



Forever Run

June, 2017

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

Our website is getting better and better as information is being updated by our new webmaster, Bill Cotter. Please check out the results of the Maine Flag Race, including lots of pictures: <http://www.ne65plus.org/index.php?page=flag-races>. The other Flag Race dates are there as well and we hope to have the date for the Connecticut race soon. The Board approved rewarding members with special apparel to those completing 5 or 6 of the Flag Races.

The Run For All Ages race committee met recently to organize a fun and competitive race...our 16th Annual on Saturday, November 4th! We will soon have registration open and look forward to many, many club members participating as runners, walkers, and/or volunteers! If you would like to join the organizing committee, please email me as it is not too late to get involved: jholmquist@mspca.org. Our next meeting is planned for Saturday, July 22nd at 11 am at the Wakefield Public Library.

Also on July 22nd, the USATF-NE Board is planning an outdoor track competition at Wellesley College. Although details are not quite final, we have the opportunity to set a national record in the 70s men's 4x800 relay! For you guys 70-79, please consider this a fun opportunity. Since our 70's men's teams are winning national road races, let's try the track as well. Club teams (all have the same club affiliation with USATF) and "all-star" teams (various USATF affiliations) are welcome to participate. Details will be on the USATF-NE website soon: <http://newengland.usatf.org/Home.aspx>.

Numerous 65+ members are competing this month at the National Senior Games in Birmingham, Alabama. Sue Filene has offered to try to find a time for those going to get together to share a meal and/or cheer each other on at the various events. If you are going and haven't reached out to Sue yet, please do: susanfilene@gmail.com. The results will be in next month's issue as Greg Tooker is planning to profile those who will be joining him there. My best to all who are competing!

Another opportunity (closer to home!) in June is for our 70's guys to win a team prize at the Ribfest 5 miler in Merrimack, NH. This is a USATF-NE Grand Prix race. Zeke Zucker coordinates the men's 70's teams, so if you are not already on his distribution list, please let him know to add you: zekezucker@yahoo.com.

While not as prolific as Dan D. (who is?), on Sunday, June 4th I'll be at the Corrib's 5K

New England Runner Pub race and at the Ribfest on June 18th. I hope to see many of you at one or both events! Carpe diem!

Lillian Christmas: Artist and Lady About Town

By Greg Tooker



photo by Art Budnik

Lillian Christmas and her friend, Richard Smith, after both had won their 85+ age groups at the Running With Friends 5K in Arlington, MA

Ask any senior the Arlington, Massachusetts mature community about Lillian Christmas and they will recognize her name. At 86 years young, Lillian is what we all aspire to be when we achieve that lofty benchmark; energetic, informed and always in motion. I had the distinct pleasure of meeting this spark plug rendition of the female gender last fall when I gave a presentation on wellness promotion to the Arlington Council on Aging on behalf of the Massachusetts Senior Games. Lillian sat right in front during my presentation and I could tell by the sparkle in her eyes that she was absorbing every word I spoke. Once I had finished, she was the first to ask questions and offer comments. From her individual perspective, she was the best message reinforcement a presenter could hope for. I had brought a hand-carved cedar walking stick (a hobby of mine) to present to the person who asked the first question so Lillian won the prize. When conversing with her after the event, I discovered she and I are fellow members of 65+

As the holiday season approached, I received a beautifully drawn pen and ink greeting card from Lillian at about the same time the Arlington Council on Aging invited me to appear on the town's local cable TV show, "Living Out Loud", hosted by Susan Carp of the COA. The program was to focus on senior wellness promotion and the Massachusetts Senior Games as a vehicle well suited to offer seniors an avenue toward a healthier lifestyle. As I looked at my card from Lillian, the thought came to mind that she would be the perfect program partner to "sell" the audience on the benefits of an active lifestyle.

Lillian agreed to join me and the filming went exceptionally well, with Susan, Lillian and I "chewing the fat" naturally and comfortably for a half hour. I began my contribution to the discussion with a brief summary about the Senior Games and the many choices available to seniors to participate in everything from horseshoes to long distance running. Lillian explained that she had not taken up running until relatively late in life but worked her way up to the marathon.

