



Forever Run

September, 2016

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

This is the busiest time of the year for the 65+ club: the Annual Luncheon and the Run For All Ages!

As of Saturday, August 27, we have 75 reservations for the Annual Luncheon on Monday, September 26 at Spinelli's beginning at 11 am. If you haven't sent your reservation in to Phil Pierce, there is still time to do so. Everyone should have received the invitation in regular mail a few weeks ago, but as a reminder, the luncheon is \$35 per person (guests are welcome) and the lunch options are vegetarian, salmon, or chicken. Phil's address is 79 Waites Landing Road, Falmouth, Maine 04105. Members 90 and over are free. The program is going to be light-hearted and a lot of fun highlighting significant accomplishments and memories, including pictures, of our first 25 years. Older members will be challenged with our table trivia quiz and younger/newer members may learn some interesting facts.

Also, this fall is our Massachusetts Flag Race - the 15th Annual Run For All Ages on Saturday, November 5th at 10 am. The venue is the same as the last few years at 100 Quannapowitt Parkway in Wakefield. Please note that participants 80 and over are free. Registration is by snail mail or online:

<http://www.ne65plus.org/index.php?=2016-rfaa> or on race day. Please register as soon as possible in order to help the RFAA committee make plans. If you aren't planning to run, but would like to help with volunteer tasks, we welcome your help! Please let me know: jholmquist@mspca.org. Optional: Please bring a raffle item for the Run For All Ages to the race or better yet to the luncheon; Rhode Island Director, Milt Schumacher, is overseeing the raffle.

Our website is always up-to-date with results of the races our members ran and we are incredibly grateful for the efforts of this team, led by Tom Abbott:

<http://www.ne65plus.org/index.php?page=2016-results-all>.

However, other areas of the website are in need of updating. Our webmaster, Bob Hall, and I are hopeful that we have an active member who can help us post pictures, add news items, and update the awards section. We also hope to have a site where members can post information if they are looking to share a ride to races. Please let me know if you are interested in being our volunteer webmaster: jholmquist@mspca.org. Bob is willing to show someone the ins and outs of our site if needed.

Congratulations to our 70+ men for continuing their 1st place winning streak at the USATF-

NE Grand Prix August races: Bobby Doyle 5 miler (8/14) and the NH 10 miler (8/27).

I hope to see many of you at the Annual Luncheon and again at the Run For All Ages!

2016 National Masters Champs - Grand Rapids, MI by Jerry LeVasseur



photo courtesy Jerry LeVasseur

Participants in the 2016 National Championships and their ages (L-R): Jerry LeVasseur, 78; Arnold Utterback, 70; Joe Cordero, 78; Eric Jones, 73; Al Smith, 85; Dennis Branham, 85.

The meet was held 20 minutes from the city at Grand Valley State University. The campus and facilities were beautiful with a nine lane track. The 1st day the 5K was early providing not too hot conditions. I ran 2nd in my age group well out of 1st. With the medication I'm taking my legs ache every step I take and the faster I go the worse it gets so a 12 minute pace is comfortable. Eight years ago at age 70 it was a seven and a half minute pace. Hard to accept but remembering that it is for fitness, fun and friendship keeps me going.

In the afternoon the 800 was run with Dennis Branham 1st (85), Bill Spencer 1st (80), Chris Rush 2nd (75) and Joe Cordero 4th. The next day was the steeple with Joe a close 2nd and me 3rd. In the morning Joe and I went to the Frederik Meijer Gardens and Sculpture Park. A beautiful place where we spent close to 3 hours. I decided not to run the 10K Saturday so Joe and I went to the Gerald Ford museum, a very interesting and well done museum.

Sunday I had the triple first thing where I was 3rd followed by the 1500 with Joe 2nd and me 3rd. Chris was edged out for 2nd and Dennis also was 2nd. In the afternoon we did 3 relays with a 2nd in the 4X100, and 1st in the 4X800 and 4X400 all in the 70 age group. Dennis ran the 800 with us. The NE 65 Plus Runners Club with Bill and I earned 26 points for 39th place of 113 teams. If Dennis ran for the club we would have been 33rd. It was the 1st time I medaled in all events. Joe and I have put relay teams together for years earning

many golds. Both of us have been doing Nationals for 19 years or more attending most years.

Arden had gone with us to visit her sister 2 hours north where I drove to Sunday. We returned home Wednesday after finding some good restaurants and good beer. A great trip!

We need more club members at indoor and outdoor National Masters. Next year it is at LSU.

Down But Not Out!

By Chuck Hyson

While skiing at Sunday River on February 9th, I took a spill on some ice that was hidden by the snow. Of course it was the last run of the day. The fall was hard and I landed on my right side. I was able to bounce back up and ski to our slope-side hotel. After taking my skis off the pain was as bad as anything that I had ever experienced before. A wonderful hotel employee got me into a wheel chair and wheeled me to my room where my wife was waiting. I told her I wanted to take a shower and tried to stand up. Forget it.

