



# Forever Run

February, 2017

## Keeping Communication Current

with Jan Holmquist

Happy February!

Although it is snowing lightly here in the Boston area as I write this, we have been fortunate so far with a reasonable winter. (I write this for all of you who flee south - or moved - to know we are still running outdoors in New England.) I've only worn my YakTracs twice - so far!

Never-the-less, some of us competed indoors at the USATF Eastern Region Indoor Track & Field meet in Providence on Sunday, January 29th. Like last year, VP Steve Viegas picked me up at my doorstep and drove us there. We both helped with registration before the competitions began - a nice way to put names and faces together! Please visit our race result site to see who competed: <http://www.ne65plus.org/index.php?page=2016-race-results—all>

Good news: More 5 year age groups have been added to the USATF-NE GP series. We will now score 70-74, 75-79, and 80+. The races used to be scored at 70+. The GP Race Directors are also being asked to post age-graded percentages in the results. We have made a lot of progress with older runner recognition primarily based on the many 65+ club members who participate. We are continuing to receive recognition and respect for our accomplishments.

So, let's look forward to participating in not 1, but 2, USATF National Masters championship races in our own "backyard". The James Joyce Ramble on April 30th in Dedham, MA is once again the national masters 10K championship. Last year we fielded 2 men's teams (70-79). Let's go for the win again! This year we may also have an 80's team at the Ramble- wow, how wonderful would that be!

Also, our USATF-NE Association is hosting the National Masters XC 5K. This race will occur on October 15th at Franklin Park, a location famous for XC competition. Even if you have never run XC before, please consider moving out of your comfort zone to try something new...it is fun! You do need to be a USATF member to score at both the Ramble and the XC, so please remember to join or renew your USATF membership: <http://www.usatfne.org/member/>

Last, 10 of our 65+ Board members will be representing the club at the 6th Annual

USATF-NE Awards dinner on Saturday, February 4th. We'll include a brief report in the March issue of Forever Run.

I hope you enjoy reading about two more of our Boston Marathon participants, Dan D.'s January races, and all the other interesting articles in this edition of Forever Run.

Carpe diem!

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## **Boston Waiver Profile: Jo Ann McCalister** by Byron Petrakis



photo courtesy of Jo Ann McCalister

**Inspired by one, an inspiration to many. Jo Ann at the Big Cotton Marathon in Utah last September with her son-in-law, Tommy, daughter, Cathy and granddaughter, Lily.**

Seventy-four year old Jo Ann McCalister from Goffstown, NH did not start out as a grade-school or high school athlete. Indeed, hardly any women of her generation did, because the culture of the 1940's and '50's discouraged female participation in virtually all athletic pursuits, especially distance running. It wasn't until 1972, after all, that women were officially allowed to compete in the Boston Marathon. Also in 1972, Congress passed Title IX of the Education Amendments Act, which requires that women and men be provided equitable opportunities to participate in sports. Dr. Joan Ulyot's book, *Women's Running*

(1976), also inspired countless women to lace up their sneakers and hit the roads and trails. Finally, who can forget the iconic image of Bowdoin College student Joan Benoit running the Boston Marathon in 1979 with her Boston Red Sox cap?

The obstacles to Jo Ann's athletic endeavors were more than cultural, however. Growing up in a small steel mill town in Pennsylvania, about 40 miles west of Pittsburgh, she was struck with a serious disease. In her own words, Jo Ann describes what happened:

"When I was in third grade, age 8, I had encephalitis. At the time it was diagnosed as polio because that was the big disease of the time but a specialist correctly diagnosed the disease and got me on the right track for getting back to health. I was bedridden from October through May of that year and was tutored to get through 3rd grade successfully. However I was not allowed to take dancing lessons or do anything that involved physical activity for a period of time afterward. I was heartsick because my goal was to be a ballerina when I 'grew up'. Looking back, I now understand the experience allowed me to appreciate what a gift life is. The experience changed my entire outlook for the rest of my life. 'Each day is important. Don't waste a minute of it.'"

