



# Forever Run

December, 2017

## Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I hope everyone had a happy Thanksgiving with family and friends. Dozens of our members ran a road race to begin the day. Please note the results that are available on our website: <http://www.ne65plus.org/>

Thanks go to Tom Abbott and his amazing team of volunteers - RJ Harper for Maine, Eldon Burkinshaw for NH and VT, Bill Borla for CT, Tom Abbott for RI, Dan Donovan, Steve Kohanski, Bob Sullivan, and Tom Abbott for MA. who keep this portion of our website up-to-date!

2018 Boston Marathon: The club has not yet received any waivers, although we anticipate that we will. If you would like to be considered to receive a waiver (and have not already let me know), the deadline is Friday, December 8. Please email me at [jholmquist@mspca.org](mailto:jholmquist@mspca.org) and include a brief bio as to your participation in the 65+ club. You must have been a member for at least one year and have supported the club's mission, examples include: volunteered, run a flag race, attended the banquet, convinced a race director to add our age groups, and/or written an article for "Forever Run", etc. The Board selection committee will then review the list and make decisions within a week after we know how many waivers we are granted.

Board meeting updates: At our meeting on November 20th, Andy Lewis noted he would like to resign as Treasurer after having served for 8 years. The Treasurer position is a Board position and primarily involves paying bills and depositing checks. Andy has offered to help with the transition. Anyone interested in the Treasurer position should send an email of interest to Henry Wolstat, Chair of Nominations: [hwmd@comcast.net](mailto:hwmd@comcast.net) and also to Andy Lewis: [andylewis65@comcast.net](mailto:andylewis65@comcast.net).

Other topics discussed at the Board meeting included a vote to continue to donate to the Wakefield Education Foundation in appreciation for all their help supporting the Run For All Ages (RFAA). We welcome members who are willing to be on the RFAA planning committee and assist with our goals to increase participation and identify sponsors. The next meeting is planned for Saturday, December 16, 2017 at 11:15 am at the Wakefield Public Library (downstairs). Please email me if you are interested:

[jholmquist@mspca.org](mailto:jholmquist@mspca.org).

The Board also discussed new ideas and awards for members. NH Director Ken Houle volunteered to oversee an award recognition opportunity that tracks miles run, jogged, or walked with the goal to reach 1,000 by the end of 2018. And/or if you prefer we will recognize members who race 100 miles over the course of the year. Please contact Ken if you would like to participate: [hoolks@metrocast.net](mailto:hoolks@metrocast.net).

Dan Dodson summarized participation in the Flag Races with a detailed handout. Please read his article in this edition of "Forever Run" that includes the interesting statistics. We hope to have even more participation in 2018!

USATF news: The James Joyce Ramble in Dedham will again host the national masters USATF 10K championship race! Our 70's men have won 1st place many years and we hope to do so again in 2018! Please contact Zeke Zucker if you are interested: [zekezucker@yahoo.com](mailto:zekezucker@yahoo.com). We are also planning on having a men's 80+ team. Please contact Jerry LeVasseur if you are interested: [ardjer80@gmail.com](mailto:ardjer80@gmail.com). And, we hope to have women's teams as well. If you are interested, your USATF affiliation must be with the NE65+RC. Please contact Sue Filene: [susanfilene@gmail.com](mailto:susanfilene@gmail.com) and/or Joan Tremberth: [djtremberth@gmail.com](mailto:djtremberth@gmail.com). Please save-the-date: Sunday, April 29th.

The Hall of Fame committee welcomes nominations. Please see the article in this e-news. We also welcome nominations for Race Director of the Year and the Rev. Shea award (recognizing service to the 65+ RC). Please see our website for criteria and committee members: <http://www.ne65plus.org/index.php?page=awards>

Happy Holidays!

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## Run For All Ages Recap

by Byron Petrakis

The 16th annual Run For All Ages, with 233 official finishers, was held on a perfect day for racing. The race lived up to its name with 3 of the first 6 overall finishers age 50 or above! Indeed, 54-year-old Fabio Piergentili turned in an impressive chip time of 18:00, to finish 3rd overall at a blistering 5:48 pace. While he finished nearly 2 minutes behind 29-year-old overall winner Alexander Engel, Piergentili is nearly twice as old!

