



Forever Run

May, 2016

Keeping Communication Current with Jan Holmquist

Dear 65+ Members,

Club Opportunities Abound!

*Please save-the-dates; join us for camaraderie and fun!

- Saturday, June 25th, Club Relay/25th Anniversary Party
- Monday, September 26th, Annual Banquet
- Saturday, November 5th, 15th Annual Run For All Ages

*There are several openings on the 65+ Board of Directors. If you are interested in joining the Board (we meet twice a year), please email Henry Wolstat, Chair of the Nominating Committee with a brief note of interest: hwmd@comcast.net. Openings are for state representatives in VT, NH, MA, and RI.

Directors' Responsibilities: Work with the other Director(s) in your state to constantly review races for the following in both genders:

Age Groups 80 and over
Equality of prizes in all age groups
5 year age groups in large races at least to age 80

Get members and others to report races and Race Director (RD) contact information to you for races that do not conform to the club's guidelines above. You (or the President) will contact the RD encouraging them to update their recognition structure.

Optional, but encouraged, as your time permits: Obtain a list of members in your state from the Membership Chair (or President). Periodically follow up on the list for current and correct information and to encourage club participation in events.

Determine the Flag Race for your State and work with the Flag Race Chair.

Encourage non-members to join our club.

*In addition, the Run For All Ages committee welcomes more participation. Please let me know if you are interested in helping plan and execute the race. Our first organizing meeting is planned for Saturday, June 4th at 11 am at the Wakefield Public Library: jholmquist@mspca.org

*In this newsletter, you will read about our 70+ men's team who once again won 1st place at the USATF National 10K James Joyce Ramble! Due to the recognition and success of our 70+ men, at the Board meeting on April 28th, we voted to subsidize our 70+ men (\$150 each) who race at the USATF National 5K Syracuse Festival of Races on October 2nd. If you are interested in this endeavor, please let me know. Your USATF affiliation must be with our 65+ club!

*Also, at the April 28th Board meeting, I was re-elected to another 2 year term as your President along with Steve Viegas as your Vice President. I am honored to continue as your President and look forward to collaborating together to promote our mission and bring recognition to older athletes.

Boston, 2016



Photo by Tom Wylie

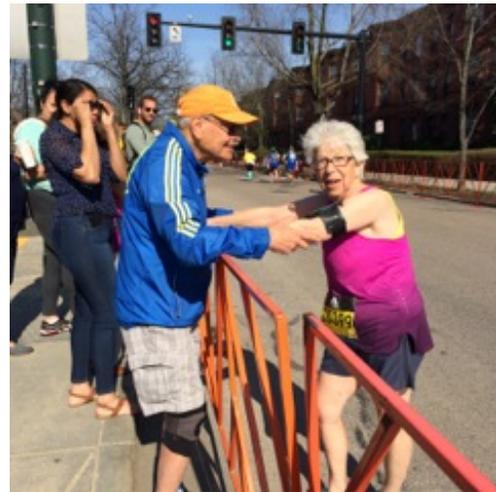


Photo courtesy of Marj Radin



Photo by Maureen Martinello

Boston photos. Left: Shu and Mary Minami at the 25K marker in Wellesley prior to the start of the 2016 marathon. Top (R): Marj Radin gets support and encouragement from Henry Wolstat. Bottom (R): Rick Collette waves to friends at 22 miles.

120th Boston Marathon Impressions

by Tom Wylie & Byron Petrakis

The morning of April 18, 2016 started off at a cool 37 degrees at 4:00 a.m. Fortunately, for those of us watching the race, the temperatures warmed rapidly, so that by the start of the Boston Marathon, the mercury was already in the 60's and 70's, depending upon one's location. For the runners, though, the rapidly rising temperatures, the bright sun and very

dry air created challenging conditions that led many to experience dehydration and muscle cramping along the course.

Our journey began with our departure from Tom Wylie's house in Bradford, MA at 5:15 a.m. Forty-five minutes later we were in Malden Center at the MBTA station where we caught a train to Back Bay for our 6:30 a.m. meeting of marathon course volunteers, led by team coordinator Dave LaBrode, who has been doing this important task for 25 consecutive years.

We arrived at our assigned station at the 25K mark at 7:30 a.m. with plenty of time before the official B.A.A. start of 8:50 - 9:22 a.m. for the Mobility Impaired groups, followed by the 9:22 Elite Women. So we checked out the location of a near-by Dunkin Donuts and located a good place to return later for sandwiches. We also stopped at the nearest water station and medical tent, introducing ourselves to fellow volunteers.

At the 25K Marker there were clock volunteers from the Framingham Runner Clubs, and two very important people: Bob, a retired Watertown Police Officer now working at Babson College, and Doug, the person who manned the timing mats. Overseeing the mats took considerable time and attention, as they often needed "adjustments" so runners would not trip. Bob and Doug stayed at their posts right up to 3:30 p.m.

