

The logo for the New England 65 Plus Runners Club features a yellow silhouette of the state of Massachusetts. A red horizontal band across the middle of the silhouette contains the text "65 Plus" in white. Above the silhouette, the words "New England" are written in a serif font, and below it, "Runners Club" is written in the same font.

New England
65 Plus
Runners Club

Forever Run

November, 2017

Keeping Communication Current with Jan Holmquist

Dear 65+ members,

We are nearing the end of our Flag Race series with the 16th Annual Run For All Ages in Wakefield, MA on Saturday, November 4th at 10 am. I know many of you have pre-registered and this makes the morning easier for all of the volunteers...thank you! As of Tuesday, October 31st, we have 82 pre-registered runners aged 65 to 92! Online registration is open until noon on Thursday, November 2nd, so if you haven't registered, please do so now: <http://www.ne65plus.org/index.php?page=2017-rfaa>. The race fee goes up on race day to \$30. As always, those 80 and over are free.

Also, new this year we are collaborating with the Massachusetts Senior Games (MASG). You can register to participate in their MASG component. Their fee is \$14 and you will receive a MASG shirt and the opportunity to win your age division and receive a MASG medal. Their online registration will be closed by the time you read this, but you can register on race day, so please bring \$14 cash or a check for \$14 made out to the MASG.

Your 65+ Board of Directors is meeting Monday, November 20th. A summary of the meeting will be included with the December *Forever Run* edition, but if you have any questions or suggestions for the meeting, please email me at jholmquist@mspca.org.

Please, please consider contributing an article to *Forever Run*! We greatly appreciate our regular contributors, yet want others to tell us about your running, walking, or other exercise endeavors! This e-news is intended to be inclusive of all men and women of all ages over 65!

I look forward to seeing many of you Saturday!

Carpe diem!

USATF National Masters XC 5K Championship Race



photo by Jan Holmquist

(L-R) Rick Bayko, Bill Reilly, Dave Ritchie

Our New England 65+ Runners Club's 70's guys ran exceedingly well at the USATF National Masters 5K Championship race at Franklin Park on Sunday, October 15th. The weather was perfect for XC running in famous Franklin Park.

The first three men (pictured above) comprised of Bill Reilly, Rick Bayko and Dave Ritchie ran very fast and easily captured the team 1st place prize...congratulations! Also participating in the race were Greg Tooker and Bob Sullivan pictured below with the team winners. Greg Tooker won an individual 1st place in the 75-79 category.

This race was especially rewarding for Rick Bayko who turned 70 on this day! Nice birthday present to be on a winning 1st place team and meeting up with old friends!



photo by Jan Holmquist

(L-R) Rick Bayko, Dave Ritchie, Bill Reilly, Greg Tooker, Bob Sullivan

CT Flag Race Report by John Gibbons

642 runners signed up for Marty Schaivone's 27th annual Great Pumpkin Classic 5K run held on Sunday 10/22/2017.

The weather was perfect...even a tad warm. Marty said it had only rained twice in 27 years and I can attest to at least 10 of those years. Our organized director, Janit Romyko, showed up early with our banner and Marty gave us a prime spot indoors next to the Trumbull High School cross country ladies who were hosting a fund raiser bake sale. The race starts with a fast jog slightly up hill from the school to a hard right up Daniels Farm Road hill for a mile straight up. Thereafter it runs gradually downhill, through three picturesque neighborhoods (with lots of cheering spectators, water stops, and music) then down a sharp hill to the high school parking lot and a 270 degree race around the school to the finish. Great and varied food and drink post race both outside (taco truck) and inside (pasta, subs, bagels, etc).

