



Forever Run

April, 2018

Keeping Communication Current with Jan Holmquist

Dear 65+ Members,

The Boston Marathon is just 2 weeks away! In addition to our waiver recipients that Byron has so eloquently profiled, we are also aware that a few other members are running. We welcome post-race blurbs and pictures from everyone. I recently asked our waived runners what their last minute thoughts were and received the following responses. I imagine that anyone who has run any marathon can relate to the brief blurbs that follow...although Gary's injury may be unique (so sad and we wish him a speedy recovery). Have fun and enjoy the memories whether you are running or watching this amazing race!

Jan, I'm on my way back to PA. Hope to go for a few runs on the hills. Just hope to make it to that 26 mile mark. Thank you again for everything. Don Jewell

Good Morning Team. Well, I have some very sad news! In January I had a bad fall on black ice, head trauma, concussion, and 20 sutures. I was recovering well, then last Friday because of the concussion, there was delayed bilateral bleeding in the brain. I truly thought I was dying. UMass Memorial Emergency Surgery - a team of neurosurgeons - drilled draining holes in my skull and removed "massive" amounts of blood. They could not believe the amount. The next day, they were amazed at my progress, they expected permanent serious consequences. The good news is my recovery is 100%, no one can believe that, I was discharged today, no residual symptoms...BUT there is NO running for several months.

SO, my Boston Marathon journey has come to an abrupt end!!! A very empty feeling, but I am grateful to be alive. I will be at Mile 26 to cheer our team on. Life teaches us many lessons. For 20 years I have been obsessed with running Boston, now I realize this is only our hobby, and I have it in its proper place.

My advice to all, cherish life, don't waste a single moment, and never forget...
"Right on Hereford, Left on Boylston!!!" See you there, Gary Circosta

I'm excited. Ran on treadmill in January and outdoors in Napa (CA) in February. My long SLOW runs -- Napa Marathon in March and the New Bedford Half. One more long run this weekend on the rail trail in CT. Thanks, Alan Hagyard

I've spent the last two months training in Florida, so don't feel sorry for me! The pluses - I am definitely heat acclimated, at least up to a point. If temperatures head very far into the 70's I'm fading fast. The minuses - finding hills can be a challenge. Overpasses are my

friend! Did my last 20 miler on Sunday...I'm pretty close to ready. Need to practice the late start, keep training. I'm alternating excitement with anxiety! I bought official Brooks Boston marathon shoes (with lobster!), matching sunglasses, a yellow sparkly visor, so if nothing else I'll be stylish! Thanks, Lynn Nill

There once was a girl named Pat
Who refused to be the one that just sat
Many marathons in the past
but this one she says "will it be my last?"
Training has been great,
but right now she's nursing a hip ache.
Completed her last 20 on Sunday
and believe it or not it was a funday!
So praying for less inflammation
will get her to the "MARATHON GRADUATION!"
And then we can all go home and talk incessantly about our day's elation!

Good luck to everyone on the team and hope to meet you all! God Bless Gary and happy to hear he is taking good care of himself. We will all have you in our hearts Gary, as we run. Best, Pat Evans

This April marks thirty-five years (and thirty times) that I started down this path called the Boston Marathon...a trek that has encouraged me to meet many good friends both in training and in running the race itself.

A friend at New Balance with whom I have consulted with for the last seventeen years, has helped me to select the correct running shoes that have allowed me to run thousands of miles with very few foot related problems. The New England 65+ Runners Club has been engaging, supportive, and very warm to me. I consider the members true friends of the running community (both old and young) and very good friends of mine!

Once again, thank you very much for your help, Jan, in making it possible (at least officially) to do the Boston Marathon! Cheers, Rick Collette

Thank you, Jan, for thinking of us. I'm more nervous than last year I think. It is such an exciting event and I want to do for 65plus and myself a good job. I appreciate the good vibes. And I appreciate 65 plus. Thanks, Jo Ann McCalister

Due to weather and working, I am not in the good shape I was last year. I came in tenth in my age group last year. I have been running two to three days a week, not the 4 or 5 necessary to run well. I have faithfully run 20 miles every Sunday. Last year I was running 25 miles every Sunday. So this year I will not worry about my time; I will just enjoy the run. Best regards, Phil Pierce

Please be aware that the May edition of our e-news will be emailed a bit later than usual due to some timing matters, including coverage of the USATF National Masters Championship, the James Joyce Ramble 10K on Sunday, April 29th. Please anticipate the next *Forever Run* on or about May 5th.