Other notable performances included female overall winner, 22-year-old Jordan Silva, with a chip time of 18:55 or 6:06 pace. Similar to the men's results, a 50+ woman was not far behind; namely, 53-year-old Simonetta Piergentili who turned in an impressive chip time of 19:41, for 15th place overall at a speedy 6:20 pace. Other noteworthy times were turned in by 81 year-old Michael Myer of Saugus (25:30) and 87 year-old NE 65+ Hall of Famer Jim Lynch of Plaistow, NH (35:55). Who said the competition gets easier the older one gets?

Perhaps even more impressive than the day's performances was the distribution of the participants' ages, all the way from 6 (Elsie Sheridan of Wakefield) to 92 years old (the legendary Lou Peters of Methuen, MA). Furthermore, in the 70-79 age group, there were 31 male finishers and 13 females. There were nine 80-89 year-old male finishers. Interested readers can check the full results in "Cool Running," including age-graded results for both males and females.

Dan Dodson of Newton, NH did double duty by serving as the post-race announcer after

he himself ran the race, one of about 100 he hopes to complete before the end of 2017. Generous raffle prizes, together with age-group and overall awards, made it worthwhile for participants to stick around after the race, to say nothing of the delicious chicken soup, cookies, and other post-race goodies.

Kudos to the RFAA race committee, all the race volunteers including the Mystic Runners, and all the runners and spectators for making the Run For All Ages a resounding success!

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## Three Records Set at Run For All Ages

by Rick Stetson



photos by Ted Tyler

### Joan Tremberth and David Ritchie en route to winning their 70-74 age groups at the 2017 Run For All Ages 5K Race in Wakefield, MA.

A couple of Massachusetts women took advantage of a course advertised as "flat and fast" to add their names to the Run For All Ages record book. Karen Durante of Newburyport lowered the age 66 record by 15 seconds when she crossed the finish line in 22:41, a time that enabled her to finish first in the female age graded category with a percentage of 88.17. Hyde Park's Charlene Francis smashed the age 76 record by 37 seconds when she was clocked in 31:22 for the 5K race.

Michael Mayr demonstrated that contrary to popular belief, it is possible to get faster



as we grow older. Last year, Mayr set an age 80 record with a time of 25:46. A year later he was even faster, setting an age 81 record with an impressive time of 25:30.

Congratulations to everyone who took part in the 16th annual Run For All Ages. A total of 62 club members ran the race. The club demonstrated that it is possible to run at older ages while at the same time giving back to the community as evidenced by the club's annual donation to the Wakefield Education Foundation. It was a good race for a good cause.



photo by Ted Tyler

**Anne Marie McDonald on her way to placing first in the RFAA 80-84 age group.**

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# RFAA and MASG 5K, A Winning Combination

by Greg Tooker



photo by Davis Cox

**65+ members winning MASG 5K medals included (L-R) Mike Whitman, Gary Mullane, and Bill Cotter (webmaster for NE 65+)**

This year, the Run For All Ages extended its open arms to the recently orphaned Massachusetts Senior Games (MASG) 5K Road Race event which needed a new home. The idea of a possible merger was hatched by 65+ President, Jan Holmquist and Greg Tooker, 65+ member and MASG Vice Chair, during a brainstorming lunch in Jamaica Plain last spring. Over the years, 65+ accomplished distance runners such as Sue Filene, Jerry LeVasseur and Steve Viegas have competed in the Senior Games at the state and national levels. It was concluded that the Run For All Ages would be a fertile ground on which to acquaint additional 65+ members with the Games and we were proven correct- 17 of the 27 participants at the RFAA were 65+ club members and most of the other participants are too young to join the 65+ RC! Several 65+ racers won



MASG medals for their outstanding performances in Wakefield.