Jo Ann ended up turning her traumatic childhood experience into a positive one in her later years. Once again, her own words best describe her transformation from spectator to competitor:

"When I was 50, I watched one of my neighbors, a woman 20 years younger than me, be competitive in running. With her as my inspiration, I started walking in races with that funny jiggly gait of a race walker, where one must not lift up a foot until the other is firmly on the ground. Unbelievably, I found myself coming home with 'walking' awards. Then I discovered that jogging was easier and could be even more fun than race walking, despite the fact that many race walkers pushing a stroller with a wailing infant could easily cross the finish line before me. Nonetheless, I was again receiving awards in my age group. Most times, I finished in first place! "First" in a field of one. This competitive edge has always been my ace in the hole. It may not seem fair but age was on my side.

"So at age 52, I ran Grandma's Marathon in Duluth, Minnesota. That was the beginning of my passion for long distance running. I have now completed 12 marathons, winning third place in my age group in the Marine Corp Marathon at age 62, the year of the 'sniper'. That was really exciting with Marines posted on top of the Washington buildings armed with live weapons watching as we ran. Indeed there was talk of the race being cancelled. As it turned out, the snipers were arrested a few days before the Marathon but the service men on guard gave each of us reason for special thanks for their protective presence during the race. "

In September 2016, Jo Ann, her daughter and son-in-law ran the Big Cottonwood Marathon in Salt Lake City, Utah. As Jo Ann tells it, "the whole family, except for my granddaughter, ran the 'all downhill' race in September 2016. It was my attempt to qualify on my own for the Boston Marathon at age 74 because my daughter had qualified October 2015 for 2017 Boston. She qualified again at Cottonwood with a faster time. My son-in-law, Tommy, had run one marathon previously, 2002, before Cathy and he were married. The three of us did that one too. He said, 'I ran two marathons in one day, my first and my last.' But he proved himself very well in this race, completing it in four hours. My granddaughter Lily cheered us on and saw her future success."

Jo Ann speaks for many of us in the NE 65+Runners Club when she talks about the impact of running on our lives: "As important as the medals is the personal recognition and gratitude that one is able to run. I'm sure each member of 65+ Runner Club feels a

sense of fulfillment especially at the end crossing the finish line. Running is a healthy exercise; running is a mind-opener; running gives mental relief; running is a friend-maker; running is a model to others; running is a family-connector.

This last reward of running is the reason I am so delighted to have been selected to receive a waiver to run in the Boston Marathon, 2017. I am so grateful and thank you all for being members of 65+ Runners Club. If it wasn't for this group, I would never have qualified on my own to run in the Boston Marathon. Now I am able to run in the same race as my daughter who qualified in October 2016 and then again in September 2017 to run the Boston Marathon, 2017. If it isn't thrilling enough to run in the Boston Marathon 2017, to be running at the same time as my daughter, is just amazing and beyond thrilling. Thank you for giving me this opportunity."

"I am terrifically motivated to train. What a wonderful once in a lifetime opportunity. Now it seems my Granddaughter, 11 years old, has the running bug too. I look forward to the day when she and her Mom will be running the Boston Marathon together. What a joyful event that will be. I am using the Boston Marathon Training Level Four: Average Six Days/Week as a guide to do my best in the Marathon. I feel a responsibility to do my best for you as members of the 65+Runners Club for giving me the opportunity to participate in this amazing Race. Thank you. "

And thank you, Jo Ann, for being such an inspiration to your family and to the entire running community of the NE 65+Runners Club. We'll be cheering you on in Boston!

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## **Spotlight on Phil Pierce**