In the last few days, I've seen crocus, daffodil, and a dandelion...happy spring...

Carpe diem!

Marathon Waiver Profile: Don Jewell

by Byron Petrakis



photo courtesy of Don Jewell

Most people celebrating their 80th birthday choose to do so at home or at a favorite restaurant in the company of family and friends, perhaps lifting a glass of their favorite beverage to wash down their slice of birthday cake. Not Don Jewell. He will spend his 80th birthday with around 30,000 like-minded people at a rolling birthday party, better known as the 2018 Boston Marathon. Don's birthday party will be a homecoming of sorts, for he has run the road from Hopkinton to Boston about twenty times before, so he's quite familiar with the course. He's also run it in timely fashion, clocking an impressive 2:47 for his Boston PR in 1981.

Nor is running Boston Don's only long-distance rodeo, for he has run more than 100 marathons and ultra-marathons. In fact, he rates # 36 in Davy Crockett's book listing the top 65 100 mile male runners in history. Though he no longer can run fast enough to qualify for Boston, completing the distance should pose no problem for this legendary distance runner.

In 1980, Don, then a resident of East Islip, Long Island, New York, ran his first ultra—the Metropolitan 50 in Central Park, New York, finishing in 6:18. Three years later, at age 45, he ran his first 100-mile race at the TAC Mile National Championship at Shea Stadium, Queens, and finishing 4th with a time of 14:26. The next year, he ran it again, finishing

2nd in an impressive time of 14:25:44. His next time running 100 miles was later in the fall of 1984 when he placed second at the Sri Chinmoy 24-hour race with a distance of 145 miles. That was an American Record that stood for several years. He was second only to Yiannis Kouros who ran a world record 177 miles. One person observed, "The only person I really feel sorry for was Don Jewell. Imagine running 145 miles and being 32 miles behind the winner!"

Don did get a win back in 1983, the Sri Chinmoy 70-miler. Nathan Whiting, who came in 2nd, said of Don, "He's one of the great American ultra-runners, and this is the first time he's won a race. I'm happy to be second." The next year, 1985, he ran and again placed second at the USA 100 Mile Championship in 1985 held at Shea Stadium with a time of 14:39. He next ran Sri Chinmoy 100 in 1986 and finished in 15:53. In 1987 at age 49, he won the Sri Chinmoy 24-hour race and covered 130 miles with a 100-mile split of 15:49. He again won the event in 1988 with 133 miles and a 100-mile split of 17:18. He was back in 1989 and covered 127 miles. In 1990, he ran in the Sri Chinmoy 100 at Flushing Meadows. He was leading the race at the 100K by 19 minutes over Frank DeLeo, but Don's feet and face were getting "leaden." He dropped out after 89 miles.

After 1990, he disappeared from running ultras but was still running marathons in his 60s and 70s. He ran Boston in 2005 with a time of 4:49. In 2015 at the age of 77 he ran the Steamtown Marathon in Pennsylvania in 5:38. Don and his wife, Kathleen, now spend winters in Florida and summers in Pennsylvania.

Enjoy your birthday, Don, and don't forget to save some of your breath to blow out your birthday candles after the race! You are an inspiration to runners of all ages!

(Co-editor's note: Readers interested in learning more about Don Jewell's running career in the context of ultra-distance racing in the United States may wish to consult the following websites:)

<http://us.srichinmoyraces.org/archives/1983/70mile>

<http://us.srichinmoyraces.org/archives/1987/24hours>

Cole Named Captain For Boston Military Relay

by Rick Stetson



photo courtesy of B.A.A.

Larry Cole being honored by the Army at a ceremony at Camp Edwards, MA

A 65+ club member who is a familiar face at South Shore races and leader of the Pub Series 80+ division, Korean War veteran Larry Cole, has been named as one of two honorary captains for the military relay at the 2018 Boston Marathon. Cole and the other honorary captain, Korean War vet Howard Lockett, will ride in an official vehicle in front of the relay team members who will leave the starting line after the elite women and before the elite men.

The B.A.A. issued a press release about the event that stated, "A century ago, the 1918 Boston Marathon was conducted as a military race with 10-man teams representing various military branches that ran from Ashland to Boston passing a baton along the course. The relay served as a unifying moment for community and country. In commemoration of the 100th anniversary of this relay, the B.A.A. has selected 16 people with ties to the five branches of the U.S. military...to pass a baton during the 2018 Boston Marathon."

