



Forever Run

October, 2017

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

I enjoyed seeing so many of you at the Annual Banquet on September 18th and wish I had more time to chat with everyone. Please see the article in this issue written by Byron Petrakis as he has captured the essence of the day with his remarkable writing! Your kind words and generous support with the Annual Fund drive are very much appreciated. This was my second year managing this endeavor and I am delighted that so many of you were so supportive of the 65+ club! Thank you so much!

Congratulations to all the men who are participating and bringing recognition to the club! There has been significant participation in the USATF-NE Grand Prix series as well as other prestigious races. One of our goals now is to recruit a 70's women's team. Sue Filene is leading this initiative. Please let her know if you are interested:
susanfilene@gmail.com.

There is another upcoming opportunity to compete in a USATF National Masters Championship! This year on October 15th USATF-NE is hosting the XC 5K at Franklin Park. We already have several men competing and I will be there as well. I hope more of you will participate in this event.

Then we need to focus on the 16th Annual Run For All Ages 5K on Saturday, November 4 around Lake Quannapowitt in Wakefield. Please register online or send me a check as soon as possible so we can plan our resources as the RFAA organizing committee works all year to make the race fun and successful: <http://www.ne65plus.org/index.php?page=2017-rfaa>

A last minute collaboration: The MASG games is using our race this year for their 5K competition, so if you want to receive another T-shirt and have the chance to win a MASG medal, after you register for the RFAA, go to their website to register with their component (an additional \$14): <https://maseniorgames.org/e/5k-road-race-november-4th/register?new=1>

Lastly, if you are interested in being considered to receive a waiver to run the Boston Marathon in 2018, please email me at: jholmquist@mspca.org. Please include information about your interest, such as, how long have you been a member of the 65+ club, have you volunteered at any of our events, have you run Boston with a 65+ waiver in

the past, have you tried to qualify yet missed the standard, etc. We do not know for sure if we are receiving entries or how many, but the last few years, we have received 7 waivers. A Board committee will be reviewing the list of members who would like to receive a waiver and issue the waivers based on fair considerations.

I hope to see many, many of you on November 4th at the 16th Annual Run For All Ages 5K. Please register today! Carpe diem!

NE 65+ Annual Banquet

by Byron Petrakis

President Jan Holmquist welcomed around 115 members of the NE 65+Runners Club at its annual banquet at Spinelli's Banquet facility in Lynnfield, MA. After thanking Phil and Rae Pierce, Jerry Panarese and others for their help in organizing the event, Jan introduced Boston Marathon Race Director and former banquet speaker Dave McGillivray who, in turn, introduced the CEO of the Boston Athletic Association, Tom Grilk, the banquet's featured speaker.

In his introduction, McGillivray noted that his boss at the B.A.A. was a former business lawyer who lived in Tokyo for three years and speaks Japanese and French. McGillivray also remarked that Grilk himself is a marathoner, having run an overall marathon PR of 2:49 in 1978 and a 2:54 PR Boston Marathon, also in 1978. From 1979-2013, Tom Grilk was the voice of the Boston Marathon, calling the race from the finish line.

Describing himself as "old enough to be a member of the NE 65+ Club," Grilk noted that he was never a runner in high school in Wakefield, MA but as a member of the school's hockey team would be required to run a couple of laps around the field. It was only while he was employed as a corporate attorney that he became a runner, using the sport to help him reduce work-related stress. When he assumed the role of finish line announcer in 1979, he was able to see the race from the perspective of both a former competitor and a commentator. In 2011, he took over as the organization's CEO, thereby providing him with yet another perspective on the event.

In his remarks, Grilk noted that while the B.A.A.'s mission of promoting health and fitness, especially through running, has remained unchanged since the organization's inception in 1887, the B.A.A. has broadened its scope to include developing talented runners, promoting community service through running clinics, youth activities and supporting the Dimock Health Center in Roxbury, MA.

As CEO of the B.A.A., Grilk oversees 30 full-time employees, a number of consultants and sponsors, and around 9500 volunteers who help with the Marathon each year, from starting line to finish line. He stressed the importance of maintaining strong relationships with corporate sponsors like John Hancock and Adidas, whose corporate involvement has helped keep the B.A.A. fiscally solvent and financially competitive with other major marathons around the world. Grilk stressed the importance of the three expectations for every B.A.A. employee: collaboration, innovation, and discipline. These qualities enable the B.A.A. to respond to evolving technological needs, such as hardware and software capable of handling the demands placed upon the B.A.A. during registration for the Boston Marathon, as well as its other sponsored running events throughout the year, including the B.A.A. 5K, 10K, and half marathon.