After the session, Lillian, her daughter, Tracie and I repaired to a local restaurant to celebrate Lillian's 86th birthday, which coincidentally fell on the same day as the filming. Our lunch turned into a celebration of several hours during which Lillian and I discovered we had a very important thing in common. During the latter 1960s, my late wife, Andrea, worked as a member of the support staff at Harvard's Center for International Affairs. When I mentioned this to Lillian, her eyes grew very wide and a broad smile appeared. Lillian exclaimed that she too had worked at the Center and quite possibly had met Andrea.

Lillian and her daughter invited me to come back to her apartment after lunch. I walked into small but cozy residence filled with her paintings and drawings on every wall. She is a gifted artist. The "gallery" in which she lives is also sprinkled with medals and trophies from her victories over the years. She has run the Boston and New York marathons several times. Her last marathon was Boston's 100th anniversary celebration. Although Lillian has pretty much retired from the race circuit at this point, she still competes annually in the Arlington Council on Aging 5K every September and, of course, regularly wins her age group.

Lillian entertained me with stories, including one about the time she trained with Bill Rodgers and cooked up a special recipe for him. She also spoke about her employment over the years, including several as an Executive Secretary to Edwin H. Land, inventor of the Polaroid camera, at MIT. When she worked at Harvard, her typing and editing skills were of benefit to now famous author, Erich Segal. Lillian typed the original manuscript for "Love Story" for Mr. Segal, then at Harvard, as well as several other of his writings. Lillian was also friends with NE65+Running Club's beloved Barbara Robinson.

Because Lillian no longer drives and is limited when the distances are too great for her legs to do the job, she has lost touch with our club and misses her running buddies. I told her that one way or another, we would get her to our next annual banquet and possibly to the Run for All Ages. Perhaps we may even persuade her to tell a story or two!

Running Towards A Longer Life

by Rick Stetson

It was a beautiful April day when I went for a run around my neighborhood. I looked down the street and running towards me was a heavysset man I had never seen before. "Running towards me" is a generous description because he was moving at a very slow shuffle, bent over at his large waist with eyes focused on the ground in front of him. As I drew closer, I noticed he was carrying a small weight in each hand that could not have weighed more than two pounds. It was then that he looked up and gave me a smile and a little wave. I returned his wave, the traditional greeting for two "runners" passing each other. I have not seen him since and wonder if he will stick to his running program.

A couple of days after seeing the man, I came across an article by Gretchen Reynolds

in the "New York Times." I'd like to show it to my neighborhood "runner" and let him know he is on the right track (pun intended) when it comes to working out. Titled, "An Hour of Running May Add 7 Hours to Your Life," the article told of recent research that shows "high aerobic fitness is one of the best-known indicators of an individual's long-term health." This is something that many of us in NE 65+ Runners have felt for some time but I had no idea one hour of running could mean adding 7 hours to a lifetime. Reynolds writes:

Running may be the single most effective exercise to increase life expectancy, according to a new review and analysis of past research about exercise and premature death. The new study found that, compared to nonrunners, runners tend to live about three additional years, even if they run slowly or sporadically and smoke, drink or are overweight. No other form of exercise that researchers looked at showed comparable impacts on life span.

Scientists looked at data collected from medical and fitness tests at the Cooper Institute in Dallas and found that as little as five minutes of daily running was associated with prolonged life spans. The data indicated that running, whatever someone's pace or mileage, dropped a person's risk of premature death by almost 40 percent. Researchers calculated that, hour for hour, running statistically returns more time to people's lives than it consumes and that an hour of running statistically lengthens life expectancy by seven hours.

So how many years do we extend our lives by running? The research indicates "gains in life expectancy are capped at around three extra years...however much people run," and that, "improvements in life expectancy generally plateaued at about four hours per week."

We all know people who run more than four hours per week and while they might increase their ability to run marathons and improve their race finish times, there is no guarantee they will add years to their lives. Take, for example, Jim Fixx who helped usher in the running boom in the 1980's when he wrote, "The Complete Book of Running." Fixx died of a heart attack at the age of 52 while on a daily run in Hardwick, VT. The same thing happened to my friend, Ed Sheehan, a 2:13 marathoner who died in his 50's while on a run. But both men died doing something they truly loved and both would tell you that running enriched their lives.