Cole said when the call went out for veterans with ties to towns along the Boston course, he applied as a relay runner since he had once lived in Natick but "didn't make the cut." He went on to add, however, that being named an honorary captain is a "very nice gesture and particularly meaningful since we are both veterans of the Korean War which is usually forgotten."

Cole served in Korea from March, 1953 to May, 1954 and was on the front lines on July 27, 1953 when the Korean Armistice took effect. After his active duty tour, he served in the Army Reserve with military intelligence and civil affairs units. Since his retirement from the Reserves, he has continued supporting the military as secretary of the Cape and Islands Chapter of Korean War Veterans and member of the Camp Edwards Advisory Council.

Here is a link to the B.A.A. press release naming Larry as an honorary captain. The link will take you to the marathon home page where in the left column under "Event Information," you can click on "Years of Service." Under "Remembering the 1918 Military Relay," the names of the relay runners are listed with the honorary captains at the bottom. Click on Larry's name to learn more about our honored club member and his family.

<http://www.baa.org/races/boston-marathon/event-information/year-of-service/larry-cole.aspx>

Letter to the President

Hi Jan,

I have just been notified by Peter Wnek the Race Director of Meriden's Daffodil 5K, that the race committee has recently approved additional age groups of 70-79, 80-89 and 90+ to this year's run scheduled for April 22nd in Meriden CT's Hubbard Park. This is a most welcome action by Peter and his committee intended to encourage senior runners to participate in what is recognized as a great CT race sponsored by the Meriden Rotary Club with strong community support. I have run the Daffodil 5K approximately ten times over the past 13 years with great satisfaction. In addition to the thousands of daffodils, runners will enjoy the rural out-and-back course that has been recently measured for certification and will be USTAF sanctioned. Each year following the race the Meriden Rotary Club gifts a slew of new bicycles to grateful youngsters.

The goal is to now attract a hefty field of senior runners

Please share this good news with members of the NE 65+ Runner's Club and let them know that they can register on line.

Thanks!

Jerry Shimoda-Peterson

Ladies, Start Your Engines by Rick Stetson



photo by Tom Page

Shalane Flanagan running in the 2012 Olympic marathon.

Marblehead, MA native and New York City Marathon champion, Shalane Flanagan, is coming to a race near you- the 2018 Boston Marathon. Shalane, who set the best marathon time by a U.S. woman in 2014 when she ran 2:22:02 at Boston, had thoughts of retiring after winning New York last fall but decided to compete in one more marathon in the state where she started running. She is pictured on the cover of the current issue of "Runner's World" and an article in that magazine calls this year's race "one of the most competitive U.S women's professional fields in Boston Marathon history."

Shalane was also featured on the cover of the January/February "New England Runner" magazine draped in an American flag after winning New York. In an article about the race, NER reported Shalane's closing miles were some of the fastest in "women's marathoning history" with mile 23 in 5:08, mile 24 in 5:09 and mile 25, 5:04. Can she repeat those splits at Boston? "Runner's World" quotes her as saying, "It's just whether the body can follow what the mind wants to do. You just hope they're in sync on the same day."

There are several other American women who will be starting their engines in Hopkington ready to give Shalane a run for her money. One is Providence Rhode Island's Molly Huddle who in January set an American record for the half marathon in Houston with a time of 1:07:25. Molly finished third in New York and holds the U.S. 10K record.

Another top competitor is Jordan Hassay who had the fastest debut by a U.S. women's marathoner last year when she ran Boston in 2:23. Jordan, who is coached by Alberto Salazar, also had a 1:07:55 half marathon in Prague last year. And then there is Desiree Linden. Who can forget her Boston in 2011 when she finished just two seconds behind the winner in 2:22:38.

The above ladies and others, especially some of the foreigners, will be fighting for the lead at Boston this year but further back in the pack there will be some 65+ women runners we will be cheering for. Two have been profiled by co-editor Byron Petrakis in issues of "Forever Run": Lynn Nill (February) and Patricia Evans (March). There will probably be other women from our club running Boston like Jo Ann McCalister who finished third in her age group last year with a time of 5:03.

While the ladies have been getting a lot of attention this year, there is usually some good competition among the men. One of the front runners should be Galen Rupp, another runner coached by Salazar, who placed second at Boston last year. But we have a number of men from the club who will run Boston. Some were profiled by Byron: Gary Circosta (January), Alan Hagyard (March) and Don Jewell (this issue) while others (Phil Pierce and Rick Collette) received waivers in previous years and their profiles can be found archived on the club's web site. We might get to see performances by veteran club marathoners like Joe Noonan and Jim Toulouse. Jim finished Boston in 3:54 last year.