Of the approximately 26,000 official finishers, Tom Wylie and I saw nearly all of them pass by our checkpoint at 25K on their way to the finish. As B.A.A. course monitor volunteers, we were stationed at our checkpoint from 7:30 a.m. to 3:30 p.m. That large window enabled us to see waves of athletes-from mobility impaired to the elite men and women, from mid-packers to those near the very back-make their way from our spot in Wellesley Farms to the finish line in Boston. Even before the first wheelchair athletes appeared, we cheered on members of the United States Army running the course in fatigues and combat boots. (And we complain that our running shoes are "too heavy"!)

This particular marathon featured a number of memorable scenes. While it was thrilling to see the lead packs of elite women and men speed past us, it was inspiring to see the many runners with physical handicaps that would deter many of us from running one mile, let alone 26.2. These included the mobility impaired, the blind runners with their guides, the members of the Achilles Track Club, and two survivors of the 2013 Marathon, Adrienne Haslet and Patrick Downes, running on prosthetic blades for 26.2 miles. Both Haslet and Downes personified the courage and resilience shown by the many survivors of the 2013 Boston Marathon bombing who refuse to allow terrorists to define their identity. While the grit and determination of the members of the NE 65+Runners Club who completed the Marathon are not in the same category as those mentioned above, these athletes also deserve our admiration and respect. At an age where many of their peers retire from vigorous activity, these senior athletes, ranging in age from 65 to 77, show how commitment to a goal can lead to successfully responding to the challenges of age. According to the B.A.A. website, the names and finishing times of the NE65+ Runners Club members are:*

Jim Toulouse	3:44:48
Steve Viegas	4:12:07
Rob Knight	4:28:57
Stavros Kanaracus	4:22:55
Bob Kennedy	4:30:15
Joe Noonan	4:48:41
Barbara Grandberg	5:04:26
Gary Circosta	5:21:33

Mike Menovich	5:25:12
Mary Ulinski	5:37:52
Rick Collette	5:42:26
Marj Radin	5:48:25
Ram Satyaprasad	6:02:01

Another memorable sighting was of Marathon Grand Marshall, Bobbi Gibb, who was driven along the course before the elite runners appeared. Her selection as Grand Marshall honored her achievement as the first woman to complete the full marathon course in an unofficial time of 3:21:40 in 1966. Because the B.A.A. barred women from officially competing until 1972, Bobbi Gibb's time is not officially recognized. It wasn't until 1972 that women runners were finally allowed to compete. Nonetheless, Bobbi Gibb is widely credited for her pioneering effort, making the subsequent achievements of such accomplished American runners as Nina Kuscik, Katherine Switzer, and Joan Benoit possible.

Besides acting as cheerleaders encouraging the runners, especially those who looked like they needed a boost, we had some specific responsibilities as course monitors. Chief among those was guarding the 25K marker, making sure that it remained visible at all times, did not tip over, or was not stolen by spectators looking for a special marathon souvenir! We also kept spectators from crowding the road, ensuring that runners could proceed without obstacles in their path. Spectators were universally accommodating and respectful throughout the day, making everyone's day safe and enjoyable. We were also instructed to look for runners who seemed to be struggling and offer them assistance, if they so required. Only two did so, and we escorted them to a near-by medical tent where they received professional assistance. We also ended up redirecting runners as Bob worked to readjust the timing mats, which occasionally bunched up and presented potential hazards to both runners and wheelchair athletes. Finally, we also assisted our friendly policeman, Bob, when several local residents actually tried to drive onto the course, despite orange cones indicating that Route 16 was closed. Luckily, no harm was done, and the drivers finally got the message when they were courteously but firmly approached by the MP's who were also assisting at our checkpoint.

This was Byron's 3rd consecutive year as a marathon volunteer, while Tom has served twice, in 2014 and 2016. We were part of the course monitor crew recruited and supervised by Winner's Circle Running Club member Dave LaBrode, who this year completed his 25th consecutive year of service to the Marathon. Dave's commitment to the running community in the Merrimack Valley is legendary. The NE 65+Runners Club has recognized Dave for his pioneering role in directing races that provide age-group categories in the 60s, 70s, and 80's.

By 2:30 p.m. the number of runners had dwindled; it had been nearly 3 hours from the 11:20 a.m. start of the last wave so we began to assist with clean up and study the map for logistics on the return trip to Malden. The B.A.A. bus picked us up about 3:30 and it was a very long and very slow return back to Boston. After a one-hour ride on the Green Line to North Station, we changed to the Orange Line for our journey back to Malden, where we got in Tom's car and drove back to Bradford, returning around 7:00 p.m. A great day for running and we felt proud representing the NE 65 Plus Runners Club as volunteers for another historic Boston Marathon!

*We are aware that three of the NE65+Club members who received waivers were either unable to start the race because of injury or were unable to finish because of injuries or difficulties they encountered during the race.



photo by Tom Wylie

One last photo as Tom and Byron finish up a long day of volunteer work at the 2016 Boston Marathon.

Needed: 25 Runners to Celebrate 25 Years

by Susan Filene

OK NE65ers, time to pick it up and get it done (filling our roster). So far we have 13 intrepid runners for our team at the Club Challenge Marathon Relay on June 25th. We need at least 25 (26 would be even better). You run only 1 mile. Slow is OK, fast is OK. Let's show up!!

