



Forever Run

July, 2017

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

Happy 4th of July! I imagine a lot of us will be running a road race on the 4th, having fun and celebrating our freedom and independence. As always, the results of all races are updated weekly and posted on our website thanks to Tom Abbott and his team: <http://ne65plus.org>.

Our club continues to receive well-deserved recognition, especially with the successful team efforts of our 70's men. In this edition, Zeke Zucker, team coordinator and your Board secretary, has written about the most recent participation at the USATF-NE Grand Prix 5 mile championship race on June 18th. Congratulations to the guys and best wishes for their next endeavor...hopefully, the USATF-NE relay on July 22nd at Wellesley College:

http://newengland.usatf.org/Events/2017/2017-USATF-NE-Relays.aspx?utm_content=bufferf58fd&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

The above link will bring you to the USATF-NE home page. When there, click on "events/calendar" and then on "upcoming events" to find out more about the relay.

Later this month or early August, you will be receiving (by snail mail) the invitation to the Annual Banquet scheduled for Monday, September 18 at Spinelli's on the Lynnfield/Peabody line where we have been the past many years. We are looking forward to having Tom Grilk, Executive Director of the Boston Athletic Association, as our guest speaker...please save-the-date for an enjoyable luncheon, presentation of awards, and a great time to meet old and new friends!

In addition, in the same envelope (to save on postage!), you will find the Annual Fund Appeal letter asking for your donation to support our club activities. New this year, prizes will be awarded to 65+ members who run 5 or 6 of the Flag Races. Note that we now have a date for the CT Flag Race (see article in this e-news) and the VT Flag Race in Stowe is July 9th...you can run either the 5K or 8 miles (see article in this e-news). The listing of Flag Races can be found on our website: <http://www.ne65plus.org/index.php?page=flag-races>

The MA Flag Race - our very own 16th Annual Run For All Ages (RFAA) - is scheduled for Saturday, November 4th. Registration is live, so please sign up early so your RFAA Committee can plan appropriately: <http://www.ne65plus.org/index.php?page=2017-rfaa> . I am pleased to have received a snail mail registration in the mail today from 65+ member Terry Lee Harrington. Now there are two of us registered for the RFAA. Thanks, Terry Lee!

Please remember that all members are welcome to submit articles of interest to this e-news. We hope to hear from more of you.

Carpe diem!



photo by Gayle Petrakis

"Forever Run" writer and Co-Editor, Byron Petrakis, keeping his glass half full by getting in a cross country workout on snow shoes.

The Glass Half Full by Byron Petrakis

We're all getting older. For runners, especially those over 65, that means one of several things: we're getting slower; we can't run as much as we used to; or-worst of all-we can't run at all. I belong to the last group.

Decades of pounding have taken their toll on us, resulting in torn ligaments, arthritic knees and hips, stress fractures and other assorted indignities of old age. While many of us bounce back with the help of rest, physical therapy, cortisone shots and even knee and hip replacements, some of us are stuck in a kind of medical limbo, where our choices are narrowed to the question of surgery or not-risk vs. potential reward. Joint replacements are now commonplace but carry their own risks, including infection and device failure or deterioration, which could result in complications that make the "cure" worse than the original condition. While we cannot reliably and permanently change our ailments, we can change our attitudes toward them; we can look at the glass half empty or, as I prefer, half full.

For runners dealing with the reality of slowing down, the fix is easy; forget about your slower racing times and just look at your performance relative to those in your age group. Races with 10- year age groups in the 70s, 80s, and beyond are good; those with 5- year age groups are even better. For those worried about decreasing distance and frequency, just remember that you can still run. For other runners like me who can't run but can still stay active doing other things, the question becomes "what can I still do, even if I can't run?" "Can those other activities compensate for the lack of running?" To use the cliché, how do you make lemonade from the

proverbial lemon?