MASG conveyed its sincere thanks to 65+ for the invitation to participate with hopes that 2018 might provide another opportunity to blend our events. 2018 is a Qualifying Year for the National Senior Games, to be held in Albuquerque, NM in June, 2019. Full information about MASG and NSG may be gained by visiting [www.maseniorgames.org](http://www.maseniorgames.org) and [www.NSGA.com](http://www.NSGA.com)



photo by Davis Cox

**A happy 65+ couple winning medals at the MASG 5K race were Nancy and Don Patch of Chelmsford, MA**

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**2017 Manchester City Marathon**  
by Lynn Nill



photo by Rich Adams

**Lynn Nill (L) and her friend, Paula Adams, holding their medals after completing the Manchester City Marathon.**

I haven't run a marathon where I was trying to do my best in over a year. And the last time I tried, Grandma's Marathon in Duluth in June of 2016, the high rose to 78F and I had a horrible experience, crawling over the finish line in 6:18 and ending up in the medical tent.

I ran the Dopey Challenge at Walt Disney World last January, but that was just for fun, no time goal. I knew this race was hilly. But I was also hopeful that a November race would have temperatures more to my liking. And it was only 20 minutes away so no traveling, no hotel, and a reasonable race fee. It seemed like a good choice.

I used my coach's training plan from Grandma's, BUT, I modified it to have a less ambitious time goal, one that was more attainable. I also added a couple of breaks for the sailing cruises we did this summer. After the second break in September I did lose a little fitness and that worried me at first. But I quickly made it back up. I also had a small setback attempting to do a marathon pace run in Missouri in October when it was extremely warm and humid but my final pace run a couple of weeks ago went great so I was able to put that worry behind me.

On Saturday, Lee and I drove up to Manchester to the SNHU campus so I could pick up my race bib and t shirt and check out the expo. The expo was small, but that's to be expected for a small race. It looked like there were 1800 people signed up for the marathon, half and relay, but most of those people were signed up for the half. There were only about 450 people signed up for the marathon.

We met our friends Paula and Rich at the expo. Paula was running the marathon too, but

this time were weren't running together. It was really fun running with her at Dopey but she is a little slower than I am and I wanted to try and see how good I could do. So we would hang out at the start and see each out at the finish line!

Sunday morning I woke up at 5. I didn't really need to get up that early, the race didn't start until 8:50. But I wanted to eat at least 3 hours before the start. It was pretty cold, as predicted. It was supposed to be around 25 at the start, climbing into the upper 30's by 3 pm. For the first time in my marathon history I decided to wear tights. I figured my legs wouldn't get too sweaty no matter what, and I had read a little about cold weather marathons and some people said it was better for your muscles because they would be warmer.

I had on 3 shirts, sweats on top of the tights, a beanie, gloves and my sparkly visor from Disney. I also had a coat and more hats and gloves in the car for after. I opted to park in the garage connected to the Radisson Hotel, right on Elm Street close to the start. That way I could stay in the hotel lobby, keep warm and use their bathrooms instead of the portapotties!

I stayed in the hotel until about 10 minutes before the start, mainly standing in line for the bathrooms and getting back in line as soon as I finished! Then I walked the 2 blocks to the start, put myself in the back with Paula, removed the sweats and the outer shirt. I wasn't sure if the 2nd shirt would come off for this race!

Ready! I set my watch and started. The first few miles were not hilly, but I kept my pace conservative. I was determined to have something left at the end, and the only way to do that is to save it at the start. There's no banking fast miles, as much as your body might want to GO at the beginning.

We wound through a nice neighborhood and then down to the river and on to the first of several trails. It was pretty running along the river. We emerged from the trail and ran up Granite, our first big hill. Hmmm, not too bad I thought to myself, but I did walk part of it. We went down Elm Street which is Manchester's main street, for the first of 4 times. We passed the 13.1 mile split for the marathon (we were at mile 5 or so) and someone joked about "the fastest 13 miles ever." Then we headed down to the dreaded River Rd. While River was still flat I stopped and removed my second shirt. Now I was down to arm warmers and a pink short sleeved shirt. I kept my hat on the entire race, but took my gloves off periodically. My hands would get sweaty and then get cold and then get hot again, all through the race.