Those members who contemplate numerology will have noticed the confluence of the 25's: the June date, the minimum number of runners we MUST have and, most importantly, the number of years that NE65+ Runners Club has been around. The race will be the venue of our 25th anniversary celebration. So even if you cannot or do not want to run in the relay, PLEASE come to the event and celebrate this great club. Showing up is important. And you will have so much fun!

It is quite possible that even if you are running a leg for another running club you may also run one for 65+. I have scoured the rules and find that, though a runner may not run two legs of a race for one club, there is nothing in the rules stating that she/he may not run a leg for two different clubs. I have emailed the race director twice about this and have received no answer so I think we should assume that it is OK. If you email me that you are volunteering to run a leg for 65+ and you have signed on to another club also, please include that fact and the name of the other club in your email. And, by the way, if you live near the venue (Tufts University) and can host someone from those states north or south of Massachusetts email me. We want as many people as possible to come to the anniversary celebration.

Here are the runners who have signed on so far:

Porfirio Claudio	Phyllis Mays
David Ellis	Rich Paulson
Maureen Farren	Jeffrey Race
Sue Filene	Ram Satyaprased
Yolanda Hobin	Greg Tooker
Jan Holmquist	Tom Wylie

We need 12 more members to sign up and 5 of them must be women. Please consider adding your name to this list with a quick email to me: susanfilene@gmail.com Thanks.

A Connecticut Yankee in LaLa Land

by John Gibbons



photo courtesy John Gibbons

John (right) with two-time Ironman winner, Scott Tinley, in 2013 after winning the Palm Desert 5K.

Editor's note: When John Gibbons visited the West earlier this year he mentioned he would try to find a race or two while out in the warmer climate. We asked if he was able to locate a race to let us know how it went. The following is his report.

While there seem to be a lot of 65+ runners in the Palm Desert and Palm Springs areas of California, I could not find a running club. However, in one race there were 11 in the 70-74 age group and 8 in the 75 and up. All races were well organized with nice awards (terra cotta medals), lots of food (some beer for the hardy) and interesting scenery. Some of Palm Springs, for example, is hilly with old movie star mansions while some of Palm Desert is pretty flat. The weather was great for all races though one in late January finished just before a major storm blew in (we were watching the rainbows to the west and wondering what that meant...it meant rain and wind). All races started at 8 before it got too warm.

Anyway, I ran in four races. I missed one in mid February (Valentine's race) due to a trip east to meet my new grandson (my 10th and 12th grandchild.) I also missed a race in March as my wife came down with a virus and I was the driver to the clinic at race time.

In chronological order here are my races: 1/24/2016: The New Balance 10K and 5K in Palm Desert. I had no idea where I was running (it was dark when we started but got very nice as the sun rose over Eisenhower Mountain) but I managed a 3rd (of 11). Might try the 10K next year. On 1/31/2016 I ran the Palm Desert Panther 5K which goes up and back El Paseo, the main street of Palm Desert. It was a fund raiser for a local school and jammed

with kids running and jumping and stopping. Lost about a minute from the previous week dodging kids but finished 3rd in age group. Not sure how many in the age group because the race director only posted results last week (he apologized). Very picturesque race with a school band at the start at 6:45. I have run this race three times and won it three years ago and was presented a medal by Scott Tinley (see photo above.)

On February 6th I ran a 6K (yes 6) to raise money for the Heroes...military guys having trouble making it back into society. This 6K (extra K for soldiers) ran up and down in the hills of Palm Springs and was very interesting. Got 2nd out of 5 in the age group with a 33 minute 6K (a p.r. since we never run 6Ks). Great post race band and beer.

3/20/2016: Racing Wild for Hope 5K in Palm Springs....yes same town but a flat race. Ran a 27:55 which was good enough for 3rd and missed 2nd because I stumbled coming into the finish (lost 2nd by .02). Never saw the guy. Weather was great because by then sun was up. Nice organization for cancer and I "won" a pennant for a friend who lost her life to ovarian cancer just a year ago.

So, you say, who would go all that way to run (other than Zeke?) We have a modest house on the Vintage Golf Course and room for runners next year if anyone wants to try out running in Palm Springs or Palm Desert. Let me say it is nice running in shorts and a tech shirt in the winter and not worrying about ice or snow or 32 degree race temperatures.

The Reverend Joseph Shea Memorial Award

by Jan Holmquist

The Reverend Joseph Shea Memorial Award shall be awarded annually providing there is a clear consensus that there is an appropriate recipient. The award shall be presented to a member who has exhibited exemplary service to the New England 65 Plus Runners Club - or to the sport of running in its various manifestations, or to the running community at large. It will be made with no special regard to a nominee's running prowess or accomplishments and will have no bearing on the considerations for any other awards the Club may bestow.

Selection of the recipient will be made by a committee comprised of the previous recipients. Nominations should be sent to Jan Holmquist who chairs the committee (but doesn't vote): jholmquist@mspca.org. The deadline for nominations is May 31st.

Senior Athletes: Advocates for Wellness

by G. Gregory Tooker



photo courtesy of Greg Tooker

Greg Tooker, secretary of the Massachusetts Senior Games and advocate for senior fitness, shown here running in the BAA Half Marathon.

