



Forever Run

November, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

As we near the end of our Flag Race series with the 15th Annual Run For All Ages in Wakefield, MA on Saturday, November 5th at 10 am, I am pleased that we already have 2 members who are 90+ registered: Bob Hunter and Lou Peters. Someday maybe we'll have a 90+ woman! I know many of you have pre-registered and this makes the morning easier for all of the volunteers...thank you! As of Sunday, we have 73 pre-registered runners aged 65 to 93! Online registration is open until noon on Thursday, November 3rd, so if you haven't registered yet, please do so now. The race fee goes up on race day to \$30.

Your 65+ Board of Directors is meeting Monday, November 7th. A summary of the meeting will be included with the December *Forever Run* edition, but if you have any questions or suggestions for the meeting, please email me at jholmquist@mstpca.org soon.

Please, please consider contributing an article to *Forever Run*! We greatly appreciate our regular contributors, yet want others to tell us about your running or walking endeavors! This e-news is intended to be inclusive for all men and women ages 65 and over!

Another opportunity for an active club member: our website needs to be updated! We can pay someone to do so, but we would need an involved member to help supply the content. Of course, the ideal solution is for a current member to volunteer to keep the site updated. Please contact me if you are interested and would like to learn more.

I look forward to seeing many of you Saturday!

Run For All Ages Just Around the Corner

by Rick Stetson



photo by Ted Tyler

***Forever Run* columnist Daniel Dodson at the 2015 Run For All Ages. When Dan runs the RFAA this year, he will have competed in all of the 65+ flag races for 2016, the only club member to do so.**

In just a couple of days (Saturday, November 5) the 15th annual Run For All Ages (RFAA) will take place in Wakefield, MA. There is an old saying that "records are made to be broken" and that holds true for the 5K race around Lake Quannapowitt where age group records have been kept all the way back to year one.

In 2015, runners set six new records on the "flat and fast" course. In the 50-59 age group, Mimi Fallon lowered Patti Thorp's record by two minutes with an excellent clocking of 19:06. It was thought that Milt Schumacher's age 67 record of 19:49 would last a long time. It stayed on the books four years until being lowered last year by Gordon McFarland's 19:33. And Barbara Robinson's age 71 record lasted 11 years before Jan Holmquist set a new mark with a time of 22:51. Records were also set last year by Ben Wallis (15:41, for age group 20-29), Bob Giambalvo (19:27, age 66) and Dennis Branham (29:05, age 85.)

Times will tell if new RFAA marks will be set this year. Guy Stearns' course record of 15:37 has held up for 12 years but Ben Wallis was just 5 seconds away from breaking it in 2015. Other records look as if they will be more difficult to top like William Riley's age 76 time of 21:08. But the RFAA is not just about setting records. It is the club's flag race for Massachusetts and a chance for members to socialize while enjoying some great refreshments and perhaps go home with a nice raffle prize or even with a cash award for an age-graded performance. Most of all, it is a chance for our club to demonstrate that people really can have fun running at any age.

Senior Superlatives

by Rick Stetson



photo by Ted Tyler

Frances Branham winning the 80-84 age group at the 2015 RFAA

Finishing first in an age group when a runner is 82 is always a nice accomplishment as Frances Branham demonstrated at the 2015 Run For All Ages (above photo.) Winning an age group at a national championship race is also an excellent accomplishment as George Tooker did last month at the Syracuse Festival of Races 5K. And if a runner can set an American record, it is perhaps the greatest accomplishment of all unless, of course, it also happens to be a new world record.

The Syracuse Festival of Races saw some amazing times as both American (AR) and world

(WR) records were set for a 5K road race. The following runners are not members of our club but we feel their times need to be mentioned for they are truly outstanding.

Kathryn Martin, 65, of Northport, NY, has been setting masters records for a number of years. At Syracuse last month, she set a pending WR with a time of 19:57. Tom Bernhard set a pending age 65 AR with a time of 17:31. If approved, it will break Bill Borla's record of 18:12 set ten years ago in New Milford, CT.

Also at Syracuse, Libby James set a pending age 80 WR of 25:14 to go with her four other 5K world records. Not all were set at Syracuse (three took place at 5K road races in Albany) but Libby is in the world record books for age 75 (23:34), age 77 (24:16), age 78 (23:59) and age 79 (25:29).