The actual hill on River Rd wasn't that bad. But when we turned off River onto the side streets the hills just went on and on and on. When I looked at my Garmin stats later it said that we gained 1214 feet in elevation and lost 1102 feet. That's a lot of elevation changes! I continued to walk up most of the hills and made up time on the downhills. I tried to run the downhills with good form, not braking too much, not pounding. Its not easy to run downhill correctly!

There were plenty of spectators here and there. People had music, drinks and snacks. For such a small race I was impressed by the show of support.

We dipped onto a trail along Dorrs Pond and I found my first pee tree. It was only around mile 6 but the cold weather makes me have to go more. Really, its a thing: <https://www.runnersworld.com/racing/cold-weather-racing-tips>. I was glad to discover it wasn't just in my head. Down Belmont and into Derryfield Park. This is the park where we have gone in the past to do dog training. It looked familiar, and unfamiliar at the same time.

I had mixed feelings about the trails. It was nice to have things changed up, getting off the



streets and into the woods. But it wasn't much fun to have to suddenly deal with different terrain, rocks and roots, and even sand at one point. I have a dread of falling and doing myself some serious damage so I slowed down and tried to really concentrate on where I put my feet.

Around mile 11 we left the park and turned onto Hanover Street. Suddenly I saw a sign. "Go Lynn..." huh I thought someone else named Lynn is running. Then I read further. "Go Paula...." wait, what? I looked at who was holding the sign. It was a friend of mine. STEPHANIE!!!! And Rich, Paula's husband! I literally screamed, "Stephanie! OMG!" I was so surprised and delighted to see her! I gave her a big hug. It was SUCH a boost! Thank you Steph!!!!

A few more hills and then a big big downhill back to downtown Manchester. At the corner of Hanover and Elm the half marathoners went left and the marathoners went right. It was clearly marked, no confusion. But it was so weird once the half runners were gone. When I turned the corner onto Elm there were no other runners around. I couldn't see anyone in front OR behind me. It was like I was running all by myself. I honestly worried for a moment that I had somehow gotten off course. It was a really unsettling feeling.

The faster full marathoners were just approaching the finish line as I was heading toward mile 14. They could run a full in less time that it took me to run half of a marathon! Definitely awe-inspiring.

Lee was going to try to meet me around mile 13 but he was nowhere to be seen. I sent him a text and continued on. Oh well. Turns out he had trouble getting downtown because of all the road closures. We would try to meet up at mile 25.

Right before we crossed the river I jumped behind a retaining wall and peed again. I hoped this would be the last time but you never know. Once over the river there were more neighborhoods, and more hills. Dang, I thought the hills were just in the first half! Nope, there were hills all the way up to the entrance to the Piscataquog and Goffstown rail trails. Miles 17 through 24 of this race are all run on trails. Parts of this were really neat, except for the footing issues again. Its an out and back part of the race, so it was fun seeing the faster runners heading back to town as us slower runners headed toward the turnaround at mile 19. And one other thing. You can't see it on the trail, but miles 16-19 are a gradual uphill. My times slowed and there was no way to make it up. I had to make a decision whether to keep trying or save my strength. I decided to let my times slide for awhile and hope I would be strong by mile 23. I'm grateful to Paula for warning me about this because otherwise it would have been very discouraging.

At the mile 19 turnaround they had a timing mat set up with snacks and an announcer cheering us on by name. It was encouraging and energizing, AND there were orange slices and bananas too. Yay!

After the turn around I could speed up a bit. I was tired, of course, but I still felt strong. I knew from experience that the wall can hit suddenly, but I'd been eating my gels and drinking at least a little water at each aid station. I started holding back less and seeing what would happen. I also started muttering to myself "no wall, no wall, no wall". Ha, I'm sure it didn't hurt! I'd been using a 45/30 run/walk ratio for most of the race but at mile 23 I changed to 60/30 and was able to speed up a little more.