The debate about national health care rolls on and on. The fact remains, however, that nearly every first world nation on the face of the planet considers access to affordable care a basic right of each and every one of its citizens. The United States has been wrestling with this issue for years. The challenge of how it might be solved is enormous.

Unfortunately, the United States is home to some of the most unfit people on earth. Many factors contribute to this situation, not the least of which are poor diet and an increasingly sedentary lifestyle. It has been estimated that nearly one in ten of our population suffers from some form of diabetes. A significant percentage of these cases involve the type two variety, potentially reversible in many instances, through diet improvement and moderate exercise. Instead of following this proactive, healing course of treatment however, many opt for medication as a form of treatment, thereby prolonging the condition and adversely impacting the health care system.

There are many other similar conditions for which a wellness-oriented approach to health improvement seems more practical. Americans are notorious for back problems of one sort or another, again in many cases the result of inadequate attention to diet and lifestyle. Long hours at the work station in ergonomically improper positions coupled with endless time behind the steering wheel waiting for traffic to clear inevitably results in back pain, a trip to the chiropractor or doctor and the prescribing of pain medicine that we all know at this point can lead to the possibility of addiction.

Now, I realize that the readers of this publication are fully aware of the described pitfalls. I am indeed preaching to the choir. You and I have made the decision to pick up the gauntlet of wellness and change our lives for the better. Healthy eating and daily exercise have become a part of our being. When it comes to the question of affordable health care however, that is not enough. You must become disciples of wellness if our country is to avoid future financial catastrophe as it struggles to shoulder the explosive costs of caring for an aging, unhealthy population. Senior athletes must speak out forcefully every day if we are to reverse the cultural patterns that characterize unhealthy living.

What can one individual do, you ask, to halt this seemingly unstoppable juggernaut? As

senior athletes, our visibility is high compared with the less active members of our generation. I recently became a member of the New England 65+ Runners Club and will wear my club singlet with pride. Jan Holmquist, Club President, senior athlete and holder of several American running records for her age group, is a national poster child for senior health. During a recent visit to the Massachusetts Society of Prevention of Cruelty to Animals/Angell Memorial Hospital in Jamaica Plain, MA where Jan works as Assistant to the President, I was impressed to see her glide effortlessly up the staircase to her third floor office. I'll bet this lady rarely sees the inside of an elevator! Jan would like to see a collaborative effort among all organizations advocating for older generation wellness, including health care providers.

There is a very large generational bubble of people known as Baby Boomers working its way through our society. They are like a tsunami hitting the healthcare shoreline. If something is not done on a very large scale to improve the level of wellness among this group, the Medicare dikes will be swept out to sea. The cost of treating these individuals cannot be absorbed by the system as it currently exists. Substantial increases in premium will be required to keep the system fiscally sound. At a time when many seniors grudgingly admit that they have not been conscientious about retirement planning, how are they to be expected to meet the escalating cost of medical coverage?

We, to put it gracefully, mature athletes are in a unique position to help solve this conundrum. The Jan Holmquists among us must also step forward and speak out with force and clarity. Most older citizens want to improve their health and wellness. With inspired, energetic leadership, they will make this commitment. We need the active support of both public and private sector organizations if this wellness revolution is to take root and prosper. Given the proper incentives, nearly every fitness challenged individual safely capable of reducing his or her fitness-related health risks will make the effort.

A few years ago, the Vermont League of Cities and Towns challenged local government employees to collectively improve their health and wellness, as reflected in such accepted measures of Body Mass Index, blood pressure, smoking cessation, cholesterol, etc. Working as teams, the employees established realistic, unthreatening goals to be achieved on an annual basis. Under the expert guidance of VLCT wellness director, Heidi Joyce, the program produced some impressive results, justifying health insurance premium DECREASES as reward for the accomplishments.....a phenomenon unheard of in this day and age.

The opportunity for dramatic progress sits before us, waiting for someone to take the baton. Senior athletes, we challenge you to start the race, passing it to the next generation and thereafter until we hit the finish line of national senior wellness. Who among us are better advocates to champion this noble cause?

Spotlight On Bill Stern

by Byron Petrakis



photo courtesy Town of Lexington

Bill, front row center, wearing his WWII uniform when he served last year as the grand marshal for Lexington's Memorial Day Parade.

Editor's note: I am indebted to Tony Kilbridge, whose interview of MIT alumnus Bill Stern provided the information appearing in my profile. Mr. Kilbridge has graciously given Jan Holmquist permission to use material in his interview for our newsletter. Any factual errors are mine.

In recent American history, some generations get their names by accident of birth—the Baby Boomers, Generation X, the Millennials. Others like the men and women who lived through the Great Depression, defeated fascism, and rebuilt American society are called the "Greatest Generation" because they earned that honor. Bill Stern, 97-year-old member of the NE 65+Runners Club, is one of them.