Brian Pilcher loves the Syracuse 5K and he told Runner's World that "It's run by a fantastic race director," Dave Oja. Brian set a pending age 60 AR at Syracuse with a time of 16:39 (5:21 pace) and then just a week later at Chicago, he ran the fastest half marathon by an American over 60 (1:16:54). Brian slowed during the second half saying he "became disoriented the final 10K," but his gun time of 2:42:44 still lowered Clive Davies' record by two seconds.

Finally, when it comes to setting marathon records, the name Ed Whitlock has to be mentioned. Ed, a Canadian, set a men's 85-89 world record recently at the Toronto Marathon with an amazing 3:56:33, a time that shattered the old record by more than 30 minutes. Ed is an excellent example that senior runners can set records at any age. And while we could have records set at our Run For All Ages race this Saturday, it is even more important to demonstrate that we can take an enjoyable run (or walk) around the lake at any age. Seniors will continue to show the younger generation that it is important to maintain a healthy lifestyle and that we can have fun doing so.

A Letter to *Forever Run*

Hello 65ers,

It might be of interest to the Club that I placed first in my age group (80) recently at the Tufts 10K national championship for women. Being one of the small group of runners who have participated in the race since its inception is very special. Also very special to me was the support I received from my two daughters, Katherine and Margaret, and my granddaughter Hannah who ran with me.

It was a very special day and for me, the end of my participation in that race. The fact that the race is 40 years old and I am 80 seems a good way to wrap up that part of my running career.

Best wishes to everyone there. I follow your news in the newsletter and look for familiar names and new running feats of the members.

Jane Rasmussen



photo by Ted Tyler

2016 Pub Series 70-79 Champion, Richard Paulsen

A Pub Series Battle

by Rick Stetson

The annual Pub Series sponsored by the New England Runner magazine is always popular with many 65+ club members, especially in the men's 70-79 division. Last year, Joe Noonan ran away with the title in that division with 34 points followed by Denny LeBlanc three points behind with 31. David Pember was third, 28 points, and Richard Paulsen in fourth with 24.

Last month, Paulsen decided to shake things up in West Newton by winning the Paddy's Pub Shillelagh Shuffle 3 Mile, the final race of the 2016 Pub Series, in 23:32, which was eight seconds in front of Pember (23:40.) Noonan was third in the division with 23:52 and LeBlanc fourth in 24:23. NE 65+ made a great showing at Paddy's in the 70-79 group because out of 20 runners in the division, the first seven places went to club members with Joe Boness, 5th; Tom Abbott, 6th; and Charlie Farrington, 7th.

So how did the final 70-79 Pub standings turn out? Paulsen not only won Paddy's, he also won the division with 42 points. Close behind was last year's champion, Noonan, with 38 points followed by Pember in third with 36 and LeBlanc, fourth, 28 points. It should be noted that the winner of the men's 80+ division was our own Larry Cole proving that NE 65+ Runners Club continues to make strides wherever we run.

Out on the Roads of New England

by Dan D.

Hello fellow NE65+'ers and greetings from our home at Sargent Woods in Newton, N.H. Our weather recently seems to be up and down cold in the 40's and then warm in the upper 50's periods of drought and then lots of rain. All in all pretty acceptable here in the "running capital" of the world — our 6 - state region called New England.

I started October with 75 races in the bank ... leaving me 25 more to get to the century mark. I completed 12 races in October ... 11 of which were above my personal barrier of 2.0 miles which brings my total up to 86 with 2 months to go. Let's get started with what we experienced running races this month in New Hampshire and Massachusetts.

The month started on Saturday, Oct. 1st, in Rowley, Mass. with the "Rowley Poker Run 5K Road Race". This run is part of the 12 - race North Shore YMCA Road Race Series. The site was moved this year to the YMCA's Camp Cedar Mill. The cost was \$24 which included a technical tee - shirt, light refreshments, and chip (net) timing by North Shore Timing Company. Unfortunately a cold driving rain kept the total finishers down to 130. Joseph Long was 2nd in the M70-79 age group followed by Daniel Dodson in 3rd.