Marty, bless him, awarded pumpkin orange medals starting with the oldest ages first, partly in recognition of the good turn out of older runners. The only snag we encountered was the theft of our applications from the New England 65+Runners table: these had been taped down to the table and were purloined. Otherwise, we did attract attention from 5-6 interested senior runners since so many of us were called up to collect medals (and were cited by Marty). Notable finishers were Steve Johnson who finished first in the 65-69 category and 19th overall, took an application, and promised to join the Club. A great race and he worried about Borla catching him the entire race. Club member Rich Paulsen won the 70-74 bracket, as he said a warm up for the Run for All Ages. The legendary Bill Borla (past director) smashed the 75-79 age with 23:19, finishing 70th overall and collecting praise from Marty. Your author finished 2nd in that bracket. In the F65-69, I think we lured Cathy Bradley who was second and took an application. Janet Voelpert won 70-74 and Janit Romyko (who passed me at the one mile mark at the top of the long first hill) finished second. If I missed any other NE 65+ers, I apologize. It was

a tad chaotic when we found our applications were gone and had to borrow bibs to scratch names on. In summary, it was a good event and NE 65+ ers were both active and well represented (and collected much gold). I hope Sharon Vos, who won F60s with 21:39 and turns 63 on next Wednesday will take over for me in two years so I can follow Bill Borla into the sunset (but always at a respectable distance). Janit R. has to be saluted for a great effort.

Remembering a 65+ Founder

by Jan Holmquist

Sadly, one of our founders, Dr. Ray Cormier, died this past month. We have included his obituary in this edition of Forever Run. Those of you who attended the 2016 Annual Banquet will recall that we celebrated our 25 year anniversary. Ray spoke to us about how he and Lou Peters began the club. Ray ordered the awards each year to be presented at the luncheon and helped hand them out. Ray is in our Hall of Fame (2002) and received the Rev. Shea award in 2009. Ray was our first Treasurer and remained on the Board through all the years. He will be greatly missed!

As a reminder to our members, we post the names and links to obits on our website, but generally do not print obituaries in the newsletter. However, the Board voted that there are some notices, like this one, that would be appropriate to be published in our e-news.



Photo and obit courtesy Pollard Funeral Home, Methuen, MA

Dr. Raymond E. Cormier, 91, of Methuen, passed away peacefully on October 4, 2017 surrounded by his devoted family at the Nevins Nursing & Rehabilitation Centre.

Dr. Raymond Cormier was born on Veterans Day, November 11, 1925 to his hardworking parents Francis and Julie (Richard) Cormier in Lowell, MA. After graduating from the Searles High School with the Class of 1944, he felt the call of duty and enlisted in the United States Navy proudly serving on the USS Antietam in the Pacific Theater during WWII. Dr. Cormier had a deep and devoted passion for sports and physical fitness that developed during childhood and set him on a path for athletic achievements that spanned many decades. During his school years and later in life he was recognized and awarded for his participation in football, basketball and track.

After Dr. Cormier was discharged from the service, he married his sweetheart, Audrey Belle Gorham, in a simple ceremony. He truly believed in the value of a secondary education and attended St. Michael's College graduating with a bachelor's degree in 1952. He worked for several years at John Hancock Life Insurance until he decided that he needed to further his education. Being a family man with several children, in 1956 he

attended Palmer Chiropractic College in Davenport, Iowa. Shortly after graduating with his doctorate in chiropractic medicine his career path took him in a different direction to Methuen High School and to Weston schools where he was a physical education teacher. Dr. Cormier started his career in chiropractic medicine with Dr. Herbert Craven in Salem, NH. He eventually went into private practice with his daughter at Windham Chiropractic until his retirement. He also worked for many years for the Boston Red Sox organization.

Dr. Cormier accomplished many feats that many people only can dream of accomplishing. He was one of the founding members of the New England 65+ Runners Club, where he also on the board of directors. He was also inducted into their hall of fame. Dr. Cormier was a member of the Merrimack Striders, ran in two Boston marathons and climbed Mt. Washington. He was a truly devoted family man who was a selfless, generous and kind soul who without no hesitation would give you the shirt off of his back. He was a devout Catholic who was a communicant of Saint Monica's. Dr. Cormier touched many lives in many different circles and will be fondly remembered, cherished and missed.