Growing up in Ohio, Bill described his childhood as "idyllic" and tells a funny story (in retrospect) about doing what all kids do at one time or another—get into a little trouble. In Bill's case, he and some friends were raiding a farmer's cherry tree, when the aggrieved farmer appeared with a shotgun. Besides living to tell the tale, Bill also discovered that the incident taught him that "you find out how fast you can run when there's someone with a shotgun behind you." As he would find out later in life, his natural speed served him well.

Growing up with both athletic and musical talent, Bill saw future Olympian Jesse Owens dominate a local high school track meet. After graduating from high school, Bill earned a scholarship to MIT where he displayed his athletic skills as a member of the freshman crew. Though he stopped rowing after his freshman year, he remained active in intramurals and Army ROTC. After graduating with both a bachelor's and master's degree in chemical engineering, Bill became a 2nd lieutenant in the Army once the United States entered World War II. He was assigned to the harbor defense group at Narragansett Bay, where he worked with artillery and mines. This was hazardous duty, involving the planting of mines off-shore to counter the constant threat to United States merchant ships posed by German U-boats lurking all along the eastern seaboard and the Gulf of Mexico. After the war, Bill began a lengthy and successful career as a chemical engineer and businessman.

After retiring in 1986, Bill returned to athletics. To quote from Tony Kilbridge's article, Bill competed "in countless road races, including Mount Washington and the Boston Marathon." He also "competed at four National Senior Games. At his final Games, in 2009, at age 90, Bill won gold in the 1500 meters, silver in the 200-meter dash, and bronze in the 100."

Although recent heart surgery ended his running career, Bill's passion for the sport has endured. So has his generosity. In 2014, as a way of expressing his gratitude for the excellent nursing and cardiac care he received at Massachusetts General Hospital, Bill sponsored a team of four "running nurses" in the 2014 Boston Marathon bombings. As Tony Kilbridge reports, "In a letter to the nurses with a check attached, Mr. Stern advised the running nurses to 'pace yourselves, don't overdo and most importantly ENJOY.'" As one of those nurses later recounted, she followed Bill's advice and enjoyed completing her first marathon.

Continuing to give back to his country and sport, Bill served as the Grand Marshall of Lexington's Memorial Day parade in 2015, wearing his WWII Army uniform, which still fits him. And this year, he has pledged to donate \$26.20 to the charity of choice of each member of the NE 65+Runners Club who is running Boston.

In a society threatened by external forces and internal strife, the running of the 2016 Boston Marathon serves as a reminder to celebrate unity of civic purpose and the moral clarity of athletic endeavor. It is also a time to reflect upon the sacrifices of the members of the "Greatest Generation," whose legacy will endure long after they are gone. Thank you, Bill Stern, for your example and inspiration.



photo by Kathy Noonan

65+ competitive team members (L-R): Bill Spencer, Rob Knight, Dave Pember, Jan Holmquist, Zeke Zucker, Joe Noonan,

65+ National 10K Champions, Again

by Zeke Zucker

Congratulations are in order to our 70's runners for winning another USATF 10K road race national championship. The A-Team got the job done with Joe Noonan running an amazing race only 6 days after Boston. The other two scorers for the A-Team were Zeke Zucker and Dave Pember. Richard Paulson and John Gibbons also ran on the team but only the top three could count in the scoring. The B-Team only had two runners but they did well. Rob Knight had also run Boston the week before but jumped in the race to help the 65+ Runners Club. Bill Spencer had recently turned 80 but volunteered to help the club by running on the 70's team. His time was some 5 minutes better than the closest 80+ finisher.

Take a look at the finishing positions of our top five 70's runners: 135, 150, 152, 154 & 156. That's what teamwork is all about. The result was that NE 65+ Runners finished in first place with a combined time of 2:28:07 which put them ahead of Shore AC (2:32:51) followed by the Atlanta TC (2:39:31) and then Clifton RR and the North Shore Striders.

Despite running injured, our Jan was third OVERALL in the age graded at 93.38%. And be sure to check the 65+ web site for the names of other club members who ran the Ramble, including Geraldine Liebert who took first in the 65-69 age group. Special thanks to Stephen Viegas, Lile Gibbons and Kathy Noonan for being on hand to cheer and take photos.

Thoughts on the Ramble

by John Gibbons

It was a great day for a race. President Jan said to start out carefully so as to, a) have something left for finish and, b) to make sure left calf muscles, etc. did not cause problems during the race. I was standing next to legendary Bill Spencer (age 80) and figured I could trail along behind him and fulfill both of Jan's caveats. That worked for the first mile, into the strong headwind. As the fast pack of serious youngsters ripped by, I lost Bill and never caught up to him. Note to team captain: Bill beat me soundly. So while my plan was a good one, my execution faltered. Yes, I did run, not walk, up the Nobles hills. Yes, I had a good time for 5K (or 3 miles) Even a decent split for mile 4.

Not sure where my attention and turnover lagged but somewhere in that long slog of mile 5, my body said, "Wait...you finished the 5K...are you nuts?" Should have done some distance work before trying this tough 10K. One water stop and felt pretty decent at race end. Felt sort of tender this morning after 4 hour drive back (split time with Lile.)

Lesson: old age must be respected. I lost 5 minutes off time over the same course in 2014. Figured I could match that time. Wrong, but I'm looking forward to getting back to 5K's and then preparing for the Beach2Beacon 10K on August 6th in Maine.

