



Forever Run

August, 2018

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

Happy summertime! July was certainly a challenging month with the heat and humidity we experienced. Let's hope August is a bit more comfortable to enjoy outdoor exercise!

Last month we sent our annual snail mail to all 758 members. I hope you received your envelope with the contents serving 2 purposes: 1) an invitation to the Annual Luncheon on Monday, October 1 beginning at 11 am at Spinelli's on the Lynnfield/Peabody line where we have met the last several years; and 2) our annual appeal for donations to support club activities. If you have not received the mailing, please contact me at: jholmquist@mspca.org. THANK YOU to everyone who has already sent in a donation! I love going to the mail box these days and actually having "fun to open" mail (not just junk and bills!). We are about half way to our goal, so I look forward to more members contributing...thanks in advance!

Also, please remember to RSVP to Phil Pierce if you plan to attend the Annual Luncheon. If you misplaced the information, he can be contacted at: philip.pierce79@yahoo.com. As a reminder, in addition to the awards presented at the banquet, the program will feature Amby Burfoot as our guest speaker. Please remember to bring your checkbook or cash and buy one or more of his books that he will, of course, autograph. His most recent book is titled Run Forever... that's certainly a goal of mine. Note that we happened to name our monthly e-news with the same words in a different order!

I am pleased that you can read about 3 women featured in this edition of *Forever Run* representing 3 different decades: Phyllis Mays (87), Betsy Knapp (73), and Lynn Nill (66). And once again, one of our founders - Lou Peters - has shared a summary of 2 of his recent races. Lou will be 94 on November 9th! Run Forever - Forever Run!

One of the members who recently sent a donation asked that there be some content in our e-news related to race walking. Power walking was featured last month, so it would be ideal if some of you who race walk would contribute an article about the sport.

And please remember to register for the 17th Annual Run For All Ages:
<http://www.ne65plus.org/index.php?page=2017-rfaa>

I hope you enjoying reading *Forever Run* and want to remind all members that we welcome your participation in submitting articles and pictures.

Carpe diem!

A Running Family

by Phyllis Mays



photo by Jan Holmquist

Phyllis Mays with family members in Needham on July 4th (L-R): Evan Anderson (grandson); Tee Stock (daughter); Ed Anderson (son-in-law, Tee's husband); Phyllis (mother and grandmother); Christine Stock (daughter); Dave Holz (son-in-law, Christine's husband.)

We are a running family, with four of us participating in the Charles River YMCA 5K road race on July Fourth in Needham, and the other two family members pacing me. Ed was 3rd in the male 50-59 age group with a time of 20:54. He ran the Boston Marathon in April, his second BAA endeavor. Tee was 2nd in her age group of females 50-59. Her time was 26:15. She runs regularly, including half marathons, 10K's and trail races. My time was 1:07, which I only achieved because my son-in-law Dave and grandson Evan were pacing me. I was 2nd in the female category 80-99. There were 569 finishers.

My daughter Christine and son-in-law Dave were visiting from Portland, Oregon, where they race occasionally. Christine was 30th in the female age group 40-49 with a time of 29:39. We all enjoyed the event in spite of the extreme heat and humidity.

Here is some background on my 41 years of running. After my husband died (he was the disciplinarian), I would call the 8 kids to dinner. Two of them, teenagers, would tell me they were going out for a run and couldn't come to dinner. I put up with this for about 2 weeks and then decided if I couldn't beat them, join them. The next time the two told me they couldn't come to dinner, I said "Good, I'll join you." The expression on their faces was unbelievable. Of course, I could not keep up with them, but I learned that my varicose veins stopped hurting by my jogging.

The town of Wellesley had fun runs every Wednesday night in the summer, so my friend and I started running 1.8 miles. Soon we chose to retrace the route for 3.6 miles. They weren't races; there were no prizes, just fun runs. But I felt so good I continued to train and began competing locally.

My most memorable event was my first triathlon. It was an all women's race at Wellesley College with a swim in Lake Waban, a 40K bike ride and then a 10K run. The event was never repeated, but I did do triathlons for many years after and went to Italy on Team USA in 1996 for an international duathlon (run 10K, bike 20K, run 5K) competition and captured gold for my age group.