Dr. Cormier is survived by his three beloved children; his daughter Donna Rae M. Cormier of Methuen, his son William F. Cormier and his wife Nancy of St. Augustine, FL, and his daughter Maryanne Cormier of Jacksonville, FL. He was also a proud grandfather and great-grandfather. Dr. Cormier is also survived by his brother William Cormier and his wife Lois of California and several loving nieces and nephews. In addition to his parents, he was preceded in death by his wife Audrey B. (Gorham) Cormier in 2003 with whom he celebrated 59 years of marriage together and his five sisters; Bernadette Fredette, Gemma Perry, Joan Chadwick, Marie Crawford and Gabrielle Cormier.

Another State Added to the List

by Rick Stetson

Dan D. does a great job describing the many races he enters all over New England. My races fall way short of Dan's but I'd like to give an update of my "bucket list" attempt to run a race in each of our 50 states. My goal is far less ambitious than the one achieved by some of our 65+ members... to run a marathon in every state. I can't imagine the amount of training it would take to accomplish such a feat. But with races completed in 36 states, my more modest goal might be obtainable, although the states I lack include Alaska and Hawaii and all will involve considerable travel.

Nevada was one of the states I needed so it pleased me when my old Vietnam unit planned a reunion near Las Vegas. We meet every couple of years in different parts of the country and always hold a memorial service to remember the men who did not make it back. It had been 50 years since we battled in that far-off land but with memories rekindled by the recent Ken Burns series on the Vietnam War, I was determined to make it to Nevada, race or no race.

The reunion plans were made well before the shooting that took place in Las Vegas so when the plane landed at McCarran Airport and rolled past the Mandalay Hotel shown so often on the news, thoughts were on the lives lost that tragic evening. Walking through the terminal I noticed many "Nevada Strong" signs just as "Boston Strong" signs sprang up after the marathon bombing. Then while heading towards the Strip, we passed the iconic "Welcome to Fabulous Las Vegas" sign and beneath it were mounds of flowers. Nearby there were 58 crosses with photos and the names of the victims attached along with a small American flag. We then passed where the concert goers were listening to music

when the shots rang out. The entire area was blocked off with police tape because it was still a crime scene and an officer stood by the entrance with lights flashing on his patrol car to make sure nobody entered.

As we drove down the Strip, the sidewalk was crowded with tourists and it did not look like a promising place to run. Then I remembered the reunion was in Henderson, a Las Vegas suburb. I envisioned Henderson might have nice running areas like the suburbs of Boston I was familiar with. When I looked out my window after checking into the hotel in Henderson, the prospect of running did not look good. The hotel was beside a busy four-lane highway with an interstate close by and sprawl in every direction. Then I was told that just a block from the hotel was a paved bike path that went for miles along the Union Pacific train tracks. Perfect.

The next day I put on my running shoes and went to check out the bike path. Immediately, I felt a burning sensation as air entered my lungs. It was due to the very low humidity and even though it was a warm day, the sweat evaporated so fast my t-shirt barely got damp. Plus, my legs felt as if lead weights were attached, probably the result of sitting in an airline seat for over six hours the day before. Returning to the hotel after a slow run, I checked on line and found a 5K memorial race sponsored by the Nevada Childhood Cancer Foundation that was just 15 minutes away.

Early Saturday morning the temperature was mild and the winds calm. Great running weather except my legs still felt heavy, however, I was not there to run a fast time but simply to add another state to my list. The race started and finished in a nice complex of upscale stores and the course was an out-and-back. After registering, the race director came over and introduced himself. I was wearing a Run For All Ages shirt and hoped he might say he had heard about our race in Wakefield. Instead, he apologized for the low turnout (less than 200 runners) saying there are so many races for charitable causes in the Las Vegas area that scheduling places to run was getting difficult. He was nice to introduce himself to a stranger running in his first Nevada race, but it seems there are nice runners wherever you go. The race director wished me luck and then the starter had the runners count down from 10 before the gun went off. The course was completely flat except for a large hump where the road went over an interstate. After running on the flat bike path, going up the hill over the interstate felt like climbing Heartbreak.

