



# Forever Run

October, 2016

## Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I enjoyed seeing so many of you at the Annual Banquet on September 26th and wish I had more time to chat with everyone. Please see the 25th anniversary article in this issue written by Byron Petrakus as he has captured the essence of the day with his remarkable writing!

For those who were at the luncheon, you heard John Howe's acceptance remarks when he received the Hall of Fame award. He referred to a book he has written and offered at no cost: *The End of Fossil Energy and Per Capita Oil* (5th Edition). John noted that he offers his book at no cost as limits allow. Please email John if you are interested in getting a copy: [howe@megalink.net](mailto:howe@megalink.net).

On another recent topic, your kind words and generous support with the Annual Fund drive are very much appreciated. This was my first year managing this endeavor and I think Barbara would be proud and delighted that you were so supportive of the 65+ club.

Five of our 70's men drove to the USATF National Masters 5K in Syracuse. We are delighted that they placed 3rd as a team with Greg Tooker 1st in the 75-79 category. Please see the article in this newsletter. In addition to the 10K USATF National masters win at the James Joyce Ramble (several years in a row now), our 70's men are leading in the USATF-NE Grand Prix Road Race series (please see Zeke Zucker's recaps in this newsletter). Congratulations to all the men who are participating and bringing recognition to the club!

Now we need to focus on the 15th Annual Run For All Ages 5K on Saturday, November 5 around Lake Quannapowitt in Wakefield. Please register online or send me a check as soon as possible so we can plan our resources as the RFAA organizing committee works all year to make the race fun and successful: <http://www.ne65plus.org/index.php?page=2016-rfaa>

Lastly, if you are interested in being considered to receive a waiver to run the Boston Marathon in 2017, please email me at: [jholmquist@mspca.org](mailto:jholmquist@mspca.org). Please include information about your interest, such as, how long have you been a member of the 65+ club, have you volunteered at any of our events, have you run Boston with a 65+ waiver in the past, have you tried to qualify yet missed the standard, etc. We do not know for sure if we are receiving entries or how many, but in the last few years, we have received 8 waivers. A Board committee will be reviewing the list of members who would like to

receive a waiver and issue the waivers based on fair considerations.

I hope to see many, many of you on November 5th at the 15th Annual Run For All Ages 5K. Please register today! In the meantime, enjoy the beautiful fall weather. Carpe diem!

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photo courtesy of Jerry LeVasseur

**Honored at the 2016 annual luncheon were Race Director of the Year, Alan Stroshine (left) and Hall of Fame Inductee, John Howe (right.)**

## **2016 NE 65+ Annual Luncheon** by Byron Petrakis

It was a day to celebrate, a day to reflect, a day to recognize achievement, and a day to honor the memory of a legendary runner.

The 25th annual NE 65+ Runners Club Banquet at Spinelli's on September 26 in Lynnfield, MA was both magical and memorable. There was the magic of celebrating the remarkable growth of a club that started with only a handful of members in the Merrimack Valley of Massachusetts and has since grown to over 700 runners from all six New England states. The afternoon's magical mood was enhanced by the efforts of magician Bob Filene, spouse of club member Susan Filene, who entertained the audience with some nifty slight-of-hand tricks. At one point during his presentation, Bob invited the audience to sing along with the chorus of The Doors' classic song, "Light My Fire," as he used pyrotechnics to dazzle both the audience and volunteer magician's assistant, Phil Pierce, who good-naturedly went along with the fun. Who knew runners can sing? Maybe it's all that increased aerobic capacity!

There was a somber note of sadness, too, when Club President Jan Holmquist and Hall of Fame inductee John Howe spoke movingly about the recent passing of Barbara Robinson, who helped lead and promote the NE 65+ Runners Club for many years. An avid runner and skier and Mt. Washington Road Race competitor well into her 70's, Robinson lived in Massachusetts before retiring to New Hampshire. She inspired many women to run and compete at a high level, and her spirit was felt by many in the room. The NE 65+Runners Club is indebted to her and others who have enabled the club to grow and thrive into the organization it has become today.

In keeping with the theme of 25th Anniversary recognition, President Holmquist invited club members to engage in some trivia fun about facts and events related to the NE 65+ Runners Club. On each table were sheets of paper with trivia questions, such as "Who was the 1st President?" (Phil Campbell) and "Who has competed in all the Flag Races so far this year?" (Dan Dodson); "How many women are in the Hall of Fame?" (nine); "Who is the oldest currently competing club member?" (Lou Peters at 92).

