



# Forever Run

March, 2017

## Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I am pleased that this edition of *Forever Run* has articles written by new contributors - Joan Price Casey and Ken Houle. Everyone is encouraged to submit articles for this newsletter...please share experiences, thoughts, injuries and recoveries, poems, successes and challenges, etc.....and please include a picture if possible.

Co-editor Byron Petrakis has contributed two more interesting articles of members who received Boston Marathon waivers from the club; the last two profiles will appear in April. The head of our results tabulation efforts, Tom Abbott who writes for us from time-to-time, joined other Board members at the Annual USATF-NE Award Banquet and has shared some of his musings from the evening. And, of course, Dan Dodson shares his February racing adventures.

I am really excited that we now have our own Facebook page thanks to the efforts of Steve Viegas, VP. Please join the group (see article). Tom Abbott has already posted some great pictures!

Zeke Zucker has, once again, volunteered to coordinate the 70-79 men's teams for the USATF National Masters 10K Championship, the James Joyce Ramble in Dedham, MA on April 30th. Please contact Zeke if you are interesting in participating and remember that you must be a current USATF member with the NE65+RC as your affiliation: [zekezucker@yahoo.com](mailto:zekezucker@yahoo.com)

Take care and carpe diem!

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## NE 65+ RUNNERS CLUB FACEBOOK PAGE

by Steve Viegas

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

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

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

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

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

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

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

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

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

Let's give this a try. If you would like some guidance on setting up a Facebook account for yourself, here is a helpful webpage- [tps://www.facebook.com/help/basics](https://www.facebook.com/help/basics) . If you require more assistance, please email me at: [stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)

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## **Spotlight On: Joan Price**

by Joan Price



photo by Michael O'Reilly

**Joan, who has competed in over 20 marathons, points to the name of a sponsor of one of her marathon teams, The American Lung Association.**

Joan Casey Price has been running marathons, competing in biathlons and, most recently, stair climb competitions in both New York City and Boston. Joan has been running since 1982 when she ran her first marathon in Dublin, Ireland. Joan was born and raised in North County Dublin and emigrated to the United States in 1960 and was personally sponsored by Geraldine Fitzgerald the actress.

Since 1982, Joan has completed over 20 marathons having ran in Dublin, New York City, Honolulu, Connecticut and Boston. Joanie has also completed 10 Empire State Building (88 stories), 6 One Boston Place (44 stories) and 2 Freedom Tower (104 stories) run-up stair climbs. In all the stair climbing events, she has always finished in the top three of her age group and achieved multiple first place medals. Joan has also completed many biathlons in all 5 boroughs of New York City to include Central Park, California and Connecticut.

In New York City Joan was a member of the New York Flyers and still retains her active membership with the New York Road Runners Club. She ran for the Luekemia Society teams and most recently the American Lung Association while living on the South Shore of

Boston the last 8 years. Joan has been married to Jerry for 30 years, has four children (three daughters and one son) and has 5 grandchildren all boys.

A fact that many competitors cannot claim is that Joanie has completed every athletic event that she has entered. It is a testament to her commitment to finishing what she started. Joan has always stated that her continued excellent health at 75 has been her involvement in staying in shape, mentally and physically. Her successful, accomplished track record with all her events will have a direct, positive impact on her future.

All Joan's family wishes exactly that for her future!

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## Boston Waiver Profile: Jeffrey Race

### What's in a Name?

by Byron Petrakis



Photo courtesy of Jeffrey Race

### Jeffrey and his daughter after the 2010 Marine Corps Marathon

Can your name determine your destiny? Do you make future life choices based upon your name? While the controversy is as old as the Old Testament and the scientific evidence may not be conclusive, there is something about "living up to one's name." In the Book of Genesis, God told the 93-year-old patriarch called "Abram" that "your name shall no longer be called Abram, but your name shall be Abraham, for I have made you the father of a multitude of nations. And I will make you exceedingly fruitful, and I will make

you into nations, and kings will emerge from you." (Gen. 17: 1).

In 73 year-old Jeffrey Race's case, his decision to take up distance running in his early 60s to inspire his teenage daughter and to measure his fitness in his senior years may well have had its seeds in his given name. At the time, Jeffrey was living in Thailand and trained at the Polo Club in Bangkok. As he tells it, the club has "a terrific grass track so smooth and well maintained" that he was able to follow his practice of running barefoot. While in Thailand, he ran his first distance race, a half-marathon at the Khun Dan Dam, about 100 miles northeast of Bangkok. It is worth noting that in Thailand, changing one's name to better one's business prospects is a very big deal. According to a recent article in The Wall Street Journal, "in Thailand, when faced with a patch of bad luck, many are changing their names to create better prospects. Businesses advising Thais how to choose new names are becoming a booming new industry." Who knew?