My two youngest grandchildren (ages 10 and 13) are competitive runners and swimmers in Holden, MA and their parents also run 5K races. My favorite race is the Run For All Ages because there are 5-year age groups for us older runners.

At The Races



photo by Mary Jo Dodson

Some of the 65+ runners at the Stowe 8 Miler & 5K (L-R): Dan Callahan, Paul Jarvis, Dan Dodson, Zeke Zucker

VERMONT FLAG RACE

by Zeke Zucker

This is the 5th consecutive year that the Stowe 5K & 8-Miler has served as the Vermont Flag Race. The race has had crazy July weather over the years, but this time we lucked out. The start temperature was 64, and it topped out in the mid 70's. The skies were blue, the sun was shining, and the surrounding hills were a deep green.

The two races start together on the Stowe Recreation fields, and then split just after the one-mile mark. The long course runners head out for a wide loop around the countryside,

while the 5K'ers head into town on the renowned Stowe Bike Path. There were 496 finishers in the 8-Miler, and 292 in the 5K.

Peter Mitchell, of nearby Jericho Vermont, took first place in the 8-Miler 70-99 Division. Thomas Hogeboom, a potential member from Hardwick, VT, placed 9th in the 60's division. In the 5K, Louis DiSessa of Westfield, MA, placed 4th, Mike Dore of Westbrook, CT placed 7th, and our own Dan Dodson placed 11th. The author also ran in the 5K. (Editor's note: Zeke was first in his age group.) Linda Dore took 3rd for the women.

We had a number of visitors stopping by our 65+ Tent, including Michael Dolan of Wakefield, MA and Paul Huyffer of Shelburne, VT.

The Stowe event is famous for its post race party, which was staged this year on the lawn at the Sushi Yoshi Restaurant, on the Mountain Road. There wasn't any Asian food being served at the time, but only the famous combination of Island homemade ice cream and Harpoon Sweet Spot, Manna Mango and IPA. A unique combination to be sure.

Loco Racing will bring their well-organized event back to Stowe next year on July 7th.

A 5 Mile Race in South Brunswick, Maine

by Lou Peters

Editor's Note: We are always pleased to receive race reports from club members but especially when they come from Lou Peters, one of the two founders of the NE 65+ Runners Club. Lou, who is known all around New England, writes this month about recent races in Andover, MA and South Brunswick, ME. He describes the Maine race as having some good hills and that it was a "nice challenging course, to say the least."

I have run this race several times and always enjoyed it. I got to the race early so I just sat in my car to get a little rest. After a while, I went to get my number and T-shirt - a nice looking one! The only person I knew was the announcer "Andy." He has been around for several years. I went up to Andy and he gave me a Big Hug. I went back to my car and then I heard him say, "ALL RUNNERS TO THE STARTING LINE." We all walked to the line. He said be prepared for some HEAT as the sun was just coming out. So it would be HOT!!! He then said, "Is everybody ready". "Go-Go-Go" was his way of starting the race.

All runners charged down a slight hill that turned into a GOOD hill! It took a while for me to get to the main street, but I made it. We took two turns and there was a nice flat surface to run on. I didn't get very far when a girl on a bicycle came up to me and said, "I will be with you to the finish!" Now I could just run. We made it to the turn and I could see a water stop ahead and I stopped. I took 2 cups of nice cold, refreshing water! That picked me up!

Right after that I said, "Bring on the Hills." I got to a hill and I went up the hill with no problem (a piece of cake). Now I was feeling cocky. I could see the next hill and I started to go up when I said to myself, "THIS AIN'T EASY"! I finally reached the top and I said to myself, "Don't be so cocky." I got to the next hill and went up at a slower pace and said to myself, "I am going to FINISH this race!" I talked to the girl on the bike and told her I was getting tired. I asked the girl, "How many more hills?" She said, "3 more UPGRADES, not big hills."

