



Forever Run

May, 2017

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

In this edition of Forever Run, we hope you enjoy the brief post-marathon perspectives from both our waived runners and those who ran for another club, charity, and/or qualified. Special appreciation goes out to co-editor, Byron Petrakis, who interviewed, collated and edited lots of great information.

Bill Cotter, a member since last December with Dan Dodson as sponsor, is one of those who qualified. Please read the brief bio in this newsletter. Spoiler alert: He is our new webmaster! Bill was invited to attend the April 26th Board meeting and we had a productive brainstorming session about the website, discussing immediate updates and future plans...all very exciting!

Also at the Board meeting we elected two new Board members: Janit Romayko, CT Director (Bill Borla retired) and Joan Tremberth, ME Director (Mel Fineberg retired). We still have one opening for VT and two openings in RI. If you are interested, please contact Henry Wolstat, Nominating Committee Chair: hwmd@comcast.net

Awards: The deadline for nominations for both the Rev. Shea Award and Race Director of the Year Award is May 31st. Please submit any nominations in writing to me at jholmquist@mspca.org so I can share the information with the appropriate committees making final decisions: <http://www.ne65plus.org/index.php?page=awards>

The National Senior Games is next month in Birmingham, AL. Please note that at the end of Greg Tooker's article about the Senior Games that Sue Filene has kindly volunteered to coordinate those of you who are going so you can get together for a meal and/or to cheer each other on at your various events.

We had two men's 70s teams at the USATF National Masters James Joyce Ramble 10K in Dedham on April 30th. Our guys won 2nd and 3rd place. Congratulations to all who were there and special thanks to Zeke Zucker who coordinated the teams! Next year we hope to have an 80's team...we came close with Bill Riley and Larry Cole representing us. Please remember to check out the club's Facebook page, set up recently by VP Steve Vegas, as lots more pictures will be posted on our Facebook site.

Club Teams Run Well at James Joyce Ramble

by Zeke Zucker



NE 65+ A-Team (L-R): Joe Noonan, Dave Pember, Zeke Zucker, Rob Knight, Rich Paulsen. Zeke is holding the 10K national championship 2nd place plaque.

On the last day of April, at least a dozen NE 65+ members assembled at the Endicott Estate in Dedham, Mass. for the USATF National Masters Championships, as part of the James Joyce Ramble 10K. Nine of these folks comprised two men's 70+ teams. The weather really couldn't have been any better, with a steady temperature of 55 degrees, light wind, low humidity and slowly increasing cloudiness.

The A-Team finished second out of seven competing 70's teams. The team members placed 10th, 11th, 12th, 13th and 14th among the twenty-one 70-74 men in the event, finishing within a span of less than 3 minutes.

The B-team fared really well, paced by Hal Bennett, our fastest runner of the day. He placed second overall in the 75-79 division individual results. The team placed third, with a cumulative time that was quite close to the A team's total. Bill Riley (80) and Larry Cole (83), ran with the B-team, and try as we might we couldn't round up another octogenarian, or they would have set the mark for an 80's team. The USATF officials conducting the awards took the opportunity to honor Bill as the 80's runner of the year for USATF and his time of 53:04 set a new age 80 course record.

Club President Jan ran a blistering race, clocking 48:01, which would have placed her 7th among the 70-74 men. She earned the second place prize in the age-graded competition, only because a 68-year-old lady from Texas, Sabra Harvey, set the National 10K record for her age division.

Dave Pember reported that NE-65+ 70's team still holds the record at the JJR National Championships. Back in 2014 the team's cumulative time was 2:21:19. That's eleven seconds faster than the time for the Genessee Valley Harriers that they clocked this year in winning the 70's team contest. Third best time at the JJR is held by the Ann Arbor Track

Club, 2:21:43, which narrowly lost to our Bill Borla-led team in 2014.

Of note, all three GVH team members are newly-minted 70 year olds, while the average age for our A-team is exactly 73. For a complete listing of all of our 65+ club members who competed at the JJR, check out the race results section on the club's website.



photo by Rob Knight

NE 65+ B-Team that finished third at the James Joyce Ramble national 10K championship. (L-R) Bob Sullivan, Bill Riley, Larry Cole. (Not pictured: Hal Bennett.)