In my case, giving up running—at least for the foreseeable future until hip replacement becomes a medical necessity—has caused me some anguish and even self-pity. After all, I had forty years of running that provided me with almost daily pleasure, a sense of purpose and achievement, and experiences that I never would have had otherwise. Running Boston seven times (sometimes as a qualifier and others as a waivered runner) and the New York City Marathon yielded a wide range of experience. Running through the vineyards of Bordeaux in 1993 at the 9th "Marathon des Chateaux du Medoc et des Graves" was a combination of the Boston Marathon and Mardi Gras, a sensual feast, a runner's Woodstock, with each of the five senses engaged. The "water stops" featured some of the world's best wines (there was water, too!); assorted delicacies that almost compelled you to stop and sample; runners in imaginative costumes (including oversized wine bottles); musical entertainment every few kilometers; dancers who literally took you by the hand and swung you around as you ran through their town squares; and friendly volunteers who greeted you at the finish line with a wine bottle and a kiss. Three years later, in 1996, I joined a group of American runners and journeyed to my ancestral land of Greece to celebrate the 100th anniversary of the first Modern Olympics and run the Athens Marathon, which traced the route of the legendary Pheidippides who ran from Marathon to Athens to declare the Athenian victory over the Persians in 490 B.C.. Running that marathon was the peak experience of my running career; a marathon that starts with a loop around the tomb of the ancient Athenian soldiers and ends in a marble Olympic Stadium is a once-in-a-lifetime event.

While races at home and abroad provided unique experiences, what I miss most about not running are the group runs and bonds of friendship that developed over the years. When I first started running in the mid 1970s, I was teaching at the University of North Carolina at Charlotte. Every noon, a group of 5 or 6 of us would meet at the gym, go for a run and then shower and go to lunch together at the school's cafeteria. Even though many of us have moved far away and others have died all too soon, the bonds we formed then are still a part of us. Here in New Hampshire, I have been a member of the "Sunday morning group" that meets every Sunday in Winnikenni Park in nearby Haverhill, MA for runs from 4 to 10 miles over both roads and trails. During the course of these runs, members of our group usually engaged in light banter and conversation that made the miles go by so much faster. At other times, these runs turned into therapy sessions, when members of the group confided their fears about a son serving in Iraq, a spouse struggling with alcoholism, a child's addiction, a parent's worsening condition, job stresses and feelings of personal failure. This was my church and my fellowship; this is where I could listen and be heard, comfort and be comforted. Though we did not resolve any problems during these runs, our spirits felt renewed as our stress evaporated with our sweat.

So, when my surgeon told me this past fall that any further running would cripple me for good, I felt gloomy and allowed myself to wallow in temporary self-pity. Yes, I had the option of surgery but I did not want to consider that because, with the cessation of running, the everyday pain from my hip went away and I found I could still be active and stay a part of the running community. So, I started to think of ways I could count my blessings and still be a part of things. Some of the steps were easy: volunteering at races put on by the two running clubs I belong to: the Winners Circle Running Club of Salisbury, MA and the New England 65+Runners Club. By so doing, I could still contribute to events while not actually running in them. For the past four years, I have also volunteered at the Boston Marathon as a monitor at mile markers along the course, joining my good friend and former NE 65+Club President Tom Wylie in cheering on the runners and helping with logistics.

As someone who has always enjoyed cycling, it was pleasant to get back on the saddle and ride along the rural roads of my New Hampshire town on my road bike and traverse the trails of state parks and forests on my mountain bike. The bike's frame absorbs the cyclist's body weight, minimizing the impact on joints, as long as you don't get carried away on the trails and go sprawling (yes, it's happened!) When the weather was not conducive to cycling, my options

included lifting weights and rowing in my basement. On cold days, putting the rowing machine in front of the woodstove provided two ways of staying warm! Because my part of New Hampshire gets its share of snow, I also like to snow shoe and cross country ski, with the poles taking the stress off the lower body joints. Both activities provide a great upper and lower body workout.

The more alternative activities I engaged in, the less depressed I became about not running. I came to understand that acceptance of my condition was different from resignation to a depressing fate. My condition didn't change; my attitude did, and what seemed like the end of my world became just another chapter in my life. As a former teacher of literature, I often turn in times of upsetting personal change to texts that have illuminated choices along life's journey. One of my favorites is Tennyson's poem "Ulysses" which dramatizes the angst of the Homeric character of the same name who after the 10 year Trojan War and a perilous sea journey returns home to Ithaca and finds himself still restless and constrained by the norms of his island society. Yearning still for adventure, he addresses his remaining comrades and tries to rally them to embark on a new kind of experience— not another long war, but a voyage of discovery:

Come, my friends,
'T is not too late to seek a newer world.

