



Forever Run

August, 2017

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

By the time you read this edition of *Forever Run*, I hope you will have received our annual snail mailing serving 2 purposes: 1) an invitation to the Annual Luncheon on Monday, September 18 beginning at 11 am at Spinelli's on the Lynnfield/Peabody line where we have met the last several years; and 2) our annual appeal for donations to support club activities. If you have not received the mailing, please contact me at:

jholmquist@mspca.org.

In addition to the awards presented at the banquet, the annual luncheon program will feature Tom Grill, CEO of the Boston Athletic Association, as our guest speaker. We are honored that he is taking time out of his busy schedule to attend our event. Please thank Jerry Panarese for extending the invitation to Tom.

Our next Flag Race is the Bobby Doyle 5 miler in Narragansett, Rhode Island on Sunday, August 13th - same venue as last year. Rhode Island 65+ former Board Director, Milt Schumacher, will be there to set up our tent and banner. We are hoping to have a 70's team again this year. Please register individually and note that your USATF affiliation is with the NE65+RC (unless your USATF affiliation is with another club). New this year: remember that there will be prizes for 65+ members who run 5 or 6 of the Flag Races (regardless of any USATF affiliation).

Congratulations to our 70's guys who ran the first USATF-NE 4X800 relay on July 22nd held at Wellesley College. We hope this event occurs again next year and that we will have a 70's and 80's team!

Our club has been selected to be featured in the September/October edition of *Level Renner*. Byron Petrakis was very kind to take time out of a hectic moving process to write the article. *Level Renner* is a free online publication: <http://levelrenner.com/about-level-renner/>. There will also be an ad for our 16th Annual Run For All Ages in *Level Renner* hoping to get more participants. The race is Saturday, November 4th and registration is open:

<http://www.ne65plus.org/index.php?page=2017-rfaa>.

I hope you enjoying reading *Forever Run* and want to remind all members that we welcome your participation in submitting articles and pictures.

Carpe diem!

Birmingham Beckoned

by Greg Tooker

Every two years, beginning in 2010 and my conversion from road to track, I have sought to qualify for the National Senior Games. The Games are held semiannually in a different city and attract over 10,000 athletes from around the country and internationally as well. In addition to a high level of competition, they offer an opportunity for old friends to gather and for new acquaintances to be made. It is a wonderful social experience shared among interesting, friendly people.

This year, the nationals took place in Birmingham, Alabama, a city that still boasts Old South physical characteristics blended with clear evidence of the modern age. I had not been back to the city for over 20 years but I vividly recall the summer heat, topping 90 degrees, an average of 90 days a year. Coupled with chronically high humidity, it makes for difficult race conditions, especially among more "seasoned" athletes. This year, three NE65+RC members elected to compete, including Steve Viegas, Jerry LeVasseur and myself. Steve battled the steaming asphalt of the city streets in both the 10K and the 5K Road Races to courageously finish in mid pack for his age group. Jerry, a strong age group national contender in the triple jump, brought his "A" game to Alabama and garnered a Silver medal for his excellent second place finish in the event final. Adding to his accomplishments on the field, Jerry was honored by the National Senior Games as one of 30 individuals who have made major contributions to the success of the Games during the 30 year history of the organization.

In addition to the 800m and the 1500m on the track, I opted to run the 5K as well since I had passed muster for that event at the Massachusetts Senior Games qualifier race (the Applefest 5K in Northboro each year in September). Despite the heat, I managed to medal in the three events but the final event, the 5K, was the most uncomfortable race I have run in my 40 years of competition. As I crossed the finish line, I expressed my angst with a mild but muffled expletive which the video camera caught but the sound track could not, thankfully, discern.

As I cruised back to New England in my trusty Subaru, meandering through the Great Smoky and Blue Ridge Mountains, I thought about the conversations I had with old friends and new, concluding there is no better way to spend one's senior years than in the company of your fellow man, engaged in activities that nurture both body and spirit.

July 4th Races

by Rick Stetson



photo by Judy Graham-Garcia

Dan D. (wearing Run For All Ages shirt) with friends and possible future 65+ members after the Marblehead Firecracker Four Miler. (L-R) Judy Graham-Garcia, Rick Mooney, Ann Tassinari. Judy has run a marathon in 39 states and plans to run in all before turning 60. (Her 50th will be in Alaska.)