Running does not make us immortal but it does add to our quality of life and just might give us a few extra years. Research has found that "other kinds of exercise also reliably benefited life expectancy, but not to the same degree as running." Which means that our club is doing the right thing when we promote a run for all ages or encourage race directors to add age groups for those still competing in their 70's, 80's and even in their 90's. And while it is not necessary that we enter races to add years to our lifespan, the research shows there are benefits to getting up from the sofa and running at least four hours a week. That's good news for all of us.

Portland, Maine Flag Race



photo by Bob Filene

Award winners at the Sea Dogs 5K included (L-R): Deb Howe (2nd 70-74), John Howe (1st 80-89), Sue Filene (1st 75-79).

Seventeen club runners braved rain and cool temperatures to take part in the Portland Sea Dogs 5K on Mother's Day, the club's first flag race of the year. As the runners crossed the finish line inside the Sea Dogs' stadium, it was evident that members of NE 65+ dominate the upper age groups. In addition to those in the above photo who placed in their age groups, four club members took home first place awards: Joan Tremberth (70-74), Polly Kenniston (80-89), Dick LaJoie (75-79) and Lou Peters (90+). Three club members placed second in their age groups: Harry White (70-74), Ray Neveu (75-79) and Bob Randall (80-89). There were also three club members who were presented awards for taking third place in their age group: Cathy Burnie (65-69), Sandy Utterstrom (70-74) and Mel Fineberg (80-89). For a look at how all 17 club members did at Portland, check out the results on the 65+ web site.



Thanking Lou Peters

by Susan Filene

The Sea Dogs Mothers Day race was fast becoming a weekend tradition for our family. Husband, Bob, and I take the Downeaster from North Station to Portland on Saturday, go with son, Dan, and his wonderful woman, Jordan, to Whole Foods for lunch, back to their house in Falmouth, a walk or hike, then dinner out. All the while I look forward to being accompanied by family the next day at the race. After the race and lunch we all work in Dan and Jordan's garden before Bob and I get the evening train back home.

This year was different. Saturday went as usual but Sunday just fell apart. Jordan had a cold and needed to stay home. Dan, a psychiatrist at the state hospital, was on call and was pretty sure he might have to stop in the middle of the race to answer his phone. So two out of three running partners had already bailed.

Then came the weather! In the 40's and rainy. But, at least, Bob was still on board. What!! He's not going to run in the rain! Mothers Day and I have to run alone? They all assured me that I did not have to run alone because I did not have to run at all. They all tried hard to convince me to bag the race. But I had told Dan Dodson and Jan (and myself) that I would make a stab at all six flag races this year. So, miserable as it was, I was going to run. I still felt pretty sorry for myself that my family wasn't going to be with me.

I packed warm after-the-race clothes in a backpack for Dan and Bob to bring to the finish, put on some rain gear, pinned my number to my leg so I could take my jacket off during the race and consoled myself by thinking that we were going to meet John and Debbie

Howe for lunch after the race. Then I told myself that John and Deb are running and John is a whole lot (well, maybe only somewhat) older than I am so suck it up and get out there!

"Out there" was downright miserable. Dan and Bob dropped me off (and headed for a warm coffee shop) and I walked a long, cold, drizzling distance to the stadium to stand, shiver and wait—still wondering if my family had been right.

I headed outside for a few warmup steps toward the start and then, as I turned back to the stadium to use the real (THANK GOODNESS) bathrooms I saw Dan D (in shorts!!) and Lou Peters—LOU PETERS!!!! heading to the start. Lou Peters, 92 years old, is out here! What an inspiration. Just seeing him heading to a race start, unfazed, in hypothermic conditions changed my mindset.

And mindset is powerful. The race turned out to be fun. Maybe my real family bagged the race but my NE65+ family was out there in force and it was a great cold, rainy race.

Thanks Lou. And thanks all of you 65+ runners who keep each other running.



photo by Mary Cordero

L-R) Joe Cordero, Arden and Jerry LeVasseur with some of their medals at the World Masters Games, Auckland, New Zealand.