Crucial to the success of the Boston Marathon and related B.A.A. events are engagement and preparation. Everyone involved in the marathon, from the runners and volunteers to the sponsors and the towns and cities through which the event is run, must

be engaged and prepared for any contingency. For runners, this means sufficient training to meet the qualifying standards and to adapt to changing weather conditions during the marathon. For B.A.A. employees, volunteers, sponsors, first responders, and others, this means the ability to cope with conditions good and bad, predictable and unpredictable. It was their level of engagement and preparation, Grilk noted, that enabled volunteers and emergency personnel to respond courageously and immediately to the tragic bombings at the 2013 Boston Marathon. Stressing that while no one could have predicted the terrorist attack itself, volunteers and employees of the B.A.A. relied upon their training to meet the needs of the runners by providing aid, comfort, and shelter and leaving the responsibilities of public safety to police and medical personnel. Grilk cited the poignant example of volunteers at the finish who distributed medals at a makeshift finish line once the immediate danger was over to those who had been prevented from completing the race. Other volunteers gathered the personal bags of those runners and managed to return them

Citing the gratification he has received from working with colleagues who are prepared and engaged with the running community and the public at large, Grilk looked to the future by stressing that the B.A.A. must stay fully engaged with runners, B.A.A. sponsors, and the public to learn how the marathon can become more satisfying and rewarding for all concerned. One crucial factor is to uphold the integrity of the sport, by guarding against cheating through doping or other means. Toward that end, the B.A.A. has joined the "Abbott World Marathon Majors," a series of six of the largest and most renowned marathons in the world: Boston, New York, Chicago, London, Tokyo, and Berlin. On its website, the "Abbott World Marathon Majors" pointedly states that "no athlete found guilty of any anti-doping rules enforced by the IAAF, World AntiDoping Association (WADA), National Federations, or any of the individual AbbottWMM races is eligible to win the championship title. Athletes must comply with the AWMM Code of Conduct." Grilk hopes that this partnership and other innovative steps, such as the implementation of an age-based ranking system, will keep the B.A.A. a vibrant and viable organization for the future.

After Treasurer Andy Lewis's report (the club is financially viable and has raised nearly \$8,000 to date for its annual fund), Jan introduced a "surprise guest speaker," Steve Vaitones, Managing Director of the New England Association of USA Track and Field. Steve briefly described the function of USATF-NE and spoke about upcoming events, such as the Lone Gull 10K, which is part of the Grand Prix Series, and the USATF National Masters XC Championship in Franklin Park this year on October 15.

Next on the program was the presentation of awards. This year, two individuals were honored as recipients of the "Race Director of the Year Award." Club members Marj Radin and Henry Wolstat presented New Hampshire's Jay Diener with his award first. Jay, a recent NE 65+ Club member, was honored for his leadership in creating the Seacoast Half Marathon and the Great Bay 5K, both popular and highly successful events on the NH seacoast. Both events have raised significant amounts of money for local charities. This year's beneficiary of the Seacoast Half Marathon will be Crossroads House, a shelter for homeless people in Portsmouth, NH.

Charlie Farrington presented the next Race Director of the Year Award to Bill Pennington, director of the hugely successful "Feaster Five" Thanksgiving Race in Andover, MA, which has reached over 5,000 entrants. Bill also created the "Home for the Troops" race, which provides 100% of its proceeds to providing funds to help returning veterans with their housing needs. Bill's commitment to this eminently worthy cause became evident in the emotional stories he recounted of how individual veterans have benefitted from the race. He also noted that on the Friday evening of race weekend, proceeds from previous years' races are used to provide a catered dinner for all veterans at the Andover Country Club.

The final award recognition was the presentation of the Rev. Joseph Shea Award to Maine's Mel Fineberg. Presenter Jim McLaughlin praised Mel for his service as past president of the Maine Track Club and his role in elevating the status of road races in Maine, including the Maine Flag Race, part of the NE 65+ Runners Club Flag Race Series.