Jeffrey's half-marathon proved memorable in more ways than one. "We had to run up a steep pathway next to the dam, then across its top and back, and then another ten miles. There were no toilet facilities and I was in great distress by the time I doubled back atop the dam so I headed straight for the bushes at the first chance." Exhausted near the end, he also ended up running the last mile barefoot because of a shoe failure. Learning an important lesson from his experience, he vowed to "run only in well-managed events," and completed the 2010 Marine Corps Marathon with his daughter, Jasmine, an experience he says was "terrific in so many ways."

The former U.S. Army officer who served two years in Vietnam and learned to speak and read the Vietnamese language while there, Jeffrey has followed a professional and scholarly career as an author of articles and books about the Vietnam War and east Asian studies. After the Vietnam War, he lived in Thailand where he was an adviser to the U.S. military and to American companies doing business in Southeast Asia.

Now back in the states, currently living in Somerville, MA, Jeffrey now runs at least one marathon per year, finding that his "time is slowing about five percent annually." Preferring longer distances, he runs "no shorter events because I am so slow and would be an embarrassment to my fellow runners. At least with a marathon you get an A for effort."

Using his own experience as an example, Jeffrey wrote an article, "Any Healthy Person Can Run a Marathon," which was published in the February 2016 issue of "Forever Run." For those who missed it, the article can be downloaded from his web site at [www.jeffreyrace.com](http://www.jeffreyrace.com). At the bottom of the page, click on "Precious Nuggets." Besides running, he likes to figure skate, which teaches him balance.

In his last two marathons at Narragansett, Rhode Island, he was the oldest runner, but he prefers larger events like Marine Corps Marathon because of the crowd support and superior race management. As he puts it, "smaller marathons like Narragansett (about 250 runners) are not so much fun for slower runners because it's lonely and boring at the tail end. This past run I actually cramped at mile 21 and fell down. I was alone and no one saw me until the cone collectors came upon me and stood me up. I had never cramped before in all my years of running but I finished the race, seven minutes slower than the prior year.'

Jeffrey is very grateful to the NE 65+ Runners Club for providing him the opportunity to run Boston this April and is looking forward to the support of the marathon's enthusiastic spectators.

Best of luck, Jeffrey; may you live up to your name!

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# Boston Waiver Profile: Yolanda Hobin

## A Passionate Follower of Her Dreams

by Byron Petrakis



photo courtesy Yolanda Hobin

### **Yolanda with her finisher's medal after the 2016 Chicago Marathon.**

Any runner over 65 years old who makes it to the starting line of the Boston Marathon has already accomplished a great deal. Even more so than their male counterparts, however, female 65+ runners growing up in the 1950s and 1960s had to overcome particular childhood cultural obstacles to their adult athletic participation. As a child in Columbia, South America, 67 year old Yolanda Hobin of Attleborough, MA, had to surmount still more difficult challenges than her northern counterparts. In her native Columbia, girls were not encouraged to participate in sports. As Yolanda tells it:

"My father would not allow me to wear pants or ride a bike, so I had no athletic skills. I came to the US as a teenager, but it was not until college in the 70's, when everyone seemed to be running, that I started running for fun, then participating in 5K and 10Ks. My favorite race was the Tufts 10K. I used to watch the Boston marathon and wish that I was one of those runners, but I did not think that I had the right body type or the ability to complete such a monumental task."

After college, Yolanda got married, had three children and went to work full-time. As a result, she says, "I stopped running and exercising for years. I had 3 knee surgeries for torn meniscus. I developed severe arthritis on my right knee, moderate arthritis on the left, and about 10 years ago the orthopedic surgeon told me that I would need bilateral knee replacements in the near future. I did not want to do that."

She yearned to run again and when one of her friends walked the Boston Marathon route, she was inspired to walk a 5k. As Yolanda recalls, "I walked a few 5K and 10Ks but found it boring to walk the whole time, so I started walking and running. At 62 I decided to try my first half marathon in Providence, RI. The orthopedic surgeon examined me again and said "your knee flexibility and strength have improved, so keep doing what you are doing; just don't try to set any records. After a few half marathons I decided to challenge myself with the full marathon. I found a book by Jeff Galloway: 'The Marathon: You Can Do It,' and followed his marathon training plan."