I had a reunion business meeting to attend back at the hotel so I left after finishing the race and did not stick around to see if awards were handed out. It did not matter that my time was slow because I had accomplished what I had set out to do....add Nevada to my list of states I have raced in. Now, just 13 to go.

New Hampshire Flag Race Report

by Daniel Dodson



photo by Holly Mandigo-Aly

Among the club members who ran or volunteered at the Great Island 5K in New Castle, NH were (L-R): John O'Donnell, Jim McLaughlin, Marj Radin, Daniel Dodson, Henry Wolstat, Ken Houle, Andy Lewis.

As NE 65+ coordinator for the NH Flag Race at the "Great Island 5K - 24th Annual" in New Castle, NH on October 8, I would like to submit this report and description of the day's events on the seacoast of New Hampshire. Past President Jim McLaughlin was extremely cooperative in giving me advice and in contacting the race committee to get us approval to set our tent and table up near the finish line. He came early and brought an additional table. Maine Director Bob Randall also arrived early with the tent and with help from Bob and Jim and Treasurer Andy Lewis and our former and present NH Directors John O'Donnell and Ken Houle we were "up and running" a full 90 minutes before the race began. Andy deserves our thanks for his exceptional "marlinspike" talent which allowed us to tie up our club banner after needing to cut and re-tie our limited length rope to just barely reach each end of the tent. Bob Randall kindly agreed to take the tent home and store it until the Maine "Flag Race" in Portland on Mother's Day. We had several non-members come over and take membership brochures and my best guess is that a couple of them will join us soon.

Amazingly, NE 65+ had 16 members complete the 5K race representing Maine, Massachusetts, and New Hampshire -- a truly great showing. David Ritchie, Joan Tremberth, Robert Randall, and Nancy Wilson all WON their respective age groups. Many members such as Rich Paulsen, David Ritchie, Henry Wolstat, Marj Radin, Terry Lee Harrington and others all came over to help at our table. We had a terrific group and a lot of conversational fun prior to the race. Unfortunately the rain started as the race began and continued after everyone finished. This reduced our "visibility" after the race or we might have snared a few more members for our club.

I want to take this opportunity to personally say THANK YOU to everyone who helped out, came over to say "hello," or showed up to run the race. Despite the rainy weather I think all involved had a great time -- I know I did.

AMUSING TALES

by Jerry Levasseur & Bill Borla

These are some of the amusing things that have happened to us on our travels to Senior Games and USATF Championship events at various locations. They are incidental to the actual competitions. The stories were written by Bill with the advice and consent of Jerry, the instigator and motivator of these travels. The incidents would not have happened and the stories could not have been told without if it were not for Jerry.

One year we went down to Puerto Rico for the World Senior Games. The manager of the motel we were staying at recommended a restaurant in Old San Juan that he said was fantastic. So three of us drove there and started to enter through the main entrance. Before we could get through the door, we were stopped by the maitre d'. She said we couldn't get in because we weren't properly dressed. We were wearing Bermuda shorts, but the dress code called for long pants. The motel manager didn't say anything about a dress code and, anyway, we didn't pack any long pants. We explained this to the woman, but she was dead set against letting us in, so we started walking away. But Jerry is a very persistent fellow, and he convinced us to go back and try to persuade the maitre d' to let us in. So we went back and told her how the motel manager recommended her restaurant and said we shouldn't leave Puerto Rico without eating there. She told us to wait there a minute and she went back inside. She came out with three very colorful, flowery table cloths and told us to wrap them around ourselves and hide our Bermuda shorts. We did and she let us in. She asked where we wanted to sit and we said "in a dark corner." Unfortunately, the dark corner was in the back of the dining room and we became the comedic relief as the place broke up laughing at three old guys wearing table cloth skirts down to our ankles. We would have been fine in Hawaii at a luau. What we put up with to get a meal!!! But that wasn't all. We were trying to sneak out without drawing attention to ourselves when Jerry tripped over his table cloth skirt and knocked over a bottle of wine on one of the tables and got the patrons a little wet. Of course, this drew all kinds of attention to us and we became the comedic relief on our exit!!