...

Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.

Like the mythical Ulysses, we don't have to resign ourselves to a life of inactivity and lack of purpose even when we can't do all that we used to. We can choose to see the glass half full.

Memories

by Peter Scontras

Where are the yesteryears,
and youth of long ago?
Where have all the good times gone,
and friends we used to know?
Time that's past does not exist;
it has disappeared.
But memories are forever,
of good and friends revered.
Memories reside in all of us;
the fountain of our youth,
To captivate all goodness,
a treasure stored in truth.
We share a common union,
as RUNNERS and as friends.
Our union is forever,
in time that never ends.
Give thanks for good memories;
more precious than all gold.
Memories are eternal,
and joy as we grow old.

Jan's note: The above poem was sent to me by former president, Hall of Famer, Rev. Shea award recipient and Forever Run editor, Jim McLaughlin, upon the June 4th passing of member Peter Scontras who also contributed to the newsletter.

Our 70's Team Just Keeps on Rolling

by Zeke Zucker



photo courtesy of Zeke Zucker

A happy group of 65+ers after the Rib Fest 5 Mile race. (L-R) Steve Viegas, David Ritchie, Zeke Zucker, Rob Knight, Bob Sullivan.

It was a warm and humid day in Merrimack New Hampshire on the 18th of June, but what would you expect just 3 days before the beginning of Summer? The race time temperature was in the mid 70's, and gradually rising.

As a result of a full-court press to round up team members, a total of eight 65+ Club Super Seniors showed up for the RibFest 5 Miler. The USATF-NE Grand Prix events bring out the best of the best runners from around the region, and this was no exception. The race is held in conjunction with the annual 3-day RibFest extravaganza, featuring a host of the best barbecued rib providers from the region. Our race bibs gained us free entry to the festival following the run.

We did the usual milling about among the 1,800 participants, and making preparations for the race, which was very well organized by Millenium Running. The results of the USATF race would be based on gun time, and we participants were given front-of-the-field privileges.

We were off precisely on time, and the first half mile was an uphill slog. It eventually leveled out, and gave us a nice long and easy downhill in the second mile. The race was an out-and-back, with a lollipop style loop, which made for a smooth turnaround.

Coming back then we had to tackle the uphill for the 4th mile, but were looking forward to that glorious last half-mile downhill to the finish.

Twenty three of the twenty four 70+ male runners were totally embarrassed by the

performance of 70-year-old Bill Dixon of Brattleboro, Vermont. He blazed the course in 33:03, which was even faster than all of the 65-69 year olds. There were various 70+ members of other prominent clubs, but we didn't see more than two from any of them.

Very early in the race I was passed by two gents wearing 65+ singlets. One I recognized; our illustrious Club Vice President, Steven Viegas, and another was an unknown to me. Steven isn't 70 yet, and the other had just turned the page to the 70's. So, this is how it turned out:

Our Club contingent runners all placed well within the field. The "unknown" was David Ritchie of Seabrook, NH, who clocked 37:57. placing 4th overall in the 70's, and first for our winning team. Yours truly placed 6th, and second for our team, and Rich Paulsen of Woburn came in 9th, and third for the team.

We had plenty of backup, with Rob Knight, Robert Sullivan, Gerald Porricelli, Phil Pierce and Larry Cole as our other finishers. Phil nabbed second place in the 75-79 Division, and Larry placed second in the 80's.

All in all, it was a great showing by the Club, with a second team victory in the first three legs of the New England Grand Prix series, and the ribs were delicious! So now it's on to the Providence 5K in September.



photo courtesy of Zeke Zucker

(L-R) Richard Paulsen, Larry Cole, Zeke Zucker, Gerry Porricelli, Rob Knight.

Vermont Flag Race Fast Approaching

by Rick Stetson

Who is ready to run an 8-mile race in the land of the "Very Green Mountains?" Vermont flag race coordinator (and club secretary), Zeke Zucker, invites you to join him in Stowe on Sunday, July 9 for the 36th annual 8-mile race that goes around, not over, Vermont's famous Green

Mountains. If you don't feel up to running an 8-mile race in July, how about a 5K which will be held in Stowe at the same time, same starting place only on a shorter, flatter course but one that still captures the beautiful Vermont scenery which Zeke says, "is easy on the eyes."