Encouraged by her progress and because of her profession as a nurse practitioner involved in women's health, Yolanda chose the 26.2 with Donna Breast Cancer Marathon in Jacksonville, Fla in February 2013, because all the proceeds go to breast cancer research and treatment. "My plan was to complete one marathon to prove to myself that I could do it," she says. She also embraced the challenge of taking on the marathon as a way of inspiring her "patients, family, and friends to exercise, walk or run, not only for the physical and mental benefits, but to show them that if I can do it, they can too. So I kept going: I completed the Burlington, VT, New York, and Chicago marathons."

Yolanda's experience as a medical volunteer at the 2016 Boston Marathon finish line medical tent provided yet another inspiration for her to run herself. Once again, her own words eloquently express her feelings about her experience: "I was so inspired by many of the runners we treated, such as a man wearing leg braces because he had polio, runners wearing prosthesis, etc. After I was done at the medical tent I went to the finish line to watch some the last runners to cross it, some collapsed then, some were crying non-stop. I started dreaming again about being a participant in the Boston marathon, and although it seemed an impossible dream, deep in my heart I believed in miracles."

Now that she herself will be running Boston this year, Yolanda knows that training for the marathon will be challenging, given her full-time work and more than 1 hour commute each way. Nonetheless, she is following the Jeff Galloway marathon training plan for her running plus strength training 2-3 times per week, as well as stretching a few times a week.

Yolanda is grateful to club president Jan Holmquist and the NE 65+Runners Club for giving her the opportunity to represent the club and inspire others to follow their dreams, just as she is following hers. "I will do my very best, give it my all," she promises as she looks forward to April 17.

We know you will, Yolanda; you have overcome much before and have the passion and commitment to succeed!

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## A Poem for Runners

Lloyd Slocum (below) after running the Hope for Horses 5K in Ashville, NC, a race where proceeds go to equine rescue, rehabilitation and adoption. Lloyd, inducted in the NE 65+ Hall of Fame in 2003, has set a number of national records during his long running

career and holds two age records for the club's Run For All Ages 5K: 19:22 for age 69 and 21:09 for age 70. We were delighted when Lloyd submitted a poem for the club's newsletter. Lloyd tells us the poem was written back in the day before many women entered races but we think it has sentiments our members can relate to.



photo courtesy of Lloyd Slocum

## 10K

Big race, summer fun  
Steaming hot, mid-day sun  
City course, no shade  
Macho jocks, not afraid

Gaunt runners, scarcely clad  
Worried spouses, looking sad  
Gun up, runners tense  
Cheering fans crowd the fence

Gun barks, runners flee  
Too late now, meant to pee  
Settle down, tight pack  
Up the hill, don't fall back

Pack narrows, single file  
Water stop, next mile  
Drink fast, quaff it down  
Move out, don't lose ground

Three down, three to go  
18:10, running slow  
Pick it up, take the lead  
Seems fast, don't concede

Almost home, feeling sick  
Tuff it out, start to kick  
Tying up, won't be first  
Maybe third, fourth at worst

Past the line, nearly fall  
Sick men, runners all  
Through the chute, groaning loud  
Stagger on, past the crowd

Eyes burning, legs weak  
Throat raw, can't speak  
Dry heaves, gasping air  
Coughing blood, don't care

Turing blue, think I'll die  
Diagnosis: "Runner's High"

Lloyd Slocum

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## **New Members**

**Kimberly Fletcher**, Wellesley, MA

Sponsor: John Hussey

Has completed over 40 marathons including the past 22 Bostons in a row. Kimberly and her husband, John Hussey, ran the first marathon of the new millennium in Hamilton, New Zealand

**George Tournas**, Methuen, MA

Sponsor: Lou Peters

Has been running since 1978. Completed 19 marathons in 15 states, 27 half marathons in 27 states. Plans to run a half in every state.

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## **USATF-NE Banquet Report**

by Tom Abbott



photo courtesy of Tom Abbott

**Some of the NE 65+ club members who attended the USATF-NE awards banquet (L-R): Dave Ellis, Bob Hall, Andy Lewis, Lou Peters, Tom Abbott, Dan and Mary Jo Dodson. (Not pictured: Jan Holmquist, Steve Viegas.)**

Banquets are always fun to go to, and this year's Sixth Annual USATF New England Awards Banquet at the Hilton Inn in Waltham on February 4 (finally scheduled AFTER any Patriots playoff games) lived up to its promise. Besides the award presentations, for a typical runner what's not to like about this banquet's offerings: delicious stuff to choose from a buffet-style format, no restaurant tab to haggle over, and all kinds of runners to talk to! Not just your usual run-of-the-mill, "I just want to finish" runners, but many extremely accomplished and long-time ones. A transcript of conversations - however impossible in reality to collect - would make fascinating reading. Maybe technology in the near future could do this: Record it and then voice-recognition software (as yet undeveloped to this degree!) would digitalize it. But that's maybe a topic for a 2025 Forever Run.