Reflections of Waivered NE 65+ Runners at 2017 Boston Marathon

by Byron Petrakis

It was a warm day, good for watching but tough for running. From our 25K vantage point as BAA volunteers, former club president Tom Wylie and I could see that some runners were already experiencing heat-related problems. One woman veered off the course near us and required medical assistance from EMT's, but seemed to be ok after her treatment for apparent heat exhaustion.

Fortunately, none of the NE 65+ Runners Club members whom we saw experienced that kind of difficulty when we saw them. Christina Christides, Rick Collette, Yolanda Hobin, and Jeffrey Race briefly stopped by our station to say hello and even take a picture before continuing their trek to Boston, 10.7 miles further east. We regret that we did not get to see JoAnn McCallister, Larry Cole, or Phil Pierce, both of whom ran well. There were times during our eight hour shift from 8:00 a.m. to 3:00 p.m. when Tom and I had to leave our post to move up the road to keep spectators off the course, offer assistance to runners in need, and perform other duties.

All of our club members responded to club president Jan Holmquist's request for

impressions of their marathon experience, which are shared below in alphabetical order, along with Tom Wylie's photos of most of them at 25K. Unfortunately, we were not able to get everyone's photo; in some cases it was difficult for runners to cross over to our side of the road given the congestion during much of the course.



Christina Christides (5:49:04) writes: "It was a memorable day! I will cherish the memories forever in my heart. I ran with a smile for 26.2 miles. And how thrilling to make the left on to Boylston Street and see the finish line up ahead. I had tears in my eyes!" Christina's smile was as bright as the sun when we saw her at 25K and says she is most grateful to the club for giving her the opportunity to run Boston. Byron and Christina exchanged good wishes and post-Easter greetings in Greek and English before Christina headed off for the finish.

Larry Cole (6:31:06) writes: "I read the 6-hour rule as an alert that the course would start closing down and runners continued at their own risk that there would be traffic on the course and police protection would be lacking. Some fencing and tables were being taken down and loaded on trucks when I was in the 20s somewhere, but the volunteers were still out there and handing out water or Gatorade while cleaning up debris." Larry was on a good pace for the first half (13:02) but said his back started hurting at the 10 mile mark. He had to go off course into the medical tents to get some pain medication sprayed on his back and in order to do some stretching before he could continue.

"I had an EMT in a white shirt at med tent at Mile 16 hold me up long enough to slowly sip two cups of Gatorade Endurance before allowing me to resume running. Then, after I sprinted across the finish line, a red shirted guy plopped me into a wheelchair pushed by a young lady to the medal and snack pack pick up points, then back toward the finish bridge and through the main medical tent to reach Huntington Ave., where the Cape Cod bus was parked. She was guided by two CCAC guys who met me at the finish, 'cuz the bus was waiting for me to arrive for a 6:00pm departure. The three of us took a pedicab and got there at 6:03."

Kudos to Larry for soldiering on through his pain to finish.



Rick Collette (6:38) writes "And a good time was had by all! Thanks for all of the support and good wishes. # 29 is in the book.... OK it was a very loong book. Thanks go out to the New England 65+ Runners Club; without their support this would not have been possible for me to run with a number. We all do better when we work together. See you all at the Run For All Ages!"



Yolanda Hobin (6:38). "I had severe muscle cramps, almost had to quit at mile 25, but I made it. I did see that people who finished in over 6 hours were on the list but I was not. Marathon photo sent me email with pictures crossing the finish line though. I am a little stiff but back to work. It was an absolutely wonderful experience in spite of the heat and the cramps. Again, thank you (to the NE 65+ Runners Club) very much for the number." Yolanda's grit and determination were evident when she passed by our checkpoint at 25K; hats off to her for hanging in and seeing the silver lining in her experience.

JoAnn McCallister's (5:03:46) impressions of her marathon experience convey the

excitement of a happy, fulfilled runner, grateful for the opportunity to participate in such an event: "It was such a thrill to run the Boston," she writes, especially because she ran the race with her daughter, Catherine. While Catherine ran in just over 3 hours, JoAnn ran just over 5 hours, qualifying for Boston in her age group for next year! (She placed third in her age group this year.) JoAnn just turned 75 four days before the marathon, and said that her birthday "pushed me into the next division, 75-79, which made all the difference in the world. There is something to be said about age." Indeed there is, JoAnn!