Some friends wheeled me to our car and my wife Susan drove me thirty miles to the Stephens Memorial Hospital in Norway, Maine where they took an X-ray. To make a long story short the result was a cracked pelvis. The doctor said the only treatment was to stay completely off it for six to eight weeks. I was given some high-powered pain killers and fitted with a walker.

The next morning our friends loaded our car with all of our gear and wheeled me to it for the ride back home. While riding the pain wasn't bad. But that is when the fun began. I made it to my chair in the family room and stayed there until bed time. Our bedroom is on the second floor and the only way I could go up was on my butt and hanging on the railing. The next morning Susan brought my breakfast to me in bed. That lasted for one day and the next day I went down also on my butt. The pain had subsided and I being a macho man chose not to take any more of the high-powered pain killers.

As the days went by I could do more and more using the walker and eventually purchased a cane which I used for a few weeks. At the end of the six weeks another visit to my doctor who said I could begin walking without the walker or cane. I started walking very slowly around our block and after a couple weeks began jogging very slowly. Then I began experiencing bad pain in my right side (my crack was on the left). Of course, I did what many of you runners have done. I ran thru the pain. Big mistake. It got worse and so I went to a chiropractor who told me my hips were $\frac{3}{4}$ " out of alignment. He got me back into alignment but the pain was still there.

Another visit to my orthopedic doctor who took told me I had spinal stenosis which is the narrowing of the spinal canal compressed the nerves, which causes pain, numbness tingling and weakness in the lower back, buttocks and legs; especially after walking and physical activity. He said it would heal eventually and prescribed Physical Therapy. Well for three months I went twice a week and did exercises at home. Well it paid off and as of this writing (August 1st) I no longer go to PT but still do the stretches at home. I have begun walking and am doing very slow jogs of about two minutes each all without pain. I now stretch before walking which I never did before. Most importantly if I feel any tightness in my

back or pain, I skip the walk.

I began running at the age of forty and used to run four or five times a week and ran many races. This is the first injury that I have experienced and for all of my fellow runners I can't tell you how much I missed my runs. Walking is fine but running (jogging) is what we do. Hopefully I am much wiser now and with patience will be running and do races again soon!

Maine Senior Games

by Jerry LeVasseur



photo by Arden LeVasseur

Maine Senior Games participants included (L-R): Jerry LaVasseur, Jan Holmquist, Greg Tooker, Tom Butterfield and Bob Randall

Senior Games are for athletes 50 and over competing in 18 different sports in 5 year age groups. Games are run yearly in each state with Nationals every other year. This year is a qualifying year for Nationals in Birmingham Alabama in June 2017.

On July 30, 5 members of the New England 65 Plus Runners Club participated in the Maine Senior Games track & field and all qualified in each of the events they competed in. 4 of them are members of the club's Hall of Fame and 3 are on the club's Board of Directors.

Jan Holmquist, age 72, won the 400m in 1:35.03, won the 800 in 3:22.74 and won the 800 m in 6:32.28. I believe all were track records. George (Greg) Tooker, age 76, won the 400m in 1:27.23 and won the 1500 m in 6:40.03. George set track records in the 800 and 1500 last year. Bob Randall and Jerry LeVasseur placed 3rd and 4th respectively in the 800 and 1500. Jerry and his wife Arden won the triple jump and Arden placed 2nd in the 50m. Both are members of the Senior Games Hall of Fame. Tom Butterfield, age 80, won the 400 in 1:43.66 and won the 800 in 3:55.72. Tom placed 3rd in the shot put and 2nd in the javelin.

Rudy Kelley will soon be a new member. At age 69 he set the 3000 track record. At age 70 next year he should set more records.

Get involved in Senior Games. You will love it: www.NSGA.com

Animal Encounters

by Bill Borla

Last month I told some stories about several strange encounters I've had with humans while doing training runs over the years. I've also had a number of even stranger encounters with animals. Some of these occurred while running and others while backpacking, biking and canoeing.

I do most of my training runs in a beautiful wildlife sanctuary about six miles from where I live. One of the problems with running in this place is that it affords many opportunities to stop along ponds, marshes, rivers and streams to view the variety of flora and fauna that inhabit the area. Some days I spend more time observing than running. Often, when I'm feeling a bit tired, I stop to see what I can see. One time I stopped alongside a small pond. For a while nothing happened. Then I saw a pond turtle rising up out of the water. Normally just their heads can be seen, but this one just kept rising slowly so that a lot of its shell was above water level. To my amazement, this was going counter to the laws of physics pertaining to buoyant force. I've never heard of a turtle levitating, not even in water. Nevertheless, the turtle kept rising until it was almost completely out of the water! I was beside myself with wonder. I had never seen anything like this. Then I saw what caused this astounding phenomenon. The pond turtle was riding on the back of a snapping turtle while the snapping turtle was rising up.