I went up the short hill and I felt a little better. Now we had a downhill to go down. I made that OK. We turned the corner and a volunteer said, "You can do it!" It picked me up a bit, so I kept on going at a little slower pace. It was a fairly long upgrade, not a hill. We made it to the corner and saw the GOOD hill. The volunteers said I was near the top. Now the girl said, "Just a LITTLE LONGER." I was getting tired, but I said to myself, "Just GO EASY!"

We came to the last hill that led to the finish line. I ran up that short hill and then passed the finish line to a nice rousing ovation from all the spectators. God Bless the volunteers. God Bless the girl on the bike. I gave the girl on the bike a nice hug!

4th of July 5K in North Andover, MA

by Lou Peters

North Andover is a nice town. I used to run there every Sunday. I went to get my number and T-shirt. I walked back to my car and rested for quite a while. Now I said to myself, I would go to the starting line and line up for the race. To my surprise, there were No Runners There! I asked a volunteer if the race went off and he said "yes, quite a while ago!" Then I asked if I could step on the mat to start my own race and I did.

I went up the first hill, but then I didn't know which way to go. Just then a Police Officer came by in a cruiser and asked me if I was in the race. I said, "Yes, I got a late start." He told me, "Go to Abbott Street and turn left and then I will show you the way."

I was relieved to know that he would be with me. He said to follow him and I did! He told me to take the next right turn and keep going. He came back again and said, "I will see if there are any cars ahead." He got me to the last turn where the finish line was. I thanked him and jogged toward the finish.

As I got hear the finish line, a bunch of runners from the Whirlaway Racing Team gave me a rousing cheer. What a way to finish a race!!! I thanked all of the Whirlaway runners, including the winner of the race. They all shook my hand and I was thrilled. Nice finish, nice people, and nice runners. Only in North Andover that would happen! God Bless all the volunteers. God Bless the Police Officer in the cruiser - he made my day!

Betsy Knapp Featured in Boston Globe Article



photo by Kriston Bigelow, Boston Globe

NE 65+ member Betsy Knapp was featured in a July 13 Boston Globe article by Correspondent Joe Rice about the Colonial Road Runners. The article mentioned the club conducts three fun runs each week and that one of the club members who participates in the runs is "Betsy Knapp, 73, of Weymouth, MA."

Rice wrote that Betsy has been "a competitive runner for 43 years" and that she is a longtime club member and volunteer who rarely misses a race. The article quoted Betsy as saying, "Each fun run is different...the courses are all different from one another."

Due to a replacement of her left knee four years ago, Betsy has had to make some adjustments and can only run on flat surfaces saying, "If there is a hill on a course, I need to walk for a couple of minutes." Asked what motivates her, Betsy explained that it is not just the unique courses, it is the people she meets while on them.

Who's In For An Hour Run In Lynn?

by Rick Stetson

Are there any 65+ club members interested in going for an AR (American Record) in the one hour run? We have been contacted by Joe Abelon of the Lynn Parks and Recreation/USATF New England One Hour Run who wrote:

"We are offering runners another opportunity on Sunday, September 23 6:00 PM

for women and 7:15 PM the men. Hopefully an evening run in late September will be conducive to record breaking performances."

The one hour record attempt will be conducted on a 400 meter track in Lynn. Counters will be present to record each lap. The entry fee is \$5.00 per runner.

Members who would like to compete should email their intent to: office@usatfne.org

The race entry/waiver form can be completed at the track on race night.

For further information, contact: Joe Abelon: jsa777@verizon.net

or office@usatfne.org if there are USATF questions.

Listed below are the current one hour records. 65+ members should recognize some familiar names among the record holders. Note that some of the records were set on the track in Lynn. Will more be added this year?

