



# Forever Run

September, 2017

## Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

Welcome to the busiest time of the year for the 65+ club!

As of August 31st, we have 93 reservations for the Annual Luncheon on Monday, September 18 at Spinelli's beginning at 11 am. If you haven't sent your reservation in to Phil Pierce, there is still time to do so. Everyone should have received the invitation in regular mail a few weeks ago, but as a reminder, the luncheon is \$35 per person (guests are welcome) and the lunch options are vegetarian, salmon, or chicken. Phil's address is 79 Waites Landing Road, Falmouth, Maine 04105. Members 90 and over (or will be 90 by the end of the year) are free. We are pleased to welcome our guest speaker, Tom Grillk, CEO of the B.A.A.

Also, this fall are 3 Flag Races: Great Island 5K (<http://www.greatisland5k.org/>) in NH on October 8; Great Pumpkin 5K Classic: (<https://runsignup.com/Race/CT/Trumbull/GreatPumpkinClassic>) in CT on October 22; and our Massachusetts Flag Race - the 16th Annual Run For All Ages (RFAA) on Saturday, November 4th at 10 am. The RFAA venue is the same as the last few years at 100 Quannapowitt Parkway in Wakefield. Please note that participants 80 and over are free. Registration is by snail mail or online: (<http://www.ne65plus.org/index.php?page=2016-rfaa>) or on race day. Please register as soon as possible in order to help the RFAA committee make plans. If you aren't planning to run, but would like to help with volunteer tasks, we welcome your help! Please let me know: [jholmquist@mspca.org](mailto:jholmquist@mspca.org). Optional: Please bring a raffle item for the Run For All Ages to the race or better yet to the luncheon.

This year the USATF National Masters 5K XC Championship will be held at Franklin Park on October 15th. We are hoping to have men's 70's teams and maybe an 80's team! We are fortunate to have another USATF National Championship event in New England!

In addition, please note 2 upcoming USATF-NE Grand Prix events: The CVS Downtown 5K on September 17 in Providence, RI: <http://www.cvsdowntown5k.com/> and the Lone Gull 10K on September 24 in Gloucester, MA.

And a unique and interesting opportunity occurs on September 30th in Lynn, MA - the USATF 1 hour run. This event did not occur last year, but Lou Peters and I participated in 2015 and had a lot of fun! Lou set a 90+ record! I will be in Syracuse that weekend to

participate at the USATF National 5K, so won't be able to be there, but if you are staying local, please consider doing something new! Contact information is on the poster below.

On behalf of the entire Board, we sincerely appreciate all the donations to our annual fund drive...THANK YOU! It is never too late to send a contribution if you haven't done so yet. Please mail a check made out to the New England 65+ RC to Jan Holmquist, 32 Paulson Drive, Burlington, MA 01803.

I look forward to seeing many of you at the banquet on Monday, September 18th! Carpe diem!

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## 3rd Lynn Parks and Recreation

# One Hour Run



**Saturday, September 30, 2017**  
**Manning Field, Lynn MA**  
**Hosted by Lynn Parks and Recreation & USATF-NE**  
**6:30 p.m. – Women's only 1 Hour**  
**7:45 p.m. – Men's only 1 Hour**

**Focus on Masters! Multiple US records set in 2014 and 2015**

**Facility: 400 meter track, shaded** (more so as the sun goes down)

**Entry Fee:** \$5.00 per entrant

Water available on each lap – bring an identifiable water bottle to place/replace on the aid table if you want personal aid.

Email your intent to compete to [office@usatfne.org](mailto:office@usatfne.org)

Complete the race entry/waiver form on site on race night

**Further Information:**  
Joe Abelon [jsa777@verizon.net](mailto:jsa777@verizon.net) or [office@usatfne.org](mailto:office@usatfne.org) for USATF questions

For masters: Distance and pace/mile for age groups may be found on [www.lwrun.org](http://www.lwrun.org)

Check the US bests for Long Distance track races at  
[www.usatf.org/statistics/Records.aspx](http://www.usatf.org/statistics/Records.aspx)

**Directions:**

From Rt 128/95 - Follow Rte 129 (Lynnfield Street) to Broadway to Boston St. First left on Ford St.  
From Salem...Highland Ave to Western Ave...Right on Maple St...First left on Ford St.