"It was an incredible day," she continues, "an amazing event, screaming people all along the way and at the end it was overwhelming. Thousands of volunteers at the water/gator aid stations, plus Police and the military. Did I say it was an incredible day? Thanks to the 65+ Runners for making it possible." And thank you, JoAnn, for being such an enthusiastic ambassador for our sport and a role model for daughters (and sons) everywhere!

JoAnn mentions that wearing her NE 65+ singlet elicited a comment from one of the medical volunteers "I had a man with a medical T-shirt on, pat me on the shoulder and say 'you're doing a terrific job'. I had to laugh. Did he say that from the medical point of view since I was wearing our shirt? No questions asked. I'll take it any way he wanted to say it."

Phil Pierce (4:46:59) writes "I missed qualifying for Boston next year by about seven minutes. I passed the half way mark at 2:14 and had a shot at a sub 4:40 but the heat (80 F) began to take its toll. Because of the warm weather, I think that there were more spectators than ever before. I finished in 4:46:59. From mile 9 through 11, I got to spend time chatting with Ray Krolweicz, an ultra runner from South Carolina that I used to race with back in the early 1990s (100Ks at Lake Waramaug in Connecticut). It was great to re-connect with him and was the highlight of my run."



Jeffrey Race (5:37:46) commented: "This event topped even the Marine Corps Marathon (my first, in 2010) in enthusiasm of the spectators and commitment of the runners, some in the face of great personal challenges. It was an inspiring race for all of us and a great advertisement to the world for our special city. Compared to other marathons I've joined, Boston provided better preparation both before the race and along the course, especially distance and time signage. Like other runners I felt pulled along by the spirit of those around me and I ran unexpectedly fast." Like JoAnn McCallister, Jeffrey remarked that his 65+ Club shirt drew admiring comments: "A number of spectators

commented on my Club t-shirt, one even calling out 'you don't look a year over 40!' He was too kind but that was the spirit of the occasion." Maybe he was just envious, Jeff!



The author (right) with former club president, Tom Wylie

From my perspective, volunteering at the Boston Marathon is a gratifying way to give back to the sport which has meant so much in my life and the lives of countless other runners. The day was glorious from start to finish. It was inspiring to see some of the world's most elite runners compete in their respective divisions, as well as the wheelchair athletes, mobility impaired, and "duo participants" from the Achilles Track Club. Watching them, I appreciated the commitment and focus each one of them makes just to get to the starting line, let alone make it all the way to the finish.

American Galen Rupp (2nd male finisher) was right up with the lead pack at 25K and the two American women who finished 3rd and 4th respectively (Jordan Hasay and Desire Linden) looked real strong as they cruised by. It was also inspiring to see the many servicemen and women in fatigues and combat boots on their way to completing the course before the first wave of official runners departed Hopkinton. Best of all, though, was cheering on our fellow club members whose participation in the marathon epitomizes the mission of the NE 65+Runners Club to encourage and support athletes of all ages in their pursuit of healthy, lifelong activity.



NE 65+ and the Mass Senior Games: A Perfect Blend
by Greg Tooker

When fellow 65+ member, Ken Graves, suggested I look into joining our organization last year, I am embarrassed to admit that I had not heard of our NE 65+ Club. As a competitive runner of 40 years, I regret that I had not been introduced to this elite group until three quarters of a century had passed under the bridge.

In 2010, I also discovered the pleasure of competing in the Massachusetts Senior Games (MASG), again at Ken Graves' urging. I had never competed on the track before but took an immediate liking to the oval and the kinder treatment it afforded tired feet that had logged well over 2000 annual training miles on asphalt for many years. Several years later, while competing in the National Senior Games in Minnesota, I met Fred Thompson, then MASG Chair and President. Fred invited me to join the Board of Directors and at present, I am serving as Vice Chair. Our own 65+ Club member, Mary Harada, was present in Minneapolis too, winning silver and bronze medals in the 800m and 1500m respectively.

Our primary mission at MASG is to inspire mature adults to adopt a healthy lifestyle and to offer a varied program of sporting events and games suited to abilities at all levels. Each year, athletes competing in over two dozen sports converge on venues throughout the Commonwealth to demonstrate their skills, trying to win medals and, in some cases, set new state records in their 5 year age group. Every two years, competitors try to qualify for the National Senior Games by winning a medal or achieving nationally recognized standards of excellence in their individual sport. The running events will include the 10K, the 5K and several track events, particularly, the 400m, 800m and the 1500m. Over 10,000 athletes have already registered for the Nationals this year.