On the 4th of July, 65+ club members ran in races around New England. The most club runners at a race (10) showed up in Freeport, ME for the L.L. Bean 10K where Phil Pierce and Polly Kenniston won their age groups with Jim Toulouse (2nd in his age group) finishing with an age graded percentage of 74.69. The Charles River 5K in Needham had the next largest turnout of club members (8) with Jan Holmquist, George Tooker and Phyllis Mays all winning their age groups while Tom Abbott and Marj Radin placed second in theirs.

Six club members ran in the Bridgton, ME 4 on the Fourth with John Howe and Judi Moland taking age group firsts and Bill Reilly (76.9% age graded) and Sandy Utterstrom placing second in theirs. The Dedham Four on the Fourth also saw six club members with David Pember and Ann Marie McDonald winning their age groups. Ann Marie doubled up on the 4th also running in the Norwood Firecracker 5K where she placed second in her age group behind Betsy Knapp.

Other age group wins included Rich Paulsen at the Feeney 5K in Woburn, MA; Zelda Schwartz at the York Four on the Fourth; Susan Gustafson and Herman Messmer at the

Hingham 4.47 Miler; Steve Cryer, 1st out of 21 with a 21:40 in the Plymouth 5K; Larry Cole at the Mattapoisett 5 mile; John Loker won his age group at the Run For Freedom 5K in Derry, NH; as did Michael Gonnerman in the Center Harbor, NH 5 mile and David Ritchie at the Pack & Boots 5K in Portsmouth, NH.

At the North Andover 5K Joseph Diprima won his age group while John Boness placed second in his. Lou Peters finished third in his age group but it was 80+. It doesn't seem fair that Lou (age 92) had to compete against those young 80-year old runners. The Lynnfield 5K saw John Dove finishing second in his age group. For a complete listing of the July 4th races with the names of all our club members who took part, check the race results page on the club's web site. It's nice to see so many of our club members celebrating our country's independence with a good run on Independence Day.

Thoughts on a Bad Knee

by Henry Wolstat



photo by Kara Holmquist

Henry Wolstat (#479) is all smiles after resuming running and completing a 5K on the 4th of July in Needham along with club members (L-R) George Tooker, Jan Holmquist, Phyllis Mays, Marj Radin, Barry Singer, Anthony Cellucci and in back, Tom Abbott.

In the early part of 2016, after running a 5K in Florida, my right knee was very painful and I could no longer run (and barely walk). I tried many treatments including P.T., chiropractic, injections, and finally saw a knee orthopedist who, after diagnosing severe arthritis, suggested a total knee replacement. I had it done in October of 2016 and returned to running (after a year's absence) four months later. I was and continue to be very slow but I missed both running and racing. I found that in order to rehab and diminish pain I have limited my runs to at most four miles every other day and, after three 5K's this year so far my times have gradually improved (but far from my goals). It usually takes about a year

for full improvement and I continue to do daily stretching exercises that were prescribed for me in physical therapy.

I have included a poem I wrote early last summer during my forced "inactivity" which best describes my state of mind then.

Rage Over a Missed Run

(With Apologies to Beethoven)

by Henry Wolstat

I missed my run:
My body is sore:
It cannot be done.

It's no longer fun:
Life is such a bore
Without a daily run.

Lying here in the sun
Who could ask for more?
No run have I done.

But I move not one
Step from my door:
I just cannot run.

I'll soon weigh a ton,
Just sleep and snore;
My life will be done.

These happy years gone,
What else lies in store?
I missed my run:
It just cannot be done!

Editor's note: The following article by Cindy Cantrell appeared in the July 16 edition of the Boston Globe West. The article gave some excellent publicity to our club in addition to spotlighting two of our board members so we are reprinting it here.

At 83, Brookline Doctor is still Running

by Cindy Cantrell

Dr. Henry Wolstat has been running for more than half his life, ever since a former neighbor invited him on laps around the neighborhood in preparation for a local road race. Now 83, the retired Brookline psychiatrist says the camaraderie and support of the New England 65 Plus Runners Club (ne65plus.org) keeps him pounding the pavement.

"I started running before it became popular," said Wolstat, who had previously kept in shape by hiking, skiing, and cycling. "The exercise [from running] felt good, and it was a good stress outlet when I had my private practice. I've kept it up ever since."

Wolstat persevered despite an inauspicious result in that first race, a 5-miler in which he

finished almost last. Just two years later, he competed in his first of 40 marathons throughout the United States and Canada, including 11 Boston Marathons between 1976 and 2009.