Parking Lot entrance is on Ford Street

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# NH Clams Defeat the Woodstock, VT Woodchucks

by Rick Stetson

Results of croquet matches are not listed on the NE 65+ Runners Club web site, so we take pride in reporting the outcome from when two rival clubs of neighboring states competed in a croquet contest last month. The clubs had met in two previous years with each club taking a match, so when the Rye Strawberry Banke NH Croquet Clams defeated the Woodstock VT Woodchucks in August, they captured the all-important series title. The Clams took the match in impressive fashion, winning seven of the nine singles and doubles games played.

You might be wondering why an article about a croquet team is included in a running club's newsletter. When the president of the croquet club also served as a past president of the running club, it carries some weight. Jim McLaughlin not only served as our 65+ president, he contributed to the newsletter for many years and in 2014, he was the recipient of the Rev Shea Award. Jim will present the award this year. He is an excellent example of a person who enjoys life to the fullest and demonstrates that even if our running days have slowed, there are other activities offering competition and fellowship.



photo courtesy of Jim McLaughlin

**The victorious Clams. That's croquet club president Jim McLaughlin in a white shirt and shorts, second from right, and on the far right, Bert Myer of Stratham, NH, a 2016 inductee to the United States Croquet Hall of Fame.**

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**Editor's Note:** We are always pleased to receive reports of races where our club members have run, especially when the race is for a worthwhile cause such as the Run 4 Kerry 4 Miler which took place in Wakefield, RI on August 6. Chuck Hyson was there along with 433 other runners taking part in a race that has awarded over \$61,000 in scholarships to female athletes who plan to attend college. Kerri Bessette was a captain of her high school track and cross country teams and was a freshman attending LaSalle

when bacterial meningitis took her life. We appreciate Chuck for letting us know he finished in 58:35 (14:39 pace) and for sending us the following race report.

## **Run 4 Kerri 4 Miler**

**by Chuck Hyson**

This was the 17th running of the race that is held in memory of Kerri Bessette who died in 2001 at the age of 19. I had run all except last year due to injury. This is only my second race this year and it was good to be back among my running friends. This course is run along Matunuck Beach Road and through neighborhoods with a few rolling hills. The years have begun catching up with me and I must admit to speed walking some of the hills. I am also finding the same effort results in much slower times. However, as they say; "at least you are still doing it." We caught a break in the weather with cooler temperatures and a nice breeze to make it more comfortable.

Cash awards are given to category winners. Also there are many raffle prizes given based on your race number and not your time. The after race food and drink could be improved upon. Just water to drink, watermelon, bagels and packets of peanut butter sandwiches. This race has a family-type atmosphere and is a nice way to spend a Sunday morning.

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## **WINNIPESAUKEE**

**by Bill Borla**

When I was in my 50s, some friends invited me to join their 8-man relay team that was going to run a relay race at Cape Cod. I declined because I thought it was too far to drive just to run one leg of the relay. Because of logistics problems at the Cape, the race was moved to a 66 mile course around Lake Winnepesaukee in New Hampshire. My friends kept pressuring me to join them for the Winni challenge. To get them off my back, I finally agreed to go but I told my wife that I would tell them I didn't like it and wouldn't go again. Well I went, I ran and I absolutely loved it! Although I must say that I thought the course was going to be relatively flat because of its location around the Lake. It is very hilly! But it was so much fun to run with a group of great people, who were also great runners, instead of competing against them as an individual. I made some wonderful friends through this and other relays in which I participated.

It was friendly, but fierce, competition that played out over a number of years among teams like the Class of 50-Maine featuring Guy Berthiaume, John Noyes, Bill Reilly and Bob Payne; Sub Sevens with Joe Fernandez, Bill Spencer, Jim O'Toole, and Jack Kick; Merrimack Valley Striders; Nifty Fifties with Zeke Zucker, Bob Seiller, Rafael Torres, Chuck Keating, Jerry LeVasseur, Don Smith, Bob Johnson and Peter Davis; Sizzling Sixties with John Dugdale, Geoff Etherington, John Pelton, Jay Sturdevant and Dave Sonstroem; Greater Lowell Road Runners with Doug MacGregor, Jack Pierce, George Bisson and Denny LeBlanc. There were many others, too. What a high it was running with and against those hi-powered teams.