Another time we went to Pittsburgh for a Senior Games competition. We saw that there was an arts & crafts show going on and we went to look it over. We came upon a vendor selling didgeridoos. These are 4 foot long, colorful tubes about 3 inches in diameter. You blow into one end and you're supposed to get a sound out the other end that sounds like the biggest, baddest bull moose bellowing during the rut. The vendor needed a volunteer to try it and Jerry pushed me forward. The vendor showed me how to pucker up my lips and make a moose sound. I had visions of causing a stampede if there were any female moose around and they charged toward this bull moose bellow. I took a deep breath and blew as hard as I could.... SQUEAK!! I tried again.....SQUEAK!! Are some of these supposed to sound like a mouse? No, only like a moose. Try again. I blew even harder.....SQUEAK!! I was embarrassed because a lot of people had gathered around to watch and all I could do was SQUEAK!! I kept trying until my face turned really red but I couldn't get past a SQUEAK!! Finally, the vendor had enough and took the didgeridoo away from me. I'm sure he was afraid I was going to ruin any chance he had to sell any. So I put my tail between my legs and walked away. That was as close as I came to making like a moose. Not very close at all!!

Driving home from Pittsburgh after the competition, I was listening to NPR. To my pleasant surprise, they were interviewing one of the Vermont competitors who I knew. He was telling them how he threw all caution to the wind. He recently had an operation to replace a malfunctioning heart valve with a new valve from a pig. His surgeon told him to skip the Senior Games and take it easy for a little longer to allow more time for the

healing process. He said, "The only thing I told the surgeon prior to the operation was to make sure the replacement valve was from a fast pig." He told the surgeon he needed to run fast. I almost drove off the road, I was laughing so hard.

We were at Stanford University in CA one year for the Senior Games. They set up an outdoor pavilion with about 20 computer stations for the seniors to use. These were the latest models with touch screens, etc. and I was lost when I tried to use one. So I asked a young lady, who was one of the volunteers on hand to give us some help. I told her once I got set up I'd be able to read my emails. So she got me set up right fast. I thanked her and asked if she was a student here, meaning at Stanford. She said, "No, I'm in high school." I was floored and I said, "Wow, I've got to find the person who set this up and congratulate him/her. They knew what they were doing!!" One of the volunteers looked like he was in grammar school, but he may have been a high school freshman.

That last story leads me right into this one. Jack Doyle was helping me get our 12-man relay team organized to tackle the 200 mile Reach the Beach relay in New Hampshire, from the Bretton Woods Ski Resort near Mt. Washington to Hampton Beach. One evening we were talking on the phone and Jack said he was stuck trying to do something on the computer. I said, "You have a couple of youngsters there, don't you?" He did, so I said, "Call one of them over and explain your problem." Short story- the problem was solved!!

I've seen a number of people get runner highs, but none came close to Jack upon finishing the 200 mile relay. He was worried going into it and he would go out and run 3 times a day to mimic the relay. The others of us would just do our normal training. Well, he handled it just fine and, upon completing it, said it was the best running experience he'd ever had. It raised his spirits so high that he was on Cloud 9. I saw him about 3 weeks later and he was still floating around in a state of euphoria. I had to pull him down off the ceiling so I could talk to him!

One time we were sleeping in a college dorm that I think was somewhere in Illinois. We were sound asleep when all of a sudden there was a horrific noise and the building started shaking. It sounded like a train was coming right through the dorm. Jerry and I jumped out of bed and we were so scared that we started running around in circles. When we finally settled down we saw that it was a freight train on a track that was elevated on an embankment so that it was at the elevation of our room. Those trains out in the Midwest are super long and the noise and shaking went on for some time. We figured the college had to pay students to stay in that dorm.