World Masters Games
by Jerry LeVasseur

The World Masters Games are held every four years with the 9th games this year in Auckland, NZ, April 21-30. The total athletes registered was 28,000 from 106 countries participating in 28 sports from archery to weightlifting. I had done 5 games and Arden 2. I invited Joe Cordero and his wife Mary to join us for their first WMG. They had been to the World Masters Athletics in October in Perth, Australia.

Joe and I go back almost 20 years putting relay teams together at indoor and outdoor National Masters having close to 50 wins including a world and national record. Joe has won numerous steeplechase national titles. We meet Joe and Mary at the airport in Auckland where we rented a car and drove to Queens Wharf to pick up our registration package. Joe was limping with a bad knee but determined to compete. Driving on the left took a while to get used to but Joe as navigator kept me from hitting other cars. After registration we went to our air BnB and checked in after which we went to eat and then to opening ceremonies at the All Blacks stadium. The prime minister as well as the mayor were there to open the Games. We sat by sport and enjoyed music, performances by the Maori and a fantastic laser show. At the end we marched out by sport.

The next day I had the road 10K, an out and back flat course along the waterfront. Since it started at 7:30 I drove to it while the others slept. It was a fun run going easy and I finished 9th. After going back to where we were staying for breakfast we headed north to a Saturday market and wine country. We enjoyed a large and varied market, some fine wines, a delicious lunch at a winery and some beautiful scenery. We did not get many photos since I was driving on winding narrow roads.

Sunday Arden did the long jump and got a silver medal and I did the track 5K and was 5th. The main competition was Russian, Czech and Kiwis. Monday was a day off so we went south to Rotorua seeing the thermal wonders with steam coming out in many places in town and visited were the Maori live. We then went to Matamata, had lunch at a pub and got on a bus for a visit to Hobbiton. This was a wonderful adventure.

Tuesday Arden had the triple jump, Mary the 1,000 race walk and Joe and I the 1,500. Arden had injured a muscle in the long jump which hurt when she ran but after a massage she was able to do her jumps resulting in a gold medal, the 3rd in as many games. Joe's knee was still hurting so he ended up 4th in the 1,500 not far behind my bronze effort. Mary had a lot of competition and ended up 6th. Wednesday was another day of competition with the steeplechase in the morning and the triple jump in the afternoon. Mary had the 3,000 racewalk in the evening. After a massage and work on his knee, Joe was able to get a silver in the steeplechase with a Russian getting gold and me bronze, my 3rd medal in steeple in the past 3 games. I wanted to better the all-American standard in the triple jump, which I did for a silver medal.

Thursday I scratched from the 10,000 on the track and the 800, so we could fly to Marlborough in South Island for the day for a wine tour. We were met at the airport and dropped off for a great breakfast to be picked up later for the tour. We visited a close by vineyard while our guide went to pick up another couple. The region is known for its Sauvignon Blanc and Pinot Noir wines. We visited 5 more vineyards, having lunch at one, and a chocolate factory. We tasted some great wines especially from Saint Clair and some delicious chocolate. Joe got a silver in the 800 beaten by a Kiwi. He and Mary picked us up at the airport and Joe drove to our BnB having a tough but courageous time with night driving.

Friday, Arden and I left Mary and Joe off at the track for Mary to do the 5,000 racewalk. We went to the west coast and a scenic drive to Piha beach and its black sand. After

getting back to the track complex I watched some volleyball and Mary's race. In the afternoon we took a ferry to an interesting seaside village with a chocolate factory and had lunch in a pub. Saturday we went Waiheke Island renting a car to visit the beautiful island and its vineyards specializing in bold red wines. We had lunch at one vineyard but the best wine was at Tantalus. Even with the rain we had a pleasant visit to the island. Sunday we were to leave for Tahiti in the afternoon so we did not do the cross country race and missed the closing ceremonies where the WMG flag was handed to Japan for the 2021 Games.