I was thinking of some of those runners as being like the sheriffs/gunslingers of the Old West - people like Wyatt Earp, Bill Hickock, Tom Mix, Red Ryder, The Lone Ranger, Buffalo Bill Cody, etc. Some of those characters weren't real, but all the runners were and, although they weren't as notorious as the western variety, they were just as daring,

adventurous, courageous and resourceful. Like the westerners, some of them were characters in every sense of the word and they had some notoriety among the running community.

For example, MacGregor was the assassin. He was scary fast and no one on the teams I was on wanted to run the same leg he was on. We all knew we would be killed. Most of the time it seemed it was Bob Seiller who ended up running against MacGregor. Bob would go off hooting and hollering his fool head off when he found out about it, and he would cry like a baby to anyone who would listen to him. But none of us had any sympathy for him. We got a big laugh out of his antics.

And Bob was a great runner. He was the drill sergeant. I had the good fortune (or was it misfortune) to have drawn him as a primary training partner. With Bob, we could never stop to smell the roses. It was push, push, push and then push some more. We did long runs at a pretty good pace; track intervals; and hill repeats that he would have us run up nose grinders. They told me the story about the time when he was in his late 40s, that he rode his bicycle from his home in Canaan, CT to New Milford and won an eight-mile race outright. Then he biked back up to Canaan and won a five-mile race outright. I remember another time Bob and I were driving to Bridgeport to run a 15K with the Libra Running Club. After 4 of 6 races, Libra had the race series sewn up. Bridgeport was the 5th race in the series. Our manager, Tony Delmonaco, told us to just show up and run easy. I reminded Bob of this on the drive down to the race. Bob said, "we're not driving all the way to Bridgeport to run easy." I don't think he ever heard of easy and running going together.

John Dugdale was the dominator. He holds the Manchester, CT Thanksgiving Day Road Race age 50 record. A lot of big name runners are drawn to that race and it's been around 30 years that John still holds the record. John didn't race much in the national competitions, but when a top national runner, like Norm Green, ventured into his territory for the 20K national championship in New Haven, CT, one year. John won the race.

Zeke Zucker - just his name says it all. He is the ultra-marathoner extraordinaire. He still holds the age 65 record for the fastest time in a 100-mile race - 19:46:20, which he set in April 2009 in Raleigh, NC. He runs Mount Washington in New Hampshire and Pikes Peak in Colorado and the Western States 100 mile ultra in California and everything in between. He is indefatigable.

Geoff Etherington is the running intellectual. He has degrees in mechanical engineering and business (MBA), and he's a lawyer and a medical doctor and the CEO of several companies. I'm not sure what Geoff's companies produced, but imagine if his companies developed tools for the medical profession, being an engineer, he could design the tools; as a lawyer, he could get patents on them; as a doctor, he could use them on his patients; and, as the CEO of the companies, he could sell them!! I called Geoff one time to ask him to run on a 200-mile, 12-person, relay team. Had I known all this about him at that time, I would have been too intimidated to call him. Fortunately for both of us, I didn't know his background except that he was a superb runner, so I did make the call and he agreed to run. We both had a great time, but it would never have happened for him if I knew any more about him than his running ability. Sometimes it pays to be ignorant.

Jerry LeVasseur is the super survivor. In 1944, when he was six years old, his mother took him to see the afternoon performance of the Ringling Bros. and Barnum & Bailey Circus in the north end of Hartford, CT. The big tent caught fire and over 160 people were killed, including Jerry's mother. Jerry's face and hands were badly burned and he lost parts of all his fingers. He doesn't know how he got out. The doctors thought he was going to die, but Jerry had other ideas. He recovered and has been a great inspiration to many

people because he is dogged in pursuit of the things he wants to do and doesn't let anything stop him.