Spotlight On Mike Brooks

by Rick Stetson



photo by David Colby Young

Mike racing in the Irish Rover 5K in Portland, Maine

Our 65+ club has had members use their running ability to raise funds for charitable causes but it would be difficult to find someone who has run further to generate financial support than Mike Brooks. An Auburn, Maine firefighter for 33 years, Mike went from an overweight, two-pack-a-day smoker to a runner who completed his first race in 1995. Since then, he has run in 1110 races with 382 of them being marathons along with 99 ultras which has enabled Mike to raise over \$60,000 for worthwhile organizations such as the Multiple Sclerosis Society, Healing Tree and Camp Sunshine.

More about Camp Sunshine in a minute but first a word about Mike's running accomplishments. He has completed Death Valley's 135-mile Badwater race in the middle of July and after crossing the finish line, ran for 22 more miles uphill to the summit of Mt. Whitney which took him from the lowest to the highest points in the contiguous United States. Mike has completed a marathon in every state not once, but five times! He has completed 24, 48 and 72-hour races and covered 320 miles in a six-day race. That one was just a warm-up compared to his toughest race, the Self Transcendence 10-Day where at the age of 63, he ran 491 miles while raising more than \$10,000 for Camp Sunshine.

Mike joined the 50 State Club in 2001 (members must have run a marathon in every state) but he also belongs to the 50 States and DC Marathon Group. He is a member of the Marathon Mainiacs (must have done 100 marathons and or, ultras) and the Megamarathon Club (must have run 300 or more marathons or ultras.) He has served as vice president of the Maine Track Club and is also in the Central Maine Striders, the Crow Athletic Club and of course, he is a proud member of New England 65+ Runners Club.

Now for the "rest of the story" about Camp Sunshine, a place on Sebago Lake in Casco, Maine where Mike says "seriously ill children and their families can go to regroup, re-

energize and restore hope for their future." By receiving pledges for his many ultra runs, Mike has raised over \$45,000 to support the camp. His goal was to raise \$50,000 and to achieve it, last month he competed in the Riverboat Series: 7 marathons in 7 days in 7 states (LA, ARK, MS, TN, KY, MO and IL.) He was helped by the fact that up to \$7,000 of his contributions were matched by the Finish Line Youth Foundation. (See report below for an update on how he did.)

Needless to say, Mike is held in high esteem by the staff of Camp Sunshine. When tours are given of the camp, guides will stop in front of a display case containing Mike's photo, Badwater jacket and belt buckle and the group is told: "This is Camp Sunshine's own Forest Gump."

One would think Mike might need some time off after running 7 marathons in 7 states in 7 days but next week he plans to be in Augusta, New Jersey where he will run a 24-hour race followed by a 50K race and then two marathons, all in a 72-hour period. Mike says he has a bucket list and is trying to check off some running accomplishments, one of which is to run 100 ultras. If he completes the 50K next week he will hit that goal. And knowing how much Mike wants to raise enough funds to send seven families free of charge to Camp Sunshine, 35 Acadia RD, Casco. ME 04015, we think he will reach that goal as well.



photo by David Colby Young

Mike running with Nellie, a 2.5 year old mix rescue who loves to run. Nellie will do 15 races a year with Mike who will always first ask permission from race directors for Nellie to run.

Editor's Note: While Mike was completing 7 marathons in 7 states in 7 days, his wife, Denise remained in Maine to take care of things on the home front. But she took time to send daily email updates to Mike's many friends and supporters and

we have included below much of what she wrote.

Celebrating a 70th Birthday With 7 Marathons

by Denise Brooks (the Understanding Wife)

Day 1 (Louisiana). It was 80 degrees for Mike's first marathon and he was interviewed by a local TV station halfway through the race giving him a good opportunity to spread the word about Camp Sunshine. He had to walk a good bit of the race due to the heat but he wore a garter belt so he could put any donations on display. Mike collected \$11.00 in donations in Day One.

Day 2 (Arkansas). Today was partly cloudy and 77 degrees. Mike is still feeling good and ran more than yesterday. His garter belt yielded \$34.00 and the two-day total of \$45 was matched by Finish Line Sports for a total of \$90.

Day 3 (Mississippi). Mike is feeling well physically and is really enjoying himself. The marathons are all held in state parks and are on courses with loops of varying lengths. In the past three days he has run marathons with 22, 18 and 20 loops. The garter belt total donations were \$66 for a total of \$111 when matched.

Day 4 (Missouri). The state park today had a course with 12 loops. Mike is enjoying the scenery, camaraderie of fellow runners and spreading the word about Camp Sunshine. He points out that at one point he was moving so slow (and likely talking) that a turtle passed him. Garter belt update: Mike had a fund raising contest with the event's cook, Norm. They each wore a garter belt to see who could raise the most money. Mike, \$166; Norm, \$172 for a total of \$338 (Mike collected an additional \$16 after the totals were applied.) Apparently Norm had the advantage that he could tell people he would cook for them if they donated to his garter belt. Mike's good looks and charm were no match to food for hungry marathoners.