The "Apple Harvest Run" took place the next day (Oct. 2 - Sun.) in West Newbury, MA. There were 233 finishers in the 5K and another 85 ran the 5 miler (plus a kids run). The \$25 entry fee included a nice shirt plus post-race refreshments. David Ritchie finished 2nd in the M60-69 division of the 5 miler, while Daniel Dodson was 2nd in the M70+ age group of the 5K. Both courses were USATF certified.

On Oct. 5 - Wed. I journeyed over to Danvers, MA. for the "Danvers 5K (D5K)". This weekly 5K takes place year round at 7:00pm from the Osborn Tavern at 49 Maple Street. There is no charge and the course is pretty flat. You will need a headlamp, reflective vest, and anything else to illuminate yourself in the dark. The course pretty much is run on sidewalks and can be quite dark in places. The race is timed using popsicle sticks given out at the end (memories anyone???). There were 30 finishers and no age groups.

On Oct. 8 - Sat. I drove 100 miles to Sandwich, Mass. on Cape Cod for the "Mullet Marathoners High Five 5K - 5th Annual". They initially had age groups up to 60+, but when I emailed them about it the R.D. readily agreed to add 70-79, 80-89, and 90+ age groups!!! The race starts and finishes at Seafood Sam's restaurant on Coast Guard Road — about 100 yards from the Cape Cod Canal. The \$28 fee included non - chip timing, cool mullet tee-shirts, free beer, and the friendly fun atmosphere created by the 6 mullet marathoner volunteers. For example ... the mullet marathoners run ahead and then stop and high five everybody running by as they serenade the runners with music, etc. These guys do this entirely for charity and money from this 5K went to Family Continuity — a private, non - profit mental health and social services agency in 6 Massachusetts communities. There were 151 finishers with Ann Marie Costa topping the F60-69 group and Daniel Dodson 2nd in M70-79.

The next day — Oct. 9 - Sun. — was our NE65+ Flag Race for New Hampshire — the "Great Island 5K - 23rd Annual" in New Castle, N.H. 713 runners ran the 5K on a rather rainy & dreary day. The \$25 fee included a nice light blue stocking cap with the option of a long-sleeve cotton shirt for an additional \$10. Yankee Timing did the chip (net) timing for the race. There were refreshments and a large post - race raffle. A total of 15 NE65+ members completed this N.H. flag race. Lou Peters won the M90-99, while Bob Welts was first in M80-89, and Nancy Wilson topped the F80-89 division. Wendy Burbank was 3rd in F70-79, with Mary Ulinski 4th and Norma

Harrington 5th. Maureen Farren was 15th in the F60-69 division. David Ritchie was 5th in M60-69, followed by Jay Diener 22nd and Cliff Parkinson 28th. John Van Magnen finished 2nd in the M70-79 age group, with John O'Donnell 6th, Peter Bresciano 7th, Daniel Dodson 9th, and William J. Morgan 11th. Jim McLaughlin manned our NE65+ table during the race.

"The Mystic Runners Lake Q 5K" took place on Wed., Oct. 12, in Wakefield, MA. This weekly 5K follows a similar course to our own RFAA around Lake Quannapowitt.

There is a \$2 charge and the race starts at 6:45pm from the Lakeside Inn. This Mystic Runners sponsored race take place on Wednesday evenings throughout the year. Headlamps, reflective vests, and any other lights are highly advisable. John Grant was the top NE65+ finisher, followed by Daniel Dodson.

The "Topsfield Fall Foliage Race - 37th Annual" was run on Oct. 16 - Sunday from the Proctor School on Main Street in Topsfield, MA. The 5 mile and 3 mile races were \$25 pre and \$30 on race day. 43 runners completed the 5 miler while 69 chose the 3 mile. Chip (net) timing was done by North Shore Timing Company. Long - sleeved shirts and a terrific post - race feed (including Richardson's ice cream) were a big positive, but the lack of age group awards was a negative. Daniel Dodson was 2nd in the M70+ division.

The "Santa Fund Run - 40th Annual" took place on Sat., Oct. 22nd in Nashua, New Hampshire. The course was run through Mine Falls Park and finished next to Stellos Stadium. Millenium Running did the timing for this 4th race out of 5 in the Gate City Series. There were 161 finishers with Ed Auclair 2nd in M70-79 and Daniel Dodson 4th.