There were others who had interesting backgrounds and stories, too. But that gives you the idea regarding a few of them. Also, there were many women on the relay teams and I'm sure many of them have equally fascinating stories. Maybe someone will write about them so we will know their stories.

The races around Winnepesaukee were awesome, exciting stories in themselves. Going back to my western analogy, you could say the races were a combination of a gold rush and the pony express. The races started at the Fun Spot at Weirs Beach with the runners on the first leg taking off en masse out of the parking lot, like the beginning of a gold rush. There were eight runners per team and the runners hand off a baton to a teammate at the exchange until all the legs are completed. It's like the pony express rider jumping off one horse and onto the next to continue delivering the mail until it reaches its destination.

Now to get to the races. I'm going to concentrate on the 1993 race in which the Nifty Fifties set the course record running the 66 miles in 6:42:58 at a 6.108 minute pace. It was a tremendous battle that raged for the whole 66 miles among the Nifty Fifties, Greater Lowell, and the Class of 50-Maine. The team lineups and leg assignments were as follows:

Dist. (Miles) Nifty Fifties, Greater Lowell, Class of 50-Maine

1. 10.7 Pete Madden, Colin Gouldson, John Noyes
2. 11.0 Bob Seiller, Doug MacGregor, Bob Coughlin
3. 10.5 Danny Klein, Jack Pierce, Bob Payne
4. 4.0 Jerry LeVasseur, George Bisson, Joe Richards
5. 10.8 Bob Graham, Charlie Pratt Myles, Lemeau
6. 6.4 Bill Borla, Bob Ludwig, Bob Gillespie
- 7 8.5 Nick Collin, Denny LeBlanc, Bruce Bell
- 8 4.4 Hal Bennett, Will Mason, Doug Ludwig

In the 1992 race, Greater Lowell prevailed over the Nifty Fifties, 6:43:10 to 6:43:36, a mere 26 seconds. This set up a grudge match for 1993. The lead was changing back and forth among those three teams. Here's how it went:

After the first leg, the teams were in a virtual tie with Gouldson putting Lowell in the lead by seconds. MacGregor ran the 2nd leg and pushed Greater Lowell further into the lead by about 2 ½ minutes over the Fifties and 4 ½ over Maine. But keep this leg in mind. We'll get back to it later. The runners on the 3rd leg ran evenly, so the lead held for Lowell after 3 legs. The 4th leg was also very tight. At this point Lowell was up by about 2.3 minutes over the Niftys and 5.4 minutes over Maine. On the 5th leg, Graham had the fastest time and shaved some time off the Lowell lead, which was now 2.13 minutes. Maine dropped back to over 9 minutes behind Lowell, and they would not be able to recover. My time on the 6th leg put the Niftys in the lead for the first time by 1.2 minutes. With 2 legs to go it was too

close to call between the Niftys and Lowell, and everyone was on pins and needles! Denny LeBlanc had the fastest time on leg 7 and now Lowell was only a half minute behind the Niftys. It came right down to the last leg! Fortunately, Bennett had a tremendous run on the tough, hilly 4.4 mile last leg and the Nifty Fifties prevailed with a time of 6:42:58 to Lowell's 6:44:11, a 73 second difference after 66 miles of racing! We were 19th and 20th out of probably around 150 teams. Everybody on all three teams ran very well and made great contributions to their respective teams. But I think the 2nd leg run by Bob Seiller was the key to the Niftys winning the race. He stayed within about 2 ½ minutes of MacGregor over the 11 mile 2nd leg. Against anybody else, Doug could have broken the race wide open right there. It could have been over after the 2nd leg. If Doug had beaten Bob by 4 minutes or more, the Niftys would not have won. The winning time set the course record for the Men 50+ category. Earlier I used the term "grudge match", but everybody on all teams was very friendly. We would encourage other runners during their run and they would encourage us. Runners are a nice group of people, and you would expect nothing less than a show of good sportsmanship all around. That was one of the appealing things about the relay.