Men's One Hour Records (65 and up)

Div	Miles	Pace	Name	Age	City	Date
65-69	9.34	6:25	Norman Bright	65	Seattle, WA	1975-Jun-13
70-74	8.64	6:56	William Andberg	70	Brookings, SD	1981-Oct-04
75-79	8.19	7:19	Lou Gregory	75	Ft.Walton Beach, FL	1977-Dec-17
80-84	7.53	7:58	Paul Spangler	81	San Luis Obispo, CA	1980-Nov-01
85-89	6.26	9:35	Paul Spangler	85	San Luis Obispo, CA	1984-Nov-18
90-94	3.88	15:27	Lou Peters	90	Lynn, MA	2015-Aug-14

Women's One Hour Records (65 and up)

65-69	7.33	8:11	Judi Lemaire	65	Lynn, MA	2017-Sep-30
70-74	7.53	7:58	Jan Holmquist	71	Lynn, MA	2015-Aug-14
75-79	5.40	11:06	Tami Graf	75	Alexandria, VA	2012-May-14
80-84	4.72	12:42	Tami Graf	80	Alexandria, VA	2017-May-23

New Members

Wayland "Way" Hedding, Niantic, CT Sponsored by: J. Riccio, Ted Phillips,
P. Colonies

Is an avid runner doing 80+ races a year. Has been serving since 1988 as race director of the Ocean Beach/John and Jessie Kelley Half Marathon..

Edwin Laverty, Merrimac, MA Sponsored by: Dan Dodson

Started running in 1978. Qualified for Boston 1978-80's and 1991. Ran the Iron Man Triathlon 1983 + 84.

Jan Mokros, Hallowell, ME Sponsored by: Joan Tremberth

Has been a runner for 40 years. Completed 5 marathons, lots of half marathons and 10K's. Will represent Maine in the Senior Games 10K in 2019.

Jacqueline St. Hilaire, Franklin, NH Sponsored by: Dan Dodson

Been a runner for 49 years.

Richard St. Hilaire, Franklin, NH Sponsored by Dan Dodson

Has run Mt. Washington 4 times, 3 Bostons and enjoys trail running in NH.

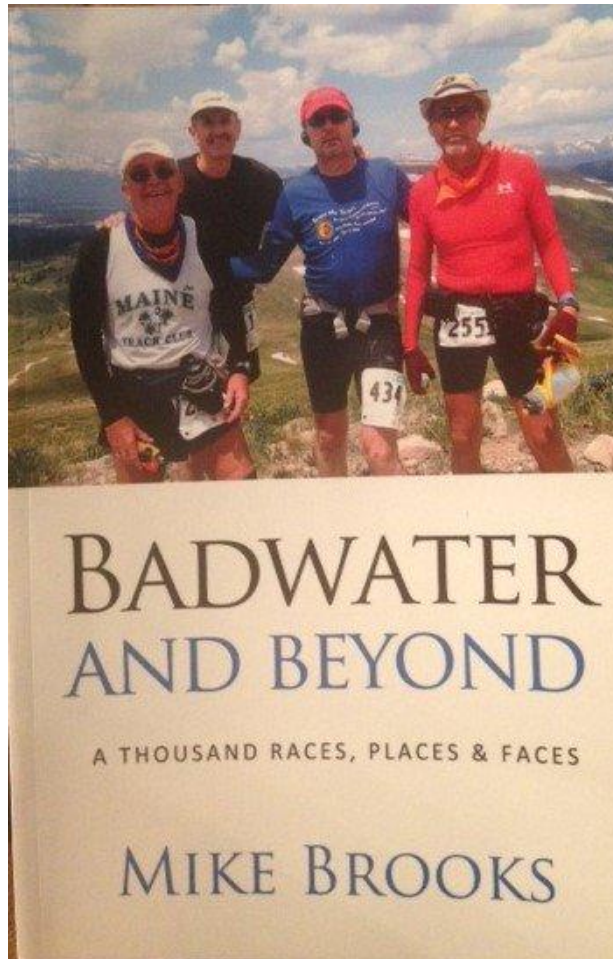
Michael Towle, Gotham, ME

Sponsored by: Jerry LeVasseur

Ran for Gotham HS, USM (1966-70), Maine TC, South Portland Corporate Track, 2009-2018

Badwater and Beyond: A Book Review

by Rick Stetson



Reading "Badwater and Beyond" by Mike Brooks is like getting a pep talk from a coach. On days when I try to find excuses not to run: too hot, too cold, too much rain, too much snow, my back is sore, etc., all I have to do is think about what Mike has accomplished like running marathons in seven states on seven consecutive days or running from Death Valley to the summit of Mt. Whitney, and I find myself heading towards the door. Sometimes when I get discouraged about the complexities of my bucket list goal to run a race in every state, I remind myself that Mike has not only completed a marathon in every state, he has accomplished that feat five different times.