### **An Heroic Struggle Against the Ravages of Old Age**

**by Byron Petrakis**

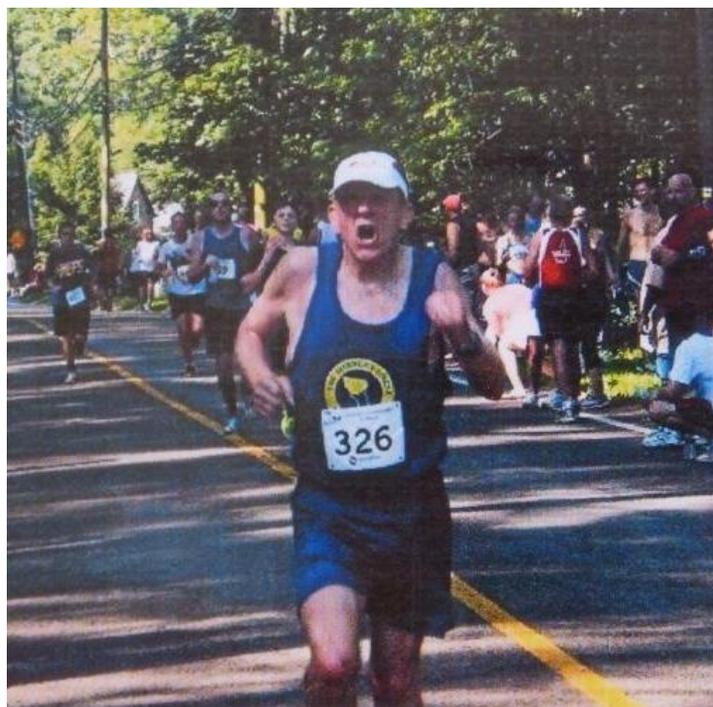


photo courtesy of Race Wire

All 70+ marathoners are tough; they have to be or else they wouldn't take on the challenge of training for and running 26.2 miles. Maine's Phil Pierce, Hall of Fame member and past president of the New England 65+Runners Club, personifies the toughness of the mature athlete who overcomes many obstacles just to get to the starting line of a marathon.

A veteran of 27 Boston Marathons, Phil ran 18 consecutive Bostons, followed after interruptions by nine more, missing only three in the past 30+ years. In 2005, he had pneumonia, the following year plantar fasciitis, and in 2016, Phil missed the starting line in Hopkinton because of a broken foot. His description of his 2016 injury makes for painful reading: "On March 16, 2016, Phil Pierce broke his right foot when a brace holding up his wood splitter let go and the handle/trailer hitch dropped squarely on his foot, breaking the bone behind his big toe. Phil did not initially realize that he had broken his foot and went one week before seeing a sports medicine specialist. She x-rayed the foot and discovered the break." As a result of his injury, he missed 6 scheduled road races, including the 2016 Boston Marathon.

Notwithstanding this painful setback, Phil wore a boot for one month and "fully recovered from the accident in July and on October 2, ran the Maine Marathon in 4:56:45, winning his age group but not qualifying for Boston. He continued distance training and on October 30, 2016, ran the USATF 50 Mile Road National Championship at Tussey Mountain in State College, Pennsylvania, finishing in eleven hours, fifty-six minutes, and forty-eight seconds, winning his age group (75-79 years)."

Phil writes that he "retired from the Togus Veterans Hospital on December 31, 2016 after forty years there as a clinical psychologist. He is currently training for the Caumsett Park, Long Island, New York, and USATF 2017 50K Road Championship on March 5, 2017 (also a qualifier for Boston). His current training includes weekly runs of thirteen, fifteen, and twenty to twenty-five miles, depending on weather conditions and how he feels. Phil ran the 'moderately difficult' Derry 16 miler on January 29th," and says he plans to run some other winter races as well. "He will taper in April, running shorter races, e.g., the April Fools four miler and the Doyle's five miler on April ninth."

For this writer, Phil's unyielding pursuit of his athletic goals, regardless of the ravages of time and fate, has its literary antecedent in Homer's epic poem, the "Iliad." There, in book 10, the poet sings the praises of Nestor, the oldest warrior on the Greek side in the Trojan War: "Nestor gave no ground to withering old age."

Homer's description of the ancient warrior has its modern equivalent in the 70 and 80 year old marathoners from the NE 65+Running Club who acknowledge the formidable obstacles posed by the ravages of time, but still go proudly to the starting line of the Boston Marathon and soldier on to the end.

Good luck, Phil!

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## Runners of the Year

by Rick Stetson

The *New England Runner* magazine has a tradition of including in their January issue a listing of their selections for Runners of the Year (ROY) for the New England states. NE 65+ was well represented with 14 members making the list. With the exception of New York and Vermont, all states had club members with Massachusetts having the most (five) followed by Rhode Island (four). A listing of the states with club members receiving ROY honors follows:

#### Connecticut

70+ Male: Bill Borla, Torrington

80+ Male: Tom Butterfield, Windsor

#### Maine

80+ Male: John Howe, Waterford

#### Massachusetts

70+ Male, Harry Carter, Blackstone

70+ Female: Jan Holmquist, Burlington

80+ Male: Bill Riley, Centerville

80+ Female: Mary Harada, West Newbury

90+ Male: Lou Peters, Methuen

#### New Hampshire

70+ Male: Robert Knight, Hopkinton

80+ Male: Jim Lynch, Plaistow

#### Rhode Island

70+ Male: Milt Schumacher, North Scituate

70+ Female: Linda Dewing, Pawtucket

80+ Male: Dennis Branham, Providence

80+ Female: Frances Branham, Providence

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## **65+ Hall of Fame Guidelines**