Another time I was with my son and a friend and his son on an overnight outing on Canaan Mountain in northwest Connecticut. We broke camp in the morning and started hiking. We didn't get very far when we saw another group of campers standing around looking at something. As we got closer, we could see that their attention was focused on a beaver. Apparently, the beaver had chewed through the base of a tree it was trying to drop. The bottom of the tree landed on the beaver's webbed hind foot and the beaver couldn't move. The other campers couldn't lift the tree off the beaver's foot until my friend and I helped. When we lifted the tree trunk, the beaver keeled over and lay there for a few minutes, probably in the state of shock. We had no way of knowing how long the beaver had been trapped. It finally got up and slowly made its way to a pond in close proximity to the tree. We saw him swim slowly toward a beaver lodge and dive under water to his lodge entry and safety.

On a hike in the White Mountains, I was climbing fairly high up a mountain with a friend. We got to a small opening and a Canada Jay (also called a Whiskey Jack) flew into a short

tree right in front of us. I had read that these birds are aggressive and can be a nuisance where people are picnicking. I asked my friend if he had any trail mix handy. He did and I asked him to put some in his hand and stand still with his hand straight out in front of him. He did this and we watched. The Jay made about three flybys and then landed right on his hand and began eating the trail mix. We moved on and came across a couple of gents taking a snack break where there was a wonderful vista. Excitedly, we told them about the Jay. One of them said, "You mean like this?" He took a piece of his peanut butter and jelly sandwich and placed it in the palm of his hand. The Jay landed on his hand and ate the food. That burst our bubble a little bit but, for city folk like my friend and I, it was still exciting.

On a canoe trip in the Adirondacks, my paddling partner and I were out in the middle of a large lake with nobody else around for as far as we could see. Suddenly, we were startled when something went whizzing right past our heads from behind. It landed in the water right in front of our canoe. It was a mallard! The canoe was sitting dead in the water because we stopped paddling. The next thing we knew, the mallard swam right to the side of the canoe. It was looking for a handout. Here we are in the Adirondacks expecting to encounter wild animals and we find out they are tame. People feed them, which they shouldn't do, and they're used to getting handouts. Another time, two of us were standing at our campsite chatting when two mallards came walking up the path from the water and stood right next to us. It was like they were part of the conversation. We thought it was really funny that they had no fear of us.

Six of us were on an overnite backpacking trek on the Appalachian Trail in Connecticut. After a good day's hike, we pulled up to a lean-to to stay for the night. During the night there arose a heckuva commotion - hollering, yelling and all kinds of carrying on!! Everybody woke up in a panic thinking someone was being attacked by a bear. Come to find out, it was the leader of our group. He became unhinged by a mouse that was running around on his sleeping bag! We thought he was our intrepid leader. It was very disconcerting when we found out he was afraid of a mouse!!

We were on a three-day bike trip in Vermont one year. We are riding through farm country, so we expected to get chased by dogs occasionally. One day we're riding past a farm house that was set back a bit from the road. Uh, oh, here comes a big dog running off the porch toward us. Whoa, wait a minute!! That's not a dog. It's a goat. We had to stop and chat with this animal. Unfortunately, one of our riders gave the goat something to eat and it started running down the road with us hoping for more food. I think they eat practically anything. He went quite a distance down the road with us before finally turning back. We hoped he wouldn't get hit by a car. But what a unique, unexpected experience that was.

One day I was running on a paved road between two ponds. I noticed a baby turtle the size of a silver dollar in the middle of the road. I was afraid it would be run over by a car, so I picked it up and put it in one of the ponds. I started running but stopped again when I spotted two more baby turtles closer to the side of the road. I picked them up and put them in the other pond. Then I noticed some movement in the grass and, lo and behold, there were more turtles! Upon closer inspection, I saw that they were coming out of a small, well hidden hole in the ground. They wanted to get to daylight in a hurry and the ones in back were pushing the ones in front of them out the hole. I must have picked up at least two dozen turtles and put half in one pond and half in the other. I felt good about this because I figured most of those turtles would survive. The survival rate of snapping turtles in this area is not very high. I often see adult turtles laying their eggs in nests one day and, when I run by the nests the next day, I see all the skins of the eggs laying on the ground. I think raccoons, skunks, foxes and coyotes dig up the eggs and feast on them. One caveat regarding adult snapping turtles that most people probably know. Stay far enough away so they can't bite you. They have powerful jaws and they don't let go once they latch on to

something!

The CT Dept. of Energy & Environmental Protection (DEEP) has used the ponds in the wildlife sanctuary, where I do most of my training, as spawning ponds for Northern Pike. I didn't know much about Pike but I found out that they are relatively aggressive predators. They are fairly large growing generally between 24 and 37 inches long and weighing on average between 3 and 7 pounds. One day I was running on a dirt road near one of these spawning ponds. I saw a large Northern Pike just lying still on top of the water and up against a metal grate. The grate allows water to flow out of the pond but prevents the Pike from escaping. I stopped running and went over to have a closer look. I was close to the Pike but he remained motionless. I thought he might have died. Then I did a stupid thing. I thought it would be pretty cool if I could get it out of the water. So I knelt down, put both hands under the belly of the Pike and started to lift it out of the water. As soon as I started lifting, it gave a quick, violent thrashing movement, which scared the living daylights out of me, and splashed into the water. I don't know how big it was, but it was pretty big and heavy. People told me later that I could have been injured because Pike have sharp, needle like teeth.