One of the afternoon's highlights was the introduction of founding members, Ray Cormier and Lou Peters, who spoke about the humble origins of the club in 1991. Ray and Lou, both living in Methuen, MA, would go to local races and try to recruit "old runners" to the club. Both soon realized that they would have to recruit some marquee runners in order to recruit others to the club, so they soon invoked the name of Carleton Mandell, who served as a kind of talisman in attracting other runners to the club. Louise Rosetti of Saugus, MA was soon added to the list.

"We came alive at 65" became a club motto of sorts, and both Lou and Ray spoke about the club's humble beginnings and their vision of enrolling 1,000 runners in the near future. Listening to the enthusiasm in the voices of these two founding fathers, today's members can truly appreciate the efforts that they have made to create the thriving club of today. We stand on the shoulders of these giants and we all salute the two female and two male club members in their 90's at the luncheon for all they have done and continue to do for our organization.

After a delicious luncheon, members and their guests were treated to a ceremony honoring John Howe as the latest member of the NE 65+ Hall of Fame and Alan Stroshine, as Race Director of the Year. Presenter Phil Pierce spoke glowingly about John's accomplishments as a runner, especially his record breaking Mt. Washington race. John, as Phil pointed out, is one of those remarkable individuals who not only runs up Mt. Washington, but also runs down the mountain, somehow immune to the effects of gravity on sorely taxed quadriceps muscles. On the very day after breaking the record for his age group at Mt. Washington, John turned up for the Sea Dogs 5k in Portland, ME and ran 24 minutes as an 80-year-old! In accepting his award, John spoke about the importance of pushing muscles to the limit by doing interval training and forcing one's self to run fast during races. He also stressed the importance of life goals or life mission. As a farmer and author, as well as a runner, John noted the importance of a good diet based on sustainable, plant-based food, and the need for us to put an end to our dependency upon fossil fuel energy.

Next, presenter Newt Tolman recognized Alan Stroshine, of Keene, NH, as Race Director of the Year. Taking over as director of the Clarence DeMar Marathon in Keene, NH, Stroshine revived the nation's 2nd longest continuous marathon (2nd only to Boston) from a small race of 400-500 participants to a vibrant, community-supported destination event of 1100 competitors, along with a sizable number of half-marathon entrants. This year's race took place just one day before our luncheon, and Alan described how the Keene community has embraced the race, making it one of the premier races in the northeast,

from the beauty of its course to the enthusiastic support of race volunteers. He also told the story of how spectators and race officials honor not only the race's winners, but also those courageous runners who overcome handicaps that would sideline many of us in order to finish the race. One such athlete was a runner who chose to complete her goal of running a marathon in all 50 states at the Clarence DeMar marathon, despite being three months into chemotherapy for cancer. Alan's description of the way this woman was honored by race officials and spectators for her heroic finish says a great deal about the values of the Race Director as well as the character of the athlete herself.

Congratulations to these worthy recipients of both of these awards. Their ongoing contributions to the running community merit our attention and gratitude.

Near the end of the day's program, former president Tom Wylie, co-director of the Run For All Ages, spoke about the next edition of the race on November 5 and urged club members to participate as competitors or volunteers (or both!). At present, there are 61 pre-registered runners.

President Jan Holmquist closed the day's events by thanking everyone for attending. It was a grand day, and Barbara Robinson would have approved.



photo courtesy of Jerry LeVasseur

**Current and past NE 65+ presidents attending the 2016 annual luncheon (L-R): Florence Dagata, Jerry Panarese, Jim McLaughlin, Phil Pierce, Jan Holmquist, Jerry LeVasseur, Tom Wylie.**

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## **New Hampshire Flag Race**

This Sunday, October 9, the club's New Hampshire Flag Race will take place along the Piscataqua River in beautiful New Castle. John O'Donnell, 65+ board member and NH flag race coordinator, invites club members to join him at the race where all runners will receive a Marino wool blend Swix hat and Coolcare Chillband headband. In addition, there is a good chance of going home with a food or merchandise prize thanks to a tremendous raffle put together by Guy Stearns, the 2015 65+ Race Director of the Year. Guy will have age group awards up to the 90's, perfect for club members like Lou Peters.