Zeke reminds club members running the Vermont flag race they should look for the bright red canopy with our club banner. Be sure to "meet and greet" with Zeke and other club members after the race because besides receiving technical t-shirts, runners will be treated to some cold Harpoon Craft Beer and Island Homemade Premium Ice Cream which Zeke says is "an unusual combination" but one that he tried and liked.

Most of the runners around Stowe know Zeke (he lives just over The Notch.) He is a record-holding ultra marathoner so my guess is that he will enter the 8-mile race (he has won his age group for the past several years.) I am not as bold as Zeke so when I ran the flag race in Stowe, I stuck to the 5K but had a lot of fun and the course was impressive. And I was not brave enough to follow Zeke's lead and consume both beer and ice cream after the race (but I had a lot further to drive to get home.) I did, however, sample the ice cream, several different flavors, and it was all good.

So be sure to put July 9 on your calendar for a fun race. Zeke will make certain the red carpet is rolled out for 65+ runners and he hopes to see you there.

Out on the Roads of New England

by Dan D.

"Hello" NE65+ members and welcome aboard for another report of what I witnessed in June during my 11 races in Massachusetts and New Hampshire. My 2017 total is now up to 57 races at the mid-year point. If the 2nd half of the year were to produce the same number my 2017 total would be at 114. I would be pleased with that result at this point in my life if it could become reality. In case anyone is wondering, my all-time yearly race total was 166 races back about 10 years ago when I was "a kid" in my early 60's!!! Let's see what happens from July through December.

I want to thank both Susan Filene and Jan Holmquist for their kind remarks in the June edition. For Susan's information and other members in Portland at the Sea Dog's 5K on Mother's Day the only reason I ran in shorts and a t-shirt in those awful conditions was weight. I felt that the soaking rain would make long sweat pants and a warmer shirt overly heavy to lug around for 5 kilometers. I'm slow enough already without any additional handicaps!!! It was awfully cold for me prior to the race but once we started running I honestly felt quite comfortable.

The first of the 11 June races took place in Salisbury, MA on Friday evening, June 2nd, at the Winner's Circle on Route #110. It was the "Pat Polletta 2 Mile Rail-Trail Race - 39th Annual". The race fee was \$25 (\$30 on race day) which included t-shirt, food & beer, chip timing by Yankee Timing, age group awards 3 - deep up to 80+, and a 2-mile course mostly run on a level gravel rail-trail. There were 136 finishers including 10 NE65+ members. The great Mary Harada won the F80-99 division; while Daniel Dodson was first in M70-79 followed by Robert Aucoin (2nd) and David Ellis (3rd). Robert Randall topped the M80-99 group with Dick Kuhl 2nd and Lou Peters 3rd. Terry Lee Harrington placed 9th in F60-69; while Steve Malynn was 3rd and Rick Bayko 5th in the 12 finisher M60-69 age division.

The next day (Saturday - June 3rd) was the first ever "Hoofbeats 5K" on the campus of New Hampshire Technical Institute. The \$28 fee included light refreshments, t - shirts, large raffle,

timing by 3C Race Productions, and age groups up to 70 - 99. There were 87 finishers in this charity 5K to benefit victims (several present) of a rare disease, Ehlers-Danlos Syndrome, that presently has no cure. Daniel Dodson was the sole NE65+ member present finishing 3rd in the M70-99 age group. The course was flat and run on driveways at NHTI with no traffic.

On Sunday - June 4th I made it 3 races in 3 days with the "Lowell Firefighters 5K Road Race - 22nd Annual" at the Lowell Firefighters Club on Fletcher Street. The \$25 fee (\$30 on race day) included a nice red t-shirt, chip timing by Yankee Timing, age groups up to 80+, and a terrific post-race party with free hot dogs, cheeseburgers, potato chips, and unlimited draft beer. The weather was hot and the hilly course had quite a bit of vehicular traffic. Barry Pearson was first in M70-79 with Daniel Dodson second. Dick Kuhl came down from New Hampshire to capture the M80-99 age division. This longtime race drew 325 finishers.