One of the greatest benefits of NE65+RC membership is the opportunity to meet fellow athletes and form new friendships. I had the pleasure of teaming with several fellows on our Club's 70+ team in Syracuse last fall in the USATF National Masters 5K Championships, including Rob Knight, Joe Noonan, Rich Paulsen and Milt Schumacher. It was a great time during which we shared running stories while the road. In the same vein, I have met many interesting people at the state and National Senior Games events during the last six years.

I am extending an invitation to ALL of our New England 65+ Runners Club members to join the exciting competition offered in the Massachusetts Senior Games. There is still time to register for the Track and Field events occurring on Super Saturday, June 24, held at Springfield College in Springfield, MA. Registration may be accomplished by simply going to <https://maseniorgames.usetopscore.com/> and signing up. The 10K event is held in partnership with the Newton (MA) 10K Road Race held in Newton on June 4 this year. By paying a small additional registration fee in addition to the normal Newton registration charge, runners are provided the opportunity to win a Senior Games Medal. And then there is the MASG 5K which is becoming extremely popular. It is held in conjunction with the Applefest 5K in Northboro, MA each fall. Lt. Gov. Karyn Polito ran the race in 2016 and did very well. Next year is a qualifying year for the National Senior Games, to be held in Albuquerque, NM.

New England and Massachusetts will be even more competitive at the National Senior Games if more of our 65+ runners get involved. Considering the victories our runners have racked up at USATF and other events, I am confident they will significantly increase our region's chances of boosting its medal count in running events.

If any Club members are heading to Birmingham, please notify 65+ member Sue Filene at susanfilene@gmail.com, so we might arrange a get together while at the games. Please include: 1) the dates you will be there; 2) the events you are competing in; 3) your phone

#; and 4) where you are staying. Sue will do her best to find a time and place for lunch or dinner and/or to cheer each other at the events! We hope to see you there.

NE 65+ Qualified & Charity Runners at Boston

Compiled and Edited by Byron Petrakis

(Co-editor's note: Members of the NE 65+ Runners Club who ran the 2017 Boston Marathon as qualified or charity runners were asked by club President Jan Holmquist to submit impressions of their experience as well as photographs. In alphabetical order, their accounts appear below.)

Gary Circosta: "The real take-home message is: 'It was a LONG day at the office!!!' I really do love marathons; the heat got me from miles 19-23, but basically I had a lot of fun."

Kimberly Fletcher: "Monday was my 35th Boston marathon, including 12 as a bandit. For the past 23 years, I have run Boston for the Dana-Farber Marathon Challenge with time waived. My husband, John Hussey, and I have run marathons in Berlin, Stockholm, Prague and Hamilton, New Zealand."

Barbara Grandberg: "This was my 15th Boston, 25th marathon, and this year I ran as a qualified runner and for the American Liver Foundation. I've run all my Boston's for ALF. The heat got to me. There was winter-sleet and snow three weeks before Boston and my body just couldn't adjust to the warm weather on Monday. I lost my a b and c goals and walked a lot, so much so that if you go the results a blank page comes up, but I started, I finished and received my medal. It's Boston and I enjoyed my time on the course as much as possible, thanking all the police and volunteers, cheering on other runners, and yes, I'm looking forward to Boston 2018."

Paul Huyfler: "This was my 17th overall Boston Marathon- 6 during the 70's and 11 more since 2006. My PR was 2:32 in Boston 1975 and this year was 5:10! I did run with my son, whose PR is 3:04 and was in a walking boot five weeks prior to Boston and just wanted to finish to keep his consecutive Bostons going. 14 for him! It was a great day running with him and hanging out with him all weekend. I did qualify in the Breast Cancer Marathon in Jacksonville, Florida."



Paul and son at mile 20 in Newton Centre

Steve Kanaracus: "I guess I have run about 50 marathons of which I have 28 official consecutive ones and two bandit finishes prior to 1990. Because of our preferred start at 10:25 I did beat some of the heat; however, I basically lost focus through Wellesley whereupon I discarded my hat and then repeatedly doused my head with spectator offerings of cold water and ice. The spectator support made all the difference. I gobbled several cliff gels and survived a sudden unexpected tumble at the Newton fire station as I ambled up on the sidewalk to run beneath the spray tunnel. It was a tough hit but I got up and jogged to the finish in 4:47. Exceedingly fortunate the fall did not end the run. Course resembled an obstacle course with strewn cups, peels and runners weaving about."