I saw Paula when she was at around mile 17 and I was at 22. She was tired and her legs hurt but she was determinedly trucking on. She's one tough woman. Love you Paula!

At mile 24 we crossed the river and headed back to Granite Street. Damn that Granite Street hill. I walked it but I hated it at that moment. When I turned onto Elm, there was Lee with a hug and encouraging words. He thought I was doing good. I thought I was too, but

didn't want to get too excited yet. Two miles is a long long way at the end of a marathon. Down Elm, and back across the river on Bridge street. There was a slight downhill but I knew that meant there would be a slight uphill on the way back. Now my mantra changed to "Meb, Meb Shalane, Meb, Meb, Shalane." I just kept thinking about those two inspiring runners and how they never ever give up. Our goals may be wildly different, but if they could keep trying then so could I.

There weren't many runners around me but there was one old guy ahead of me on the bridge. I was able to pass him and he said I was looking good. I waved and smiled at him but really couldn't talk by then.

I saw Lee again right before mile 26 when I was ready to run to the finish line. It wasn't fast but I made it. Boy was I glad to be finished with that race! It was really hard, but I ran smart which was my main goal.

I grabbed a Powerade and a water and wrapped myself in a heat blanket. Then I headed to the timing tent. Holy smokes! I came in 2nd in my division, women 60-69. And I PR'd, beating my time from NYC in 2014 by 30 seconds. I literally burst into tears and hugged Lee hard. I work so hard at this running thing, I just couldn't believe I'd managed to run a PR at 65 years old. After the disaster of Duluth and the fun of Dopey it was a very satisfying feeling.

I went to the car and got my coat, went back to the finish line area and had some chicken noodle soup. Boy did that taste wonderful. I wanted to wait and see Paula at the finish line and then head home.

This was a great, challenging race. It was fun to run a smaller marathon, have a good race plan and be able to stick to it for the most part. I was very happy with my time. I would still love to break 5:30 someday but whether it ever happens or not, I'm happy that I can still run. I'm going to keep at it as long as I can.

Today I'm really really sore, more than usual after a marathon. It must be all those hills. I'm going to do some walking this week but no running. I'll start back running slowly and decide on a new marathon goal soon.

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## **Marine Corps Marathon Revisited**

by Michael Gonnerman



**(Left) The author running his first Marine Corps Marathon at age 35.  
(Right) Mike, at age 75, still running strong.**

THE START. It began 40 years ago, on November 6, 1977, when I ran my first race, the 2nd Annual Marine Corps Reserve Marathon. The race had 2,718 entrants, including 117 females (4%). It was the second largest race in the US that year, second only to the New York City Marathon. There were 2,655 starters (97%) and 2,323 finishers (87%). After bonking at about mile 21 and walking the last 5 miles, I was #2,032, near the back of the pack.

Here are several paragraphs from the Washington Post two days before the 1977 race -

- "Hitting the wall" is a phrase used to describe the body's utter refusal to run any further, a phenomenon that commonly occurs during the last six miles of a marathon. If your running friend tells you he hit the wall at 22 miles, don't ask if he ran into an Agriculture Department building by mistake.
- If your running friend has hopes of qualifying for the Boston Marathon, and he finishes a minute or two short of his goal, don't say brightly, "Well, at least you finished." Friendships have broken up for less.
- Finally, if you find yourself wanting to run next year's Marine Corps Marathon after watching this year's, don't be alarmed. It happens in the best of families."

The race has had a few changes over the years, most notably a 10-fold increase in participants (about 30,000 for both the marathon and 10K) and percentage of female runners - 47% this year), the addition of the 10K and changes to the course. Unlike this year, the 1977 course looped around the Pentagon, featured a blue chalk line 26 miles long, did not go into Rock Creek Park, went behind the Capitol and did not go into Crystal City. But, like this year, it started and finished at the Iwo Jima Memorial, was flat and fast and crossed the Potomac at Key and 14th Street Bridges. And, in 1977 you got your t-shirt only after you crossed the finish line!