Arriving in Tahiti Saturday night gave us Sunday over again. The weather was warm and sunny. Monday we took a tour of the island which was scenic and interesting. Tahiti is built up more than the other islands in the area. Most people stay in Tahiti a day or 2 and then go to Moorea and Bora Bora. We did a day trip with Mary and Joe to Moorea and had an island tour with Frankly Frank. Very good interesting tour getting to try island foods and pineapple liqueurs. The Intercontinental hotel had a large pool and a lagoon with colorful fish. The food was very good especially their gourmet restaurant. One day we went into town and ate at Le Soufflé which was fantastic after which we visited a black pearl shop. Arden and I flew to Bora Bora for a tour with Romantic tours. It was cloudy and rained but we went by boat to snorkel with sting rays, small sharks, eels and many fish. I took many underwater photos and video. The plane landed on an island and then we took a ferry to town which had many pearl shops. The boat tour also took us to a private island for lunch. It was a wonderful tour. We were told to go to Bloody Mary's so the boat dropped us off there where we had a drink before we headed back to town to get the ferry to the airport. At the games we exceeded our goals and expectations and had a wonderful time with Mary and Joe. The flights were long and tiring but the trip was worth it. The next Games are 2021 in Japan. You can find photos at: www.flickr.com/photos/photosbyjerry.

Great Bear 5K, Needham, MA



photo by Ed Anderson

The above club members all placed in their age divisions at the Great Bear 5K. (L-R) Tony Cellucci, Phyllis Mays, Barry Singer, Tom Abbott. Not pictured: Betsy Knapp who placed first in her 70-74 age group.

New Members

Steve Cryer, Falmouth, MA

Joined Empire Runners in 2008. Competed in cross country and road racing events for the club. Has run in over 300 races since 2010.

Mary Schendel, Cumberland, ME

Sponsored by: Joan Tremborth

Mary has been running for 40+ years- slow and steady.

Out on the Roads of New England

by Dan D.

"Hello" to all you NE65+ members and welcome to my little column again this month. May has gone very well for my running life with 13 races completed in Maine, Massachusetts, and New Hampshire. This brings my 2017 total up to 46 races for an average of 9.2 races per month. That presently puts me on target to complete 110 races this year (9.2 X 12 months = 110.4). We'll see how all that turns out in the end. With 13 events in May we've got a lot to talk about — so let's get started!!

I began the month on Friday night (May 5) in Penacook, NH where I managed a most unusual race finish. An extremely bad rainstorm combined with cold temperatures and high winds kept the total number of finishers down to 24. Here's where the fun starts. Can you possibly believe that your columnist Daniel Dodson actually finished both last AND first!!! Well ... it's true. I was dead last in overall finishers and 1st in age category M70+. Goes to prove that old proverb that "the last shall be first"!!!!!!
The race is called the "Merrimack Valley Pride Angels 5K Run/Fitness Walk - 12th Annual". The Loudon, NH Lions Club coordinates the race, which takes place at Merrimack Valley High School. The entry fee is \$25 which includes a nice technical t - shirt, hot refreshments, a raffle, and timing by Granite State Race Services. Age groups go up to 70+. The course is "famous" for being primarily downhill until about the halfway mark where runners encounter THE HILL.

The next day (May 6 - Saturday) was the "NECC Campus Classic 5K and Fun Run - 5th Annual" in Haverhill, MA. This race on the campus of Northern Essex Community College included age groups up to 70 - 99, a nice technical t - shirt, a post - race party at the Barking Dog Ale House in Haverhill, and timing by Bay State Race Services all for the price of \$25. Daniel Dodson (4th) and Lou Peters (5th) finished out of the money in the M70-99 age division. There were 176 participants in the 5K.

May 7 - Sunday featured an entirely different race experience in Bedford, NH with 1788 finishers at the sold out "Members First Cinco de Miles 5K". This Millennium Running event was part of the year-long Elliot Millennium Running Series. The 5K was point-to-point from Bedford High School to the finish line at Shorty's Mexican Roadhouse on Route #101. The race had the usual Millennium Running features including a traffic free course,

professional race announcer, personalized bib numbers, chip timing with instant results on large screens at the finish line and on computers and cell phones immediately after the race, free Corona Beer AND Don Julio Margaritas, hot pizza, yogurt, and neat 1/4 long-sleeve technical shirts. The 2000 maximum number of runners was reached a week prior to the race and there was consequently no race-day registration. Daniel Dodson was 3rd in M70+ followed by James Stafursky in 5th place.