I imagine that some of you realize that there are wild two-legged animals. Our own Zeke Zucker is one of those. I had the honor of being asked by Zeke to be a pacer on his support crew one year when he ran the Vermont 100 ultramarathon. That's 100 miles!!! A pacer assists the runner by meeting him at designated stops along the race course to tend to any needs (foods, beverages, clothes, blisters, etc.). The pacer also accompanies the runner on the last thirty miles to make sure he doesn't get lost or doesn't start hallucinating and things such as that. In the Vermont 100, the runners start at 4 a.m. using head lamps to see the way. At 5 a.m., a horse race starts! The horses go over the same course as the runners for 100 miles. In the beginning, some of the horses pass the runners. But toward the end of the race, some of the runners pass the horses because the horses get tired, too. Zeke had a time he was trying to beat. As we were getting close to the finish, we had to transition from the dirt road to a trail that would get us to the finish line. Zeke caught up to a horse just before the trail and politely asked the rider if it was alright to pass the horse. It would have been hard to pass on the trail, and Zeke would have had to slow down. Being a gracious good sport, the rider told Zeke to pass on by. Zeke did just that, with me in tow, and proceeded to beat his goal time. I had trouble comprehending what I had just seen unfolding before my eyes - a runner passing a horse in a horse race. Now you know why I consider Zeke to be a two-legged animal!! I was afraid to tell the folks back home about this for fear they would have put me in a straitjacket and shipped me off to the asylum!

Note: Zeke completed the race in 20h:18m:51s. He was 25th overall and 1st in the 60-69 age group at age 60. The race took place on July 17, 2004. Hope you nature lovers have some special animal encounters, too. But don't do anything foolish. Remember that you are dealing with wild animals out there.



photo courtesy of Rita LaBella

Rita and Erica LaBella with awards won at the 2016 Berna's Great Legs 5K in Lowell.

Spotlight On Rita LaBella

by Byron Petrakis

Rita LaBella has always been a "good sport," giving back to her running community ever since she began running in 1995 when her daughter, Erica, went out for indoor and outdoor track. Rita and her husband, Chuck, also a runner, were appalled by the poor condition of the outdoor track in Tewksbury, MA where the young athletes trained. She helped organize a group of parents who stormed the Tewksbury town meeting and succeeded in getting town officials to resurface the track. Ever since then, this newly minted member of the NE 65+ Runners Club has actively engaged in organizing and promoting events for fellow runners in her hometown, including the "Run A Pleasant Mile" road race, which later evolved into a 5K, with shorter races for kids on the high school track.

Rita's unselfish support of her fellow runners is seen in her participation at local races. She enjoys encouraging other runners, especially those who seem to need it. If she sees someone ahead of her stopping to walk, she "most always checks to see if they are OK and then says 'come run with me.'" In her words, "lots of times we finish together; often they just needed a bit of encouragement, and they finish ahead of me! And I am glad to see their back!"

Her generous encouragement of others notwithstanding, Rita certainly maintains a healthy degree of competitive spirit, especially the friendly rivalry she shares with her daughter, Erica, a top 37-year-old runner with impressive times in local road races. At the

recent Kingston (NH) Firemen's 5K/5M races, for example, Rita ran the 5K trail race while her daughter ran the 5-miler on the roads. Both races start at the same time, and each year Rita attempts to finish her trail race before Erica finishes the 5-miler. This past August 6, Rita "won the bet" by finishing the 5K in 32:21, while Erica ran an impressive 33:30 (1st overall female and 7th overall finisher). As a participant myself in my hometown race, I can personally attest to the smiles and hugs Rita and Erica shared post-race. It is clear that mother and daughter have a high degree of mutual respect and admiration!

At 65, Rita hopes to continue running "until 100...maybe if the body holds up." She gratefully acknowledges Dan Dodson for encouraging her to join the NE 65+ Runners Club and notes the positive impact of running on her musical avocation as a member of her church choir, where she performs as a cantor leading the singing from the front of the church. She says she definitely has noticed her increased lung capacity as a result of her running. Rita is also quick to note the inspiration that Louise Rossetti and Lou Peters have provided her. Rita fondly remembers Louise's smiling face when she was racing and hopes to emulate Louise's ability to keep running well into her "senior" years. Rita also enjoys seeing Lou Peters run the springtime "Good Times" series in Lowell. She enjoys circling back and doing a cool down run while accompanying Lou to the finish, talking with him along the way. As Rita puts it, "it's always easier to run 'with' someone."