**Mike wore the above t-shirt in the Marine Corps Marathon and got lots of comments from fellow runners (one asked if he was going to run 3:06 this year.) Marathon organizers asked if they could use a photo of the shirt as part of their social media.**

At our summer gathering this year I told my family I would be doing the 2017 MCM on the 40th anniversary of my first race. The next day my sons and son-in-law said they had talked and wanted to run it with me. Betsy wanted to run the MCM-10K, and our daughter-in-law Becky said she would too. So, last week our children, their partners and two of our grandchildren gathered in Alexandria for the race - coming in from NH, Manhattan, Brooklyn, Wisconsin, California and Singapore. In all, we had 12 family members there - 4 running the marathon, 2 running the 10K and 6 supporting the runners. Bill Young joined us for the weekend and ran the marathon with me, bringing our party to 13. The weekend turned out to be a series of wonderful family meals interrupted by a race.

We looked for the other UVRC runners, Laura LaMontagne, who ran the 10K, and Keriann Ketcham, who ran the marathon, but did not find them among the 30,000 or so participants.

Post-race wrap up - we all had good runs. In the 10K Betsy won her age division (70-74) and Mike was 2nd in his (75-79).



**The Gonnerman Family at the Marine Corps Marathon expo (L-R): Becky, daughter-in-law; wife Betsy; sons Tobey and Peter; Mike.**

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## **John Dicomandrea**

We were sorry to learn of the death of long-time club member, John "Deke" Dicomandrea. A link to his obit can be found at [www.legacy.com](http://www.legacy.com) (type in his name when you reach the site.) And here is a link to an article about John written in 2000 that tells how he placed 12th at Boston in 1955 with a time of 2:37. The article mentions John's membership in NE 65+, a club he called a "great organization."  
[www.coolrunning.com/boston/veteran.html](http://www.coolrunning.com/boston/veteran.html)

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## **New England 65 Plus Running Hall of Fame** by Phillip Pierce

The Running Hall of Fame Committee invites all members to consider nominating themselves or another member to candidacy to the New England 65 Plus Running Hall of Fame:  
<http://www.ne65plus.org/index.php?page=hall-of-fame>

A candidate must be at least 70 years old and a member of the Club for a minimum of two years. There is currently no formal application form and submission of a Running CV is needed. The Committee would be particularly interested in age-graded performances, National USATF Championships, Senior Games performances, Road Runners Club of America performances, and so forth. Contributions to the New England 65 Runners Club as well as other running related contributions should be included, e.g., race director, club president, etc.. Nominations can be submitted any time but should be made by February 1st, enabling the Committee to process the application and obtain

further information as needed. The Committee meets in April to consider, discuss, and vote on the nominees. Before nominating a member, please discuss this with the candidate. Nominations should be sent to Philip S. Pierce, Ph.D., 79 Waites Landing Road, Falmouth, Maine 04105. If you have any questions about the process, please call Phil at 207-781-3769.

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## 2017 Flag Race Report

by Daniel Dodson



photo by Ted Tyler

### **Challenge Winner. The author completing his 5th 2017 Flag Race, the RFAA**

Greetings to all. It is my pleasure to offer the following report on the 2017 "Flag Race Challenge" per the request of President Jan Holmquist. The following shows the six flag races in each New England state with the dates and number of NE65+ participants.

May 14 -- Maine -- Portland -- 5K -- "17th Portland Sea Dogs Mothers' Day 5K" -- 18

July 9 -- Vermont -- Stowe -- "Stowe 8 Miler & 5K - 36th Annual" -- 7

Aug 13 -- Rhode Island -- Narragansett -- "Bobby Doyle Summer Classic 5 Mile Road Race - 10th Annual" -- 4

Oct 8 -- New Hampshire -- New Castle -- 5K -- "Great Island 5K - 24th Annual" -- 16

Oct 22 -- Connecticut -- Trumbull -- 5K -- "Great Pumpkin Classic - 26th Annual" -- 3

November 4 -- Massachusetts -- Wakefield -- "16th Run For All Ages 5K" -- 62

There were 90 individual NE65+ members who took part in at least one event this year and the 6 races drew 110 entries total from NE65+ members.