## A Hot Race in Rhode Island and 10 Miles in NH

by Zeke Zucker



photo courtesy of Zeke Zucker

### **65+ Winning team at Bobby Doyle 5 Mile Race (L-R): Richard Paulsen, Zeke Zucker, Milt Schumacher**

It was a dark and stormy night..... No, wait a minute, that's some other story.

Let's try again: It was a hot and steamy morning, and I tell you, that's an understatement. On the 14th of August in Narragansett, Rhode Island, the heat index at the start of the Bobby Doyle Memorial 5 Miler was 97 degrees, and it got even hotter during the race.

My Lady Yuen and I were just finishing up a wonderful two-week vacation in Harpswell, Maine on the 13th, when we decided to buzz on down to the coast of R.I. to participate in the 4th leg of the New England Grand Prix the very next day. Most conveniently, a college fraternity brother of mine is a rancher living in Wakefield, just a stone's throw from the race site. Yes, I said a rancher! He owns a coastal 65-acre cattle and cutting-horse ranch, and we had a wonderful reunion, not to mention getting to do some riding as well. (On horses, not cattle.)

So, back to this running foolishness. To put it succinctly.... It was downright hot. After a very brief warm-up, I felt a little light-headed and weak in the legs standing at the starting line with about 700 other equally-apprehensive runners.

The gun went off, and we began the crowded-start-shuffle onto the simmering roads of this

beautiful seaside city. Actually, the toughest segment of the race began at about 4 miles when we ran a shade-less stretch paralleling the beachfront. And it didn't get any easier after that.

So, how did it go? Once again, our 70's men showed up with forces enough to comfortably comprise a team. Milt Schumacher displayed his 5-mile speed with a 41:18, which was good enough to place second overall in the 70's. GMAA's John Hackney, obviously unaware that it was much too hot a day to be running fast times, scorched the scorching course in an amazing 38:38. I managed to come in about a minute behind Milt, and Rich Paulsen, much like the 12th man in football, grabbed 3rd for us in 43:26, which sealed the win for our team. Joe Noonan was our 'insurance' man, placing 4th for the team, just in case one of us faltered ahead of him. Remarkably, Joe's time was over 10 minutes faster than the FIRST place finisher on the North Shore Striders team, which we cumulatively beat by 72 minutes.

Now for the standings in the Grand Prix: NE 65+ won the An Ras 5K by just 3 seconds over the Green Mountain Athletics team. We won the New Bedford Half, with no other scoring 70's team. (See my previous article about how GMAA would have won if I'd have been declared with them.) So the score was 2 for 2. And now here's event #3, and we're 3 for 3. A hot team on a blistering hot day!

In the individual arena, our Accomplished Leader, Jan, in spite of a lingering calf injury, totally demolished her competition with a most respectable 43:08.

## On to New Hampshire



photo courtesy of Zeke Zucker

## Zeke with his Lady Friend, Yuen, after running the New Hampshire 10 Miler.

Event number four was the Millenium Running Company's New Hampshire 10-Miler on the 27th of August, with this being the NH-10's first year on the Grand Prix Circuit.

My Lady Yuen and I decided to make it a weekend in Manchester, staying at a hotel near the downtown area. Most fortunately the weather moderated a bit, with the strength-sapping humidity dropping to a comfortable level. The race circumnavigates Lake Massabesic, with one out-and-back spur at about 6 miles, to make the course an exact ten. I was thinking that because it follows the shoreline of a perfectly level lake (duh!), the course would also be level. Boy, was I wrong! The hills were alive, with the sound of my breathing, which was nothing like music.

The skies were clear, and the air was warm, in the mid 70's, and climbing, but the humidity was down in the 40 to 50 range. Yahoo!! This time my legs felt strong, and there was no light-headedness; only pre-race nervousness. I wanted to maintain a pace of about 8 minutes, and did hit the first mile in 7:47, but it wasn't anywhere near relaxing. You know what it's like when you can see the writing on the wall. There wasn't much of a cushion, and the level first mile would soon be giving way to some hills in the 4th, 6th and 8th miles. So, I plodded on.

Even though the times were inching upward, I managed to pass the 5-mile halfway clock only 6 seconds slower than my finish time at the Bobby Doyle 5 two weeks prior. That gave me some hope, but I was still slowing down. On the out-and-back I saw Joe Noonan who was behind me and looking fairly fresh, apparently keeping pace with me. Back on the lake shore road about 5 minutes later, a 'mature-looking' gent came cruising by me. He was wearing a white cap and white singlet, and for a few moments I thought it was GMAA's John Hackney, who wears such attire.