Long before her 100th, Rita hopes to run a race in each New England state and also to do a ½ marathon in each state, already having run several in New Hampshire and one in Massachusetts. With no serious ailments or injuries, she hopes to stay lucky and compete as long as she can. To "newbie" runners, Rita offers her encouragement that they will get faster the first 10 years they run. She says she likes to "cheer for the runners at the back of the pack; it is a lot harder to be at the back than at the front."

Rita's commitment to support and encourage her fellow runners embodies the noblest qualities of our sport. At Rio's Olympic Games, a moving and memorable moment demonstrated the Olympic spirit at its best. During a 5,000 meter time trial, two female competitors literally ran into one another. Nikki Hamblin of New Zealand and Abbey D'Agostino of the USA had never met, but when D'Agostino fell during the last 1/3rd of the race, she tripped Hamblin, who was just ahead of her. After both tumbled to the track, Hamblin lay disconsolately until she noticed a hand on her shoulder. It was D'Agostino, who had stopped and graciously lifted her rival to her feet saying, "Come on, get up....We have to finish this race." And finish they did, embracing at the end, in a moving display of good sportsmanship that will be remembered long after the completion of the 2016 Summer Games.

Rita LaBella's lifelong commitment to her sport and to her fellow runners demonstrates this type of unselfish sportsmanship. Her generous spirit inspires and sustains our running community, for it reminds all of us that there is more than one way of winning and that we all triumph when we become better human beings.

New Members

Peter Mitchell, Jerico, VT

Sponsor: Zeke Zucker

A member of the Green Mountain Athletic Association (GMAA), Peter has run in many GMAA events and in some USATF races. He competes in the Vermont Senior Games in the 800, 1500, 5K and 10K.

A State Off My Bucket List

by Rick Stetson



Photo courtesy of Rick Stetson

The author with a cutthroat trout caught in a Wyoming mountain lake. Why is a fish photo in a running newsletter? You will have to read the story below to find out.

It is interesting how there are runners who maintain a bucket list. I too have one but it is a relatively simple goal: to run a race in every state. Most of the 15 states I lacked were out West so when a friend asked me if I might be interested in accompanying him on a fly fishing trip to Wyoming, I said I needed to look and see if there were any races in the area.

When I checked the races for Wyoming, there was nothing during the time we would be there, but I did find a Pancake Stampede 5K in Littleton, Colorado just south of Denver. I needed Colorado and my friend was kind enough to say he could extend our trip a day so that I could participate in the race.

There was one issue. My right knee had bothered me since running a half marathon in February. An MRI revealed a torn meniscus and my doctor said if I had surgery in July, he would try to have me ready to go hiking in August but he made it clear that I was not to do any running for a month after the surgery. I obeyed his instructions and went to rehab twice a week plus took some short walks around my neighborhood. I felt that even though I had not exercised in a month, my previous conditioning should carry me through some mountain hiking. It was a foolish assumption.

We flew to Denver and then drove to Lander, Wyoming. Early the next morning we arrived at the outfitters cabins, ate a hearty breakfast and then with Hank, one of our fishing guides leading the way, set out on a 15-mile hike to our camp which was on the other side

of the mountains. The trail started off through a forest of scrub pines and soon we began climbing. We would have to go over 12,000 feet in elevation but my knee felt fine. After negotiating numerous switchbacks, we finally broke out above the timber line and were treated to a beautiful view of the valley far below. We were out of the range of civilization with no cell phone service or internet. Just lots of fresh air.

The problem with hiking over a mountain is that the trail was narrow and rocky meaning every footstep had to be placed with care. I noticed my pace had slowed considerably but was told there was still a long way to go and we needed to pick it up in order to reach the campsite before dark. Try as I might, I was unable to keep up with the others in our party. At one of our stops for a drink of water, Hank noticed my legs were shaking and asked for my backpack which he then carried in addition to his own. I felt like a wimp for not carrying my own pack. But I was still slowing down the group so Hank told me to hold on to the straps of his backpack and he pulled me along. Darkness descended and we still had a mile or so to go but Hank pulled out one of those headlamps that Beach runners are familiar with. Finally, some 14 hours after starting out, we reached the fishing camp where another guide who had ridden in with the horses hours earlier, had prepared a meal for everyone. I was so tired there was no appetite. All I wanted to do was to crawl in my tent and lie down. Thanks to me, our group had set a record for taking the longest amount of time to reach the camp when coming in over the mountains. It was a record I was not proud of.

The next day, the guides decided that when it was time to hike back, I should ride a horse. Even though I had not ridden a horse since high school, I agreed. My legs felt as if I had run a marathon the day before so when the group took off in the morning to fish in nearby lakes, I elected to remain in camp to read, gather firewood and try an occasional cast in a stream that ran past our campsite. For the next four days, I remained in the camp while the others went off to fish but on the fifth day, my legs started to come around enough so I could accompany the group as they hiked about a mile to a nearby lake. We finally reached a beautiful lake with a glacier nearby. I cast my line and was able to reel in a good looking cutthroat and held it for a photo before tossing it back.