Three Flag Races were highlighted: October 8th in NH by John O'Donnell; October 22nd in CT by Janit Romayko; and Past President Tom Wylie who encouraged members to participate in the upcoming 16th Annual RFAA 5K Flag Race, to be held in Wakefield, MA on November 4. Tom and Jan are Co-Race Directors.

President Jan Holmquist closed the meeting by recognizing Lou Peters and Jerry Panarese, the two 90-year old club members present, as well as thanking all others in attendance.

Survey Says

by Rick Stetson

Were you one of the 6,800 runners who took part in the National Runner Survey conducted by "Running USA"? I was not one of the runners included in the survey but when the results were printed in "Runners World On Line," I wondered how readers of "Forever Run" might respond to the following survey questions:

Where do you run? Paved path, 67%; urban road, 54%; park, 47%; rural road, 44%; dirt trail, 40%; outdoor track, 20%; treadmill, 14%; beach, 12%.

Who do you run with? By self, 55%; with one other person, 16%; in a group, 16%.

Favorite race distance? Half marathon, 43%; 10K, 18%; 5K, 14%; marathon, 10%.

What is the primary motivation to start running? Exercise, 24%; weight concerns, 14%; other reasons, 10%.

What is the primary motivation to keep running? Stay healthy, 77%; stay in shape, 73%; relieve stress, 62%; enter or train for a race, 62%; have fun, 55%; achieve a goal, 54%; meet a personal challenge, 53%; improve state of mind, 53%; control weight, 53%.

How do you describe yourself as a runner? Fitness, frequent runner, 62%; jogger recreational runner, 21%; serious competitive runner, 15%.

Favorite season to run? Fall, 46%; spring, 34%; summer, 11%; winter, 10%.

Time of day to run? Early morning, 77%; early evening, 39%; mid morning, 25%; mid afternoon, 11%.

What do you carry? Smart phone, 59%; sports watch, 51%; GPS, 44%; sunglasses, 44%; keys, 43%; hat/visor, 40%; personal ID, 34%; cash/credit card, 17%; pepper spray, 7%; toilet paper, 4%.

On what holidays do you run? Thanksgiving, 54%; 4th of July, 26%; St. Patrick's Day, 20%; New Year's, 18%; Christmas, 15%; Halloween, 13%; Valentine's Day, 8%.

Why would you skip an outdoor run? Too icy, 69%; don't feel safe, 48%; wind chill too low, 44%; too rainy, 35%; too dark, 34%; too cold, 31%; too hot, 31%.

So there you have it. Obviously for some of the questions, runners selected more than one response. How would have you answered the above questions? For "Where do you run?" I could have checked all of the places but my running on a treadmill is very limited as I don't like to run without going anywhere. I have run on all of the holidays listed but if the question asked on what holidays have you raced, I would have to eliminate Christmas and Halloween. I once read that more Americans race on Thanksgiving than any other day of the year. When runners race on Thanksgiving morning, they don't feel as guilty when eating a second piece of pumpkin pie. And as for the favorite season for running, I would have to pick either spring or fall. It is amazing to see there are runners who listed winter as their favorite season. It can be a favorite season to strap on a pair of skis or snowshoes, but enjoying running on roads covered with snow and ice? No thanks.



Ted and Mary Tyler are two club members who won't skip a run because it is too cold.

Rookie Running Mistakes

by Michael Gonnerman



photo courtesy of Michael Gonnerman

Above: The author demonstrating he has learned the importance of staying hydrated during a race.

Did you ever make a rookie running mistake? I've made hundreds of them. In fact, after 40 years of running and almost 300 races (including 23 marathons and 96 mountain and trail races), I am still making them. I ran my first race in 1977, at 35. Am about to turn 75, and am still learning. Take it from a pro - I am still a rookie.

1. Started out too fast at Boston Marathon (BM). I qualified at an 8:30 pace, and then trained to run 8:00's. Since I was seeded back with the 8:30's, I wanted to leave them and run with other 8:00 runners. Sped up for the first 2 or 3 miles, which was difficult due to the crowds and narrow roads. In spite of my effort, I still completed the race at an 8:30 pace.
2. Did not double knot my shoe laces at Mt. Wachusett. Ran one mile up Park Road, then another mile down the trail before starting the next ascent. The laces on each shoe came untied. Embarrassing and really time consuming.
3. Got dehydrated on marathon training run, leading to blood in the urine (twice). Trained hard on long runs when the temperature was 80° and above. After the runs, saw that I had a problem. Obviously, was under-hydrated. Has not happened since.
4. Didn't consider heat and humidity when running the Whirlaway 10k. Collapsed at the finish line. At about 3m my feet were scuffing, at mile 4 my gait was irregular, and by mile 5 I couldn't run on the white line in the middle of the road - was weaving. So, walked to the finish line. At least I now know the signs for being out on my feet.