Joe Noonan: "Monday I finished my 28th consecutive Boston Marathon (I have run 60+ marathons overall). As a Quarter Century Club member, I automatically qualify every year that I continue my streak.

It was an enjoyable day although a little warm, at times 70+ degrees. I went out easy for the first half and hoped to finish around 4 hours. I was on pace until I hit the Newton hills. Due to lack of hills to train on in Florida this winter, I wasn't well prepared. I finished with a 4:23:17, a little disappointing. Overall it was a good day. I didn't injure myself and recovered quickly."



Mike Menovich "had a horrid running experience in this marathon from the start to finish due to the heat, "clocking his 2nd slowest Boston Marathon time of 5:14. A veteran of 26 ultra marathons, 78 standard marathons (including 27 consecutive Bostons), he realized from the start that the heat, his age, and curtailed training because of Achilles problems dictated his strategy of not attempting anything more than finishing the race. Because of support from a large number of family members and friends along the course, he persevered and accomplished his goal of finishing. He is already looking forward to next year's race, assuming his body is up for the challenge. Another important factor in Mike's desire to keep his streak going is his daughter's participation in the 2017 Boston Marathon as a guide for a visually impaired runner. "Now the family has another family member to cheer on," he says. With luck and better weather next year, Mike's family will continue to cheer both him and his daughter on April 16, 2018.

Jim Toulouse: "This was my 20th Boston Marathon finish, and 47th overall, since the first one on 4/18/83. The date is etched into my memory as it was my daughter Emily's 4th birthday. I had to hurry home to Maine right after the race for cake! 6,000 finishers then, 26,000 finishers now. That former 4 year old, now 38, had our first grandchild in January."



photo by Chandra Leister, President of the Maine Track Club

Zeke Zucker writes he "was much relieved upon reaching the finish line," commenting that the water he kept pouring over his head soaked his shirt and chafed his chest.



photo by Bob Dunfey, a fellow runner and finisher

New Members

Al Pappalardo, Seabrook, NH

Sponsor: Lou Peters

Has been running since mid-70's. Member of Merrimack Valley Striders for 30 years, past president, 3 years.

William "Bill" Vickerson, Scarborough, ME

Sponsor: Joan Tremberth

Bill is a member of the Maine Track Club. He has run Beach to Beacon 17 times and has completed 3 half marathons.

Bill Cotter- A Brief Bio

by Jan Holmquist



Bill writes: "I ran the Boston Marathon on Monday. There was a good tail wind most of the way. The weather was a little warm for the first half, but the warm weather really brought out the crowds all along the course. They were great. Unfortunately, I started to cramp up some after mile 16. I managed to finish in 4 hours 16 minutes. It wasn't pretty, but I did feel good about finishing. Last October, my daughter Meghan and I ran the Baystate Marathon in Lowell and Meghan qualified for her first Boston Marathon. So next year, I plan on running Boston with my daughter."

Jan writes: Bill and Dan Dodson met at a race in New Hampshire. And as Dan D. does so prolifically, he introduced himself to Bill and talked about our NE65+RC. Bill joined last December and mentioned on his application: "I like running marathons. I have run around 25 including 6 Boston's. I am a member of Coastal Athletic Association running club." And then he notes that he has some computer proficiency.

So when my appeal went out (again) recently for help with the website, Bill responded that he was interested. We scheduled a phone call to talk about the website -philosophically - and then he contacted the appropriate folks who can talk about the website - technically. In the last few weeks, Bill has made countless updates and willingly attended the Board meeting to meet the Board members and talk about future updates.

We are very excited to be making progress with our website and welcome Bill to the club!

Maine Flag Race to be Held in Portland

by Rick Stetson



John Howe (R) and Lou Peters holding their awards in 2015 after the Sea Dogs 5K in Portland, ME. John was first in his age group (28:57 at age 80) while Lou was second.

Now that the 2017 Boston Marathon is in the history books, it is time for club members to get ready for the first 65+ flag race of the year: the Sea Dogs Mother's Day 5K in Portland, Maine. Mother's Day is always a special occasion to spend time with loved ones so moms, invite your family members to either run with you or watch as you finish the race along the third base line inside the stadium. Plenty of seats are always available at no charge where spectators can cheer runners as they finish while having their pictures displayed on the stadium's jumbotron screen.