On departure day, a young cowboy and cowgirl (called "packers") showed up pulling five horses and a mule. As the hikers took off, the packers quickly got to work stuffing gear into large duffel bags that they balanced evenly and cinched on the animal's backs. After a couple of quick instructions on how to ride a horse, "pull the reign to the left to make the horse turn to the left," I climbed on my horse and we were off. The horses followed each other in single file as we started our climb. The good part about riding a horse in the mountains is that I could look around and enjoy the scenery. The bad part is that my thighs started to complain and with each step, the complaining grew. Finally, we were back in the pine trees and then the end was in sight. It was time to dismount but I did not feel as if I could swing my right leg over the saddle to get off. I managed somehow to climb down but when I was on the ground, I could not move. My legs were locked in a bowlegged position. I said if my legs felt that way the next day, then I would forget about running a race on Sunday. In the parking lot of the hotel I tried to run 10 yards and could only manage a slow shuffle. I knew if my legs felt that way in the morning, then there was no way I could run. When the next morning rolled around, my legs did not feel ready to run but at least I was able to move without a limp. I figured we had come this far, I might as well give it a try.

The race course was a scenic out and back on a bike path that followed the banks of the South Platte River. I told my friend that I should be gone 30 minutes thinking surely I could run 10-minute miles. I said all I wanted to do was finish so I could cross Colorado off my list of states.

The gun sounded and we were off. I wasn't moving fast but I was moving. When I passed the mile mark my watch read 9:28 so it seemed like I was on pace to break 30 minutes. Then I saw a man ahead of me who looked to be my age so I passed him. A short while later he went by me. I started to go after him before thinking, "Wait a minute. All I want to do is finish," and I let him go. At two miles, it was obvious I was slowing down and again I told myself, "just finish," which I did in a time of 31:49. It wasn't fast but at least now I can mark Colorado off my bucket list of states. I just hope the other states I need won't be as difficult to obtain.

Between the Acts

by Greg Tooker

Some of the distance runners among us have taken to the track, which has proven to be an interesting diversion as well as a source of valuable speed work we all need to be competitive. Recently, several New England 65+ members competed in the New Hampshire Masters/Senior Games held in Manchester, NH, including Mary Harada, George Tosatti, Lucien Trudeau, Ken Graves, Steve Viegas and yours truly. Running events ranged from the 50 yard dash to 5000 meters, spread over a several hour period. This presented a bit of a challenge to distance folks who are used to hitting the finish line, celebrating with our friends and heading home to relax and recover.

It's fun to stand around and chat with fellow competitors between events and we all do a lot of that, sometimes ignoring the fact that the sun is slowly broiling our hides and dehydrating our bodies. With two hours between my events (800m and 400m) I retreated to my Mini, opened the three doors widely, tilted the passenger seat way back and put my feet on the dash, ready for a snooze after a snack of Gu and drink of electrolyte (Ultima), and a short read of current book ("Being Mortal" by Atul Gawande). This brief respite worked wonders and I responded to the first call for the 400m with renewed vigor, ready to tear up the track. It worked pretty well!

For those who have not experienced the Senior Games (held in all states), please consider doing so!

Out on the Roads of New England

by Dan D.

Greetings to all from our little cottage on the shores of Newfound Lake in Bridgewater, N.H.. The temperature is cool and I'm definitely cheering. Never thought I'd say this ... but I can't wait for colder weather!!! This summer heat & humidity have really done me in. One can always add clothing ... but there is only so much one can remove!!!! So let's go Patriots ... September Fall Races - here we come.

Hope everyone had an opportunity to see a lot of the Rio Olympics. Nice to see our 2 Americans finish in the top ten in the Olympic Marathon. Don't know about you but we were experiencing "Olympic withdrawal" for the first few days following the closing ceremony. Like ... what do we do now??? It was enjoyable and I honestly thought the coverage was terrific. Congratulations to Brazil for conquering all the doubters and presenting a fantastic venue for the athletes of the world.

The aforementioned heat of August put a crimp in running ... but I still completed 9 races this

month (67 races for 2016). Consequently I'm exactly on target for 100 races this year (67% at the 2/3rds point of the year). I'll need to average 8 or 9 races per month from September thru December to make it (could be close). Enough of the preliminaries – let's get started on the August races.

August 2nd – Tuesday – was the "Yankee Homecoming Road Race - 57th Annual". This almost mandatory start to August features the traditional 10 miler and an accompanying 5K. Famous for almost always being hot and humid ... this year's edition seemed quite acceptable to most runners. After alternating between the 10 miles and 5K for several years ... the "knees" and slower times have made the 5K this writer's only rational choice. The \$25 fee includes a nice tech tee-shirt, light refreshments, and chip timing. Michael Pelletier topped the M70+ age group followed by Peter Buhl and Daniel Dodson. David Ritchie was 3rd in M65-69, while Terry Lee Harrington was 9th in F65-69. Steve Malynn finished 4th in the 10 - mile M65-69, followed closely by Ted Ruetenik (5th) and Rick Bayko (6th); while Charlie Farrington was our best in M70+ (5th) with Leo St. Louis (8th).