That final year, he crushed his sub-six-hour goal with a time of 5:31:12. A mere 75 years old at the time, he was edged by his wife - Marj Radin, 11 years his junior - who finished at 5:30:02.

"We're both retired from marathons now, but we still enjoy running for the exercise and the social aspect. We see people we know from the [New England 65 Plus Runners Club] in races all over," said Wolstat, a former club secretary who now serves on the board alongside his wife. "We've made a lot of friends. It's quite a lot of fun."

Wolstat joined the organization after moving to Brookline 15 years ago, and Radin followed when she turned 65 seven years ago. Founded in 1991, it has grown from a handful of members in the Merrimack Valley to more than 700 runners from all six New England states. Membership is open to all who meet the age requirement without regard to competition results. The lifetime membership fee costs \$50.

Wolstat, who had a right-knee replacement last fall, has resumed running 5Ks and aspires to double that distance. While many of his fellow club members set age-group records, he is content to finish toward the back of the pack.

"I've already done a lot of mileage," he said, "but I'm going to keep running as long as I can."

New Club Members

Bill Gaa, Matamoras, PA

Sponsor: Rod Hasker

Has been running since mid-1960's. Completed a handful of marathons. Currently doing 5K races and averaging 1000 miles per year.

Elvira (Elie) Gentile, Hudson, MA

Read about the club in the Boston Globe

Has run 10 Boston marathons, 1 Rome marathon, 10 BAA half marathons and numerous 10K's and 5K's.

Rudy Kelley, Bernard, ME

Sponsor: Jerry LeVasseur

Likes to help with road race planning and organization. Started running 41 years ago. Runs mostly 5 and 10K's, a few marathons and recently has started some track. Member of Maine Senior Games for 6 years and 3 Nationals. Pulled a hamstring in Birmingham this year at the National Senior Games 10K. Will be at the starting line in Albuquerque, NM in 2019.

Janet Parkinson, Portsmouth, NH

Sponsors: Dan Dodson and Wendy Burbank

Coaches middle school cross country and track. Has run 20 qualifying Boston Marathons.

James Walsh, Pembroke, MA

Sponsor: Larry Cole

Took up running in 1999. Had a knee replacement in 2008. Has completed 30 marathons and 120 half marathons. Went from sub 8 minute per mile to 10 minute pace after knee operations but still runs 2 marathons and 8 halves per year. Says it is "great to be in back of the pack."

Relay Champions

by Rob Knight



photo by John Babington

NE 65+ 4 X 800 relay team after running 13:17.7 at the USATF NE Relay Championships in Wellesley, MA. (L-R): Rob Knight, Greg Tooker, Dave Pember, Dave Ritchie.

On a warm Saturday afternoon at the scenic Wellesley College track, New England 65+ Running Club fielded a four man team of 70+ runners to compete in the first annual USATF-NE relay meet. The outcome? Our club is now the New England Masters champions in the 4x800 relay. How could a team with an average age of 73.5 years old be the best masters in New England? As they say, half of success in life is just showing up, and that is what we did. Being the first relay meet, the number of teams was a little disappointing, with many school and younger club teams, an open team from Tri Valley Frontrunners, and only one masters team - ours.

There had been some talk of setting a national record, but since no one on our team of Dave Ritchie, Dave Pember, Greg Tooker and Rob Knight expected to run even a 3:00 leg and the national record is 11:47, dreams of a record quickly faded. As it turned out, the team ran about 13:20 with fairly consistent 3:20 legs. If that sounds rather slow, anyone feeling judgmental should try an 800 on the track. It's not so easy.

Everyone on the team got a \$50 gift certificate to Marathon Sports as Masters champs. But beyond that the track meet was a lot of fun with many young club and school teams, enthusiastic runners, and some very fast kids. And several kids came over to say how

impressed they were to see 70+ runners competing. Our appearance in the meet was worth it just to show some young runners that running can be a lifelong sport.

Hopefully there will be more Masters teams in 2018 for this pleasant event. And if the club can field an 80+ team, a national record is guaranteed since there is no record in that age group.

