathon Relay at the Tufts University track 8 a.m. to noon. This relay is for running clubs only and we want ours to be noticed! This year is our club's 25th club anniversary so the date of the race is auspicious and we will have some kind of celebration there. We will have a tent and everyone will be so inspired that we sexa-, septua-, octo-, and nona- genarians have such a great club that they will be looking forward to their 65th birthday so that they can be one of us.

So please sign up!!!! It will be fun. Or come and cheer.

All you have to do is run one mile on the track. Not even fast. Hey, I am doing it and I am not fast. We need 26 runners. 10 have to be women. We have two women already—our President, Jan (really, really fast) and me (slowish). And three male runners so far.

Live far away?? No problem. I will put you up at my house in Cambridge or, when that is full, find you another welcoming home.

Just email me: [susanfilene@gmail.com](mailto:susanfilene@gmail.com)

Or call and leave a message: 617-877-8428

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## 65+ New Member

**Newton Baker**, Montpelier, VT

Sponsor: Dick Fedion

Newton was the second oldest finisher in the 2015 USATF Race Across the USA (3085 miles). He has taken part in 22 straight USATF national championship 24 hour runs capturing 15 age group firsts and 5 seconds. He has also completed 5 Vermont 100 mile trail runs, 8 Bostons and thus far, has run a total of 346 marathons. He is a true "ultra runner."

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## Racing in the Bitter Cold



photo by Bob Cargill

That's Tom in the ski mask after the Paddy Kelly demonstrating it is possible to race even when the temperature falls below 10 degrees.

**by Tom Abbott**

You might still need this frigid-weather tip, even though we're about to complete the first-or-second-"warmest" meteorological winters since 1872-73 (before even NE65+'ers were running!). You know temperatures around here can change on a dime. Like they did this February 21. Had a race to go to - the Paddy Kelly 5 in Brockton. Had already entered. Thermometer at home said 5 below. "What!!?" But, there it was. Plus wife saying, "Please don't go." Email from race director saying that the course shortened to 4.5 miles for the start and finish to be closer to the warm building, "as an adjustment for the weather conditions." Good news, but still blustery out too, so wind chill temps could be 30 below. "Maybe the car won't be starting," I was thinking. But it did, and just for the drive down, put on two warmup pants, two jackets over the 2-3 layers of racing layers. And it worked! The huge pre-race crowd in the toasty-warm Harry's Westgate Pub and Grill helped heat up all the layers too! These extra layers worked well for the short warmup jog, and so I was comfortably warm as we began standing around for the start. Quickly took off the two warmup pants and two jackets and put on the roadside.

What I learned that day was to not fear temps right around zero, even when there's wind! Of

course, I did need a full-face ski mask, a 2-ply hat over it, thick ski mittens (with a plastic bag over each; bags maybe not needed though), thermal longies plus leggings (just loose tights) on legs, 2 thin long-sleeved shirts, a thin singlet and a tight windbreaker on top. For feet, Smart Wool socks and "toe-warmers" (just thin, 6-hour hand-warmer packets; might not have needed those either, but who knows). So, felt fine, just worried a bit until it was clear no body parts would freeze and I could still do race pace! In fact, the last 2 miles with the wind at our backs were fast miles for all of us. Dave Pember told me later that he wore only a pair of tights on his legs, and so his quads felt extremely cold. (Dave still easily took first in our age group!) My thermal longies under the tights are always totally fine as long as they don't get even slightly sweaty. No sweating on this day! The psychologically hardest part of the race? Seeing the 5-below at home and worrying that the car wouldn't start or the coolant would be frozen! Piece of cake after that.

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## Another Cold Weather Runner

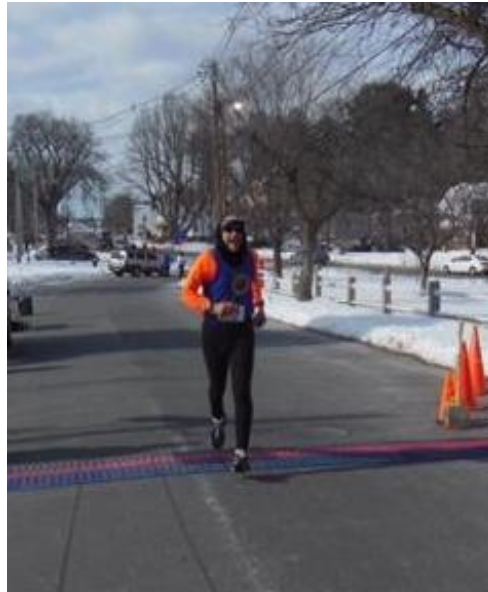


photo by Colin Kennedy

NE 65+ past president, Tom Wylie, all bundled up, finishing 5 miles on a cold day at the Bradford Valentine Road Races

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## Out on the Roads of New England

by Dan D.