Those running Boston this year are reminded to look for club past-president Tom Wylie and newsletter co-editor Byron Petrakis at the 16 mile mark where they will be helping the B.A.A. with the race. To those fortunate to be able and stand along the course and watch the race, be sure to give a special cheer if you see a runner wearing the 65+ singlet. The rest of us will watch the race on television thinking how fortunate the runners are to participate in one of the great American sporting events. And we will be especially proud of our club members demonstrating it is still possible to cover 26 miles, even past the age of 65.

New Members

Neal McBain, Lebanon, NH

Sponsored by Daniel Dodson

Has completed 12 ironman triathlons, at least 18 marathons, 4 ultras, at least 550 other races and many fencing tournaments.

Sharon Yu, Haverhill, MA

Sponsored by Tom Wylie



photo courtesy of Bill Borla

Grampa Bill Borla carrying the torch in a race with his son and grandson.

Gram and Gramps, Carry the Torch!

by Greg Tooker, Vice Chair, MASG

In Massachusetts, heralded as one of the healthiest states in the nation, our mature citizens are setting an example for the younger generations to follow. Each year, more and more senior athletes are testing their skills in Olympic-style competition, in the pool, on the court and on the road and track. In 2017, the Commonwealth sent 164 qualifying women and men to the National Senior Games in Birmingham where they acquitted themselves admirably and collected an ample share of gold, silver and bronze medals.

In the shadow of this wonderful achievement, however, hides a growing problem that can no longer escape from sight... it is the national problem of childhood obesity. Our government informs us that one in three of our children is either overweight or obese. These kids are now at greater risk to develop diabetes, asthma and heart failure.

There are many factors responsible for this alarming trend and they are embarrassingly obvious to most of us. The problem is that we are ignoring them because it requires time and focus in a society that is becoming increasingly fast-paced and multi-tasking, with time the elusive commodity. The phenomenon can be boiled down into two words: Diet and Inactivity. Lacking the time to prepare healthier, home-cooked meals, parents are opting for ready-to-eat or fast foods containing more fat and simple carbohydrates. In combination with high sugar beverages, this is a recipe for disaster, especially considering the average amount of time a child spends each day in front of a screen of one sort or another (Google "Screenagers" for real insight).

Few of us are unaware of the above information. Procrastination is our biggest enemy. If we act aggressively now, the trend can be halted and reversed. We call upon our Senior Athletes to spring into action, to set an example for the generation that will be leading our country in just a few decades. Kids don't always respond favorably to parental instruction but they do, traditionally, respect the wisdom of their grandparents. By not just talking but DEMONSTRATING what you can do as a grandparent athlete, you will inspire the youth

of America to rediscover the joy of exercise and sport. They will thank you for it during their entire lives.

Preparing For A Ramble

Editor's note: The following email from "Renegade" Rick Bayko was sent to 70's men who will compete on a club team at the James Joyce Ramble. Those interested in being considered for a spot on a club team should email Zeke Zucker at: zekezucker@yahoo.com

Today I ran my first race since early December and am happy with my result of 29:34.9 (7:24/mile) for 4 miles in Salisbury, MA to win the 70-74 division. It may be a stretch, but I hope to be able to do that pace for the full 10K in Dedham with another month to prepare. I'm in good cardio condition from a winter of hard work on the rowing machine, including several gut-busting races, and it's just a matter of converting the conditioning to running.

Tentatively, I'm planning to run the Lexington 5 Mile on April 16th, which should give an even better indication of what I might do at 10K and I'll keep you all posted. Hoping to make the A team, but I'll accept whatever is best for the team. We Rock!

World Record Setters

by Rick Stetson



photos courtesy of Jerry LeVasseur

Men's 4 X 800 world record relay team: (L-R) Bill Hoskin, Joe Cordero, Jim Askew, Jerry LeVasseur.

Last month, 15 world records were set in Landover, Maryland in the largest-ever USATF masters indoor meet. Contributing to two of the men's WR's in the 80-89 division were club members Joe Cordero, Chris Rush and Jerry LeVasseur. Because a relay team must have four members from the same club to compete as a club team, they recruited some fast friends from other clubs and competed in the non-club category, but their times still stand as world indoor records by an 80-89 team. The teams competed in the 4 x 800 relay on Saturday and the 4 x 400 relay on Sunday, where they lowered the previous 80-89 4 X 400 world record by over a minute. Two world records in two days, not a bad weekend's work by some dedicated master's runners.