**by Dr. Phil Pierce**

Nominations for the 2017 NE 65+ Running Hall of Fame are sought. Registrations close on March 1st and candidates will be considered for selection in April. Guidelines for nominations are as follows:

1. Nominee must be at least 70 years of age on the date of election and must have been a member of the club for at least 2 years.
2. The nominee should have been a frequent medalist in his or her age group since turning 55 years of age.
3. A list of the nominee's outstanding accomplishments in Long Distance Running, Race Walking, or Track and Field should accompany the nomination.
4. Also list national, New England and state records the nominee has held.
5. A list of personal best performance times for various distances or events is desirable.

6. List what the nominee considers his or her greatest achievements in the course of his or her running career.

7. Describe any contributions the nominee has made to the NE 65+ Runners Club, as well as other contributions to the running community at large e.g., serving as an officer, race director, coaching, record keeping, etc.

8. A brief narrative history of the nominee's running career is also welcome and helpful.

9. Providing age graded performances is strongly recommended.

If you have questions pertaining to this announcement, contact Phil Pierce at 207-781-3769. Nominations should be sent to Phil Pierce, 79 Waites Landing Road, Falmouth, Maine 04105-1939.

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## **A Smile Misdirected (Technology's Prank)**

Air so fresh, the rising sun,  
Daybreak greeting morning run,  
His feet beat rhythm on the turf,  
As circling crows express their mirth.

An aging runner, strides so bold,  
Soaking up those rays of gold,  
Loosening worn and rusted hinge,  
Pushing through occasional twinge.

In the distance comes another,  
Younger, quicker, still a brother,  
His focus sighted toward the grass,  
But smiling broadly toward the pass.

The elder warmly waves a greeting,  
As the two are close to meeting,  
His face, however turns to stone,  
The young man's smiling at his phone.

G. G. Tooker c. September, 2012

Editor's Note: 65+ member Greg Tooker is vice-chairman of the Mass Senior Games.

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## **Running Into A New Year** by Rick Stetson



photo by Ed Anderson

**Tony Cellucci and Phyllis Mays after finishing first in their 80-89 age groups at the New Year's Day 5K in Needham.**

Some 57 club members got 2017 off to a running start by entering a race on New Year's Day with a number winning their respective age groups. Two of the age group winners are pictured above (Ted and Mary Tyler also won their age groups at Needham) but there were many more age group winners at other races (for a complete list of club members who ran on January 1st, check the results on the club's web site.)

The largest number of club members (22) took part in Lowell's First Run 5K and 10K races. Barry Pearson, Judi Moland and George Bisson were first in their age groups in the 5K while Zeke Zucker won his in the 10K. Tom Wylie placed first in the Hangover Classic 10K in Salisbury while the 5K race saw David Ritchie and Dick Kuhl winning their age groups. Bill Spencer was first at the Millennium Mile in Londonderry, NH and Richard Paulsen did the same at the Run Your Hangover Off in Woburn. Finally, at the Hangover Classic 5 Miles in Bristol, RI, Linda Dewing captured her age division.

Congratulations not only to all the age group winners on New Year's Day, but to everyone who participated in a race or started 2017 by going for a run on their own. Hopefully, club members were not trying to run off a hangover but doing so because they enjoy the exercise. Wishing everyone many happy miles in 2017 and **Go Pats**.



photo by John Mulroy

**Judi Moland not only captured her age group on New Year's Day in Lowell, but three weeks later she was first in her age group at the Fudgcicle 5K in Tewksbury (above). Rita Labella was also first in Tewksbury demonstrating that many NE 65+ runners are off to a good start in 2017.**

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## **2017 Flag Races**

**by Rick Stetson**

Last year, Dan Dodson was the only club member to run in all of our NE 65+ flag races. This year, however, we understand there are some other runners who have said they would like to duplicate Dan's accomplishment. Entering our six flag races calls for some advance planning so you will find the 2017 schedule listed below. A good aspect of living in New England is that the states are not that far apart so that even a drive from Connecticut to Maine can be done in a reasonable amount of time. Our flag races are a good way to meet and socialize with club members in the various states. We will try to have a club tent and banner set up when possible to get our name out there and attract new members who are approaching age 65. If you can't make every flag race, at least try to enter several, especially our final flag race of the year next November.