Then I woke up to reality, in that Joe was wearing a white cap and white 65+ singlet. Oops! Joe had found another gear, and I was still stuck in low, and there's no telling if John H. is even running (though I suspected he was), or even where he might be. (Most likely somewhere up front). I told myself to shake out of this slump and keep up with Joe, but he looked strong on the uphill, and then outdid me on the next rare downhill, which I consider to be my strength.

At about 8 miles, using a common landmark, I was able to determine his lead on me as he was quickly moving out of sight, and it had grown to well over a minute. We all had to struggle up the longest hill, which peaked at exactly 9 miles. My wonderful 8 minute plan had totally fallen apart, as I clocked a blazing 9:02 ninth. Then it was a wonderful downhill, then flat to the finish, so I atoned just a bit with a 7:50 tenth.

Joe earned a hard-fought second place overall in a blistering 1:22:41, and I was 2.5 minutes behind him. Once again our trusty 3rd man, ever-reliable Rich Paulsen, gave us the win with his third place team finish. Hotdog, we were 4 for 4. Once again we had good back-up, with Gerald Porricelli placing 4th for us, and ageless Lawrence Cole grabbing the 5th spot. At the age of 82 he came in ahead of almost 200 finishers in the race. Way to go Larry!

So how about Mr. Hackney? Alas, he was there, and he was up front; WAY up front, posting a remarkable 1:19:01, garnering first place in the division by almost 4 minutes or close to a half mile. So, here we go again. If I had been declared with GMAA, I'd have been their 3rd team member, and we would have beaten NE-65+ by a slim margin. BUT,

I'm a consistently-faithful 65+ member, and we were the only complete team and thus the winner of the 70's team division. John is obviously shooting for the 70's Ironman award, with three 1st's and one 2nd place, making me the spoiler.

I had the presence of mind to get photo's at the Doyle, sans Joe, but passed up several opportunities to get one of our team at the NH10. My apologies to Joe, Rich, Gerald and Lawrence. Joe and Rich patiently waited around for an awards ceremony that was never slated to happen. Instead, you get to see my lovely Lady standing beside yours truly as the only proof that I was really there.

Next up: the Season's 20K at Acton, MA on September 11th. Cheers, Zeke

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## Phidippides Program

**Editor's note. The following appeared in the USATF e-news. It is reprinted here for our club members who enjoy having a good time running with their friends and neighbors.**

Not interested in running in Championships, but just love getting out for races with your friends and neighbors and having a good time? Then the Phidippides Program, named after the professional-running courier of Ancient Greece is for you! No time standards, no intense training regimens are needed, just a USATF membership, a willingness to run in races and keep track of your successful finishes.

For each race you run as a masters runner (40 years and up), you're awarded points based on the distance raced. Accumulate points each year to earn a handsome bronze, silver, or gold plaque. The fifth time you earn the gold plaque, you have the option of receiving instead an elegant crystal award. Older runners need fewer points to qualify. For details consult the Phidippides Program page.

And the good news is that it's not too late to start. There are runners this year who were able to accumulate the points needed in as little as two months. You may not be able to match that sort of intense racing schedule but you can plan out a fall racing schedule that will help you get the points needed for an award. So tell your friends about the Phidippides Program and go for it together!

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## New Members

**Christopher Glaser**, Woburn, MA      No Sponsor

Has run 20 marathons, one Ironman, 100 half marathons.

**Ann Kuchaarski**, Haverhill, MA      Sponsors: Tom Wylie, Byron Petrakis, Newt Tolman, Jim McLaughlin

Running and racing since 1984, 5 Bostons (PR 3:19 in 1991), 16 other marathons including 5 European capitals between 2008-2012.

**Walter Schuttler**, Seymour, CT

Sponsor: Bill Borla

25 years running all distances including 80+ marathons and ultras. Member of 50 States Marathon Club. Has volunteered for Achilles TC, NYC Marathon and Lake Waramaut ultras.

**Donald Yeaton**, Hudson Falls, NY

Sponsors: Dan Dodson, Lou Peters

Started running in 1979. First race was Red's Shoe Barn 5 Mile in 1989. Has run 26 marathons and two birthday runs of 50k and 53k. President of Rochester, NY Runners Club for 11 years. Presently VP of Adirondack Runners Club in Glens Falls, NY.