May 9 - Tuesday was the "Mystery 5K - Good Times 5K Spring Series - Week #5" in Lowell, MA. This Yankee Timing (Dave Camire) event is part of the 10 - week spring series on Tuesday nights from April 10 to June 13. The cost is only \$100 for all 10 races (\$10 per race) or \$15 for any individual evening. Each night has a totally different theme. The course is quite level and travels along both sides of the Merrimack River, crosses two bridges, goes behind UMASS - Lowell's Tsongas Arena and the Lowell Spinners (Red Sox farm team) baseball stadium, etc. Post - race festivities "guarantee a good time" at Dudley's pub with local race announcer Dave Labrode. Eleven members of NE65+ were present out of the total 312 finishers for this 5K (along with race photographer Ted Tyler). Ann Molloy was #1 in the F70-79 division, George Bisson topped M80-89 and Lou Peters did likewise in M90-99. Barry Pearson was 1st in M70-79 followed by Richard Molloy (2nd), Jonathan Mackenzie (3rd), and Daniel Dodson (4th). Rita Labella placed 4th in the 10 - runner F60-69 field followed by Johanna Riley (8th) and Mary Tyler (10th). Rick Marais was 17th in the rugged 19 - runner M60-69 division. The "mystery" was a timing location in the first mile that gave the top 6 runners at that point a special prize.

Two days later was the "Salomon Spring Trail Running/Walking Series - Week 1" on the Great Glen Trail system at the beginning of the Auto Road at the base of Mount Washington in Gorham, NH. This 8 - week trail race series takes place on Thursdays from 3:30pm to 7:00pm from May 11 to June 29. There are 3 courses to choose from: 3.4 mile "Long Course"; 2.5 mile "Short Course"; and the 1 mile "Mini Course". There are both running AND walking divisions for all 3 lengths. The courses go up and down on mostly graded gravel pathways with about 20% of the course on rugged single track with roots and rocks. The cost is \$45 for all 8 weeks (\$5.63 per race) or \$9 per each individual race. The unique feature is that a timer starts you any time from 3:30pm onward and records your finishing time individually. Consequently you have no idea how good any potential competitors are in your respective age division. Age groups go up to Grand Master Division (age 65+). Daniel Dodson was 1st in the Short Course (2.5 miles) Men's Grand Master Division. There were 93 participants in Week 1 throughout all divisions.

On May 13 (Saturday) I returned to my native community of Methuen to participate in the "Dan Ford Road Race - 9th Annual" at the Fireside Restaurant on Pelham Street – less than 1 mile from the home I was born in and lived for 67 years. It felt great to see so many former students, neighbors, friends, political supporters, etc. The \$25 pre-race fee (\$32 post) earned one a technical t - shirt, chip timing from Yankee Timing, finisher's medal, rock band; while hot dogs and hamburgers and beer were available under an outside tent for a reasonable charge. There are no age group awards as every finisher receives a medal. Dan Ford died at age 40 from urethra cancer - a rare disease with a 100% fatality rate. He's in the Methuen High School Hall of Fame as a terrific running back in football (over 1000 yards each season) and twice the state runner-up in the 400 meters (50.8 seconds). I personally knew Dan and his family quite well. Barry Pearson was 2nd in the M70-99 division in the 5 - miler followed by Dick Kuhl in 3rd. Daniel Dodson was 2nd in the 5K with Lou Peters in 3rd place and Terry Lee Harrington topped the 5K F70-99 age group. There were exactly 300 participants with 189 in the 5K and 111 in the 5 - miler.

The next day (May 14 - Sunday) I traveled up to Portland, Maine for the "Portland Sea Dogs Mother's Day 5K - 17th Annual" at Hadlock Field – the home stadium for the Red

Sox minor league affiliate. This race again served as our Maine "Flag Race" for the NE65+ Runners Club. Our club had a table set up in a great spot next to the registration site under the stadium stands. The weather was horrendous with heavy rain, winds, and cold temperatures. Consequently the number of finishers was down to 909 runners from a "normal" attendance of over 1500 participants. There were however over 2000 registrants (awful weather). The race fee was only \$15 for age 62 and over which included chip timing, light refreshments, carnations for Mother's Day, and the finish inside Hadlock Field at home plate. Editor Rick Stetson has results for NE65+ age group winners in a separate article for this our first "flag race" in 2017.