From his first race in 1995 to December 2016, Mike completed 1063 races with 406 of them being marathons and 100 ultras. He is still running even though his knees have been bone on bone and doctors have advised him it would be best if he stopped running. Mike's philosophy is, "What does not kill you, makes you stronger." He reminds me of the quote by Hunter S. Thompson:

Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming, "Wow! What a ride."

What a ride Mike describes in his book. He takes the reader around the country as he describes his running adventures to include descriptions of wildlife he has encountered while on the run and attractions he has visited before and after his races. Mike writes with a good sense of humor. He compares his body to an old car that is breaking down but says "he is not ready for the junk yard yet." He explains that he has had two bad valves in his motor (his heart), blockage in his fuel line (coronary artery disease) and is out of alignment (a bad knee that makes him favor one side) to name just some of the problems he has had to overcome.

My only criticism of Mike's book is that in his list of eight different running organizations he belongs to (50 States Club, 100 Marathon Club, Maine Track Club, etc.) the NE 65+ Runners Club is not mentioned. Mike is a proud member of our club and in October will be inducted in the club's Hall of Fame, an honor he deserves. He must be saving mention of NE 65+ for when he writes another book after completing the next 100 ultras. In the meantime, proceeds from the sale of this book will help support one of his favorite charities, the Special Olympics.

Club members who would like a copy of "Badwater and Beyond" signed by the author, should send a check for \$15.00 to: Mike Brooks, 11 Little Street, Lewiston, ME 04240. The Special Olympics will benefit from your order as will club members who are looking for a good read.

A 10K on the 4th by Lynn Nill



photo courtesy of Lynn Nill

Lynn prior to her July 4th race in Minnesota.

Editor's note: After Lynn Nill moved to Minnesota in May, she asked if we would be interested in results from some of her races in the Midwest. We answered that we always like to hear about club members who run, even if a race is outside of New England. Lynn then sent the following about her race on July 4th. So here's the latest from Minnesota where as Garrison Keillor liked to say, "all the women are strong."

It was hot and humid and I struggled. I ran the Firecracker 10K in Excelsior, Minnesota which is the cute little town outside Minneapolis where we are building a house. It was a beautiful run, through lovely neighborhoods, through the little downtown and along Lake Minnetonka. The temp was 82F at the start, way outside my comfort zone. My time was 1:15:45, my slowest 10K ever. I came in LAST in women 60-69! That was a tough pill to swallow. I have sometimes come in toward the bottom of my age group but never last...I'm taking a little consolation from the fact that most of these women were 60 or 61, and if there had been 5 year age groups there were only 2 of us 65-69 and I would have come in 2nd, lol. I was the 2nd oldest woman in the race.

Then today I ran 13 miles in much nicer weather, 9 of it @ marathon pace, and hit my pace right on the mark, hills and all. Next up a half marathon on August 4th. Please pray for decent temps. I can't take 80+ degrees for 13 miles. Since running Boston in April, I've started running the occasional 5K or 10K, working my way up to running the Twin Cities Marathon in October. After moving here, I ran a 75 mile relay with 6 other crazy people in Iowa on May 8th. It was an interesting experience; I've never done a relay before. I ran 3 legs, two 5ish mile legs and one 3 mile.

I tried to run a half on June 2nd, but the threat of lightening made them change the race to a 5K at the last minute. This was for Lolo's "Half" in Waconia, MN. I've also run a "beer run" 5K, in Excelsior, MN, but that was just for fun (and beer), so no official time.

National Masters News

by Jerry LeVasseur

Editor's note: We are proud of Jerry and Joe, two club members who were medal winners at the National Masters Track Meet. A photo of the relay team that won gold in the 4X800 and silver in the 4X400 will appear in the September issue of *Forever Run*.