The Maine Track Club, Maine's largest running club, knows how to put on a great 5K. Every lady who finishes the Sea Dogs race receives a flower and all runners receive a voucher to a Sea Dogs game (a fun way to check out some of the future stars of the Boston Red Sox.) For those who finish in the top three in their age group, the awards are unique: a Sea Dogs baseball in a plastic case along with a figure of a runner on a marble base.

Runners headed to Portland for the race on Mother's Day should look for the 65+ tent which should be set up near the entrance to Hadlock Field on Park Avenue. For those registering before May 11, the fee is a very reasonable \$20 which includes a tech t-shirt to the first 1500 registered. Proceeds from the race go to a good cause: Maine breast cancer patients and cancer research. Our Maine 65+ members look forward to welcoming you to the Pine Tree State and hope to see you at Hadlock Field, the home of the Sea Dogs, on May 14, Mothers Day.



photo by Mary Jo Dodson

Wendy Burbank and Dan D. at the Leo Legacy 5K in Bluffton, SC

Out on the Roads of New England by Dan D.

Spring has sprung the bad weather is behind us. I'm feeling better about running, the world, and life in general. In other words, the flu is gone and I'm feeling physically well again. The 3 - week vacation in South Carolina did the trick. Unfortunately I was only able to run in 4 races in South Carolina and 2 at the end of the month in Massachusetts. If I had been home in Newton, NH, along the Massachusetts border, I think I would have been back in double figures for April. There just aren't that many options for races in South Carolina and they are mostly all at the same time (Saturdays). I did manage to run a Thursday evening 5K in North Charleston and the rarest of events — a Sunday race on a college campus in Bluffton. And I had the pleasure of running 2 races my first week-end there with NE65+ Hall of Famer Wendy Burbank in her new hometown of Bluffton, SC.

Mary Jo and I arrived at our leased home on Fripp Island on Friday evening, March 31st. We ate supper at a local restaurant, did the "basics" of unpacking, and collapsed in bed after our 2 - day 1080 mile drive. The next morning we arose at 8:00am to watch the South Carolina version of the Boston Marathon on television – the "Cooper River Bridge Run - 40th Annual." This enormous event draws approximately 40,000 runners and is carried live on several area tv channels. For weeks before most newscasts end with some story about a local area resident training for their ultimate goal – to "get over it!!!" (meaning the bridge). I've run this 10K three times previously and I know that NE65+ members Rick Collette and Rick Stetson have done it also. The top ten in both male and female open divisions tend to be mostly from Kenya and Ethiopia. I think it's the 7th largest road race in the USA and maybe something that several of you might like to attempt in the future.

After watching the "Bridge Run" on tv – Mary Jo and I headed over to Bluffton, SC to do

the "Leo's Legacy Festival 5K Fun Run - 3rd Annual" with Wendy Burbank. I had run this race in 2016 and enjoyed it immensely. The race fee was \$25 with a t-shirt and light refreshments. The temperature was in the mid 80's which was a very quick change for me to overcome. Wendy Burbank was 1st in F70+ and Daniel Dodson was 2nd in M70+ — and then came the bad news. Somehow a "glitch" occurred and the Palmetto Running Company lost all our times!!!!!!!!!!!! I know I was 40 minutes and about 30 seconds and Wendy was just a tad over 30 minutes. At least we received our medals for being 1st and 2nd. The good news is that Mary Jo & I then visited with Wendy & Bill Burbank in their truly lovely new home. It's so nice that she might find it difficult to leave in order to train or race!!!! They were gracious hosts and we thank them very much.

The next day I headed back over to Bluffton, SC to participate in a most unusual event — a running race in South Carolina ON A SUNDAY. The 5K race was called the "LK5K - 1st Annual" and was run entirely on the campus of the University of South Carolina - Beaufort on its Hilton Head Gateway Campus in Bluffton. The purpose was to honor retiring XC coach Larry Kimball (thus the "LK") who is a Vermont native. The race was run on grass, packed dirt and gravel, and asphalt driveways. The 108 finishers paid \$25 for a nice t-shirt, light refreshments, etc. Wendy Burbank won the F70+ division and Daniel Dodson was 3rd out of 5 in the M70+ age group. Coach Kimball is very popular at USCB and told me that he had his team race back in Vermont every year as a recruiting tool.