Twelve members ran or walked in 2 races: Jay Diener, Charlie Farrington, Susan Filene, Terry Lee Harrington, Ken Houle, Richard Paulsen, Lou Peters, Marj Radin, Robert Randall, David Ritchie, Bob Welts, and Henry Wolstat.

Joan Tremberth and Andrew Lewis each completed 3 of our "flag" races. Daniel Dodson ran in 5 of the races (missing only Connecticut) making him the "challenge" winner for the 2nd straight year.

The runners I talked to overwhelmingly enjoyed the camaraderie from meeting other NE65+ members in various locations. It would be my hope that even more of our club members attempt to run each race in all 6 New England states. It truly is great seeing NE65+ club members in totally different sections of our 6 - state region. Our thanks to the coordinators from each state.

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## Out on the Roads of New England

by Dan D.

"Hello" fellow NE65+ members and welcome to the December edition of our little column. May I begin by wishing everyone a most sincere Merry Christmas or Happy Hanukkah or Happy Kwanzaa or just a truly enjoyable winter holiday season. Not any snow "in our neck of the woods" yet .... so the roads and tracks and trails are still pretty much useable. Let's try to use them as long as we can.

I ran in 7 races during November bringing my 2017 race total up to 96 races. The magic number is now 4 and the "century" goal is certainly in sight. I've really been struggling lately most likely from "race fatigue" and my finishing times have ballooned over a minute per mile since this summer. Despite that I'm still in 1st place for M70+ in the year-long Elliot Millennium Race Series in New Hampshire, and in 2nd place in M70+ for the North Shore YMCA Road Race Series in Massachusetts. I guess I adhere to a quote from recently deceased rock singer Tom Petty when he said: "It's better to burn out than to fade away." I'm trying Tom .... but it's not easy lately!!!

My first race in November was on Saturday, Nov. 4th in Wakefield, MA -- our own "Run For All Ages - 16th Annual". I won't "report" on our signature race as it is being covered elsewhere in this edition of "Forever Run". Yet I wish to congratulate President (and race director) Jan Holmquist and the race committee and volunteers for making the race a big success again this year.

The next day (Nov. 5 - Sunday) was the "Run to Overcome 5K Run/Walk" in Haverhill, MA. For \$25 the 162 race participants received a nice t-shirt and an enjoyable lunch served INSIDE the Haverhill Alternative School (formerly St. James). There was a patriotic theme of red, white, and blue in order to honor the veterans. A school student sung the National Anthem and remarks were offered by Haverhill School Superintendent James Scully. Timing was by 5K Sports Race Management and age groups went up to 80-99. Terry Lee Harrington finished 2nd in F60-69 while Daniel Dodson did likewise in M70-99.

On Saturday, November 11th in Manchester, NH, Millennium Running put on the "Penmen for Patriots 5K" at Southern New Hampshire University as the first day of the Manchester City Marathon week-end. A good turnout of 350 runners paid \$30 to be able to run a hilly course on and around the SNHU college campus on the Manchester/Hooksett town line. They also received a nice technical t-shirt, food (pizza) and soft drinks at the finish line, a post-race beer party at the Last Chapter Pub on the SNHU campus, chip-timing with instant results by Millennium Running, etc. Dick Kuhl

finished 2nd in the M70-UP age division, followed by Daniel Dodson in 4th and Armand Auger 5th.