Two days later (August 4th - Thursday) I traveled down to Beverly, Mass. for the 2nd half of my annual "Yankee Homecoming Double" – the "Beverly Yankee Homecoming 5K - 49th Annual". The \$25 race fee (\$29 post) included a nice tech tee-shirt, chip timing by North Shore Timing Company, light refreshments, and a wonderful venue at Beverly's Lynch Park (on the ocean). This race is part of the YMCA of the North Shore Road Race Series and had 553 participants. NE65+ was represented in the M70-99 division by Joseph Long (2nd) and Daniel Dodson (4th). And "yes" the weather was hot!!

Saturday morning - August 6th was the "Kingston Fire 5M & 5K Road Race - 22nd Annual" in Kingston, N.H. This event is part of Kingston's Old Home Day celebration and drew 65 finishers in the 5K and 39 in the 5 miler. The \$25 fee gets one a tee-shirt, light refreshments, and only gun-time by Granite State Race Services. Sadly the top age groups are M & F 65-99. Tom Wylie was the sole NE65+RC runner in the 5 miler and was 1st in M65-99. Steve Malynn topped the M65-99 in the 5K with Byron Petrakis 2nd and Daniel Dodson 3rd. Rita Labella led the 65+ females followed by Kathy Clark (2nd). The 5 miler is run entirely on roads while the 5K is about half on roads and half on a pretty "rooty" trail. There was an actual large house fire during the race which kept the fire personnel busy. Hopefully this race increases the age groups up to at least 70+ in the future.

The "Reverse the Course 5K - Good Times Summer Series Race #7" took place along the Merrimack River in Lowell, MA. on Tuesday evening, August 9th. Over 300 runners (305 exactly) completed the scenic course running in the opposite direction from the other 9 races in the 10 - week series. Yankee Timing did the chip timing and the post - race party at Dudley's featured the "wisdom" of famed Merrimack Valley race director and race announcer Dave Labrode. Our own Ted Tyler did race photos and Joe Regan played the National Anthem on his trumpet. The fee is \$10 if registered for the whole series or \$15 on race - day. George Bisson won the M80+ division, while Mary Tyler was 3rd in F60-69. Hank Pangione topped the M70-79 guys with Jonathan Mackenzie 2nd and Daniel Dodson 3rd; while Rick Marais competed in the M60-69 division. And ... again ... hot, hot, hot.

The "Cigna/Elliott Corporate 5K Road Race - 24th Annual" took place on Thursday evening, August 11th, in Manchester, N.H. There were 4,682 participants in what is annually the biggest road race in New Hampshire. The \$25 pre-race fee brought all the bells & whistles usually provided by Millenium Running managed races. There were tech-tee shirts, instant race results, race announcing by both Jamie Staton from tv Channel #9 and Andy Schachat, welcomes from both Manchester Mayor Gatsas and U.S. Senator Kelly Ayotte (who then ran the race), 6:20pm start carried live on the 6:00pm Channel #9 news, traffic free streets, plentiful refreshments at Veterans Park, etc. etc. Roger Gosselin was 1st in the

M75-79 age group, while Herb Hardman was #1 in M80+. Daniel Dodson was 9th out of 14 in M70-74. Guess what??? HOT again!!

Sunday, August 14 was the "Bobby Doyle Summer Classic - 9th Annual" 5 mile road race in Narragansett, R.I. This served as both the Rhode Island Flag Race for our NE65+RC as well as part of the prestigious USATF-NE race series. Consequently 679 runners completed the 5 mile course despite the high temperatures and even higher humidity. The \$28 race fee included a top notch tee-shirt, nice refreshments, terrific volunteers, and chip timing by Spittler Race Services. The NE65+RC M70-99 team was victorious over the North Shore Striders as Milt Schumaker, Zeke Zucker, Rich Paulsen, and Joe Noonan ran a combined time of 2:54:12. Individually ... Milt Schumaker was 2nd in M70-99 followed by Zeke Zucker (3rd), Rich Paulsen (4th), Denny Leblanc (5th), Joe Noonan (8th), Harry Carter (10th), Mike Pelletier (14th), Larry Cole (15th), and Daniel Dodson (18th). Jan Holmquist topped the F70-99 division, while Mary Tyler was 12th in F60-69, and Frank Sciuto placed 27th in the M60-69 division. And ... this day was the "hottest" of all!!!!

On Tuesday evening, August 23rd, the "New Hampshire State Police D.A.R.E. Classic 5K Road Race - 26th Annual" took place on the racing oval of the New Hampshire Motor Speedway in Loudon, N.H. This unique event has the runners drive across the actual race track and into the center area where one is surrounded by the mammoth stadium that seats over 100,000 car racing fans twice every year. For \$22.50 runners get a tech tee-shirt, demonstrations by the NH State Police canine unit, motorcycle unit, and a helicopter flyover. There is a large raffle post - race and excellent refreshments including hot dogs, pizza, yogurt, etc. The official greetings were delivered by N.H. Governor Maggie Hassan. Race chip timing was done by Millenium Running and a terrific rendition of the National Anthem was sung by a Massachusetts state trooper. 163 runners completed the 3+ laps around the motor speedway course with NE65+ members Bob Howe and Daniel Dodson finishing 2nd in M60-69 and M70-79 respectively.