As a point of interest, I looked up the winning times for the Men 50+t category since 1993 and sadly I found out that the race was discontinued in 2014. The North Medford Club of Massachusetts put on the relay, but, unfortunately, they lost a number of key volunteers who couldn't be replaced and were forced to shut down the race. I did look up the Male 50+ winning times between 1993 and 2013, a total of 21 races. In 2011, a team named SRR IFFY AT 50 did beat the Nifty Fifties record by 10 seconds. They came in 2nd overall out of 75 teams. A tip o' the hat to them. A lot of things have to go right in order to pull that off. First, you have to get 8 really good runners and hope none of them are injured, sick or have personal matters to attend to on race day. The Niftys have the 2nd fastest time and Lowell has the 3rd fastest time. Maine's time, 6:56:33, would have been the winning time in 14 of the races.

So, there you have it. My advice to any runner is, if you get invited to join a relay team, give it a try. You might just love it. In fact, don't wait to be invited. Organize a relay team among friends, family or members of your running club and go for it. And if you don't have a lot of fun, I'd be very surprised.

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## The Greatest Generation



**(L-R): Herb Hardman, Daniel Dodson, Bob Welts.**

George LeCours took the above photo after the Dash for Recovery 5K in Nashua, NH and titled it "The Greatest Generation" because the three runners "represent strength, determination and spirit that bonds the 65+ Running Club as significant players in today's running community." LeCours is the founder and race director of the Hollis Fast 5K and was assisting last month at the Dash for Recovery.

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## **New Members**

**Herb Cohn**, Marblehead, MA

Sponsor: Art Sotak

A runner since March, 1969. Member of the Wicked Running Club. Is a pediatric cardiologist.

**Dennis Herman**, Newton, MA

Sponsor: Tony Cellucci

2017 times: BAA 10K, 49:10. Falmouth Flag Day 5K, 23:30. Falmouth (2016), 56:19. Retired from marathons at age 61.

**Don Patch**, Chelmsford, MA

Sponsor: Jon MacKenzie

Does 20-30 races a year. Is training for his 6th half marathon. With his wife, Nancy, directs "Nancy's Mother's Day 5K for Opiod Awareness." All profits go to educating kids

about healthy choices.

**Nancy Patch**, Chelmsford, MA

Sponsor: Jon MacKenzie

Enters about 30 5K's per year. Co-directs the above Mother's Day race with her husband, Don, which they founded.

**Laura Tyrrell**, Cape Elizabeth, ME

Sponsor: Joan Tremberth

Does recreational running and road races.

**Jim Tyrrell**, Cape Elizabeth, ME

Sponsor: Joan Tremberth

Jim notes that the Sugarloaf Mt. Climb has only a 60+ age category and he is working with the club to add at least a 70+ division.

**Garry Weiner**, Wayland, MA

No sponsor listed

Been running for 43 years. Completed two Boston marathons, ages 39-40. Typically now competes in three or four 5K and 10K races per year. Runs 4-5 times a week averaging 5.5 miles.

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**In memory.** We have learned of the passing of two of our members: Rev John Wallace and Lewis Skeirik, DMD.

The links to their obituaries are below. Our website also has an obituary page:

<http://www.ne65plus.org/index.php?page=obituaries>

<http://www.legacy.com/obituaries/name/john-wallace-obituary?pid=100000184059524&view=guestbook>

<http://www.legacy.com/obituaries/name/lewis-skeirik-obituary?pid=100000162096995&view=guestbook>

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## **Out on the Roads of New England**

**by Dan D.**

"Hello" to all 700+ members of the New England 65 Plus Runners Club. My best wishes to all for good health and a terrific Autumn of running in New England. As summer winds down and fall begins I truly believe that we are treated to the absolute best running conditions of the year in the finest area of the country to run, walk, kayak, swim, bicycle, hike or do practically any outside activity. Those horrific pictures from Houston make me so grateful to live where I do. So let's make a sincere effort to get outside during this glorious time of the year .... it's good for both the body and soul.

In this month's column I'll tell you about the 11 races I was privileged to participate in

during August. We'll update you on the "Flag Race Challenge" standings and future races. I'll admit to the biggest "rookie" mistake EVAHHH that your columnist sadly made in August. And we're going to make a request for ALL of you to do something very nice that will make you feel good. So sit back ... put the feet up ... and let's begin discussing my 11 August races.