Editor's Note: The splits are unofficial but Rob led off and handed the baton to Greg with both running their 800's in approximately 3:18. Dave Pember was the third leg and he turned in a time of 3:16 before handing off to the anchor, Dave Ritchie (3:21.) The four relay runners, all wearing their NE 65+ singlets, put on a good show for their running club. We thank Tom Abbott for the individual splits which he remembered John Babington reading off at the end of each leg of the relay. When Tom saw the club's relay runners lining up for a photo he said, "They all look like they could do another 4 X 800, and go even faster."

Editor's note: The following article by club vice president, Steve Viegas, ran in the March issue of *Forever Run* but since new members have joined since then and did not see it, we are reprinting Steve's message here. Our Facebook page has been a good way for 65+ members to communicate and learn what is happening in the club. For example, Tom Abbott's posting was the way many of us found out about our 4 x 800 relay team winning a championship in Wellesley last month.

NE 65+ RUNNERS CLUB FACEBOOK PAGE

by Steve Viegas

At the request of the board, I have set up a Facebook page for the club. If you have a Facebook account, please sign into it and click on this link:

<https://www.facebook.com/groups/275688456197203>

Another way to find it is to open your Facebook page and type in New England 65+ Runners Club into the search bar at the top of the Facebook page. To join the New England 65+ Runners Club page, click on the request button on the right side below the cover photo at the top. You will have to wait for someone to approve your request. Any member currently in the group is authorized to approve your request.

If you know of any members whom you would like to invite to join our Facebook page, click on the Add Members tab below the cover photo and add members to invite. They must have Facebook accounts.

Facebook is a place where we can develop community among our members. There are three buttons below the cover photo on the left - Discussion, Members and Photos.

- The Discussion tab is where you may post your information and photos.
- The Members tab lists members who have joined the page along with their profile photos.
- The Photos tab is where you can view and post photos of interest to club members.

As administrator of the page, I will monitor it to be sure that trolls don't find their way onto our page. It's not uncommon for vendors of merchandise and services to try to reach new customers this way. I am currently the only administrator. I would like to add at least one other person. If you are interested, email me at the address below.

I have set up the page as a closed group. Information on the page isn't available to be seen by public - only NE65+ members. This will allow privacy protection.

In the Discussion tab area, we can inquire which members plan to attend which race. We can discuss how the race went and post photos of the event. Once we get going, you'll find it a go to source of running information.

Let's give this a try. If you would like some guidance on setting up a Facebook account for yourself, here is a helpful webpage-
[tps://www.facebook.com/help/basics](https://www.facebook.com/help/basics)

. If you require more assistance, please email me at: stephenviegas@hotmail.com

July Flag Race.....Stowe, Vermont

by Zeke Zucker



photo by Mary Jo Dodson

Standing in front of the club banner and under the club awning at the Vermont Flag Race, Zeke Zucker (L) and Dan Dodson (R) talk to prospective members Thomas Hogeboom and Elizabeth McCarthy about the benefits of joining NE 65+ Runners.

Way up in the North Country the Vermont Flag Race happens at the height of the summer. The Loco race organizers flirt with the possibility of hot and humid weather, but this time they lucked out. The race time temperature hovered in the low 60's, and the humidity was at a decent level. There was no blaming-it-on-the-weather to be had.

The 5K and 8 mile start together at the Stowe Recreation Fields, and part company before the 2-mile mark. The shorter race folks then head down the well-publicized Stowe Bike Path, while the 8-milers venture out through the local lush-green countryside.

Our own Dan Dodson, he who endeavors to participate in every Flag Race in the region, nailed down his place among the 215 finishers in the 5K, then took up his position in the club tent in order to promote membership among the post-race celebrants. Also running the 5K were club members Bob Howe, Paul Jarvis and Ron Ridlon. Susan Filene drove up from Cambridge to take fist in her 5K age group.

Several club members tackled the longer event. Peter Mitchell was among the 409 finishers and he placed 3rd in the 70+ division. Yours truly also placed in the 70+. Thomas Hogeboom and Elizabeth McCarthy, both potential Club members, placed 6th and 4th respectively in their 60-69 Divisions. Toshihara Furukawa, who attempted to join the Club after last year's event, placed 5th in the 60's. We are researching to find out why he has yet to be listed in the membership roster.

A special mention should be made of the assistance provided by Board Member Newton Baker, who helped set up the tent and banner they day before the race. He regretted not being able to run because he was signed up for the Mad Marathon, which happened in Central Vermont on the 9th as well. Sometimes these long-distance runners simply can't help themselves.