The following Saturday (June 10th) was a 2-state 5K double for me. In the morning was the opening race of the 5-event "Gate City Series" called the "New England Dog Jog - 1st Annual". This mostly trail-race was held at Mine Falls in Nashua, NH next to the local YMCA and Stellos Stadium. The \$25 race fee benefitted 4 animal charities and included a nice t-shirt, light refreshments, small raffle, and chip timing with instant results on electronic devices and on two large screens at the finish line by Millennium Running. There was a 2-wave start (2 minutes apart) for serious runners without dogs followed by runners with dogs and slower runners/walkers. There were 254 human finishers and countless dogs with NE65+ represented by Ed Auclair 1st in M70-UP followed by Daniel Dodson in 2nd.

Later that afternoon I was honored to participate in the "1st Lt. Derek Hines Flag Day 5K - 6th Annual" at Cashman Park along the Merrimack River in Newburyport, MA. This extremely emotional race was my personal choice for 2016 race of the year from the 104 races I completed. Lt. Hines grew up in Newburyport and Amesbury, MA and graduated from the U.S. Military Academy at West Point. He was killed in Afghanistan in 2005 at age 25. This race "has it all" and probably could be my personal "race of the year" every year.

For a \$35 race fee runners get an excellent t-shirt, free burgers, hot dogs, beer, rock band, cheering crowds, chip timing by Yankee Timing, free pre-race photos, Black Hawk Helicopter landing demonstration and race - start flyover, and more emotion than you could imagine. There were short speeches from Newburyport's Mayor, a U.S. Army General, and several members from the platoon Lt. Hines served with in Afghanistan, a huge picture of Lt. Hines in his West Point hockey uniform (he was team captain), picture placards of perhaps 200 servicemen killed in the Middle East, master of ceremonies Lt. Hines' younger brother, and a replica of Lt. Hines' dog tag given to all 1147 runners by his father at the finish line. All runners go under an enormous American flag over the race course held up by Newburyport Fire Department ladder trucks and all runners wear the same bib #7 that was the hockey uniform number worn at West Point by Lt. Hines (your "actual" number is printed under it). All race proceeds go to the 1st Lt. Derek Hines Soldiers Assistance Fund which benefits disabled Massachusetts veterans (about a half-million dollars has been raised in 6 years). There were eight NE65+ participants with Rick Bayko finishing 4th out of 38 in the M60-69 division; Terry Lee Harrington 37th out of 49 in the F60-69 age group; and Nancy Spiro 2nd in the 8-member F70-99 field. The M70-99 division had 17 finishers with David Ritchie 1st, Charlie Farrington 2nd, Robert Randall 7th, Daniel Dodson 10th, and Lou Peters 13th.

The next day (June 11 - Sunday) was the "Roger A. Cote Run for Courage - 3rd Annual" at the Englesby School on Lakeview Avenue in Dracut, MA. The race fee was \$25 (\$30 race day) and included a good t-shirt and timing by Yankee Timing. Age groups went up to 70+ but medals only went to the top finisher in each age group. There were 85 participants and Daniel Dodson was 2nd in the M70-99 division.

On Thursday, June 15th, I traveled to our Newfound Lake, NH cottage to do the "Salomon Spring Trail Running/Walking Series - Week 6" near the Mount Washington Auto Road on the Great Glen Trails. The \$9 fee gives you a choice of running or walking the 3.4 mile Long Course, or the 2.5 mile Short Course, or the 1 mile Mini Course. On the 2.5 mile Short Course the trails are mostly gravel with several short difficult single track sections (roots, rocks, etc.). The age groups go up to age 65+ called the Men's Grand Master Division which was won by Daniel Dodson (only competitor). There were 74 runners/walkers in all 3 distances. The 8-race Spring Series ended on June 29th, and the Fall Series of races begins in September.