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## **NE 65+ Places 3rd at National 5K Championship**

by Greg Tooker



photo courtesy of Richard Paulsen

**Competitive team members who represented 65+ at Syracuse were (L-R): Milt Schumacher, Joe Noonan, Greg Tooker, Rob Knight and Richard Paulsen**

Syracuse, NY is known for its sometimes nasty weather, especially in the form of liquid or solid precipitation, combined with unexpectedly low temperatures. On Sunday, October 2, however, the competitors in the 2016 USATF 5K Masters National Championships were granted a reprieve by Mother Nature, as she blessed the runners with temperatures in the high 50s and sealed the rain clouds while providing an umbrella from the solar rays.

NE 65+ Runners Club fielded a team of five members to compete in the 70+ division, comprised of Milt Schumacher, Rob Knight, Joe Noonan, Rich Paulsen and Greg Tooker. This national USATF championship event has been held in Syracuse for the last 9 years on the edge of the Syracuse University campus. Dave Oja, the organizer and Race Director is a perfectionist when it comes to preparation. Your writer has been racing for

almost 40 years and I can state with certainty that no event is better run than the Syracuse Festival of Races, the annual event hosting the USATF championship. Dave begins his preparations early in the year, briefing his vast cadre of volunteers on their respective duties and sending information to prospective competitors. An ongoing relationship with an efficient, reputable hotel assures all athletes coming from out of town a clean, comfortable place to stay as well as shuttle service to the race course. Event volunteers are available at every moment to answer your questions.

This year's field was a competitive one indeed, with runners and teams representing a majority of states in the union. The Syracuse race course can be quick as NE65+ club President and world record holder, Jan Holmquist has clearly demonstrated in prior years. Unfortunately, Jan was unable to defend her title this year as she is rebounding from a running injury earlier this season. Her name was constantly on the tongues of fellow competitors throughout the weekend.

At 8:50 am on the nose, a wave of male Masters runners and teams (the women compete separately immediately thereafter) bolted from the starting line at the gun and headed up the slight grade to the major part of the race course, an out-and-back route that winds its way along a median-divided parkway bordering a residential neighborhood. Times are provided at each kilometer and pavement markings outline the tangential pathway most conducive to your best time. Even imperfections in the road surface had been outlined, cautioning the runners. The requirement that all USATF Masters competitors wear a clearly visible age bracket number on the backs of their singlets is a wonderful advantage, enabling you to identify who in your class is ahead and should be in your sights to pass.

65+ teammates, Schumacher, Knight and Noonan were in good form and powered along the course which they had partially surveyed during their warm up jog. The more senior members of the team, Paulsen and Tooker motored along, not far behind. At the 4 kilometer mark, we could hear the loud speakers at the finish line blaring out 60s rock music that has the delusional effect, when in the midst of endorphin-induced euphoria, of transporting you back to the golden age of your youth and, in some cases, unleashing a small burst of adrenalin to drive you to the finish line.

In the end, our NE 65+ team was able to garner third place in convincing fashion, just barely being edged out of second by the Shore Athletic Club. The top three team member times are added for cumulative performance. 65+ was only 14 seconds behind Shore Athletic in that measure (1:09:35 vs 1:09:49). Top performance time (1:08:24) was generated by an upstate NY team, the Genessee Valley Harriers, who boasted 3 youngsters, all of whom were listed as 70 years old. Our team represented NE 65+ well. It was a learning experience for those unfamiliar with the event and race course. Next year we will be better equipped to go for the gold. In the meantime, good show 65+, you made us all proud!

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## **Two Races in Two Days and Cooler Weather**

**by Ted Ridout**

Everyone seemed to be at the Hogsback half marathon in difficult to get to Colebrook, CT. Lots of back roads. Start is up the hill from a dam on the Farmington River. Finish is lower, on the dam itself, a stunning location. There was a 2:20 pacer, but I decided to go ahead on the early downhills faster than their fixed pace. Run went along the river, some rolling. Half way, make a hairpin turn and run up the other side of the river. Very scenic,

cool, shady. Uh, oh. At 10 miles the pacer goes past me, only one person in her "group". I try to tag along with with a 28 year old woman who had been with me the entire race. We fall back some, and even the pacer is now walking some on the final uphill. Then flat across the dam to the finish, Katie, 28, just ahead of me: 2:23:47, 2 of 2 in my group and 259 of 356 overall. Afterwards, an amazing feed: baked chicken pieces, meat balls, salad, cake and cookies. Awards were a winter pom-pom hat and a cookie. Lovely, worth a return trip.