Dan and Zeke pressed the flesh and chatted up the Club with many of the race participants, while feasting on Island Homemade Ice Cream and cool suds from the Harpoon Brewery. We also had a delightful chat with young Meg Lout, who, we eventually learned, was the female race champion. She was very interested in what the Club is all about, but membership for the 38-year-old is a ways off.

Editor's Note: Zeke is a bit modest and failed to report that he placed 1st in the 8 mile's 70+ division. Congratulations to our club members who took part in the Vermont flag race with special thanks to Zeke and Dan D for reaching out to prospective new club members.

August Flag Race Around the Corner

Sunday, August 13, is the date for our club's Rhode Island flag race. It will take place at the Bobby Doyle 5 Mile Race, which will start and finish at the Pier Middle School, 235 South Pier Road, Narragansett, RI.

All finishers will receive a medal and a technical t-shirt. But one of the best parts about taking part in a 65+ flag race is the chance to meet and greet fellow club members. Our Rhode Island flag race coordinator, Milt Schumacher, has been selected as the state's road runner of the year for his age group and is known all over Rhode Island as a race director in addition to being a past board member of NE 65+. Look for our club banner where you will probably find Milt along with *Forever Run* columnist Dan D. who last year ran in all of the club's flag races and is on pace to do the same again this year.

Out on the Roads of New England

by Dan D.

Good day to all NE65+ members and welcome to a mid-summer edition of our little column. This month we have reports from my fairly modest 7 races that were spread out over 4 of our 6 New England states. We also hope to catch everybody up on the "Flag Race Challenge" with 2 races done and 4 remaining to be run. So without any false starts or delays ... let's get started.

The month began with the "Firecracker 4 Mile" in Swampscott & Marblehead, MA. The 361 runners started and finished at the Lynch/Van Otterloo YMCA on Leggs Hill Road in Marblehead. The 4th of July event is race #6 of the 10 - race North Shore YMCA Road Race Series. This is the 11th consecutive year of the "Y" series which features runs in the Essex County region of Massachusetts. The \$25 fee brought forth a tech t-shirt, light refreshments, indoor bathrooms, 3 - deep age groups up to 70+, and chip timing by North Shore Timing Company. Daniel McClorey and Daniel Dodson were 3rd and 6th in M70-99, while Fred Bollen was 15th in the M60-69 age group. New member Janet Parkinson topped the F60-69 division.

The "Harpoon Stowe 8 - Miler & 5K" took place in Stowe, VT on Sunday, July 9th. This NE65+ "Flag Race" drew 409 participants in the traditional 8 - miler and 215 for the newer 5K. The \$25 pre-race fee included a tech t - shirt, chip timing by Yankee Timing, two beautifully scenic courses in a mountain resort area, and a post - race party with free ice cream and beer!!!! Zeke Zucker won the M70-99 age group in the 8 - miler followed by Peter Mitchell in 3rd. Susan Filene topped the F70-99 division in the 5K; while Bob Howe (3rd), Paul Jarvis (7th), Daniel Dodson (8th), and Ron Ridlon (10th) competed in the M70-99 age group.

Saturday evening, July 15th, was the popular "Enterprise Bank Boot Scootin' Boogie 5K" in Londonderry, NH. The \$35 fee (\$40 post) included a running singlet, free beer tasting glass and beer from about 6 breweries, free race photos, personalized bib, 40 ft. tall bonfire, live country music concert, traffic free course roads, professional race announcers, national anthem by Miss New Hampshire, free pizza tasting, 3 - deep awards up to 70+, instant chip timing on all electronic devices and on screens at the finish line by Millennium Running, etc. This 5K was the 8th race in the 13 - race Millennium/Elliot Race Series and had 1014 finishers. Barry Pearson was first in the M70+ age division with Daniel Dodson in 2nd. Kathy Clark was 11th in the tough 27 member F60-69 age group.

July 23, Sunday, was the "Hula Hustle 5K & 10K" near the airport in Manchester, NH. The race start and finish and post - race luau pool party were all outside at the Executive Health and Sports Club. The \$30 fee included a lightweight technical t-shirt, free hot dogs and cheeseburgers, free beer, use of the Olympic size swimming pool, a grass skirt, Hawaiian lei as you cross the finish line, chip timing, and 3 - deep awards up to 70-99. Kathy Clark finished 4th in the 9 - person F60-69 field. Barry Pearson topped the M70-UP age group, followed by Dan Donovan (2), Herbert Hardman (3), Dick Kuhl (4), Daniel Dodson (5), George Tosatti (6), and James Stafursky (7). There were 249 finishers in the 5K and 94 participants in the 10K. This race was run in memory of Bill Kelley and used to be named for him several years ago.