Men's 4 X 400 world record relay team: (L-R) Roger Vergin, Chris Rush, Joe Cordero, Jerry LeVasseur.

Visualization

by Bill Borla

I was driving to a race one recent Sunday morning and was listening to a sports radio talk show. The guest was a sports psychologist and the topic under discussion was visualization. The psychologist was saying that over the recent years sports psychology was becoming more important. Pro teams were hiring psychologists to work with their players to help them overcome slumps, lack of confidence, frustration, etc. The psychologist was stressing the importance of using visualization to focus on goals.

This reminded me of how I won my first road race (overall winner) when I was 46 years old. It was my hometown race, the 5 mile Torrington Road Race. I was very new to racing having only started 2 years earlier. The first time I ran the race was the year before I won and I came in 13th. Leading up to the race I won, the local newspaper reporters were submitting articles publicizing the race. They interviewed the local road race experts and asked them who they thought the favorites would be to win. The experts named a very good high school runner (he later ran at UCONN) and several other runners. I wasn't mentioned at all, which was perfectly understandable, since I was so new to the sport and wasn't known on the running scene. But a couple of weeks before the race, I started getting excited about it. I started imagining outcomes. One result had me in a tie for the win with the high school runner. I thought it would be neat for an older guy to come in tied with a youngster. In the other imagined outcome, I had me winning. I imagined no result with me losing. As I kept envisioning these outcomes, I had me winning two thirds of the

time, and in a tie one third of the time. As a road race rookie, it was crazy to imagine these results but, at the time, I didn't realize it.

Race day came and it was a hot and humid August day. We took off at 10 a.m. and I stayed up with the leaders. I didn't really know much about the other runners. In my ignorance and inexperience, I didn't realize that maybe I shouldn't be running with the leaders. This was an advantage for me, because when I got more experienced I would know who was going to be ahead of me. After about a mile, I found myself in second place right behind the high school runner. At around 2 miles, I took the lead. At 3 miles I looked back and didn't see anyone. This scared me. I had expected to be passed by somebody. I began to think that I went out too fast and would slow down considerably before the finish. Well, I couldn't worry about it now so I just kept pouring it on and figured if I blow up, I blow up. Needless to say, to my surprise and to the surprise of many others, I won the race. The time was a relatively slow winning time - 28:30 - but I'll take it.

I had run so few races and didn't stay around for the awards, so I didn't know what to do now that I won this race. My 13 year old son was with me, so I said, "Let's go home so I can shower." It was a short ride home, so I drove us home and showered and changed into my street clothes. At first, I didn't intend to go back, but I was curious about what would happen, so I went back with my son. Now I'm standing there in street clothes and all the other runners are still in their running outfits. Then it became embarrassing because I won 3 awards - 1st overall; 1st Torrington runner; and 1st 40-49 winner. Nowadays they don't do this, but back then I got called up 3 times. I was really embarrassed. A sports reporter was there and he thought it was pretty funny about me winning my hometown race and the experts hadn't even mentioned me. I felt sorry for the local experts because I think they were a bit embarrassed and they shouldn't have been because this whole situation was crazy.

In summary, I believe the visualization was a factor in my winning the race. But there were other factors, too. My ignorance and inexperience were factors. I had no clue what I was doing. I didn't know the other runners and, of course, they didn't know me. They probably figured they'd let this nut blow up running like this on a hot day and then blow by me. The other factor that helped me was luck. If other runners who were faster than me showed up, I would not have won. After I became more experienced, reality set in and I realized that when the big boys came out to play there was no way a little guy like me was going to win. Lastly, I need to mention this. Before anything else kicks in, it is obvious that you have to be in great running shape. Without that, there is no way any of these techniques could help you win.

Out on the Roads of New England

by Dan D.