5. Took my foot off the gas at the finish of Mt. Wachusett. Another runner and I had played cat and mouse for 4 miles. I came to the base of the final hill and saw her ahead of me, but she was really struggling. Figured I had her, went past and then relaxed about 50 yards from the finish line. Big mistake, as she went flying by with about 5 feet to go. Valuable lesson.
6. Planned to run the Mt. Washington Road Race by time, not effort. When I ran Wachusett, before Mt. W, I saw someone walking and figured that was the secret to completing Mt. W - walking. So, I figured I could run 10 minutes and then walk 1 minute. I got so excited at the start that I forgot to look at my watch until I had run 15 minutes, then decided to walk 1 minute and try to run another 10. Unfortunately I had to walk after running only 2 or 3 minutes - was like that for the rest of the race.
7. Dropped and lost my sunglasses on a marathon training run. I wear a fuel belt with pockets for 4 water bottles. Was carrying 3 bottles, and used the 4th pocket to hold my sunglasses when running in the shade. Somehow they came loose and fell out - sadly, very expensive prescription glasses. Oh well.
8. Undertrained for my first marathon. My first race was the 1977 Marine Corps Marathon (MCM). The Marines had a race discussion in an auditorium where a Marine who ran in the 1960 Olympic marathon (Rome) discussed training. He said do lots of 20 milers and further. I had no trouble doing 16's and 18's, and figured that would be enough. Big, big mistake. I hit the wall at mile 22 or so (only time I have ever "hit the wall") and had to walk to the finish. Only reason I finished was because it was a loop course and my car was parked near the finish line.
9. Tried to run through an injury. Did not pull out before or during the California International Marathon (CIM). Felt a groin problem 2 weeks before the CIM. 10 days before the race tried to run the Prospect Park (Bklyn) 5m Turkey Trot, and had to walk the last 3 miles. Tested the leg a couple of more times before the CIM and had no problems. During the race, at mile 8, I was in trouble. Had the option of dropping out (using Uber to get a cab to the finish - I was carrying my cell phone) or walking/running. Went for it, but it took me 6 hours + -- truly a personal worst. At least it wasn't a DNF.
10. Overestimated my conditioning in the Bretton Woods fell race. Course was tough - multi track ascents/descents of 3 hills, all on trails. I assumed I could ascend in 15 mpm and descend in 10 mpm. At those paces, I would finish in 1:40. Took me 2:40.
11. Did not synchronize my Garmin watch before the start of the Boston Marathon. I had synchronized it, but it became un-synched in the corral just before the start. So, I didn't get it working again until about 1/3m into the race. What a disappointment, especially since I like to keep track of miles and pace at each of the official mile markers. I was confused for the entire race.
12. Suffered from chaffing in a sensitive area on a marathon training run. Recommended solution is Squirrel's Nut Butter, advertised in RW. Their motto - "The happiest squirrels butter their nuts."
13. Did all MCM training runs at race pace - 7:00's. I did not do pickups, or track work outs, or tempo runs, or hill repeats, or Yasso 800's or other intervals until I had been running 20 years. Marathon training runs were all at marathon pace.
14. Under dressed for cold rain in the Bay State Marathon. Heavy rain, 40° and getting colder during the race. That afternoon, after the race, it was snowing. Got soaked through, with hands like ice cubes.
15. Didn't realize temperature was falling on a rainy training run in Hanover. Everything

"iced up". When we went out it was about 38°. But then the temps dropped. Wound up running in the street, where the cars had broken up the ice, because the sidewalks were impassable. I only fell twice before going onto the road.

16. Was not carrying a phone when I fell. Caught my foot going up a curb and landed on my fingers, dislocating a pinkie. Walked 2 miles home and wound up having it cared for at a local hospital.

17. I told runners to look to the right at the MCM leaders. They were going down Independence Ave. while we were headed up Constitution Ave. Not a bad idea, except one runner turned to look and immediately ran right into a saw-horse barricade set up to control traffic. Ouch.