Two members of New England 65 Plus Runners Club attended the National Masters Championships in Spokane, Washington and placed 36 out of 109 teams with 31 points. Early morning was in the 60's with low humidity, but by noon it was in the high 80's and low 90's with the track temperature over 100. The 90 and 100 year old runners did not do the longer runs do to the heat and 2000 elevation.

Joe Cordero won gold in the steeplechase and silver in the 1500 and 800. Jerry LeVasseur won bronze in the 5,000 and steeplechase and 4th in the triple jump. Joe and Jerry always do the relays and won gold in the 4X800 and silver in the 4X400. Since 2 non-club members had to be added to compete the team, the results did not count for club points. Other members of the relay team were Bill Hosken, who ran on our indoor world record setting 4X800, and Elmo Shropshire, who besides being a very good runner, is a song writer and entertainer.

The Masters Cross Country Championships are 9/23 in Buffalo, NY. Email Jerry at: ardjer80@gmail.com to get more info and confirm participation.

What to Do With Your Medals

by Rick Stetson



photo courtesy of Rick Stetson

In a previous issue of this newsletter I talked about what runners could do with t-shirts handed out at races (turn them into quilts.) This month I'd like to offer an idea of what can be done with race medals.

I have a friend who displays medals on a pegged wall hanging with a number of medals hanging down from each peg. While it provides a good look at the ribbons attached to the awards, the medals are bunched at the bottom. This makes it difficult to see the beauty of the medal and to know the race where the medal was earned unless it is taken in hand to be read.

Most of my race medals were tossed in a drawer with the intent of one day doing something with them. Not long ago I visited a crafts store to get a picture framed and saw many items were on sale at steep discounts including shadow boxes. It occurred to me that a box could be a solution for what to do with my medals so I purchased one (at half price), removed some medals from the drawer, clipped off the ribbons, applied a piece of double-sided tape to the medal and stuck it in the shadow box (see above.)

The disadvantage of displaying medals this way is that you lose the colorful ribbon and the back of the medal is not visible. However, most of the medals I selected had no significant information on the reverse side and I'm happy just to look at the front. Should I need to find out if the medal was awarded for an age group finish listed on the back, I can look up that information in my running diary.

I know someone who instead of a running diary, lists the race, date, place and time on the bib numbers. I have not saved my race numbers but if I start doing so, I'll need to either purchase a lot more shadow boxes, or use the numbers to cover my walls.

Out on the Roads of New England

by Dan D.

Greetings to all NE65+'ers wherever you are during this warm summer running season. My sincere hope to everybody that your health is good and you are enjoying running/walking throughout our beautiful 6 - state region. In this month's column I will tell you about our "Flag Race Challenge", the 8 races I completed in July, and talk about some of the terrific people I have been privileged to meet while participating in the sport that we all love. My 8 July races brings the yearly total up to 58 races in the first 7 months of 2018 for an average of 8.29 races per month (99.48 for the year).

My month started with a patriotic theme in Marblehead/Swampscott, MA. at the "Firecracker 4 Miler." A total of 361 runners paid \$25 (before June 4th) or \$30 until July 3rd, or \$35 on race day. Runners received a nice mug in place of the standard t - shirt as well as light refreshments and 3 - deep age groups up to 70-99. This race was the 6th event in the 10 - race North Shore Road Race Series. The race start and finish was at the Lynch/van Otterloo YMCA at the top of a hill in Marblehead. Thankfully the race started at 8:30am on a brutally hot & humid day. Daniel McClorey was 2nd in the M70-99 division, followed by Fred Bollen (3rd), Daniel Dodson (5th) and Art Dowell (7th). Mary Ladene Dowell topped the F70-99 age group, while David Farley placed 3rd in the 16 - runner M60-69 field. Chip timing with both gun and net times was provided by North Shore Timing Company.