Back to this banquet: Several NE65+ RC members had been assigned the "Number 1" table, right beside the podium: Jan Holmquist, Steve Viegas, Bob Hall, Andy Lewis, Dan and Mary Jo Dodson, Lou Peters, Dave Ellis, and me. The preliminary, hour-long Cocktail Hour provided the best opportunity for random conversations. I happened to be introduced to a young female friend of Jan's, whose name I can't remember, but it was fascinating to listen to her describe how her 16:47 5K ability (!) of several years ago had been cut short by what she had experienced as a ballerina from age 5. The constant ballet workouts during her body's odd-for-bone-structure-formation throughout her growing years had done a number on her interior hip structure. Her athleticism and lightweight runner's build was perfect for speed and endurance - until her hips literally couldn't take it anymore. A story about what's probably more common than you'd think, but one I'd never read of or heard about before.

One of our members I talked with, only in his late 60's, told me of how a pacemaker has affected his running, and how he needed two cardiologists to manage it! It regulated his heart rate not exactly in tune with his exertion, so that he'd be unnecessarily winded too soon. That must be a prevalent situation among older runners are having to put up with. There should almost be an age group sub-group for this! And one for stents, and another for blood-thinners!

I sat next to Lou Peters, age 92, who races just about every weekend, and sometimes twice the same weekend. I complimented him on his recent race times not seeming to be falling off at all lately. Lou has a very strict diet, so as to optimize his health and of course his running.

My tablemate on the other side was Dan Dodson, and I can't remember the exact details, but we undoubtedly talked about how many races he did last year (100+) and I must've told him again how valuable it is for all of us racing that he - by racing so much - is constantly showing race directors that we runners in our 70's will show up at races! Dan said he has asked RD's (race directors) - when they don't offer more than 60+ - if they would consider having 70-79 divisions in their races. And he said that they usually then go ahead and do offer one! This is the kind of lobbying we love!

I shouldn't be marginalizing here the banquet's Keynote speaker, Abbey D'Agostino, age 24, a Masconomet H.S. (Topsfield) and Dartmouth product and current New Balance Team member. In Rio de Janeiro, she was involved in that incredible incident during a 5000m heat in which both she and New Zealander Nikki Hamblin fell (Nikki had fallen in front of her). The two women helped each other finish the race and were allowed to compete in the final; however, Abbey had suffered a torn anterior cruciate ligament and meniscus and wasn't able to participate further. Both athletes were praised for their sportsmanship and "Olympic spirit", and were subsequently awarded the Rio 2016 Fair Play Award by the International Fair Play Committee. In Abbey's talk to us, her main message was that, in attempting to recover from her horrific injuries, she went through a challenging process of recovery and cross-training. But through just staying positive and never giving up, actually got her running health back enough to compete again.

The awards I witnessed (or read about in the brochure) going to our NE65+ members were (1) A nomination for Athlete of the Year, Harry Carter, age 80, (2) Athlete 3rd Place for the USATF-NE Cross-Country Grand Prix for men's 60+ which was awarded to Richard Molloy, aged 75, (3) the USATF-NE ROAD Grand Prix, which had Jan Holmquist recognized as 1st in Women's 70+, and Harry Carter and Rich Paulsen 2nd and 3rd respectively in the Men's 70+. (4) In the Women's 65-69, Linda Usher was 2nd. (5) In the USATF-NE "Mountain Series," 2nd in the Men's 70+ was Gary Reuter. (6) Our "Iron Runner" in the Grand Prix (who did all seven GP ROAD races) was Larry Cole, 81. Not least, our own Men's 70+ Team took the Grand Prix's Team Road award, beating out the North Shore Striders and the Green Mountain AA.

These are just recollections. I didn't take notes, hadn't even known I'd be writing this from foggy memory, but am very happy to have gone to this amazing event.

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## **Annual Reds Race in Dover, NH adds 90+ Age Division**

**By Ken Houle, 65+ Board Member**

The 36th Annual Reds Race for a Better Community in Dover, NH has agreed to add a 90+ division to their awards list! This is a 5 mile road race scheduled for Sunday April, 9th 2017 at 10:00 a.m. in Dover, NH.