Saturday, June 17, was the "Bobcat Bolt - 9th Annual" in Durham, NH. The \$30 pre-race fee included a nice t-shirt and a post-race pancake breakfast inside the Oyster River High School cafeteria. Chip timing was done by Yankee Timing and age groups went up to ages 70-99. Awards were only 1-deep for each age category. The hilly course winds its way through the campus of the University of New Hampshire. Mary Ulinski won the F70-99 division, while Daniel Dodson was 2nd in M70-99. There were 235 participants in the 5K and perhaps another 20 in the kids run. Music was provided by the Oyster River Middle School jazz band.

The next day (June 18 - Sunday) was the "Rockport Father's Day 5K/10K" at Rockport High School in Rockport, MA. This was the 4th race in the 10-race YMCA of the North Shore Road Race Series. The \$25 pre-race fee included a nice t-shirt, light refreshments, 3-deep age group awards up to 70-99, timing by North Shore Timing Company, race announcing by Steve Moland, and hilly courses with beautiful views of the Atlantic Ocean. NE65+ had no one in the 145 participant 10k and 3 men in the 247 finisher 5K. Dan Donovan won the M70-99 age division, followed by Daniel Dodson in 2nd and Tim Cunningham 3rd. This is the 11th consecutive year for the YMCA race series (I've completed the minimum 6 races in all but 1 year – my non-running 2014 "retirement" year).

June 22 - Thursday was the "St. Peter's Fiesta 5K Road Race" in Gloucester, MA. This staple of the Massachusetts North Shore road racing scene is part of the huge 4-day St. Peter's Fiesta, which features musical groups, a large carnival with amusement rides, various competitions, etc. The 5K is the 5th race in the 10-race YMCA of the North Shore Road Race Series. It starts at Stage Fort Park along the waterfront, goes through the cheering throngs in St. Peter's Square, circles through the fishing fleet area, goes past the Crow's Nest bar made famous in the movie "The Perfect Storm," and returns to the finish line in front of the large crowd in St. Peter's Square. The \$25 fee (\$30 race day) included a good t-shirt, light refreshments, 3-deep age group awards up to 70-99 handed out before the large fiesta crowd on the carnival stage, a beautiful course along the Atlantic Ocean past the famous fisherman's statue, and the option of riding the amusements and eating "non-running" food at the carnival. Daniel Dodson was 3rd in the M70-99 age group in the 725 participant 5k.

June 24 - Saturday was the "Lahey Health 5K Cancer Walk & Run - 12th Annual" at Burlington High School in Burlington, MA. The \$30 pre-race fee included a nice t-shirt, light refreshments (including Dunkin' Donuts), age group awards up to 70+ (only 1 deep), a newly certified and hilly 5K course, chip timing by Granite State Race Services, bus rides to and from the parking area on Mall Road, and race management by famed Boston Marathon race director Dave McGillivray (who I observed running the course in reverse at least 3 times during the race). There were 956 finishers including both runners and walkers. Daniel Dodson was 3rd in the 14-runner M70+ age division.

"That's all she wrote" for another month. My July plans include the "Firecracker 4 Mile" in Marblehead/Swampscott, MA on July 4th, The "Boot Scootin' Boogie 5K" in Londonderry, NH on July 15, and of course our NE65+ Vermont "flag race" in Stowe, Vermont on July 9th. Zeke Zucker will be happy to see you at either distance in the "Stowe 8 Miler and Flying Onion 5K." I hope you make an attempt to join us in the 2017 NE65+ Flag Race Challenge. Until then best

DATE FOR CONNECTICUT FLAG RACE HAS BEEN SET

Sunday October 22, 2017

in conjunction with the GREAT PUMPKIN CLASSIC 5K

by Janit Romayko

This 5k and 2 mile walk will take place at the Trumbull High School in the neighborhoods surrounding the high school. The school is conveniently located in mid Fairfield county just off the Wilbur Cross Highway (RT 15). Directions and details to follow. Race start is 9:30am and Race Director is Marty Schiavone who was the first "Race Director of the Year" (2009) as selected by the New England Runners 65+!! <http://www.ne65plus.org/index.php?page=director-of-the-year> . Marty is thrilled to be hosting us. This the 27th running of the classic race and promises to be a memorable event for us all. Stay tuned for details to follow along with directions and race details.

Quote of the Month

"I feel like I did when I was 16 but I just can't move as fast."

Harriette Thompson, age 94, who recently set a record as the oldest woman to complete a half-marathon.

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