Tuesday - May 16 was the "Still We Believe 5K - Good Times 5K Spring Series - Week #6" in Lowell, MA. There were 355 finishers for the Red Sox themed 6th week of the spring series. George Bisson was number one again in M80-89, while Judi Moland topped F70-79 with Ann Molloy 2nd. Rita Labella was 5th in F60-69 with Mary Tyler 9th. Barry Pearson won the M70-79 division, followed by Richard Molloy (2nd), Jonathan Mackenzie (3rd), and Daniel Dodson (4th). Rick Marais was 18th in the M60-69 age group. "Still We Believe" is named from a 2003 documentary about the Red Sox and whether they would someday win the World Series. Several "winners" received tickets to Lowell Spinners baseball games.

May 18 - Thursday was the "Merrimack County Savings Bank Rock 'N Race - 15th Annual". The 1392 running finishers and probably an equal amount of non-timed walkers paid \$29 for this traditional New Hampshire race on the lawn of the N.H. state house in Concord. There was post - race food served by various restaurants, chip timing by Millennium Running, nice technical t - shirt with our "team" name included, announcing by Andy Schachat, musical groups at about every half - mile point along the course, and roads totally closed to vehicular traffic. The only negative was the 90+ degree temperatures which slowed most runners down from their normal 5K times. Robert Knight topped the M70-UP age group, followed by Daniel Dodson (6th) and Clifford Smith (7th).

May 21 - Sunday was the "LHC North Canal Classic 5K Run/Walk - 4th Annual" run along the canals and roadways of downtown Lawrence, MA. The \$25 fee included a nice cotton t - shirt, light refreshments, and chip timing from Yankee Timing. 106 runners completed this course with Daniel Dodson the only finisher over 70 years-old. There were no age group awards or designations.

The "Salomon Spring Trail Running/Walking Series - Week 3" took place at the foot of Mount Washington in Gorham, NH on May 25 - Thursday. There were a total of 87 finishers in the running and walking divisions spread across all 3 race distances. Daniel Dodson won the Short Course (2.5 miles) Men's Grand Master Division (age 65 UP). The single day race fee was \$9. The drive from our home in Newton, NH to our cottage on Newfound Lake (Bridgewater, NH) to Mount Washington and back to our Newton, NH home tallied 301 miles!!! That figured out to be 120.4 miles for each running mile!!!! And people think runners have an addiction to our sport

Saturday, May 27 was the "Melody Miles 5 Mile and 5K Road Race - 22nd Annual" in Hamilton, MA. A \$20 race fee earned runners a nice technical t - shirt, timing by North Shore Timing Company, light refreshments, and musical groups at various locations along the course. The nice weather (for a change) brought out a crowd of 203 total finishers (141 in the 5K and 62 in the 5 Miler). Daniel Dodson was 2nd in the 5K M70-99 age group with Dan Coffey 3rd and Tim Cunningham 4th.

My final race in May was the "Swampscott Dory Run - 40th Annual" on Memorial Day (May 29 - Monday) in Swampscott, MA. There were 96 finishers for this long - time 5K

race along the North Shore of Massachusetts. The \$20 pre-race fee earned one a nice cotton t - shirt, timing by North Shore Timing Company, age groups up to 70+ with 3 - deep medal awards, and a chance for the top overall male and female to have their names inscribed on the old Stanley Cup - like trophy that dates back 40 years to the inaugural race in 1978. The 5K normally finishes on the track in the high school football stadium, but the ongoing construction of a new track and artificial turf field forced a couple of minor changes to the traditional course. Michael Menovich topped the M60-69 age group with Fred Bollen in 5th place. Longtime Boston area runner John Grant won the M70-99 division, followed by Daniel McClorey 2nd and Daniel Dodson 3rd for a NE65+ Runners Club sweep!!!!