Date	Flag Race	Club Contact
May 14	Sea Dogs Mother's Day 5K, Portland, Maine	Mel Fineberg
July 9	Stowe 8 Miler and 5K, Stowe, VT	Zeke Zucker
Aug 13	Bobby Doyle 5 Mile, Narraganset, RI	Milt Schumacher
Oct 8	Great Island 5K, New Castle, NH	Dan Dodson
Nov 4	Run For All Ages 5K, Wakefield, MA	Jan Holmquist

Note: At press time, the Connecticut flag race was still being finalized.

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## New Members

**Patricia Evans**, Wellesley Hills, MA      Sponsor: George Leslie

Started running in 1974. First Boston was 1983. Have run 15 marathons, mostly Boston but ran 2014 + 2015 NYC. Turns 65 this year and would love another Boston.

**Lynn Nill**, Salem, NH      Sponsored by some people met last year at the Pursuit of Holy Grail 5K. Been running for over 24 years, racing for 12. Has raced 15 5K's, 9 10K's, 7 halves, 7 full marathons and 1 Dopey.

**Thomas Lawlor**, Fall River, MA      Sponsor: Brian Grant

A runner since 1978. Not fast but steady.

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## Run for Food and Shelter Adds 80+

by Rick Stetson

One of the long-standing objectives of the NE 65+ Runners Club is to encourage Race Directors to include more age groups for older runners. Thus, we were delighted when 65+ member and race committee representative Madeleine LaRose informed us that the Run for Food and Shelter 5k and 10k races will add awards for 80+ this year.

The races will take place on the campus of Rivier University in Nashua, NH on Sunday, April 9. <http://www.nsk.org/racehome0.aspx>. LaRose says the USATF-certified courses are "a good mix of flat pavement and hills, that there is always abundant food and drink for finishers and the race brings much needed revenue to the Nashua Soup Kitchen and Shelter."

It is encouraging to find a race where an 80+ age group has been added. We can remember the days when a lot of races had 55+ as the highest age division. Progress has been made but work remains. The February issue of the *Running Journal* lists results for 22 races in 11 Southern states and only two of the races had awards for 80+. So thank you Run for Food and Shelter. We hope some of our members will make it to Nashua in April and support a good cause.

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## Out on the Roads of New England

by Dan D.

Greetings to all NE65+'ers as we begin the month of January. It's been excellent winter running weather in the SE part of New Hampshire and the Merrimack River Valley of Massachusetts. No cancelled or postponed races that I am aware of thus far – a vast improvement over some recent years. This month I'll report on the 13 races I completed in January and at the end of this column send out a challenge to everybody (N.E. Runner magazine – January/February issue needed!!!!). Let's get started .....

The New Year began with the "Ready Set 1st Run 5K and 10K - 8th Annual" in Lowell, MA. The 5K was completed by 870 runners, while another 388 ran the course twice in the accompanying 10K. The online price was \$30 for the 5K and \$35 for the 10K. Yankee Timing was in charge with B-Tag timing for net timing and a halfway split for the 10K folks. The race was at the Lowell Elks Lodge on Ferry Road with plenty of parking in the immediate area. Everyone received a wine stopper finisher medal designed by Ashworth Awards, free beer and hot food INSIDE the lodge, live music, personalized race bibs, etc. Everyone got a 1st Run knit hat and the first 750 registered also received a 1st Run pair of knit gloves. Zeke Zucker apparently scared all the senior runners away as he was the solo finisher in the M70-79 10K race division. Meanwhile in the 5K race George Bisson topped the M80-99 division, followed by George Leslie (2nd), Richard Snyder (3rd), and 90+ Lou Peters (4th). Judi Moland topped the rugged F70-79 group over Patricia Ryan (2nd), Mary Dowell (4th), Laura Warren (6th), and Harriet Snyder (8th). Barry Pearson won the 13 - runner M70-79 field over Jon Mackenzie (5th), Daniel Dodson (8th), Art Dowell (10th), Roy Dennehy (11th), James Stafursky (12th), and Skip Cleaver (13th). Johanna Riley was our sole member in F60-69, finishing 22nd out of 26 participants. Finally, David Simmons was 16th in the M60-69 division, followed by Dan Donovan (32nd), Rick Marais (35th), and Ernie Roy (39th) out of 43 finishers.