The next day, Nov. 12 - Sunday, was the Manchester City Marathon, Half Marathon, Marathon Relay, and Half Marathon Relay. I ran the first leg (4.6 miles) of the "Manchester City Marathon Relay" for a Coed team called the "Determined Turtle Squad." We finished 93rd out of 93 teams, but were the envy of many due to our "team shirts" designed and made by our youngest member. The relay followed the exact marathon course and had a live start on Elm Street on WMUR - TV Channel #9. The entire course was traffic - free, high school cheerleaders were at various intersections, Miss New Hampshire sung the National Anthem, Channel #9's Jamie Staton and Andy Schachat from Announcers on the Run did the announcing, beer tickets were provided at 5 different neighborhood pubs, chip timing was by Millennium Running, etc. There were 93 teams X 4 people = 372 participants in the marathon relay. Manchester City Marathon medals and technical t - shirts were given to all relay team members.

Sunday, November 19 was the "Going, Going ... Gobble 5K" in Plaistow, NH at the Pollard School in the center of town. The 77 finishers paid \$25 for this North Shore YMCA sponsored race (the Plaistow YMCA is a branch of the Haverhill YMCA), but the race is no longer part of the North Shore YMCA Road Race Series. The heavy rain calmed down for the actual race but returned for the outdoor awards ceremony. There were nice tech t-shirts and light refreshments and chip - timing was by North Shore Timing Company. Daniel Dodson finished 2nd in M70-99, while Terry Lee Harrington was 5th in the F60-69 division.

On November 22 - Wednesday at 2:30pm the "Sanborn Turkey Trot 5K" took place from the Hen House Bar and Grill on Route #108 in Newton, NH. The 108 finishers paid \$20 for a beautiful rural course, tech t-shirt, chip timing by Yankee Timing, and a terrific party inside the Hen House. Rita Labella finished 4th in F50-99 (2nd in F61-99), while Daniel Dodson was 7th in M50-99 (3rd in M61-99).

Friday morning, November 24, was the "AJWC Trot Off Your Turkey 5K Run/Walk - 17th Annual" in Amherst, NH. This annual event is part of the 5 - race "Gate City Series" with chip - timing by Millennium Running. There were no t-shirts, but all finishers received medals and Trot Off Your Turkey 5K coffee mugs. Announcers on the Run Andy Schachat did the announcing at the finish line for the 336 runners who completed the 5K. There was hot soup and hot chowder on the town common at the finish line. Bob Welts was 1st in the M80-UP age group; while Edward Auclair was 2nd in M70-79 followed by Daniel Dodson in 5th.

Before we conclude this edition I need to tell a story and make a correction from last month's column regarding the "Great Island 5K" on October 8th in New Castle, NH. I received a somewhat critical email from NE65+ member Peter Bresciano regarding his running result in my column. First let me explain that I always download and photocopy the complete results from Coolrunning or Racewire or Millennium Running or wherever for all of my races (Staples and Walmart love me!!!!). So I responded to him via email with the results I had from Coolrunning in my race folder for the Great Island 5K race. Peter disagreed and said he was looking online at Coolrunning and the results were different. Surprise --- we were BOTH correct!!!! How can that be possible??? Well ... I downloaded the Coolrunning results as soon as they went online. Apparently someone contacted the timing company (Yankee Timing) and they made a correction sometime AFTER I had photocopied the results. Thus Peter and I were looking at different results for the same race. The final result of all this is that Jay Diener was NOT 25/36 in M60-69 running ... but was 1st overall in the Racewalking Division!!! And my new friend Peter Bresciano was 2nd overall in the Racewalking Division and not 10/14 in the M70-79 running age group. So congratulations to Jay and Peter for not only topping a strong field in the walking division but for providing me with a neat story to share with all of you.

Thank You Peter and Jay.

Well ... that's pretty much it for another month. My December plans call for a Beverly, MA and Manchester, NH double on the 2nd; and another double (Atkinson, NH and Loudon, NH) on the 10th. Those are my December "definites" so far. I plan to add a few more along the way. I hope to report next month that the 100 race goal has been accomplished -- we'll see how it all turns out. Until then please feel free to send emails and comments my way and I hope you come up to the tall guy in the white safari hat and say "hi" when you see me trotting along somewhere "Out on the Roads of New England."

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## Quote of the Month

**"Racing is the fun part; it's the reward for all the hard work."**

Kara Goucher

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