The following Saturday, April 8, I drove exactly 100 miles north to Sullivan's Island, SC for the "Run for Adela - 8th Annual". The drive went through part of Charleston and over the iconic Ravenel Bridge (Cooper River Bridge) through Mt. Pleasant to Sullivan's Island. It was much easier "getting over it" while driving!!!!!! This is the 3rd time I've done the "Run for Adela" which memorializes a young girl killed in a golf cart accident. It is run at low tide on the beach (like Charlie Farrington's 5K in Ogunquit, Maine in September). The 488 finishers (largest turnout in the 8 - year race history) paid \$25 (\$30 day of race) for a t-shirt, light refreshments, and a beautiful run on a spectacular beach in perfect weather. Daniel Dodson finished 3rd out of the 5 finishers in the M70+ age division.

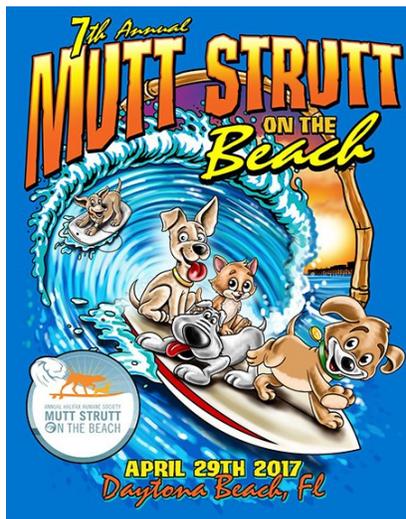
My final race this year in South Carolina took place on Thursday evening, April 13, at Riverfront Park in North Charleston, SC. It was the "iFiveK - 11th Annual". For \$35 in advance (or \$40 post) runners get a tech t-shirt, pizza and free beer, age groups up to 70+, etc. There were 816 runners who participated in this annual event which is mostly a competition between the many technology companies in the Charleston area. This is the second time I've run this popular race, but the first time at this new venue in North Charleston at Riverfront Park. My finishing time was my best in 2 months, but sadly there were not age group awards.

The last week-end in April had us back in New England and ready to add races 5 & 6 for the month of April. On Saturday I traveled south to Chestnut Hill, MA to Alumni Stadium on the campus of Boston College for the "BC Race to Educate - 7th Annual." The main draw for runners is the start and finish on the 50 yard-line of 44,500 seat Alumni Stadium where the great Doug Flutie once played and earned the Heisman Trophy. In addition the giant stadium screen captures the runners as you exit and enter the stadium (like Gillette Stadium for the Patriots). And if that is not enough ... the first mile leaves the stadium and runs up the downhill portion of Heartbreak Hill heading west. The course then continues on the driveways through the beautiful Boston College campus, back down part of Heartbreak Hill (going the Marathon direction) and finishes back on the 50 yard-line. Several months ago I thought about entering this race but was disappointed that the age groups ended at 60+. I wrote to race manager John Mortimer from Millennium Running and he forwarded my "suggestion" to race director Kate Ward. Within a day she responded positively and added 70+ age divisions. This impressed me greatly and I

decided to register. For the \$30 fee the \$30 finishers in the 5K also received a nice t-shirt with the Boston College colors, light refreshments, chip timing by Millennium Running with instant results on the field, announcing by Andy Schachat, free parking at the adjacent BC parking garage, very enthusiastic volunteers from Boston College all over the course, etc. There were also races for kids 4 and under (42), 5 - 8 (86), and 8 - 11 (61) for a grand total of 958 participants. Daniel Dodson was the winner in the new M70+ division. There were 3 M70+ runners and 2 in the F70+ division, as well as 7 in M60-69 and 8 in F60-69. The race benefits the Saint Columbkille Partnership School in Brighton, MA. This would be a race for all NE65+ runners to consider in 2018.

The next day, Sunday - April 30th, I traveled over to Dracut, Mass. for the "Loulou & Gookin Lung Cancer Awareness 5K Run/Walk - 3rd Annual" at O'Hara's Tavern. It's the second time I've run this little race in its three-year history. The 122 finishers paid \$25 (\$30 race-day) for a tech t-shirt, a hot meal of hot dogs, cheeseburgers, potato chips and salad, and a free beer ticket. Age groups went up to 70+ and were 3 deep. Daniel Dodson edged out former Methuen, Mass. acquaintance Ernie Roy for #1 in M70+. We haven't seen each other in perhaps 40 years – amazing. Ernie says he reads our little column each month and hoped we'd meet again at some point. This made for a wonderful reunion of sorts with "catching up" on family and friends, etc. It certainly "made my day" - thanks Ernie.