This concludes another monthly column for "Forever Run". My thanks to Jan Holmquist and Rick Stetson for their encouragement and support. A special "shout - out" to results guru Tom Abbott and his dedicated team of volunteers for keeping our racing results webpage in order. And finally a loud THANK YOU to all the terrific runners in New England who make this racing experience such a true privilege for me to participate in. I hope to see YOU in June in Salisbury, MA. on the 2nd; Concord, NH on the 3rd; Lowell, MA. on the 4th and 6th; both Nashua, NH. and Newburyport, MA. on the 10th (a racing double); Mount Washington trails on the 15th; Rockport, MA. on the 18th; Gloucester, MA. on the 22nd; and several more outstanding races somewhere "Out on the Roads of New England."

How 65+ Race Results Get Onto Our Web Site

by Tom Abbott

Editor's Note: Club President Jan Holmquist asked Tom Abbott if he would explain how he and his crew were able to post race results on the club's web site. As you will see, it can be a complicated process so we owe our thanks to Tom and his dedicated volunteer posters. If you have completed a race and don't see your name listed on the club's web site, you can contact Tom at: tomabbott8@gmail.com

What we six NE65+ Race Results Volunteers do. If you've ever wondered how your race result got onto our website - or why it did NOT - then here's roughly what goes on: If a race with our members is on Coolrunning, then our volunteer just runs our software against the "Overall results" for the race, checks off the list of members it produces (NOT checking off names who have ages under 64). BUT, Coolrunning's results have some oddities our software just can't digest: large boldface fonts, special characters (like commas after names), names and numbers divided into boxes, more than one space between first and last names. Then there are members on our membership database listed, say, as "Robert" and register for a race as "Bob" or vice-versa. But we can compensate by adding "Bob" if the member has only "Robert". Or if a last name with a "special character" in it: "O'Donnell" for instance. It has no chance recognizing a name with that renegade apostrophe in there! Hey, ever notice how supposedly powerful human brains often can't handle the apostrophe when making "you are" into "you're"? Request: If you ever notice an error in your name's spelling in the posted results either AT a race or AFTER IT on Coolrunning or another website, please get the results person to correct it!

Then there are the many NON-Coolrunning race websites, such as Racewire.com, Millennium.com, and anything the TVFR club posts. Those results are NOT SCANNABLE by our software. They have to be checked visually, line-by-line by us - against our

membership list - for runners 64-and-over who might be NE65+ members. Very labor-intensive. If found, then the "found names" and times have to be copied and pasted into a result box. And from some formats (like in TVFR's and from certain other timing services) each field has to be put back on one line - field by field - (this fortunately works by tapping the delete key once for each field) after the fields are first copied. Confused yet? Should be.

One other reason your result might not be on our website: Some races post their results days later, and if we don't catch the new entries appearing among all the rest that were already there, the race won't get scanned! So, please tell us if and when you're missing - your name and result (not you physically!).

Here's one oddity you've undoubtedly noticed: our software looks for members in a race alphabetically, so everyone's then listed that way, regardless of finishing time. An "Abbott" or "Bisson" last name (no matter how far down his finishing time) will always be at or near the top, and members with last names like "Stetson" and "Holmquist" down near the bottom or middle, no matter if they should be - timewise - at the top. Often, given time, Dan Donovan or I will regroup a MA result finishing-timewise and repost. We could use more volunteers to do just this. Do any of you reading this way down the alphabet want to look a lot better in our website's results? Currently, we have Dan Donovan, Steve Kohansky and me doing Massachusetts, Eldon Burkenshaw doing NH and VT; Bill Borla, Connecticut; RJ HARPER, Maine, and I do both MA (with Dan and Steve) and RI.

What would be interesting to all of us in the club who are interested in race times, placing and everything to do with those would be if someone (or more than someone) wanted to gather race results STATISTICS to be included in this emailed monthly Forever Run. What other organization would have any of these things in their newsletter? No one yet, I'd guess. But, more on this in a future article, if it's okayed, OK?

Quote of the Month

"I eat whatever the guy who beat me in the last race eats."

Alex Ratelle

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