July 26 - Wednesday was "The D5K" in Danvers, MA. This free weekly low-key event takes place year - round at 7:00pm at the Osborne Tavern on Maple Street. The tavern offers bathroom facilities and drinking water for the participants. The course has several

small hills, but is not bad at all for New England. Popsicle sticks are used at the finish line. Daniel Dodson was the only NE65+ member out of the 70 finishers.

The "5K Hot to Trot Walk/Run" took place on Saturday morning, July 29, in Upton, MA. The \$25 race fee (\$30 post) included a tech t-shirt, 3 - deep age groups up to 70+, hot bacon & egg sandwiches, hot coffee, etc. There was a pre-race reduced fee of \$20 for runners aged 70 and above! The race was sponsored by the Milford Area Chamber of Commerce and had 164 finishers. Linda Usher won the F60-69 division, while Mary Tyler was 3rd in F70-79. Tom Abbott topped M70-79 with John Parker 2nd and Daniel Dodson 3rd. Ted Tyler did the race photography.

My 7th and last race of the month was on July 30 - Sunday at Kennebunk Beach, Maine. It was called "Nicole's 5K Run/Ellie's Walk - 10th Annual" and benefits Caring Unlimited, York County's Domestic Violence Resource Center. The \$25 fee included t-shirts for early registrants, sandwiches, Dunkin' Donuts, brownies, root beer from Federal Jack's, timing by 3C Race Productions, and 3 - deep awards up to 60 - 69, but only 1 deep for 70 - 99. That last part brought me to have a discussion with the race directors about next year's race!!! Robert Randall finished 4th in the M70-99 division, followed by Daniel Dodson in 5th and William Morgan in 6th place. The course is fairly level with terrific views of the beach and ocean. There were 246 participants.

The seven races in July brought my personal total up to 64 for the year (average of 9.143 per month). I'm presently on course to reach my yearly goal of 100 races (9.143×12 months = 109.7 races for 2017). I'm hoping for a much more productive August to give me a better cushion before the weekday races begin to slow down after Labor Day. We'll see how it all works out.

Finally I'd like to report on the first two NE65+ Flag Races on May 14 in Portland, Maine and July 9 in Stowe, Vermont. We had 18 members run in Maine and 7 in Vermont. Completing the Portland race were: Harry White, Joan Tremberth, Charlie Farrington, John Howe, Cathy Burnie, Dave Barnard, Dick Lajoie, Polly Kenniston, Robert Randall, William Vickerson, Sandy Utterstrom, Daniel Dodson, Elaine Richer, William J. Morgan, Susan Filene, Lou Peters, Mel Fineberg, and Raymond Neveu. Finishing either of the Stowe races were: Bob Howe, Paul Jarvis, Susan Filene, Zeke Zucker, Daniel Dodson, Ron Ridlon, and Peter Mitchell. That makes 23 NE65+ members who have completed 1 of the 2 flag races thus far and 2 members – Susan Filene and Daniel Dodson – who have run both. Next up is the "Bobby Doyle Summer Classic 5 Mile Race - 10th Annual" on Sunday, August 13th, in Narragansett, Rhode Island.

A quick "shout - out" to Tom Abbott, Dan Donovan, Eldon Burkinshaw, Shu Minami and the other guys who consistently perform the task of getting all our results from the many races we have throughout New England onto our website. It really is the glue that keeps us together!!!! I use them monthly to help in writing this column and look at the website results daily to see how all of you are doing throughout New England and beyond. For all your efforts — thank you!!!

I hope to see many of you somewhere during August. Until then I'd like to leave you with a quote attributed to the brilliant Chinese philosopher Confucius. Based on my running ability (or lack thereof) I think Confucius and I might have been running pals!!! He said:

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP".

Make every effort to get outside in this beautiful New England August weather. Whether

you hike, bike, kayak, walk, run, etc. look for the tall guy in the white safari hat and please say "hello" as you go "Out on the Roads of New England".

Quote of the Month

People sometimes sneer at those who run every day, claiming they'll go to any length to live longer. But I don't think that's the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest.

Haruki Marakami

New England 65 Plus Runners Club

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