Day 5 (Kentucky). There was some rain before the race but the sun shone through by the time the race started. Temperature 76 degrees. There were two steep hills to climb on each of the 18 loops. Mike prefers the hills but said his "bone on bone knee is complaining a little." The garter belt yielded \$46 for a total of \$400. Mike is pleased at how the fund raising is going and is very thankful to all who contributed.

Day 6 (Missouri). Mike is still feeling good after finishing marathon number six. The garter belt yield was \$144.

Day 7 (Illinois). Mike finished marathon seven today and is feeling well. He is very appreciative of everyone's donations and support. The garter belt today yielded \$81 for a grand total of \$525.

Out on the Roads of New England

by Dan D.

Mother Nature is "getting even" with us making up for a particularly mild winter. Right now it's raining with temps. in the high 40's in Newton, N.H. — YUCK!!!!

Be sure to read to the end of the column – IMPORTANT announcement!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

We spent the first 3 weeks of April in South Carolina in a rented house on Fripp Island. This is in the "low country" near Beaufort, SC and Hunting Island state Park, and the famed Paris Island Marine Corps facility. Since South Carolina does not have Sunday racing ... I was restricted to 3 racing Saturdays during our stay. Of course the major event in the state is the 10K "Cooper River Bridge Run" (South Carolina's answer to the Boston Marathon) which drew about 35,000 runners on April 2nd trying to "get over it" (meaning the bridge). It's a mega event with live coverage on most Charleston tv stations, lead up stories for weeks ahead, etc. I've run it 3 times previously and decided to watch it on tv and then run an afternoon 5K in Bluffton, SC. That was the "Leo's Legacy Festival 5K Fun Run - 2nd Annual" which had 93 finishers. Age groups went up to 70+ and Daniel Dodson was 2nd in that category. To say the course was flat would be a total understatement. There are zero hills in this entire area – like NONE.

On Saturday, April 9, I traveled down to Savannah, Georgia to do the "Hesse Bear Stomp 5K + Fun Run - 5th Annual". This Savannah Striders event benefitted the Hesse Middle School athletics programs. There were 221 finishers but age groups up to 60+ only. Cost was \$25 with tee-shirt.

My final vacation run was on Saturday, April 16 on Sullivan's Island – which is near Charleston. I had an exact 100 mile drive from our rented home on Fripp Island to get there – not easy!! The drive included going up & over the Ravenel Bridge – the famous "Cooper River Bridge Run" 10K bridge that brought back a lot of memories. Believe me – it's much easier driving over it!!!!

My race on Sullivan's Island was the "Run for Adela - 6th Annual". I ran it previously about 3 years ago. It takes place entirely on the beach (sand) at low tide. The course goes 1.55 miles up the beach and then return. Age groups went up to 70-99 and Daniel Dodson was 2nd in that division. My "late" entry fee was \$35 which included a very attractive tee-shirt.

My first New England race in April took place in Marblehead, MA on Sunday, April 24. It was the "Run Around the Neck 5 Mile Road Race - 37th Annual" which is part of the Northshore YMCA Road Race Series. The fee was \$25 which included shirts and post race sandwiches. Age groups went up to 70 - 99 with attractive medals for awards. Wendy Burbank was tops in F7099 and Daniel Dodson was 2nd in M7099. There were 330 finishers on a very hilly course (welcome back to New England!!!).

On Tuesday, April 26th, I did the "Rose Maguire's Great Mill Girl Chase 5K" which was the 3rd race in Dave Camire's Springtime Good Times Series. These weekly Tuesday night 5K runs follow a course along the Merrimack River and over 2 bridges. The fee is \$15 per night or \$100 for all ten races (\$10 per race). This particular 5K gave the gals a 2:30 head start. Rita Labella was 3rd in F6069, George Leslie topped the M8089 age group, while Lou Peters won the M9099 category. Barry Pearson was the M7079 winner, followed by Richard Molloy (2nd) and Jonathan Mackenzie (3rd).

The next night I traveled to Wakefield, MA for "The Mystic Runners Lake Q 5K". This year-round weekly 5k race takes place around Lake Quannapowitt with the start & finish at the Lakeside Inn. The fee is only \$2 to enter and this course is overall pretty flat. NE65+ was represented by "the Dans" – Daniel Dodson and Dan Coffey. There were 85 finishers on this particular Wednesday, which included a large contingent from both the Shamrocks and the host Mystic Runners.

Due to my 3+ week vacation in South Carolina I only managed a paltry 6 races during April. I now have 24 for the year which is about 10 behind my goal of 8.5 per month X 4 months = 34 races.

I have already registered for 15 races in May, which should bring me back to striking distance of the 100 race per year objective. Included in these are the Tuesday night Springtime Good Times Races in Lowell, MA; our Maine "flag" race – the "Portland Sea Dogs Mother's Day 5K - 16th Annual"; 2 races a week apart in Exeter, NH; the Memorial Day Challenge: "Sons of Italy 5K Run/Walk" on May 28 in Methuen, MA with the "Baldi 5 Mile River Run" the next day in Haverhill, MA; the "Cinco de Miles 5K" in Bedford, NH; the "Rock 'n Race" 5K in Concord, NH; the "Harvard Pilgrim Corporate Road Race" 5K in Nashua, NH; the "Dan Ford Road Race - 8th Annual" in Methuen, MA; and the "Backshore 5 Mile Road Race - 30th Annual" in Gloucester, MA. Now if I can only stay healthy!!!!!!