Well ... March is here and we have "survived" a particularly gentle winter in most parts of New England. We now enter the March St. Patrick's races and the "long" preparation for the Boston Marathon. The number of races we have to choose from greatly increases now as the weather warms. Break out the shorts .... technical tee shirts are now "in" .... maybe buy a new pair of running shoes. "LET'S GO"!!!!

My race total in February was only 4 due to a 2 - week vacation to the British Virgin Islands from February 1st to 15th. Added to my 9 races in January my 2016 total is only 13 or 5 below my expected 18. I try to run at least 9 per month in order to bag my 100+ races each



year (9 races X 12 months = 108 races).

Of course February is generally a "little light" due to our 15 day vacation and often race postponements due to weather. I'll have to "pick up the pace" in March.

On Saturday, February 20 I ran the "Fudgcicle 5K Series - Week 8" in Tewksbury, Mass. Our club did very well as Rita Labella topped F60-69 and Lou Peters was victorious in M80-99. Steve Kanaracus won the M70-79 followed by Jon MacKenzie and Daniel Dodson. In the M60-69 Stephen Viegas was 4th and Francis Quinlan 6th. There were 130 finishers for this \$1 entry fee race. Many runners headed over to the Deli - King for the weekly post-race breakfast.

The next day (Feb. 21st) I headed to Nashua, NH for the 5K "Freeze Your Buns #4". This "every other week" 5K is held on Sundays in January, February, and early March. It is sponsored by the Gate City Striders and costs only \$5 per race. Jack Kick was first in the M80+ division while Daniel Dodson finished 2nd in M70-79. There were 163 finishers. Hot chocolate and coffee follow inside the Conway Arena hockey rink.

On Saturday, February 27th, I picked up Lou Peters in Methuen and went to Tewksbury, Mass. for the final event of the "Fudgcicle 5K Series" called the "TwoSome Race". There is no entry fee and everybody runs with a partner. Timing is done by the Greater Lowell Road Runners in normal overall fashion as well as in the 2 - person team category. Rita Labella won the F60-69 category and Steve Kanaracus won the M70-79 age group with Jon MacKenzie and Daniel Dodson 2nd & 3rd. Lou Peters topped the M80-99 division and Stephen Viegas was 5th in M60-69. The awards for the "twosome" category and other awards were presented at the post - race breakfast at the Deli - King on Route 38. There were 84 finishers for this final "Fudgcicle 5K" event in 2016.

My final race in February took place on Sunday, February 28 in Haverhill, Mass. This was the "Frozen Shamrock 3 Mile" race – the first of the 3 - part "Wild Rover Series" sponsored by Yankee Timing. There were 1004 finishers on this perfect weather day on a very hilly course (after all the city is named HaverHILL). On-line registration for all 3 races was \$108 which includes tee shirts and Ashworth Awards medals for each race, beer & food, clocks at each mile point on the course, Irish bands and bagpipes, etc. Results are "instant" on computers at the end of the race. The 3 medals fit together to make perhaps the finest running medal you will ever attain. Barry Pearson was victorious in M70-79 with Richard Molloy 5th and Daniel Dodson 6th. Dick Kuhl won M80+. In the 60-69 category ... Rich Clark was 14th for the men and wife Kathy was 6th female with Terry Lee Harrington 10th.

In March I'll be running the 2nd & 3rd Wild Rover Series races in Lawrence (4 miles) and Lowell (5 miles) on Sundays March 6 & 13. The next Sunday I'll be charging through Manchester, NH in the Millenium Running "Shamrock Shuffle" (2 miles) on March 20. The day before I'll be running the 6th Annual "Pursuit of the Holy Grail" in Epping, NH.

Last month I gave you a "homework assignment" to check out pages 43 - 45 of the January/February edition of New England Runner magazine. The editors list the top 70 races in New England. The majority of races are present on this list each year like the Boston Marathon, Joan Benoit Samuelson's "Beach to Beacon 10K", Newburyport's "Yankee Homecoming 10M/5K", the Mount Washington Road Race, the "Run for All Ages 5K", etc. etc. etc. etc. The question is: how many of these 70 top New England races have you EVER run in your lifetime????? I checked my list and I'm now convinced that I've run 37 out of these 70 running gems (52.9%). Can anybody claim to have run more of them?????? Let us know and I'll include your total next month.