The "5K Race to the Ledges - 5th Annual" took place in Concord, N.H. on Saturday morning, August 27. The \$20 pre-race fee drew 122 participants on a course that was about 1.7 miles on quiet asphalt roads and 1.4 miles on a wide trail. There was a non tech tee-shirt and a full breakfast post - race. Age groups went up to 70+ and awards were unique trophies and medals. Timing was provided by Granite State Race Services. Daniel Dodson finished 2nd in M70+. I had to exit immediately as the Memorial Service for our own Barbara Robinson was 90 miles north in Sugar Hill, N.H.

The "Last Call 5K - Good Times Summer Series Race #10" took place on Tuesday night, August 30th. This was the grand finale for the 2 - part 20 - race "Good Times Series" for 2016 and awards were given out for both the "Last Call 5K" race and for the entire 10 - week "Good Times Summer Series". Lou Peters was #1 in M90+ for both the race and series. In M80-89 George Bisson was first for both the race and series with George Leslie 2nd. In M70-79 Jonathan Mackenzie won the race and series. Richard Molloy was 2nd in the race (4th in series), while Daniel Dodson finished 3rd for both the race and the series. Ted Tyler was 2nd for the series and Hank Pangione finished #5 in the series. Steve Molloy and Rick Marais both competed in the rugged M60-69 division with Molloy #12 and Marais #14 out of 26 competitors in the series. In F60-69 Mary Tyler finished 4th in both the race and series, while Johanna Riley was right behind in 5th for both. Our own Ted Tyler did the photography for the race.

The "NE65+ Flag Race Challenge" now has 4 states completed with New Hampshire and Massachusetts remaining. Next up is the "Great Island 5K" on Sunday - October 9th in New Castle, N.H. Thus far Daniel Dodson has completed all 4 races with Zeke Zucker (VT. & RI.) and Lou Peters (ME. & CT.) tied at 2 states each. There are 23 other club members

with 1 state. Hope to see many of you on October 9 in New Castle, N.H.

The final flag race is our own "Run for all Ages" on Saturday, November 5th, in Wakefield, MA. The day after is a 5K race I ran last year in nearby Haverhill, MA. called the "Run to Overcome 5K Run/Walk". It had a great "feel" to it as the R.D. was very personable, the cause was positive, the post-race buffet was excellent (and indoors), etc. The only problem was the age groups. I talked to the R.D. (who is the school principal) and this year the age groups go up to 80+. He also agreed to reduce the fee by \$5 to any NE65+ member who "doubles" with the "Run for all Ages". I hope many of you will consider this "week-end double" as the race director is so cooperative and deserves to be "rewarded" for his willingness to reach out to us.

Thanks to Tom Abbott and the "results crew" who get all the races from various sources all over New England onto our club website each month. We truly appreciate it!!!

Finally I want to say "thank you" to Ms. Susan Filene for her kind comments about our column in "Forever Run" last month. That really made me feel good and I deeply appreciate it. I suspect many of "we contributors" wonder whether folks read our offerings and what they truly think about them. Please feel free to tell me – the good, bad, and ugly – if it's sincere I want to hear it. Or ... tell me at a race (I'm the big guy with the white safari hat down towards the back of the pack!!!). This is a good way to make alterations and hopefully improve.

That's it for another month. Hope you enjoyed it. Maybe I'll see you in Atkinson, NH. on the 1st; or Lawrence, MA. on the 3rd; or Bar Harbor, ME. on the 17th; or Bangor, ME. on the 18th; or Nashua, NH. on the 24th; or Salisbury, MA. on the 25th; or somewhere else in September "Out on the Roads of New England"!!!!!!!

Volunteer of the Month: Jerry Panarese



Our volunteer of the month, Jerry Panarese, is a long-time member of the NE 65+ Board of Directors, serving in that capacity as a club past president. In 2003, Jerry was recognized as the first recipient of the Rev. Shea Award for exhibiting "exemplary service to the club." Jerry started the club's first flag race and served as Race Director for the first 10 years of the club's annual Run For All Ages (RFAA). For his leadership of that race, he was recognized with the Race Director of the Year award in 2012. Jerry is still a vital part of the RFAA's success, attending race planning meetings and making sure the race is provided with water, Hood drinks and the always-popular Saucony gift certificates. When the 2016 RFAA is held in Wakefield on November 5, it is club members like Jerry Panarese, our volunteer of the month, who will make sure the race comes off without a

hitch. Thanks for all you do, Jerry!

Quote of the Month

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

Edward Stanley

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