The month began on the very first day – August 1 - Tuesday - with the "Yankee Homecoming 10 Mile & 5K Races - 58th Annual". The \$25 fee (\$30 after July 1st and \$35 at the race) is good for either distance and includes a technical t - shirt, 5 year age groups up to 70+, food by the Newburyport Lions Club, chip timing by Bay State Timing, and an almost guaranteed hot & humid summer night as you run through the cheering throngs near the mouth of the Merrimack River. The temperature this year was a bit cooler than usual but the humidity remained. For the 10 miler Rick Bayko was 4th and Steve Malynn 5th in the rugged M65-69 field of 17 runners, while Janet Parkinson placed 2nd in the F65-69 division. Meanwhile in the accompanying 5K David Ritchie topped the large 18 runner M70+ field, followed by Charlie Farrington 3rd, Michael Pelletier 4th, and Daniel Dodson 14th. Ted Ruetenik finished 2nd out of 18 in the M65-69 division, while Nancy Spiro was likewise 2nd in the F70+ age group of 13 finishers. Terry Lee Harrington was 10th in the F65-69 age division. The 5K drew 1722 runners, while 827 finished the 10 - miler.

The annual Yankee Homecoming "double" finished 2 days later on Thursday, August 3rd. in Beverly, MA. The "Beverly Yankee Homecoming 5K Road Race - 50th Annual" took place at beautiful Lynch Park (the former summer White House of President William Howard Taft). The 548 runners paid \$25 for a nice t-shirt, light refreshments, chip timing by North Shore Timing Company, and a beautiful 5K certified course with a number of lovely ocean views. This race was part of the 10 - race "North Shore YMCA Road Race Series" .... now in its 11th year. Mary Tyler finished 3rd in the F70-99 age group; while Dick Kuhl was 5th in M70-99, followed by Daniel Dodson 6th, Barry Pearson 7th, and Lou Peters 8th. Barry Pearson started late due to heavy traffic on the long drive from Chelmsford, MA. to Beverly.

August 6 - Sunday was the "Pittsfield Balloon Rally's Frank H. Donovan 5K" at Drake Field in Pittsfield, NH. The \$20 fee earned the 104 participants a tech t-shirt, light refreshments, chip timing on a certified 5K course by Granite State Race Services, 10 - year age groups up to 70+, and a chance to see up - close some of the huge balloons in flight. The course was rolling with a noticeable hill during the 1st mile. Ken Houle was 1st in M70-99, followed by Daniel Dodson 2nd, and James Stafursky 4th.

August 10 - Thursday was the huge "Cigna/Elliot Corporate 5K Road Race - 25th Annual" at Veterans Park on Elm Street in Manchester, NH. The \$25 fee gave the 4907 finishers a tech t-shirt, traffic free race course, post-race refreshments in Veterans Park, instant results and chip timing by Millennium Timing, race announcing by both WMUR - TV Channel #9 sports director Jamie Staton and Announcers on the Run Andy Schachat, National Anthem by Miss New Hampshire, and greetings from the Mayor of Manchester Ted Gatsas. The start of the race on Elm Street is covered live on Channel #9 during the 6 o'clock news. Janet Parkinson was 1st in the 37 - member F65-69 age group, and Don Yeaton was 8th out of 46 runners in M65-69. Barry Pearson topped the 16 - member M70-74 division with Daniel Dodson in 10th. Don Yeaton was one of only two runners who were interviewed on channel #9 as the only participants who have completed all 25 "Cigna/Elliot" races.

Saturday, August 12, was the "Home Stretch 5K" in Hudson, NH. The race was moved to Alvirne High School in Hudson from its original setting in nearby Nashua, NH. The race cost \$25 individually or \$20 for those registered for the entire 5 - race "Gate City Race

Series". Registrants received a t-shirt, light refreshments, and chip timing by Millennium Running. A snafu occurred with the first 60 out of the total 153 finishers as they followed the lead race car which failed to follow an out and back section that equaled about 0.85 mile. Barry Pearson topped the M70+ age division with Edward Auclair 3rd and Daniel Dodson 4th.