Until then ..... I hope to see you out there running a March "Irish" themed race somewhere

## JUST BY RUNNING CHANCE

by Bill Borla

I was running with a couple of friends on my long morning run one recent Sunday. With less than a mile to go to finish with nine miles, we saw a couple of runners coming toward us about ¼ mile away. From his running form, I could tell who one of the runners was, but I couldn't tell who the other one was. We stopped to talk and I realized why I couldn't identify the other runner by observing his running form. This was the first time we met. The runner I knew was another old friend. He invited the three of us to come down to the Litchfield Community Center to see a program that the stranger was going to put on. It was supposed to have some running activity in it. The Community Center wasn't that far away, so I said I might stop in. The other runners with me said they weren't going to go, and I was leaning toward going home to get breakfast and shower.

But, fortunately, when I got to my car I changed my mind. I walked into the Community Center and saw a number of runners I knew. They were members of the Litchfield Striders Running Club and this was one of their affairs. Right away I saw there was a long table with some wonderful breakfast foods all laid out. That took care of my breakfast and it was free! Now I was really happy I came. This alone made it all worth it. But little did I know what was coming next.

After eating, the stranger was introduced as Noah Cass and he began the program. The place went quiet when he began by saying he was a Marine who had served two tours of duty in Iraq and he was suffering from post traumatic stress disorder (PTSD). He kept hearing the low hum of the HUMVEES' engines starting up; the noise of exploding bombs; machine gun fire; flashbacks about friends in his unit who were killed; and nightmares. There was constant ringing in his ears and he couldn't sleep. He began to drink heavily and his marriage started falling apart. As had most everybody, I'd read about the problems military personnel, who have served in war zones and have tried to readjust to civilian life. But listening to this young man telling his story up close and personal brought it to a new level. PTSD is an insidious mental problem that can cause a seemingly healthy, strong person to fall apart.

After his short talk, this young man showed a documentary about his life. There were scenes of the war in Iraq; a HUMVEE that he was on that was hit by an IED and had its front end blown apart; interviews with his father and wife; and him playing with his two year old son. Another part showed a funny scene with him jogging with his son. I think most of us were getting a little emotional at this point. Then there was a scene with him being filmed while running a 50-mile ultra marathon. He explained that while trying to overcome the PTSD, he started going off on trail hikes by himself where he could have some quiet, peaceful time. He would see people running and thought he could do it. He began running and found that it helped to settle and calm him. This ultimately led him to get into races like the ultra. I was happy to hear that running was so beneficial for him. Most of us there were runners, so we could relate to the benefits we derive from running. We don't have to deal with the kind of stress he has had, but there is some degree of stress in all our lives and running helps alleviate it.

I was really happy I didn't go home and got to hear this moving story just by chance.



Noah Cass, a Marine vet who turned his life around through running.

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## Spotlight On: 65+ Runners of the Year

by Rick Stetson

When the January/February issue of "New England Runner" hit the newsstands, 65+ Runners Club readers should have recognized a lot of familiar names in the magazine's listing of "Runners of the Year- State by State." We would like to honor these outstanding runners by featuring their photos in "Forever Run" along with their state and age division. May they all have continued running success in 2016.



Bill Borla,  
CT, 70+



Dennis Branham,  
RI, 80+



Frances Branham  
RI, 80+



Larry Cole  
MA, 80+



Linda Dewing  
RI, 70+



Mary Harada  
MA, 80+

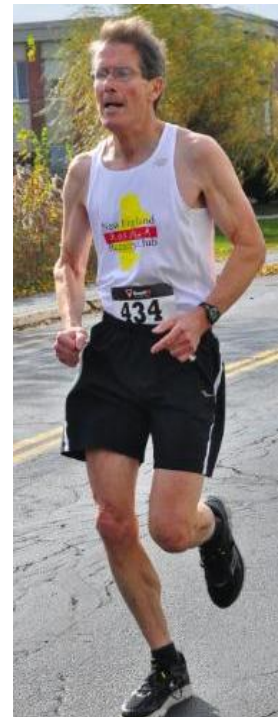
Photo of Mary from  
a Boston Globe  
article by John  
Vellante titled "A  
Lifetime of  
Running."