July 8 - Sunday was the "Stowe 8 - Miler & 5K - 37th Annual" at the Stowe Recreation Fields in Stowe, Vermont. The \$35 fee included a nice t - shirt, chip timing by Yankee Timing, 2 beautiful and very scenic courses, 3 - deep age groups up to 70-99, and a post - race party at the Sushi Yoshi Restaurant featuring the famous combination of craft beer from Harpoon Brewery and homemade ice cream by Island Ice Cream. The NE65+ table was ably maintained by Vermont Director Zeke Zucker, assisted by Mary Jo & Daniel Dodson. A separate article by Zeke has further details about our 2nd "Flag" race of 2018. Robert Howe finished 2nd in M70-99 in the 8 - miler, while Zeke Zucker topped the M70-99 in the 5K, followed by Paul Jarvis (8th) and Daniel Dodson (11th).

The aptly named "Beat the Heat 5K" took place on Thursday evening, July 12th, at the Torigian Family YMCA on Lynnfield Street in Peabody, MA. The \$25 fee (\$30 on race night) included a t - shirt, free swim at the outdoor pool at the YMCA, free refreshments including pizza, chip timing by North Shore Timing Company, 3 - deep age groups up to 70-99, and a raffle that included 4 tickets to a Red Sox vs. Yankees game with a free limo ride and the honor of throwing out the first pitch at Fenway Park. The out & back course included about 0.35 mile on a gravel trail at the start and finish. Mary Ladene Dowell was first in the F70-99 age group; while Daniel Dodson was 3rd and Art Dowell 4th in the M70-99 age group. There were 164 finishers in this 3rd event of the 5 - race YMCA of the Metro North Road Race Series.

Saturday evening, July 14, was the "Boot Scootin' Boogie 5K" in Londonderry, NH. This event is the 11th race in the 18 - race Elliot-Millennium Running Series. Participants need to run more than 26.2 miles in order to earn a Millennium jacket and be invited to the end - of - series awards party at a Manchester/Bedford, NH area restaurant. The \$35 pre - race entry fee earned the 1305 finishers 3 - deep age groups up to 70+, announcing by Andy Schachat, National Anthem by Miss New Hampshire, traffic - free 5K course, a huge "belt buckle" type finisher's medal, followed by music from Nashville country recording star Tom Dixon and his band, a large bonfire, a sample glass that could be utilized at booths from about a dozen micro - breweries and a winery or two (all free), and food carts from a half - dozen vendors (\$\$\$). VIP parking was available for an additional \$15 with all proceeds going to a NH charity. Chip timing was provided by

Millennium Running with instant results and net times. The course itself is mostly all downhill for the first half and all uphill on the way back. Barry Pearson topped the M70-UP age group with Daniel Dodson in 6th.

The next day - July 15 (Sunday) was the "David Curley Memorial 5K - 7th Annual" at the Pentucket Lake Elementary School on Concord Street in Haverhill, MA. This 5K race benefits childrens programs of the Haverhill YMCA. The \$25 pre-race fee (\$35 on race day) earned the 140 participants chip timing with gun and net times by North Shore Timing Company, light refreshments, a t-shirt, 3 - deep age groups up to 70-99, and a very hilly 5K course. Daniel Dodson was 1st in the M70-99 age division.

The "Hula Hustle 5K & 10K" (formerly the "Bill Kelley 5K & 10K") was held on Sunday, July 22, at the Executive Health Club, next to the Manchester Airport, on Highlander Way in Manchester, NH. The 163 finishers paid \$30 for chip timing by New England Timing Company, free hot dogs & cheeseburgers and beer at the post race luau, leis & grass skirts, tech t - shirts, use of the outdoor pool at the health club, age group awards up to 70-99, and a rolling out & back course (which the 10K runners had to complete twice.) Rain storms came through the area before and after the race, but did not bother the racers too much during the event. Barry Pearson topped the M70-99 age group with Daniel Dodson in 2nd. The proceeds benefit New Horizons for New Hampshire which Atty. Bill Kelley helped to start before his death from cancer.