From Lowell I charged up north to Londonderry, N.H. for the hugely popular "Apple Therapy + Sports & Rehab Millennium Mile". The 1,170 participants paid \$18 for the privilege of earning a nice "knit beanie" by charging down Mammoth Road (Rte. 128) from the start near Londonderry High School. There were pizza and drinks INSIDE the high school gymnasium, personalized bibs, instant results at the finish line, professional announcer Jamie Staton from Ch. #9 sports, national anthem sung by Miss New Hampshire, etc. Millennium Running did the timing at this event – the first in the 10 - month Elliot Millennium Running Series. Bill Spencer was #1 in the M70+ division with Daniel Dodson finishing 5th.

The 8 - race "Fudgcicle" 5K series kicked off on Saturday, January 7th, at Tewksbury High School in Tewksbury, MA. This no frills \$1 entry Greater Lowell Road Runners annual event is run on a fairly level course beginning at the VERY early winter starting time of 8:00am. There were 137 runners on Week 1 with 10 representing NE65+. Rita Labella was numero uno in F60-69, followed by Johanna Riley (3rd). Steve Kanaracus topped the M70-99 group with Steve Moland (3rd), Jon Mackenzie (4th), Daniel Dodson (5th), and

Lou Peters (6th). Steve Viegas was 3rd in M60-69 followed by Francis Quinlan (10th) and Rick Marais (12th).

The following day (January 8 - Sunday) was the "Freeze Your Buns 5K Series - 24th Annual" in Nashua, N.H. The 5 - race winter 5K series takes place every other Sunday from January 8 to March 5th. This Gate City Striders' race starts at the Conway Arena ice rink right next to Mine Falls Park. The no frills \$5 fee gave the 162 participants a level plowed course around Nashua South High School (3 times) and coffee & hot chocolate INSIDE the arena entrance area. Bob Welts was #1 in M80-99, with Edward Mahoney 1st in M60-69, and Daniel Dodson 4th in M70-79.

January 14 (Saturday) was "Fudgcicle Series - Week 2" in Tewksbury, Mass. Steve Kanaracus again topped M70-99 with Daniel Dodson 3rd and Lou Peters 4th. Rita Labella was 2nd in F60-69 with Johanna Riley 3rd. Steve Viegas was 4th in M60-69, followed by Rick Collette (7th) and Rick Marais (9th).

The next day (January 15 - Sunday) was Millennium Running's "HPM Insurance Snowflake Shuffle" at the Copper Door restaurant in Bedford, N.H. This enormously popular race sells out in less than 24 hours with a maximum allowed 2,000 entrants. The big draw is the "Snowflake Shuffle" hoodie and of course the typical Millennium amenities of a car - free course, instant results, pizza and other hot food and drinks, race announcing by Jamie Staton from channel #9 and Andy Schachat from Announcers on the Run., personalized bib, Miss N.H. singing the National Anthem, and VIP parking at the restaurant for a \$15 donation to charity "feedNH.org." Daniel Dodson finished 3rd in M70+ followed by James Stafursky in 5th.

From there I hustled down to Worcester, MA. for the 1:00pm start of the "NMC Blackstone Tap Run". This no frills 3.4 mile race is part of the 7 - race North Medford Club annual "Winter Racing Series". The races are \$3 for NMC members and \$5 for non-members. The NMC is the 2nd oldest running club in the world (behind the BAA). The race starts and finishes at the site of the terrible warehouse fire that killed 6 Worcester firefighters, with the post-race party about a third of a mile away at the Blackstone Pub on water Street. The course is quite hilly for the first half and mostly downhill coming back. Daniel Dodson was the only participant in the M70+ division.

January 21 - Saturday was "Fudgcicle Series - Week 3" in Tewksbury, MA. There were 9 participants representing NE65+. Judi Moland was 1st in the F70+ age group; while Rita Labella topped the F60-69 division with Johanna Riley 2nd. Jon Mackenzie was 2nd in M70+, with Steve Moland 3rd, Daniel Dodson 4th, and Lou Peters 5th. Rick Collette (6th) topped Rick Marais (8th) in the M60-69 group.