Greetings to all NE65+ members back in New England. I'm writing this month's column from Fripp Island, South Carolina in the "Low Country" about 16 miles east of Beaufort, SC. We are here for 3 weeks and plan to arrive home on Sunday evening - April 15th - just in time to unpack and watch the Boston Marathon on local Boston television. Next Saturday - April 7 - we'll be watching the famous "Cooper River Bridge Run" 10K on Charleston, SC television (an event I've run 3 times previously). The "Bridge Run" (as it's called locally) is wildly popular and draws over 40,000 runners & walkers each year. It is one of the top ten races in total finishers in the USA. Each night on the local news on all Charleston & Savannah tv channels there are feature stories about some local runner or other aspect of the "Bridge Run". The theme constantly used is it's time to "Get Over It" meaning the challenge of running up and over the bridge which rises steadily from the

start in Mount Pleasant until the halfway point high above the middle of the Cooper River. From there it's "downhill" into the center of Charleston. If you get the opportunity give it a try sometime -- it honestly is a terrific event. I know that fellow member Rick Collette has also "gotten over it" several times also.

As for my personal running not much is happening. I only managed to complete 3 races in March -- pretty much an all-time low. A combination of Mary Jo's illness, coming down here to South Carolina, and the postponement of the "Dudley's Wild Clover 5 - Miler" in Lowell, MA sent my hopes for my usual 100 races spiraling downward. I'm now at only 18 races in 2018 through the first 3 months. At the current pace I would only reach 72 races for the year. And my enthusiasm level has diminished as my time increases and I discover that I can't do what I did just a few years ago. Many of you know the drill as I suspect you've experienced the same thing at some point or another. In any case let's discuss the 3 races that I did participate in during the month of March.

March 4 - Sunday - was the "Claddagh Pub 4 - Mile Classic Road Race - 25th Annual" in Lawrence, MA. This 4 - miler was the 2nd leg of the well - known "Wild Rover Series" that is held on 3 consecutive Sundays in late February and March in Haverhill, Lawrence, and Lowell, MA with a St. Patrick's Irish theme and increasing distances of 3 and 4 and 5 miles. Each race has t-shirts and hot food and refreshments (including beer) and a one-third section of a fantastic finishers medal. The medal is designed by Ashworth Awards and the 3 - sections fit together to form a huge and beautiful keepsake. The Lawrence race at the Claddagh Pub has an infamous hill at about the halfway mark that goes up from the Merrimack River nearly to the top of Tower Hill. It's one that runners certainly remember and talk about. The post race party at the Claddagh featured an Irish band in addition to the pasta and salad and beer. Timing was by Yankee Timing and there were 10 - year age groups up to 80+. Dick Kuhl finished 1st in M80+ and Nancy Patch did likewise in F70-79. Barry Pearson topped the M70-79 division with Daniel Dodson 3rd. Don Patch was 40th in the huge M60-69 age group.

Saturday, March 10th was the "Pursuit of the Holy Grail 5K - 8th Annual" in Epping, NH. A total of 138 runners completed the certified 3.1 mile point-to-point course with several "rolling hills" and the finish at the Holy Grail Restaurant. The \$28 entry fee earned each runner a t-shirt, one free beer, timing by Millennium Running, age group awards up to 80+, and a free bus ride to the start at Long Meadow Farm. The race benefits the Epping youth athletic association. Dick Kuhl was victorious in M80-Up, while new member Neal McBain easily topped Daniel Dodson in M70-79.

March 17 - Saturday - was the "St. Patty's 5K/10K and Pub Crawl - 5th Annual" at the Salisbury Beach State Reservation in Salisbury, MA. The \$13 early registration fee earned each runner a t-shirt, timing by RaceWire, age groups up to 70-99, and a traffic - free totally flat course with plenty of free parking all within the state reservation. There were 435 finishers in the 5K and another large group doing the 10K. Daniel Dodson was 1st in M70-99 in the 5K and Donna Sarasin finished 2nd in F60-69 in the accompanying 10K. The "Pub Crawl" included 3 bars at nearby Salisbury Beach.

Well that's all I have to report in this very abbreviated March running calendar. It looks like I can only run 1 race while here in South Carolina which brings me to the middle of April. I'm registered for the "Run for the Troops" in Andover, MA on April 22, and hope to run in Concord, NH on the evening of the 20th (Friday). I hope to "rally" the last week-end with the "B.C. Race to Educate" on the 28th and the "Ring Around the Neck 5 Mile" in Marblehead, MA on the 29th. We'll see how all that goes!!!!!!

Until then I hope your marathon training is progressing towards Boston if you are an entrant. Otherwise I hope to see you on the trails and roadways of the South Carolina "Low Country" until mid - April and then after Patriots Day "Out on the Roads of New England".

Quote of the Month

You are never too old to set another goal or to dream a new dream.

C. S. Lewis

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