Then a match for excellence in events when I took part in the Summit Run 5K, which went up part of the Mt. Holyoke range in Hadley at Skinner State Park, a premier raptor birding spot. Only a \$20 entry fee. A magnificent neon yellow shirt. Police car drove ahead of us in the wrong lane while the road was closed, for about 3/4 of a mile. Then we went onto a gravel road and a grade up the mountain. This became the auto road the rest of the way with some stretches having many walking. I felt fine and was 39:54 at the finish. First of 2 in the age group. Awards were huge apple pies from an Amherst farm and the new guide to trail runs in Western Massachusetts. In all, overly generous. Walked back down the mountain chatting with the 30's victor who was holding his apple pie and book.

Finally, at the Josh Billings Triathlon a week ago, I was listed with a new name: Ted Ripout! This is not an indication of my speed. We old guys finished 189th of 405 teams overall.

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## **Out On The Roads of New England**

by Dan D

Greetings to all from my home in Newton, N.H. It was great seeing so many of you at our annual luncheon in Peabody, MA. Superior food and even greater people. September has gone and Autumn is totally here. Cooler temperatures and shorter days (well one out of two isn't bad). I managed 8 races in the month of August including 3 during our 2 - week vacation at Acadia National Park in Bar Harbor, Maine. That brings my 2016 total up to 75 races – 25 to go in 3 months if that goal of 100 races is to be met. I'll need some luck with weather and health ... but it is still possible.

The first race in September took place on Thursday night, September 1, in Atkinson, N.H. This was the 5K "Atkinson Road Race - 39th Annual" directed for all 39 years by Sandy Cannon (she won the female division 3 times back in the 1990's) and husband Andy. This race is perhaps the most "cost effective" in New England with a \$10 pre and \$15 post entry. The "pre" entrants get a nice tech tee-shirt, and everybody is treated to charcoal grilled hot dogs and some home made cookies and pastry. There were 210 finishers including 8 NE65+ members. Rita Labella was 3rd in F60-69 with Terry Lee Harrington 4th. Barry Pearson topped the M70-99 age group followed by Tom Wylie (2nd), Daniel Dodson (4th), Bob Aucoin (5th), Jim Lynch (6th), and Lou Peters (7th). The course is run on quiet neighborhood streets with the typical ups & downs we are all familiar with in New England.

Two days later was the "Feast of the Three Saints Run for Scholars - 3rd Annual" on September 3 (Saturday) in Lawrence, MA. This race is part of an annual Italian celebration on Labor Day week-end directed by the St. Alfio Society in the same neighborhood where early Italian immigrants lived and worked in the textile mills of Lawrence. The \$25 pre and \$30 post fee included a nice tech tee - shirt and light refreshments. Yankee Timing did the computerized timing with net results. Terry Lee Harrington was 3rd in F60-69 while Leo St. Louis topped the M70-79 group, followed by

Hank Pangione (2nd), Daniel Dodson (4th), and Joseph Diprima (5th).

On Wednesday evening, September 7th, I ran "The Mystic Runners Lake Q 5K" in Wakefield, Massachusetts. This weekly race is sponsored by the Mystic Runners and is open to all for the minimal fee of \$2. This 5K is basically level as it goes around beautiful Lake Quannapowitt. There were 62 finishers and Daniel Dodson was the only runner over 65 years - old. There are no age groups, etc. as this is a low key race that takes place every Wednesday night year-round.

Our vacation to Bar Harbor, Maine began on the 9th so I traveled to Bangor, Maine (45 miles from Bar Harbor) to participate in the "9/11 Heroes Run Travis Manion Foundation - 3rd Annual" held appropriately on the 11th (Sunday). This race honors all American heroes killed in the September 11th attacks as well as Lt. Travis Manion from Bangor who was killed by a sniper in Iraq in 2007. The course is quite hilly during the first 2 miles followed by a wonderful downhill mile to the waterfront park where the race began. There were 171 finishers with Daniel Dodson 5th in the Male 60+ division (2nd among 70+). There were light refreshments and a patriotic tee - shirt. Timing was done by Run Sign Up which has their own race results at [runsignup.com](http://runsignup.com).