From Tewksbury I drove 20 miles south to Cambridge, MA. for the 10:00am "Fresh Pond 2.5 & 5 Milers (NMC results)". This mostly flat course goes around the Fresh Pond Reservoir for 2.5 miles. Linda Usher was 4th in the 5 - miler, while John Babington was 2nd and Daniel Dodson 5th in the 2.5 miler. This race was part of the NMC Winter Racing series. One "interesting" part of this race is the preponderance of dogs all around the course. Apparently dogs from Cambridge are allowed to roam free, while "out-of-town" dogs must be leashed!!!!!! The race is free and takes place year-round on Saturdays at 10:00am. It is directed by the Cambridge Sports Union and results are only published in the Boston newspapers for the top 3 finishers for each gender.

January 22 (Sunday) was "Freeze Your Buns 5K Series - Race #2" in Nashua, N.H. Bob Welts was first in the M80-99 age group, while Daniel Dodson was 4th in M70-79. There were 229 finishers on a cool & clear winter day.

January 28 was another DOUBLE for me starting with the "Fudgcicle Series - Week 4" at Tewksbury (Mass.) High School at 8:00am. Judi Moland again won the F70-99 age group; while Rita Labella was 2nd in F60-69 with Johanna Riley 3rd. Jon Mackenzie was 2nd in M70-99, followed by Steve Moland (3rd), Daniel Dodson (4th), and Lou Peters (5th). Steve Viegas finished 4th in M60-69, with Rick Collette 7th and Rick Marais 9th. There were 142 finishers in this Greater Lowell Road Runners sponsored 5K race.

From Tewksbury I hustled about 20 miles south to Lexington, Mass. for the 11:00am "Resolution Run to Kick Cancer 5K - 8th Annual". This popular event drew 798 finishers on a beautiful winter Saturday to the field house at Lexington High School. The \$30 (\$35) fee had pizza and other food choices INSIDE the field house and a tee - shirt for folks registered by January 1st!!!! The course was somewhat rolling with chip timing by RaceWire. Karin Oleski finished 8th in F60-69 with Mary Tyler next in 13th. Susan Filene was 4th in the F70-79 age group. Richard Paulsen was 1st in M70-79 with Andy Lewis 2nd, Daniel Dodson 6th, and Ted Tyler 10th. NE65+ member Tom Abbott was in attendance cheering everyone on.

My final race in January was held on Sunday - January 29th - in Abington, MA. It was the Colonial Road Runners "Colonial Winter Series" in Abington. These no frills races cost only \$2 and take place on Sundays at 1:00pm from November 27th thru February 5th (no race on Dec. 11 and Dec. 25). The CRR also has a 4 - mile race at 9:00am on the same Sundays in Raynham, Mass. The Abington race starts and finishes at the Abington Police Station at 215 Central Street. The course is a fairly level 2 - mile jaunt through a cemetery and along sidewalks on town streets. The 4 - mile racers do the course twice with a 0.1 mile addition back to the police station. Irma Walat and Daniel Dodson did the 4.1 miles, while Mike Lozan topped the 2 mile race with Ellen Litt top female. There were 16 finishers in the 4.1 mile race, while 5 runners chose the 2 mile option.

Well .... there are my first 12 races (I don't count the "Millennium Mile") on the way to what I hope will be another 100+ race year. I'm signed up for the "Super 5K Road Race" on February 5th in Lowell, MA. and the "Mardi Gras Fat Tuesday 5K" on February 28 (Tuesday evening) in Manchester, N.H. I'm also registered for the "Wild Rover Series" on Feb. 26, and March 5 & 12 in Haverhill, Lawrence, and Lowell, MA. at distances of 3, 4, and 5 miles.

Now for the little challenge from me to all of you (I did this last year at this time also). The recent January/February issue of New England Runner magazine had the magazine's annual choices for top runners in various age groups throughout the 7 - state region (New York included). Congrats to many NE65+ members for being selected!!! The editors also chose the top 90 races in New England & New York combined. I'd like each of you to check it out and let me know how many of the 90 races you have run at least ONCE!!!!!! I believe the February 10 - Miler in Amherst, Mass. is the old "Jones & Company" race ... so that counts also. A few have 2 different distances – either counts for one race only. Please email me by computer at [mjodand7@msn.com](mailto:mjodand7@msn.com) and let me know how many of the 90 races you have conquered (maybe a couple have "conquered" us!!!!!!). I'll include any results in my little column next month.

Until then ..... GET OUT THERE ..... enjoy this great New England winter ... and as always I hope to see you soon "Out on the Roads of New England".

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# Quote of the Month

**"Forward is a pace."**

Jill Grunewald from "Running With A Police Escort"

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