Jan Holmquist, NE Runner of Year  
MA, 70+



John Howe  
Maine, 80+



Robert Knight  
NH, 70+



Jim Lynch  
NH, 80+



Lou Peters  
MA, 90+



Gerald Porricelli  
RI, 70+



Zeke Zucker  
VT, 70+

### Photo Credits

Most of the above photos of 65+ members running were taken by Ted Tyler at Run For All Ages races except for the photo of Gerald Porricelli which Ted took at the Doyle 5-mile race in Rhode Island. Photos not taken by Ted are of Mary Harada (credit given under her photo), Zeke Zucker (photo by Greg Holder as Zeke set a new age group record at the JFK 50 miler) and Bill Borla (photo taken at the 2014 James Joyce Ramble by Michelle Gaboriault of the Image Gallery.) It was at this race that Bill, along with Bill Riley and Dave Pember, led NE 65+ to a first place team victory in the men's 70+ division defeating the Ann Arbor track club by 24 seconds.

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## Book Review: "An Athlete's Fantasy"

by Rick Stetson



photo by Bill Petti

The author wearing his award medal after competing in the Run For All Ages.

In the February issue of "Forever Run" we learned that NE 65+ club member Raymond Fell began training for races at age 55 and in addition to logging over 8,000 miles and competing in the National Senior Games, he has authored four books. In this issue, we would like to review one of his books, "An Athlete's Fantasy."

When the book's main character, Jeremy, started running in his mid-fifties, he was unable to run a full lap around the local track. But with daily trips to the track, he was able to increase his distance to where he could run a mile without stopping. He then worked up to running two miles a day and when a runner convinced Jeremy that he should enter a race, he decides to do so. Jeremy then receives a trophy for placing third in his age group and he is hooked on running, something many of our club members can relate to.

From the description of Jeremy's thoughts as he competed in his first race, it is obvious that the author has a running background. But from that point on, Jeremy enters a world of fantasy when he meets the inventor of a heavily cushioned running shoe called the Z-50. It is amazing what the new shoes do to improve Jeremy's running yet the story is realistic to the point where readers who have taken part in road races will say, "Wow, if only I had a pair of shoes like that."

Just as Ray's running club, NE 65+, puts on a race for runners of all ages, his book will be enjoyed by readers of all ages. At 71 pages, it does not take long to read (less time than running a marathon) which is perfect for runners who spend more time working out than going to the library. "An Athlete's Fantasy" can be ordered through Amazon. We are proud to report

that its author, who will turn 89 next month, is still out there competing which is a true fantasy for any athlete.

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## Volunteers of the Month

by Rick Stetson



Bob Fitzgerald



Michelle LeBrun

photos by Jerry LeVasseur

Our volunteers of the month are not yet old enough to belong to the NE 65+ Runners Club, but they both have done much to spotlight our club, our Run For All Ages and to recognize a number of our 65+ members.

Bob Fitzgerald (or "Fitz" as he is known to his friends) and Michelle LeBrun are publishers of the New England Runner (NER), a great magazine that is enjoyed bi-monthly by many in our club (if you don't subscribe, please consider doing so.) Those who attended our club's Annual Luncheon last September will remember Fitz and Michelle as our guest speakers and their humorous and well-received remarks.

The Jan/Feb issue of NER featured the always-popular Year in Review. Fitz and Michelle picked out the top 70 New England road races for 2015 and once again, our Run For All Ages (RFAA) 5K was named as one of the five best races occurring in November with comments like, "A magnet for top age groupers," and "...this event boasts age division awards in 5-year age divisions through 90+." We are pleased our 10-deep age-graded cash prizes was also mentioned. Not many races give age-graded cash prizes and having the race covered (including photos) in NER is one reason the RFAA continues to grow in popularity.

The Jan/Feb issue of NER also lists Runners of the Year in age divisions for our New England states and many of our 65+ members were honored (more about that in this issue of "Forever Run.") A huge honor that NER presents every year is the New England male and female runner of the year. For 2015, the female runner of the year was our club president, Jan Holmquist. Jean Cann did an excellent job of profiling Jan in an article titled, "Late Start, Fast Finishes" that included some of her 2015 race highlights along with a nice photo of Jan with a big smile on her face as she finished one of her races. Fitz and Michelle also included in the same issue an article about Zeke Zucker setting a new men's 70 division record at the JFK 50-mile race along with an excellent photo of Zeke crossing the finish line in the Maryland ultra

race.

For their continued support of master's running and of our club, we are proud to name Bob Fitzgerald and Michelle LeBrun as our Volunteers of the Month.

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## Correction

An article was published in the February issue of "Forever Run" about the USATF-NE banquet and Dan Dodson was credited as the author. We regret that Dan was listed as the author. The article was written by Rick Stetson. Although Dan attended the banquet and he provided some of the information used in the article, he did not write the article. We want to apologize to Dan for putting his name in the byline of an article he did not write.

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## Quote of the Month

May the road rise up to meet you. May the wind always be at your back.

Irish Proverb

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