At another competition, Jerry LeVasseur and Jerry Brown were running on the same 4x800 meter relay team. JL was going to hand the baton off to JB. Here comes JL barreling down the track to make the exchange. Apparently, JB was taking off too slowly and JL barreled right into him and knocked JB down. I was sitting in the stands watching and I roared because I thought it was one of the funniest things I'd ever seen on the track. Here are two guys on the same team dancing around with each other in the exchange zone, and the one who is supposed to be running is lying on the ground!! To make matters worse, JL shouted at JB to get up and start running and JB took the gas! He thought JL was more concerned about the race than he was about JB's well being. And that was true. Even if JB broke his leg, JL would have yelled at him to get up and get going. Some people are just too competitive!!

**Final Flag Race of 2017 Set For November 4
in Wakefield, Massachusetts**



photo by Ted Tyler

Ann Marie Costa (173) on her way to winning the 65-69 age group in last year's Run For All Ages. Her 25:16 time resulted in an age graded percentage of 84.02.

New Members

Adrienne Gordon, Millbury, MA

Learned about the club at MA Senior Games

Began running at age 60. Member of Lynn Woods Trail Runners. Has competed in 5K, 10K and half marathons in MA.

John Mahoney, Salem, MA

Sponsor: Herb Cohn

Started running 14 years ago when his daughter asked John to join her in a 5K.

Robert Murphy, Rochester, NH

Sponsor: Daniel Dodson

Out on the Roads of New England

by Dan D.

Greetings NE 65+ members and welcome to another addition of our monthly column. The weather is getting cooler and our summer shorts and t-shirts will be soon retired for the winter. I managed to run in 7 races this month (one was under my 2-mile minimum) to bring my total up to 89 races in 2017. My pace is slowing -- I know a "break" is in order -- but I'd like to cross that 100-race threshold before I do.

The month began with one of the "most fun" races I do -- the "High Five 5K - 6th Annual" in Sandwich, MA (Cape Cod) on October 7 - Saturday. The Mullet Marathoners direct

this race from Seafood Sam's Restaurant on the Cape Cod Canal and they truly mean it when they say "Health + Happiness + Helping others + Having a good time = High five". These guys put on charity races like this all over the country (since 2002) and bring excitement and fun to all their races. The \$30 race fee earns you a tremendous Mullet Marathoner t - shirt, free beer and high fives with music from the "guys" all along the course, race announcing by Channel 7 (Boston) announcer Brandon Gunnoe, and a great feeling that you had fun and did a good deed. Ann Marie Costa was 2nd in the F60-69 age group while Daniel Dodson was 4th in the M70-79 division. The race had 206 finishers.

The next day in New Castle, NH was the "Great Island 5K - 24th Annual". The \$25 (\$30 after Sept. 1st) race fee garnered one a GI5K SWIX ski hat, a CoolCore cooling towel, chip timing by Yankee Timing, refreshments, a beautiful race course along the seacoast, and perhaps the largest post - race raffle in New England. There were 630 runners and walkers who completed the rolling 5K course, including 16 NE65+ members. David Ritchie was 1st in the 14 member M70-79 division, followed by Ken Houle, Richard Paulsen, Andrew Lewis, Peter Bresciano, and Daniel Dodson. Joan Tremberth topped the field of 7 in the F70-79 age group with Marj Radin 3rd and Mary Ulinski 4th. NE65+ swept the M80-89 division with Robert Randall 1st, Bob Welts 2nd, and Henry Wolstat 3rd. Nancy Wilson won the F80-89 age group. Janet Parkinson was 5th in the large 41 member F60-69 age division followed by Terry Lee Harrington. Jay Diener grabbed the 3rd place overall medal in the male race-walking division.

The "Witch City 5K - 11th Annual" took place on Saturday, October 14, in Salem, Massachusetts. The \$25 fee earned the 506 finishers a Halloween inspired t - shirt, light refreshments, chip timing by North Shore Timing Company, and prizes for best Halloween costumes. There was also a "Spooktacular Broom Dash" for the kids. The M70-79 age group had two NE65+ medal winners with Daniel Dodson 2nd and Tim Cunningham 3rd. The race started and finished at the Salem Willows, and was part of the April to December "North Shore YMCA Road Race Series" - now in its 11th season.