The next day (Oct. 23 - Sun.) was the "CMN Run for the Kids - 14th Annual" at Pawtuckaway State Park in Nottingham, N.H. The fees were \$20 for the 5K and \$30 for the 10K (\$5 more on race day). The fee included chip timing by Granite State Race Services, a technical tee shirt, and hot refreshments including cheeseburgers, hot dogs, and hot chocolate. There was also a raffle. The money is used to fund the Children's Miracle Network which sends thousands of New Hampshire low-income kids to Boston's Childrens Hospital. 51 runners did the 5K while only 11 finished the accompanying 10K race. Dick Kuhl topped the 10K M70+ division, while Robert Randall was 1st in the 5K M70+ age group with Daniel Dodson 2nd.

On Wed., Oct. 26, I returned to the "Danvers 5K (D5K)" in Danvers, MA. Results are not posted yet but Daniel Dodson was the only NE65+ runner present.

October 29 - Sat. was the "CGS Monster Dash 5K - 6th Annual" in Methuen, Mass. The \$25 fee included chip (net) timing by Yankee Timing, technical tee-shirts, and a nice finisher medal. The gently rolling course was completed by 164 finishers including Daniel Dodson 1st in M70-99.

The "CHaD Trick or Trot 3K" was held at Arms Park in Manchester, N.H. on Sunday, October 30. This Millenium Running event is part of the 15 - race Elliot Millenium Running Series. The 3K (1.86 mile) run was part of the Millenium sponsored Halloween Festival which included safari rides, wildlife encounters, amazing kids magic, etc. at

Arms Park along the Merrimack River. There were also 3 races for kids aged 4 & younger, 5 & 6, and 7 & 8. This typical Millenium race had chip (net) timing with instant results, technical tee-shirts, personalized bibs with your 1st name printed on it, free beer at 3 different Manchester taverns, national anthem by Miss New Hampshire, welcome from U.S. Senator Kelly Ayotte, announcing by Ch. 9 sport's director Jamie Staton, race course closed to traffic, etc. There were 1,393 finishers in the 3K including Terry Lee Harrington 19th in F60-69, and Daniel Dodson 2nd in M70+ followed by James Stafursky in 3rd.

That brings us to the NE65+RC Flag Race Series. November 5 - Sat. at 10:00am is our own "Run For All Ages - 15th Annual" in Wakefield, MA. This race also serves as our Massachusetts

flag race – the 6th and final one in our series. Daniel Dodson has run all 5 thus far and Lou Peters has done 3. Many others have run 1 or 2. It would be terrific to see MANY of you in Wakefield this Saturday for what truly is OUR club race. I also encourage anyone who feels up to a week-end "double" to enter the "Run to Overcome 5K" at 10:00am on Sunday, Nov. 6 in Haverhill, MA. The R.D. has added age groups up to 90+ at our request and will also give a \$5 deduction to any club member who runs the "Run For All Ages" first. He has a great cause and a terrific post-race feed indoors. I'll be running both events – I hope you will too. In any case ... as always ... I hope to see you in November somewhere "Out on the Roads of New England".

Volunteer of the Month: Robert Knight



photo by Ted Tyler

Rob keeping a good pace to the finish at the 2015 Run For All Ages.

In the June issue of "Forever Run," Rob Knight was spotlighted for his running accomplishments that included winning the 2015 USATF New England Grand Prix in the 70-74 age group and being named by "New England Runner" as the New Hampshire 70+ runner of the year. Rob is being saluted this month not for his considerable running ability, but when a conflict prevented Zeke Zucker from putting together the men's competition team for the USATF National Masters Syracuse Festival of Races 5K championship, Rob stepped up and volunteered to take Zeke's place. At Syracuse, Rob was joined by club members Milt

Schumacher, Joe Noonan, Richard Paulsen and George Tooker and the team wound up with a third place finish, just 5 seconds behind the second place team, Shore AC and ahead of the Atlanta Track Club. In addition, George Tooker earned a gold medal for his first place finish in the 75-79 age group. For his willingness to offer assistance to coordinate the New England 65+ Runners Club men's 70's team at masters nationals, Rob Knight is our November Volunteer of the Month.

Quote of the Month

"Long distance runner, what you standin there for? Get up, get out, get out the door."

Standing on the Mountain
The Grateful Dead

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