A bit of history: I took over as Race Director (RD) of this race at its 25th anniversary. It was called the Reds Shoe Barn 5 mile race. I directed the race for 9 years and developed a great non-profit race committee, who were the recipients of all the proceeds. After the first few years I began to delegate to each of the 6 groups new duties and responsibilities,

slowly and smoothly transitioning all aspects of the race.

As the RD, I implemented 5 year age divisions. Lou Peters has been participating in this race for quite a few years and we always gave him a number reflecting his age. As far as I know they have continued that tradition.

I asked them if they could add a 90+ division for this year and they agreed it sounded like a great idea. Andy Schachat usually announces the race and he always makes a big deal of it when Lou finishes. Hopefully Lou will be participating again this year...maybe many of you will run the race as well.

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## Out on the Roads of New England

by Dan D.

"Hello" fellow NE65+ members and welcome to our little column once again. We finally had some snow in February around here, but now it's pretty much gone and this overall terrific running winter continues toward its conclusion. February was another good month personally as I managed to compete in 11 events, which brings the 2017 total up to 23 races in 2 months. I'll tell you about them and give you the results of my little N.E. Runner top 90 races challenge. Okay ... .. let's get started.

February 1st was "The D5K" in Danvers, MA. This weekly Wednesday evening 5K race starts across the street from the Osborn Tavern at 49 Maple Street and is free to all participants. Be sure to wear reflective gear, blinking lights, and a headlamp in the winter months as the race starts at 7:00pm. There are no age groups or t-shirts, etc. in this low key 5K race. 31 runners completed the course and Daniel Dodson was the only NE65+ member there. Bathroom facilities and drinking water are available inside the tavern.

Saturday, February 4 was the "Fudgcicle Series - Week 5" in Tewksbury, MA. Another low key race which starts and ends on the driveway into Tewksbury High School. There is a \$2 entry fee and your same bib # is used each week. Rita Labella was 1st in F6069; while Steve Viegas was 3rd in M6069, followed by Rick Marais in 7th. Steve Kanaracus topped the M7099 division, with Steve Moland 2nd, Jon Mackenzie 3rd, Daniel Dodson 5th, and Lou Peters 6th. There were 129 finishers and timing was done by the Greater Lowell Road Runners. Many runners went to the Deli-King for a post-race breakfast.

The next day was "Freeze Your Buns - Race #3" in Nashua, NH. This 5 - race event happens every other Sunday at 9:00am in January & February with the finale on March 5th. The race starts & ends near Conway Arena (hockey rink) which serves as the sign-up area and there are bathrooms as well as post-race refreshments. The course is pretty flat with 3 loops around Nashua South High School. There are age groups up to 80+ here with Daniel Dodson #4 in M7079. The fee is \$5 and 198 runners completed the 5K course. The Gate City Striders direct the race and do the timing.

The "Super 5K Road Race - 16th Annual" took place 3 hours later (at 12:noon) at the Lowell, MA. Elks Lodge on Old Ferry Road. The \$20 pre-race (\$25 post) fee gave a runner free beer, hot refreshments indoors at the Elks Lodge, long-sleeve grey shirt, chip timing by Yankee Timing, age groups up to 90-99, and a fairly gentle course with 2 mild hills and views of the Merrimack River. Lou Peters was the M9099 winner; with George Bisson 1st and George Leslie 2nd in M8089. Mary Tyler was 9th in F6069, while husband Ted was the official race photographer. Rick Collette was 19th and Rick Marais 23rd in M6069. Dave Pember topped the rugged M7079 division, followed by Steve Kanaracus

2nd, Denny Leblanc 3rd, Barry Pearson 4th, and Daniel Dodson 8th. A healthy 356 runners ran the 5K as a warm-up to the Patriots VICTORY in the Super Bowl a few hours later.

The "Fudgcicle Series - Week 6" was held at 8:00am on Saturday, February 11 despite the 13 degree temps and snow flurries which made the course slow and slushy. The tough weather conditions and a road-closing traffic accident on Rte. 495 reduced the field to 68 finishers. Richard Collette (4th) topped Rick Marais (5th) in M6069, while Rita Labella was #1 in F6069. Steve Kanaracus won the M7099 division, followed by Steve Moland 2nd and Daniel Dodson 3rd. The volunteers from the Greater Lowell Road Runners deserve plaudits for their efforts at this race.