As many of you know NE65+ has a flag race in each of our 6 New England states. President Jan Holmquist has encouraged us to try to visit some of the other New England states to meet up with our members at each flag race. This encourages a sense of camaraderie among our members and helps to foster the NE65+ spirit as well as grow our membership. With all this in mind I am proposing a little contest for all my fellow members. This is nothing "official" just part of my little monthly column "Out on the Roads of New England". Let's see how many of the 6 "flag" races you can do in 2016!!!! At the end of the year I will name anyone who completes all 6 as our column's Gold medalist!! Manage to run 5 states and you'll be named "Silver." If you finish 4 you would be in the Bronze category, and 3 would earn you Honorable Mention. Either the 8 mile or the 5K would count for Stowe, Vermont. I'll list all 6 here and you can look them up on our NE65+ website too.

May 8 – Sunday – 9:15am – Maine – Portland – 5K – "Portland Sea Dogs Mother's Day 5K - 16th Annual"

June 5 – Sunday – 9:30am – Connecticut – West Hartford – 5K – "Celebrate West Hartford Road Race - 29th Annual"

July 10 – Sunday – 8:30am – Vermont – Stowe – 8Mi. OR 5K – "Stowe 8 Miler and 5K - 35th Annual"

August 14 – Sunday – 9:00am – Rhode Island – 5Mi. – "Bobby Doyle Summer Classic - 9th Annual"

October 9 – Sunday – 10:00am – New Hampshire – 5K – "Great Island 5K - 23rd Annual"

November 5 – Saturday – 10:00am – Massachusetts – 5K – "Run For All Ages - 15th Annual"

So ... let's have some fun and see how many "flag" races YOU can run in 2016. Lou Peters & I look forward to seeing our Maine friends in Portland on May 8th. In any case let's hope this damp dreary weather improves soon and we all can fully enjoy being "Out on the Roads of New England".

May Flag Race in Portland, Maine

by Rick Stetson



photo courtesy of Jerry LeVasseur

Portland Sea Dogs mascots Slugger and Slugger's Mom (with pink hat) preparing to lead runners around the course on Mothers Day, the only time they appear together.

The first 65+ flag race of the year will be the 16th annual Sea Dogs Mother's Day 5K Road Race on Sunday, May 8 in Portland. The race, which benefits breast cancer research, has a modest entry fee of \$20.00 that includes a number of benefits such as three-deep, 5-year age group trophies that feature a Sea Dogs baseball in a plastic case with a runner on a marble base; the use of plentiful and clean bathrooms in the Sea Dogs baseball stadium; a race finish in front of the third base dugout on Hadlock Field; a large video screen showing all runners crossing the finish line; post-race massage; refreshments; pre and post-game music and a voucher for a free ticket to a future Sea Dogs baseball game.

The Sea Dogs is a double A affiliate of the Boston Red Sox. On opening day this year, there were 39 former Sea Dogs on Major League baseball rosters including such well-known names as Dustin Pedroia, Adrian Gonzalez, Anthony Rizzo, Clay Bucholz and Jon Lester. Six of the current Sea Dogs have been rated as among baseball's top 30 prospects in the USA. And Portland has been rated by Baseball America as the best road city in Minor League Baseball with fans loving the town's world-class dining, award winning microbrews and beautiful seaside surroundings.

A flag race is a great way for 65+ members to meet and greet. Look for 65+ board member, Mel Fineberg, and our club's tent and banner which should be set up in front of the baseball stadium entrance. Mel lives in Portland and knows most of the runners in the area. He is a long time member of the Maine Track Club which helps put on the race. It is definitely one to run if you are looking for a fun 5K.

Other Flag Races in 2016

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

Vermont: Stowe 5K or 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)

(Name of club contact listed after each race.)

Volunteer of the Month: Dan Dodson



photo by Ted Tyler

Dan D., wearing his distinctive white headgear, running in the 2015 Run For All Ages.

Readers of *Forever Run* will recognize the name Dan Dodson because every time the newsletter lists new club members, most often at least one of them was sponsored by the writer of "Out on the Roads of New England." Dan D. really does get out on the roads all over New England. Last year he ran in 106 races and everywhere he goes, he will encourage runners 65 or older to join our club and many of them will do so. Dan's column will include names of club members he meets at races, the type of awards handed out, and information about the course and post-race refreshments. His views from the "back of the pack" as he calls it, have entertained us for over a year and his recruitment of new club members has helped us grow. For his contributions to NE 65+, Dan Dodson is our Volunteer of the Month.

Quote of the Month

"I often hear someone say I'm not a real runner. We are all runners, some just run faster than others. I have never met a fake runner."

Bart Yasso

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
mjudand@msn.com

Results: Tom Abbott
tomabbott8@gmail.com