July 28 - Saturday was the "Canterbury Woodchuck Classic 5K" in Canterbury, NH. This race was part of the 25th Annual Canterbury Fair and is always held on the last Saturday in July. The race is the final event in the 8 - race Capital Area Race Series (CARS) that goes from April to July. The reasonable \$20 race fee includes 3 - deep age groups up to 70 & over, chip timing by Granite State Race Services, light refreshments, free entry to the Canterbury Fair, t-shirts, and an extremely hilly course that will not produce personal best times!! Judi Lemaire topped the 10 - member F60-69 field, while the M70 & over age division had Dick Kuhl 2nd, Daniel Dodson 3rd, Armand Auger 4th, and Roger Gosselin 5th.

July 31 - Tuesday was the " Newburyport Lions Yankee Homecoming 10 Mile & 5K Races - 59th Annual" at Newburyport High School on High Street in Newburyport, MA. The 2556 total participants paid \$25 before July 2nd, \$30 after that, and \$35 on race day. There were 1610 finishers in the 5K and 946 completed the 10 miles. Runners received t - shirts, light refreshments, certified courses, cheering crowds all over the course, traffic free running, and chip timing by Bay State Timing. Our NE65+ Runners Club had 16 total participants (13 in the 5K and 3 in the 10 Mile). Janet Parkinson won the F65-69 age group in the 10 mile; while Michael Pelletier was 4th in M70+ and Edwin Laverty 18th in M65-69. In the 5K, David Ritchie topped the M70+ age division followed by Rick Stetson (3rd), Rick Bayko (4th), Charlie Farrington (6th), Thomas Wylie (9th), Robert Randall (15th), Dick Kuhl (24th), Peter Buhl (26th), Daniel Dodson (27th) and George Tosatti and Dick Hoyt (not in age group results). Nancy Spiro was 2nd in F70+ and Terry Lee Harrington 9th in F65-69.

We now have concluded 2 of the 6 road races (Portland, Maine and Stowe, Vermont) in the NE65+ "Flag Race Challenge." There were 22 NE65+ members who completed the Mother's Day 5K in Portland, Maine while 4 members finished the Stowe, Vermont races. Only Daniel Dodson managed to complete both races. Next up is the "Bobby Doyle Summer Classic 5 Mile Road Race" in Narragansett, Rhode Island on Sunday, August 12, at 9:00am. It would be nice to see many more club members present at this long-time staple of Rhode Island running.

Have any of you ever thought about all the truly wonderful people we get to meet and talk to as we pursue our individual goals in this remarkable sport? I thought of this somehow during July as a few seemingly small kindnesses were directed my way. I suspect if you

are anything like me that we accept them and continue onward without much reflection as they seem to happen a whole lot in our sport. First up was Daniel McClorey at the "Firecracker 4 Miler" in Marblehead, MA who offered me ice for my hat and stayed with me for awhile as I suffered a bout of dizziness from the intense heat & humidity at the conclusion of the race. There was Dick Kuhl at Canterbury, NH who stayed for 30 minutes after the awards ceremony to help direct me to a highway I would recognize while never complaining about being "grouped" with us 70's runners as he is now 83. And how about Hall of Famer John Parker who often sends off handwritten letters to me about the "Out on the Roads of New England" column with thoughts, suggestions, etc. (remember our duels John at the "Jimmy the Greek's 4 - Miler" in the middle of the winter at Old Orchard Beach, Maine??). Finally there's my friend Tom Abbott who answered my urgent request to focus on the July 31st "Yankee Homecoming" (Newburyport, MA) coolrunning results IMMEDIATELY so they could be included in this edition of "Forever Run." I suspect my annual 100+ races gives me an extra opportunity to experience what most of you probably already recognize -- in general "runner-walker" people are a few steps above the norm!!!

Well I guess that's "a wrap" for another month. I plan to be in Beverly, MA on the 2nd; Pittsfield, NH on the 5th; Manchester, NH on the 9th; Hudson, NH on the 11th; Narragansett, RI on the 12th; Littleton, NH on the 19th; Gloucester, MA on the 26th; Atkinson, NH on the 30th; and undoubtedly a few more places where I hope to see YOU "Out on the Roads of New England".

Quote of the Month

"Fast running isn't forced. You have to relax and let the run come out of you."

Desiree Linden

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