18. Made up for a very slow first mile in the MCM by speeding up for the second mile, then pulling back. We had self-seeded with the 7:00's. But the first mile was slow and took us 8:00. So, we picked it up, ran the 2nd mile in 6:00, and then went back to doing 7:00's. I know you're not supposed to do this, but I set my marathon PR in this race.

19. Was not prepared for bathroom emergency. Nature called about ½ mile from home. Had to stop and use the sylvan facilities. Terrible case of poison ivy that weekend.

20. Did not know the BM course. Here I was, living near the course for 24 years, but did not know where the hills were, that the first downhill was the steepest part of the course, that it was downhill or flat for the first 16m, or the pounding you would get going down to Cleveland Circle. Really short sighted of me.

21. Sat down right after finishing my first BM. Both calves cramped up. Extremely painful - wound up being massaged and then in a wheel chair.

22. Got legs cold on a 20m+ BM training run. This led to insertional tendinitis, which I had when I ran the BM - after that race I needed 5 months to recover.

23. Ran/walked with a broken leg (only 1 mile, though). Rolled my ankle when I ran over a branch, broke the fibula (heard a loud snap - was it the branch or my leg?), and trotted 1 mile back home. Put a real dent in my training.

24. Put valuables in the bag left at the baggage check-in area. Keys, wallet, glasses, change of clothes - everything. Only problem was that I ran with my wife, and she had a tough race. After the race I went with her to the medical area and then to the emergency room. By the time we returned to the finish area, the race was over and the remaining bags had been locked up. Fortunately, had gotten dry clothes from the hospital and had run with a spare key on my shoelace - so we were able to drive home. Picked up the bag the next day.

25. Started a marathon when it was 91°. North Penn Valley Boys Club, 1978. Weather had been moderate during training, but warmed up just before race day. Pulled out at mile 10 - was not in distress, but realized it would be foolish to continue. My only DNF-marathon, but pulling out was one of my best in-race decisions.

Author's note - did you catch the mistake hidden above, my biggest of all? My first race was the 1977 Marine Corps Marathon. What a rookie!

Racing for a Cause

by Rick Stetson

It is always a good feeling when a portion of a race entry fee goes to support a worthwhile cause. As mentioned in the above article by Byron Petrakis, two race directors were honored at our banquet for races where proceeds go for good causes: Jay Diener who directs the Seacoast Half Marathon and Bill Pennington for the Feaster Five and Home for Troops.

Runners who enjoy taking part in a race that supports a good cause might consider entering the Lawrence Massachusetts Vietnam Memorial Race which was started by 65+ club member and Vietnam veteran, Ed "Hoppy" Curran. Twenty one years ago Ed thought a road race would be a good way to raise funds to build a memorial to honor the 18 Lawrence citizens who lost their lives in Vietnam. The race enabled a fitting memorial to be built and in the years since that first race, over \$100,000 has been donated by Ed and his race committee to organizations such as the Merrimack Valley JROTC program, veteran and youth scholarships as well as providing shelter for homeless veterans. If you would like to take part in an event where proceeds go to a good cause, the Vietnam Memorial Race will take place October, 29 at the Claddagh Pub in Lawrence.

Our NE 65+ Runners Club sets an excellent example when it comes to organizing a race for a cause. The club's Run For All ages, now in its 16th year, contributes a portion of the entry fees to the Wakefield Education Foundation and thousands of dollars have been raised to benefit students and education programs in the community. Another mission of the club is to promote running in all age groups which the race accomplishes by including 5-year age groups from 65 all the way up to 90+. Course records are maintained for all age groups but for 65 and above, records are listed for each age. The course is almost completely flat, something appreciated by our "senior runners," and cash prizes are awarded on an age-graded basis.

Besides benefiting a good cause, The Run For All Ages also serves as the club's final flag race of the year which enables club members to meet and socialize, receive an attractive technical t-shirt, and enjoy some good post-race refreshments. The race will take place on Saturday, November 4, at 100 Quannapowitt Parkway in Wakefield, MA., starting at 10:00. It is a race club members won't want to miss.