The next day, August 13, Sunday was the "Bobby Doyle Summer Classic 5 Mile Race-10th Annual" in Narragansett, RI. with the start and finish at the Narragansett Pier Middle School. The 357 finishers paid \$30 for chip timing by Spittler Race Systems, hot refreshments including pizza, age group and team prize money, finishers medals for all who completed the 5 - mile course, and a tremendous technical t-shirt with Bobby Doyle's picture on it. This race served as the Rhode Island "flag race" for the NE65+ Runners Club. Milt Schumacher won the M70-99 age group, followed by Andrew Lewis 2nd, and Daniel Dodson 5th. Thomas Lawlor was 7th in the M60-69 division. The weather was somewhat overcast and cooler than last year, but still very humid.

August 19 - Saturday was the "Londonderry Old Home Days Lundgren 5K Road Race - 38th Annual". The start and finish is on Rte. #128 opposite the Londonderry High School. The 174 finishers paid a reasonable \$20 which included a t-shirt, regular timing by Lancer Timing Services, light refreshments, a large raffle, and 10 - year age groups up to 80+ (but only 1 deep). The course follows the "Millennium Mile" downhill for the first mile, is rolling for the 2nd mile, and comes up the "Millennium Mile" course for the final mile. John Loker topped the M70-79 age group with Daniel Dodson 3rd. Lou Peters at age 92 won the M80+ division.

The "Dash for Recovery 5K - 3rd Annual" took place on August 20 - Sunday outside of Stellos Stadium in Nashua, NH. The course was fairly evenly divided between asphalt near Nashua South High School and the trails in Mines Falls Park. The \$25 pre-race (\$30 post) fee included t-shirts, light refreshments, and chip timing with instant results by Yankee Timing. There were 109 finishers in this race to benefit Phoenix House of New Hampshire. Herb Hardman was tops in M80-99 with Bob Welts 2nd. Daniel Dodson was 1st in the M70-79 division.

Saturday, August 26 was the "Gold Star 5K Race to Remember" held at the New Hampshire State Veterans Cemetery in Boscawen, NH. The \$25 race fee earned a participant a neck warmer, chip timing by Race Wire, and a very hilly course. A person with a Gold Star is a family member who has lost a direct relative killed in war defending the USA. The veterans cemetery is truly beautiful and it was an honor to race there. There were no age group awards ... only prizes for the top 3 overall males and females. Daniel Dodson and James Stafursky were the 2 members of NE65+ who completed this race and were 1st and 2nd respectively in M70-99.

The next day - August 27 - Sunday was the "Mack's Apples 5K Cross Country Race". The race is sponsored by the Greater Derry Track Club in conjunction with Mack's Apples and features NE65+ member Eldon Burkinshaw as long-time Race Director. The very reasonable \$15 race fee earns one a t-shirt, hot dogs and fresh squeezed lemon juice, chip timing by New England Timing Company, and 10 - year age groups up to 60 - 99. Daniel Dodson and Terry Lee Harrington completed the race for NE65+. The course traverses apple orchards with fairly long grass with perhaps 1 mile in a section of woods with a lot of roots. Members John Loker and Roger Gosselin were race volunteers. There were 190 finishers.

My final race of the month was on August 31 - Thursday evening - in Atkinson, NH. This was the "Atkinson Road Race - 40th Annual". Sandy Cannon and husband Andy have

directed this race since its inception (Sandy is a former winner). For a fee of \$12 runners get a long-sleeve t-shirt, regular timing by Joppa Flats Timing Company, post - race refreshments including hot dogs and cookies, a large raffle with many prizes, a mostly traffic-free course in a quiet neighborhood, age groups up to 80-89 and 90+, a free run for kids — maybe the best race bargain in New England!!!! Rita Labella was 4th in F60-69 with Terry Lee Harrington 9th. Barry Pearson topped M70-79 followed by Daniel Dodson in 6th. Jim Lynch won the M80-89 division and Lou Peters was number one in M90+. There were 243 finishers on a beautiful New England evening.