A week later (Feb. 18) at the "Fudgcicle Series - Week 7" a much larger crowd of 163 runners paid the \$2 fee to race in sunny 30 degree conditions. Judi Moland topped the F7099 age group; while Rita Labella was 3rd in F6069. In M6069 Steve Viegas was 4th and Rick Marais 9th. Steve Kanaracus again won the M7099 division, followed by Steve Moland 2nd, Jon Mackenzie 3rd, Daniel Dodson 4th, and Lou Peters 5th. Most folks headed to the Deli-King for a post-race breakfast.

"Freeze Your Buns - Race #4" was the next day (Feb. 19) in Nashua, N.H. Dick Kuhl finished #1 in M8099, while Vermont's Bob Howe did the same in M6069. Daniel Dodson placed 4th in M7079. A total of 214 runners paid the \$5 fee to participate in this Gate City Striders managed event.

"The Mystic Runners Lake Q 5K" took place in Wakefield, MA. on Wednesday, February 22, at 6:45pm. This \$2 race takes place year-round every Wednesday night at 6:45pm. The course basically circles lovely Lake Quannapowitt (which serves as Wakefield's drinking water. The course also serves as the location for our MA flag race: The Run For All Ages 5K.) Headlamps and a reflective vest are a requirement in the winter months on this gentle course with 2 modest hills included. The sign-up is at the Lakeside Inn hotel on the lake. 61 runners did the 5K this week with Daniel Dodson the sole NE65+'er present.

February 25, Saturday was the "Fudgcicle Series - TwoSome Week" at Tewksbury (MA.) High School. This 8th and final event in the January/February weekly series featured 2 - person teams in addition to the normal individual results. A post-race awards breakfast took place at the Deli-King. Rita Labella finished 2nd in F6069 with Johanna Riley 3rd. Rick Marais was 6th in M6069, while Lou Peters topped the M8099 division. Steve Kanaracus was #1 in M7079, followed by Jon Mackenzie 2nd, Steve Moland 3rd, and Daniel Dodson 4th. A total of 129 runners ran today's race. At the awards breakfast the "Frozen Runner" awards were given (Fudgcicle long-sleeve tech shirts) to the 23 individuals who ran all 8 races in the series. NE65+ members receiving this award were Rick Marais, Rita Labella, and Daniel Dodson.

February 26 – Sunday – was the 3 - mile "Frozen Shamrock" in Haverhill, MA. This first leg of the "10th Annual Wild Rover Series" drew 879 runners to the 11:00am start at Maria's Restaurant. The series features 3 separate finishers medals which join together to form a neat larger keepsake. The next Sunday (March 5) has a 4 - miler in nearby Lawrence, followed by the 5 - miler in Lowell on March 12. Yankee Timing manages and times the entire series. Barry Pearson topped the M7099 age division, followed by Daniel Dodson 3rd, Dick Kuhl 4th, and James Stafursky 5th. Steve Molloy was 22nd in M6069.

The last day of February brought 888 runners to downtown Manchester, NH for the "Mardi Gras 5K on Fat Tuesday". This New Orleans themed race was produced and timed by Millennium Running and was part of the Elliot Millennium Running Series. The

race featured chip timing with instant results, pizza, and a free beer ticket redeemable at several neighborhood pubs. The course was run on traffic-free downtown streets. Headlamps were useful as the race began at 7:00pm. Daniel Dodson won the M70+ age category.

And now for the "results" of my little "challenge" as to which NE65+ member has run the most races listed in the New England Runner magazine top 90 races in New England and New York. I received responses from Rita Labella, Charlie Farrington, Daniel Dodson, Rich Paulsen, Mary Tyler, Ted Tyler, and Robert Randall. Rita Labella did 21 and Bob Randall 22. Next up were "Team Tyler" with Ted running 28 and Mary 29. Charlie Farrington checked in with 31 and Daniel Dodson 37. That leaves our New England/New York top 90 race champion Richard Paulsen with a full 45 races – exactly 50% of the total. Congrats Rich and thanks to everybody who participated.

Well .... that's all there is for this month. March will bring us a slew of Irish - themed St. Patrick's Day races and I'm already registered for 7 of them. If you see a tall slow runner with a white safari hat ... c'mon over and say "hello." I'd love to hear your comments. Until then ..... as always .... I hope to see you soon "Out on the Roads of New England."

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## Quote of the Month

**"There's no reason to accept that seniors are all addled and frail just because so many TV shows depict them that way."**

Jeffrey Kluger

New England 65 Plus Runners Club

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