65+ Spotlighthed in Magazine

by Rick Stetson

Forever Run co-editor Byron Petrakis has used his writing talents to introduce readers of the on-line running magazine, **levelrenner**, to our NE 65+ Runners Club. The article even contains a photo of club members posing before our tent at a Maine flag race. For those who do not receive **levelrenner** via email, the link below will get you to Byron's excellent article. Click on the link and then scroll down to page 20 where you can read about our club. Or if you go to the table of contents on page 4, click on "Club Spotlight" and you should be taken directly to the article. We thank Byron for helping spread the word about what senior runners are doing in NE 65+:

<http://levelrenner.com/wp-content/uploads/2017/09/issue040-09102017web.pdf>

New Members

James Jones, Wellesley, MA

Sponsor: Tom Abbott

Has been running for 50+ years. Some PR's: mile, 5:43; 10K, 35:30; half marathon, 1:22; marathon, 2:37.

Dottie Thibodeau, Lynn, MA

Sponsor: Maureen Farren

Started running 6 years ago. Does 5K runs at Lynn Woods on Wednesday nights.

Out on the Roads of New England

by Dan D.

Greetings to all NE65+ members and welcome to our little monthly column once again. Seems like Autumn is truly here. I don't know what your opinion might be but I personally consider this time of the year to be the absolute best for running in our wonderful six - state region. I managed 8 more races in September, bringing my 2017 total up to 83 races of 2 miles or more. That figures out to an average of 9.22 races per month thus far which would bring the projected total up to about 110 for the year. I don't think the 110 will happen but the goal of 100 races seems within reach ... barring any injury or other unforeseen situation.

My first September race was the "Run the Goose 7K" in Gloucester, MA on Monday, Sept. 4th -- Labor Day. The \$25 pre - race fee earned the 163 finishers an excellent technical t - shirt, post - race refreshments, and chip timing by North Shore Timing Company. The race started on Cherry Street and ended nearby in the driveway of the O'Maley Middle School. The accompanying 25K started at the same time and also ended in the school driveway. The 7K is perhaps 2 miles on neighborhood roads and about the same in the abandoned village of "Dogtown" within the city limits of Gloucester. The Dogtown section was quite hilly with some mud and puddles from recent rain. It once was populated with over 100 families in the 1700's but now is totally a ghost town. Janet Parkinson topped the F60-69 division while Daniel Dodson was 2nd in M70-99. This 7K race is part of the North Shore YMCA Road Race Series, now in its 11th year.

The "Highnote Jack Sharkey 5K" was held on Saturday, September 9, as part of the Old Home Day celebration in Epping, NH. The race is named for the 1932 world heavyweight boxing champion Jack Sharkey who retired to Epping in the 1950's. The \$20 pre (\$25 post) race fee included admission to the old home day celebration later in the day, a certified and very hilly 5K course, and timing by 5K Sports Race Management. There were only 34 finishers and Daniel Dodson was 1st in the M70-99 age group. The race started and finished at the Governor Prescott House on Prescott Road.

The next day (Sunday - Sept. 10) was the "Northeast Delta Dental Halfway to St. Patrick's Day 5K & 10K" in Manchester, NH. This race was part of the Elliot Millennium Running Series with race management and chip timing by Millennium Running. The \$30 fee earned the 540 finishers in the 5K and the 513 runners in the accompanying 10K a traffic - free course in downtown Manchester; free admission to the Wild Rover Celtic Festival with free beer, flatbread, yogurt, etc. and Irish music and step dancers; 3 - deep awards up to 70+; free online photos of each runner; free video of your finish; and instant results on tv screens at the race and immediately sent out to all electronic devices. The Wild Rover Irish Pub on Kosciuszko Street in Manchester is known as "the only Irish bar on a Polish street in a French city" in the USA!!!! In the 10K race Janet Parkinson was 1st in F60-69; Geraldine Liebert was likewise 1st in F70-Up; and Dick Kuhl was 3rd in M70-Up. In the 5K race Shu Minami was 2nd in M70-Up, followed by George Tosatti in 4th and Daniel Dodson 5th.