That's it for my 11 races in August in 3 different states (MA, RI, NH). My 2017 total is now 75 races in 8 months or  $75 \div 8 = 9.375$  races per month. At this pace I would reach  $9.375 \times 12 \text{ months} = 112.5$  races for the year. My body is "feeling it" right now and I think the last 4 months will show reduced numbers. Still the yearly goal of 100 races is within reach and I am pretty optimistic. I'll need 25 races divided by 4 months = 6.25 races per month from now on to reach the century mark again. Let's see how it all plays out.

The "Bobby Doyle Summer Classic 5 Mile Race - 10th Annual" served as our "Flag" race for Rhode Island. We now have completed Maine, Vermont, and Rhode Island. Next up is New Hampshire on October 8 - Sunday ("Great Island 5K" in New Castle, NH); and two weeks later in Connecticut on October 22 - Sunday ("Great Pumpkin Classic" in Trumbull, CT). Two weeks after that is Massachusetts on November 4 - Saturday ("Run for All Ages" in Wakefield, MA). There were four NE65+ members who completed the RI race: Milt Schumacher, Thomas Lawlor, Andrew Lewis, and Daniel Dodson. We now have 26 members who have completed one of the three "Flag" races this year, while Susan Filene has completed two, and Daniel Dodson has finished all three. Lets see if we can have a great finish in the 6 - week stretch starting on October 8th in New Hampshire.

I now want to admit to a "rookie mistake" at the "Bobby Doyle Summer Classic". Being a slower runner I never think about naming a "team" when I enter a race. I leave that for the elite runners who have a good chance of scoring points for our NE65+ club. Also my wife Mary Jo does all my online race registrations and knows nothing about team points. Thus in Rhode Island the Men's Masters Division team competition (3 scoring runners) was won by the Central Mass. Striders. The B.A.A. and a club from Providence had only 1 runner each and did not qualify. The NE65+ Runners Club had Milt Schumacher and Andrew Lewis... but didn't finish 2nd because they needed a 3rd runner!!!!!! "Hello Daniel Dodson — is anybody home inside that brain!!!!!!!" My apologies to Milt & Andy and to everybody in the club. Of all people ... I would have been exceedingly proud to have been part of a team that won a medal for NE65+. I suspect this is a good lesson for all of us... it surely was for me. Occasionally some of us inconsequential runners can score points for a club, but (as Jan let me know) if it is a USATF race and/or the prize money is only for USATF teams where all runners are members of the same USATF club, your membership needs to be with the NE65+RC (mine is not)...so not such a big "mistake" after all.

Finally I want to digress a moment and tell you that one of our NE65+ founders and long-time treasurer ... Dr. Ray Cormier ... is having some medical issues and is presently in the Nevins Home in Methuen. I visited him on August 30 and came to the conclusion that Ray could use some cheering-up. So I wondered if I could appeal to all of you to take a moment to send Dr. Ray a card or note via the "old - fashioned" Post Office. Let's really create a blizzard of cards from all over New England and beyond. It will cost very little in terms of time or money and would mean a whole lot I think to Ray and his daughter. His address is:

Dr. Ray Cormier  
Nevins Nursing and Rehabilitation Center

10 Ingalls Court  
Methuen, MA 01844

Thanks everybody ..... individually we're not that influential but all together we could really do a nice thing here.

I guess that's "a wrap" for another month. As always ... our thanks to Pres. Jan Holmquist and Co-Editor Rick Stetson for their help and cooperation. Thanks also to Tom Abbott and the "results" committee for making my job so much easier. In September, I plan to race in Gloucester, MA on Labor Day; Bar Harbor, ME on the 16th; Bangor, ME on the 17th; and most likely Manchester, NH on the 10th; Nashua, NH on the 23rd; and Newburyport, MA on the 24th. There will be other races added too I'm sure. Somewhere I hope you come up and say "hi" and tell me what you think about OUR column. I'm a fairly good listener ... so make suggestions for improvements or ideas for future issues. I'm sure we can incorporate some of these thoughts into future columns. I hope to see YOU "Out on the Roads of New England".

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## Quote of the Month

**As we run, we become.**

Amby Burfoot

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