The next day (October 15 - Sunday) was the "Footrace for the Fallen 5K" in Manchester, NH. This annual event honors the memory of all fallen police officers in New Hampshire and is sponsored by the Manchester Police Department. The \$25 fee featured a shirt, hot refreshments (cheeseburgers), live rock music, chip timing by Millennium Running, greetings from Mayor Ted Gatsas, free beer inside Gill Stadium, traffic-free race course in downtown Manchester, etc. Daniel Dodson placed 6th in the M70-UP division, with an overall field of 594 finishers.

October 25 - Wednesday was the weekly running of "The Mystic Runners Lake Q 5K" around Lake Quannapowitt in Wakefield, MA. The race fee is only \$2 and the course is pretty gentle as it winds around beautiful Lake Quannapowitt in central Wakefield on asphalt roads and sidewalks. Reflective shirts, headlamps, and blinking lights are almost mandatory at this time of year as the race starts at 6:45pm. Timing is done by Mystic Runners volunteers using popsicle sticks. Daniel Dodson was the only NE65+ member in the field of 27 runners.

October 28 - Saturday afternoon was "CHaD Trick - or - Trot 3K" and is part of the year - long "Northeast Delta Dental Points Chase" as well as Millennium Running's "NHOC Holiday Hat Trick" where completing 3 of the 5 Millennium Running holiday - themed races earns one a long sleeve 1/4 zip pullover with thumb holes. Being only 1.86 miles long ... it does not count as a "long - distance" race for my personal goal of reaching 100 races per year. The \$25 race fee included free parking at Arms Park along the Merrimack River, free beer at 3 different area taverns, running gloves, traffic - free race course including a bridge over the Merrimack River, National Anthem sung by Miss Exeter, greetings from Mayor Ted Gatsas, race announcing by Announcers on the Run Andy Schachat, chip timing with finisher video and free photos by Millennium Running, 3

different races for kids aged 4 & younger, 5 & 6, and 7 & 8, Halloween Festival including safari rides, wildlife encounters, magic show, etc., and 3 - deep age groups up to 70+. Results are unavailable at "press time".

October 29 - Sunday was the "Lawrence Vietnam Memorial 4 Mile Run/Walk - 21st Annual" at the Claddagh Pub in downtown Lawrence, MA. The reasonable \$22 fee included a long - sleeve tech shirt, regular timing by Yankee Timing, ziti and salad meal, free beer inside the Claddagh Pub, and a fairly moderate 4 - mile course on city streets with police at most intersections. The red long - sleeve shirt includes the names of all Lawrence veterans killed in Vietnam and in Iraq & Afghanistan (including the young man who escorted my wife to the 1969 Lawrence High School senior prom). Dick Kuhl won the M80-89 age group and Terry Lee Harrington was 1st in the Female Veteran division. Stavros Kanaracus topped the M70-79 division with Barry Pearson 2nd, followed by Charlie Farrington, Hank Pangione, and Daniel Dodson. Charlie Farrington and Hank Pangione were 2nd & 3rd respectively in the Male Vietnam Veteran division.

I missed my first Flag Race in two years as the 250 mile trip from N.H. to Trumbull, CT seemed a bit too far. I'll give a full report following the 6th and final flag race on Saturday, November 4th in Wakefield, MA -- our own NE 65+ "Run For All Ages". Let's all try to make this one as it's our only sponsored race of the year. As always my thanks to Tom Abbot and our hardworking "race results team".

In November I'll be at the "RFAA" on the 4th; the "Run to Overcome" in Haverhill, MA on the 5th; the "Penmen for Patriots 5K" on the 11th in Manchester, NH; the "Manchester City Marathon Relay" on the 12th, the "Going Going Gobble" on the 19th in Plaistow, NH; the "Sanborn Turkey Trot" on the 22nd (Wed.) in my hometown of Newton, NH; the "Trot Off Your Turkey 5K" in Amherst, NH on the 24th (Fri.); and I suspect a couple of more somewhere "Out on the Roads of New England"!!!!

Quote of the Month

"Winning doesn't always mean getting first place; it means getting the best out of yourself."

Meb Keflezighi

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