Our annual 2 - week vacation to Acadia National Park in Bar Harbor, Maine allowed me to run 2 races in mid-September in Bar Harbor and in Bangor. The "Bar Harbor Bank & Trust Half Marathon and Fall 5K - 40th Annual" races were held on September 16 - Saturday. The half marathon had a \$105 fee while the 5K was \$25. The half marathon (which I have run 3 times previously) includes 9 miles on the famous John Rockefeller, Jr. carriage roads in Acadia National Park, and is restricted to 400 runners by the U.S. government. The half marathoners received finishers medals and everyone had light refreshments on the athletic field at the Mount Desert Island YMCA in Bar Harbor. The packet pick-up was on the Friday at the YMCA and included a nice t-shirt. In the half marathon Jim Tyrell was 3rd in M70-79, while Mary Schendel was 11th and Cathy Burnie 16th in the 22 member F60-69 field. In the "Fall 5K" Daniel Dodson was 2nd in M70-79 and Penny Armstrong finished 3rd in F70-79. A total of 315 runners completed the hilly half marathon while there were 85 finishers in the 5K. The 2nd mile in the Fall 5K is extremely uphill!!!

The next day - Sunday, September 17 - was the "Wellspring Race for Recovery" at the waterfront park in Bangor, Maine. The reasonable \$20 fee included a t-shirt, light refreshments, and timing by sparkflashgap. Daniel Dodson was 2nd in the M70-99 age group. There were 78 runners who completed the 5K course which ran by the huge Paul Bunyan statue and along the beautiful Penobscot River. The race benefitted people recovering from substance abuse and mental health issues.

The "Kelly Mann Memorial 5K and 3K Walk" was held on September 23 (Saturday) at Nashua High School South in Nashua, NH. The course ran through trails in the Mine Falls Park. This race was part of the "Gate City Race Series" which had a decent \$100 entry fee for all 5 races. Runners who complete 3 out of the 5 races earn a jacket and a series party in Nashua in December. Age groups went up to 90+ and were 3 deep. Bob Welts was 1st in the M80-89 division. Ed Auclair finished 3rd in M70-79, followed by Daniel Dodson in 8th and James Stafursky 9th. There were 203 runners who completed the 5K course.

September 24 - Sunday was the "GNOCA 5K Race/Walk - 7th Annual" held at Michael's Harborside restaurant on the Merrimack River in Newburyport, MA. The race honored Jackie Poor and Paula Holm -- 2 Newburyport women who were victims of ovarian cancer. The \$25 pre (\$30 day of race) fee earned runners a tech t-shirt, light refreshments, 2 - deep awards up to 60 - 99, and timing by the Joppa Flats Running Club. There was a large contingent of runners from the Winners Circle Runners Club. Janet Parkinson topped the F60-99 division, followed by Maureen Ferren and Terry Lee Harrington. Rick Bayko was #2 in the M60-99 age group, followed by Charlie Farrington, Tom Wylie, and Daniel Dodson. A total of 92 runners finished the race.

The "Specialist Matthew Pollini 5K Ruck or Run" took place on Saturday, September 30th, at Lenzi's on Route #110 in Dracut, MA. Specialist Pollini was sadly killed during the Iraq War and this race in his memory is put on by several military police outfits in Massachusetts. A unique feature is the "ruck" division for people that carry a minimum 30lb. pack during the race. The day was cold and rainy which was okay once the race began. The \$35 fee included a nice tech t-shirt, free beer, cheeseburgers, and hot dogs, music by a disc jockey, and timing by SOAR Events. There were no age group awards ... except for the top two males and females and the "ruck" winners. The food and beer was served inside Lenzi's restaurant which was appreciated on this cold and dreary day. Daniel Dodson was the only NE65+ runner to finish the race.

Now for an update on our 6 - state "Flag Race Challenge". Next up is the "Great Island 5K - 24th Annual" at 10:00am in New Castle, NH on Sunday, October 8th. Two weeks later is the "Great Pumpkin Classic" in Trumbull, CT on Sunday, October 22nd at 9:15am. Our own "Run For All Ages" follows on November 4 - Saturday in Wakefield,

MA. 26 members have completed 1 of the 3 races thus far (ME., VT., RI.), while Susan Filene has run 2 and Daniel Dodson all 3. Let's see if some of us can "rally" and do 1 or more of these final 3 races.

Thank You very much for your kind attention. I hope to be in New Castle, NH on the 8th; Salem, MA on the 14th; Topsfield, MA on the 15th; either Trumbull, CT or Nashua, NH on the 22nd; Manchester, NH on the 28th; and Lawrence, MA on the 29th. I hope to talk to you at one or more of these races or at some other venue "Out on the Roads of New England."

Quote of the Month

"You can run a sprint or you can run a marathon, but you can't sprint a marathon."

Ryan Holmes

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