The "Bar Harbor Bank & Trust Half Marathon and Fall 5K - 39th Annual" was held on September 17 - Saturday at the Bar Harbor YMCA. The \$25 pre - entry fee included a nice tee - shirt, light refreshments, and a beautiful wooden finisher's medal. Timing was done by Run in a Race and Daniel Dodson was 2nd in the M70-79 age group. There were 113 finishers in the "Fall 5K" which plays second fiddle to the totally sold out Half Marathon (400 runner limit). The course is extremely hilly from 0.8 to almost the 2 mile mark, followed by a decent downhill final mile to the recreation field finish across from the YMCA.

The next day (Sunday, Sept. 18) I headed back to Bangor, Maine to run the "Susan G. Komen Race for the Cure - 20th Annual". I have done this double (either the Half Marathon or 5K in Bar Harbor on Saturday and the Komen 5K in Bangor on Sunday) at least 5 or 6 times by now as it always occurs during our Acadia N.P. stay each September. The \$30 pre - entry fee included a cotton tee - shirt, light refreshments, and an inspiring pre - race rally for breast cancer survivors. Sub-5.com did the chip timing for the 213 running finishers (there were also many untimed walkers). Daniel Dodson was the only NE65+ member to complete the race. There were no age groups. The race starts and finishes in the same riverfront park as the 9/11 run.

The "Bridges Kelly Mann Memorial 5K and 3K Walk" took place on Saturday, September 24th, at the Sunset Heights Elementary School in Nashua, N.H. This is the 3rd race in the 5K "Gate City Series" in Nashua. Runners who complete 4 of the 5 races get invited to the December social at Margarita's in Nashua and receive a series jacket. Wendy Burbank and I did this last year. There were 206 runners who completed the 5K in addition to a good number of 3K walkers. Chip timing with instant results was done by Millenium Timing. Bob Welts topped the M80+ division; while Ed Auclair was 2nd and Daniel Dodson 3rd in M70-79.

September 25 - Sunday was "Cassidy's 5K Road Race and Fun Walk - 4th Annual" at the Winner's Circle in Salisbury, MA. The \$25 pre race fee included a nice tech tee shirt, light refreshments, a huge raffle, and free beer donated by Wachusett Brewery. A total of 143 runners ran the 5K which was about 2 miles on a gravel rail trail and about 1 mile on quiet residential streets. There were also a large group of walkers. In both cases it was entirely FLAT. The many race volunteers included NE65+ers Byron Petrakis and Rick Bayko. This is the 3rd time I have personally run this race which benefits 4 - year old Cassidy who is

afflicted with Treacher Collins Syndrome. In a very emotional moment ... little Cassidy sung God Bless America at the start of the race – phewwwwww. Following the race runners got to meet Bruins legend Terry O'Reilly who signed autographed pictures for a \$10 donation to Cassidy's fund. Nancy Wilson won the F80-99 division while Daniel Dodson was 1st in M70-79.

This brings us to the 2016 Flag Race Challenge. October 9th in New Castle, N.H. is the 5th race in our series – the "Great Island 5K". This course has terrific views all along the N.H. seacoast and traditionally has many NE65+ members present. Presently Daniel Dodson (4), Zeke Zucker (2), and Lou Peters (2) are the only members to have run more than 1 of the first 4 flag races; while 23 members have done one. Let's see if we can "rally" around this N.H. race and then our own "Run for All Ages" on November 5th. I'm going to try to complete the 6 - state "challenge" and I hope many of you will join me in the final two.

That wraps it up for another month. October looks exciting with many races for us to choose from while watching our Red Sox in the playoffs as well as our undefeated "TomBradyless" Patriots. Pretty soon the Bruins & Celtics will join them and we'll have plenty to watch as we relax from our racing endeavors. Until then I truly look forward to hearing from you and hopefully seeing you "Out on the Roads of New England".

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## Volunteer of the Month: Nancy Wilson



photo by Ted Tyler

The above photo of Nancy Wilson was taken last year when she placed 2nd in the 80-84 age group at the Run For All Ages (RFAA). In addition to participating in the race, Nancy makes it a special event each year by donating flowers to the oldest female finisher in honor of Louise Rosetti. Nancy, along with Jerry Panarese, was a co-director of the RFAA. Nancy continues to serve on the RFAA organizing committee and orders the medals for us each year. As we celebrate the 15th anniversary of the race on November 5th, we want to thank Nancy Wilson for helping making the RFAA a successful event that really is enjoyed by runners of all ages.

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# Quote of the Month

**"It is so important not to give up on yourself at any age."**

Nova Sienkiewicz, 53 year-old marathon winner.

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