Well that's it for another month. My thanks to Co-Editor Rick Stetson, President and newsletter founder Jan Holmquist, and results coordinator Tom Abbott for their help and encouragement. I'm now at 33 completed races in 2017 for an average of 8.25 races per month. When multiplied by 12 months the projected total would be $8.25 \times 12 = 99$ total races for the year. I hope to do much better in May and have already registered for Penacook, NH on the 5th, Haverhill, MA on the 6th, Bedford, NH on the 7th, Methuen, MA on the 13th, our Portland, ME (FLAG RACE) on the 14th, and Concord, NH on the 18th. I also hope to run a trail race on the base of Mount Washington, a Tuesday evening "Good Times Series" 5K or two in Lowell, MA, and the Haverhill & Swampscott, MA double over Memorial Day week-end. It's ambitious I know ... but how can I leave any of these terrific experiences out??? I truly hope you can c'mon out and join me (and say "hello") at one or more of these great races "Out on the Roads of New England".



A Run With the Dogs by Rick Stetson

Last week I was in Daytona Beach, Florida to attend an Army reunion when I picked up a local paper and saw that the 7th Annual Mutt Strutt 5K would be held on the beach

Saturday morning not far from the hotel where I was staying. Unlike many of the beaches in New England that slope down to the water and are covered with numerous rocks, Daytona's beach is completely flat with not a rock in sight. In fact for a fee, cars can drive on the beach but they have to remain in a designated lane leaving the rest of the beach for runners, walkers and swimmers. Because I had never entered a race on a beach, I thought I would give it a try and it might give me a chance to get in a bit of speed work while away from home.

I reported early Saturday morning to the registration table and was handed a form that only asked for my name along with a signature under the waiver paragraph. I did not read the waiver but it might have said I would not hold the humane society liable if I was bitten by a dog. It turned out that would not be a problem because as hundreds of dogs, and then over a thousand dogs came to the race site, not one was mean or aggressive. In fact, the public had been told beforehand that if their dog could not get along with other dogs or with people, they should not bring it to the 5K.

I asked the woman who handed me the registration form if she needed my age. She replied that would not be necessary as this was a fun run with no age groups because the goal of the event was to raise \$45,000 to support the Halifax Humane Society. I happen to like dogs (and cats too, but there were no cats at the "race") so I paid the modest entry fee (\$10.00.) "Don't I need a number to pin to the front of my shirt?", I asked. "No numbers" but she did attach a band around my wrist to show that I had paid.

Have you ever been around hundreds of happy dogs? I have never seen so many happy animals, most all with wagging tails. The event organizers had set up plastic wading pools dogs could step in and there were many vendors in tents advertising services, such as cleaning your dog's teeth. Some of the owners had three dogs on a leash and I could only imagine what their monthly bills must be for food, grooming and vet care but dogs are such good companions they can be worth the cost.

The Mutt Strutt is the only day of the year that Daytona Beach allows dogs on a leash to be on the town's beaches. Runners and walkers were required to have their dog (or dogs) on a leash for the 5K but I saw one woman who let her large lab free of a leash and it immediately dashed into the ocean and reminded me of a child as it leaped over waves that were crashing on the shore. Then it was time to start the "race." A horn sounded and we were off. I'd guess 99% of the people were walkers and the few runners were all much younger and took off with a blaze of speed I can only dream about. We went up the beach heading to the north with a strong wind pushing us. No splits were given but there was a sign with 1/4 on it and then further along another with 1/2. It was by a table that held cups of cold water which were welcomed as the temperature was really picking up. The course was an "out and back." You know what it means when the wind is at your back the first half of a run. As soon as I rounded the table, it felt as if I was being pushed backward and the finish line seemed a long way down the beach. But I plodded on (after all, this was a "fun run") and it really was fun to see the many dogs and their owners who were walking up the beach. It was a fun morning and a "tip of the hat" to the Halifax Humane Society for putting on an enjoyable event for both dogs and humans.



photo courtesy Halifax Humane Society

Daytona's Mutt Strutt, Fun in the Sun

Quote of the Month

" As you get older, you don't need to be fast, you just need to keep running."

Kathleen Sebelius, former U.S. Secretary Health and Human Services

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