



# Forever Run

February, 2018

## Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

This edition of Forever Run has a wonderful mix of contributions from numerous members...thank you to all who contributed!

Sad news is included with the passing of Bob Hall, a former president of our club, the leader of developing our website, a significant force when updating our By-laws, Hall of Fame (2011) and Rev. Shea award recipient (2013), as well as other activities that have helped make our club grow and be strong. Bob attended Board meetings as late as November 2016 when he had a chance to meet Bill Cotter, the web master who took over for Bob. As a reminder, our policy with learning of the passing of members is that a link to their obituary will be included in this e-news. However, we do include the obituary in Forever Run when the person who passed was an active Board and/or committee member and/or past president...may they rest in peace.

On a happier note, we continue to include profiles related to members who received a Boston Marathon waiver from our club. Byron has captured Lynn Nill in this edition, a newer member who has run marathons in numerous locations and is excited to add Boston to her extensive list. Since the last edition of this e-news, Tony Cellucci (85 years old) decided not to run Boston again this year and Patricia Evans who was the first on the waiting list is delighted to accept Tony's waiver.

We are fortunate that gain this year, the USATF National Masters 10K Championship race is the James Joyce Ramble in Dedham, MA on April 29th. Our 70+ men have been on the podium every year, so we hope to continue this success. We may even have an 80+ team this year. Please note that Zeke Zucker; [zekezucker@yahoo.com](mailto:zekezucker@yahoo.com) has been coordinating the 70+ men and Jerry LeVasseur: [ardjer80@gmail.com](mailto:ardjer80@gmail.com) will be hoping to get an 80+ team together.

It was nice to see results for our club's Run For All Ages race included in the Jan/Feb issue of *NewEngland Runner* complete with a photo of "5K VIP's" Karen Durante and David Ritchie.

And speaking of the *NewEngland Runner*, congratulations to our club members named by the magazine as Runners of the Year for their states. Congratulations also go out to our monthly contributor, Dan Dodson, for receiving a special well-deserved recognition award (see articles below).



photo by Ted Tyler

**Pawtucket Rhode Island's Linda Dewing was named by the *New England Runner* as a 2017 Runner of the Year.**

A salute to the NE65+'ers who were listed by New England Runner Magazine as state runners of the year for various age groups.

**Maine:** Bill Reilly, M70+; John Howe, M80+; and Polly Kenniston, F80+.

**Rhode Island:** Milt Schumacher, M70+; Linda Dewing, F70+; Frances Branham, F80+, and Dennis Branham, M80+.

**New Hampshire:** David Ritchie, M70+ and Jim Lynch, M80+.

**Massachusetts:** Jan Holmquist, F70+; Bill Riley, M80+; Mary Harada, F80+; and Lou Peters, M90+.



photo by Tee Stock

**Phyllis Mays and Anthony Cellucci both won their age groups on a cold first day of 2018. Phyllis says she has never run while wearing so many layers. Tom Abbott (who was assigned bib #1) and Barry Singer also ran the Needham race in sub-freezing temperatures.**

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## **Marathon Waiver Profile: Lynn Nill**

**by Byron Petrakis**



photo by Manchester City Marathon

### **Lynn in the 2017 Manchester City Marathon where she was 2nd in her age div.**

Lynn Nill does not like to waste time. The day the New Hampshire resident turned 64 1/2, she joined the NE 65+ Runners Club. Grateful for receiving a club waiver, she is looking forward to her first Boston with infectious enthusiasm. When she toes the line in Hopkinton, she will start a journey whose back story started back in the 1950's when girls and young women were typically not encouraged to participate in sports.

As Lynn tells it, she never thought of herself as athletic even though she was an active kid, growing up riding her bike and playing tag with other kids long past dark when the summer temperatures cooled down in sultry St. Louis. Nevertheless, she didn't consider herself an athlete until she was well into her 50's:

"I was the most uncoordinated nonathletic kid you could imagine, growing up back in the 50's, before Title IX, before Katherine Switzer. I have cringe-worthy memories of PE, trying haplessly to catch a ball in 1st grade, being told I couldn't play kickball because 'I would make the sides uneven,' always last to be picked for any team. Of course I never played organized sports, never tried out for a team. And back then girls didn't play sports anyway."

Lynn stayed active in her college days in the 1970's, riding her bike with friends and playing some intercollegiate sports. At the time, though, running was not anything she did, except when she was late for class!

It wasn't until she was pregnant with her daughter in the early 80's that she decided to try running. She would jog to a nearby park and run on a walking trail there, working her way up to 3 miles before morning sickness and child-rearing put a 10-year stop to her running

career.

Turning 40 motivated her to try running again and for the next 10 years, she ran on and off. Like many of her female peers, she had a limited amount of time to run because of her two full-time jobs: motherhood and her career. She hung in there, though, and slowly running became part of her life.

After moving from Columbia, Missouri to Austin, Texas in 2004, she found more time to run, especially after becoming an "empty nester." "We lived close to Town Lake and I loved to run around the lake with all the other runners. I discovered Jeff Galloway's run/walk/run method and found that it allowed me to go farther, and run faster than if I ran straight through."

Her early success soon translated into attempting short races like 5k's. Her first one was called "Keep Austin Weird." She remembers that it "was 100 degrees and we ran through sprinklers the entire way. It was fun! I tried a few other races, and eventually a 10k, which at the time seemed really far. I couldn't imagine running a marathon, or even a half."

It wasn't until her move to Hong Kong in 2006 because of her husband's job that her running career took off. Her three years there changed her life for the better. Nill recalls that Hong Kong's dense population is concentrated along the harbor: "Once you get out in to the New Territories, toward China, or up on the mountains in the middle of Hong Kong Island, it's very empty. There are loads of trails for hiking, and running too."

Despite Hong Kong's hot and humid climate, Nill's running improved. Navigating the hills and mountain trails got her in good shape and gave her the confidence to run her first half marathon there, in February 2009. After that, she "was hooked!"

In 2009, her husband's job brought the couple to New Hampshire, a radical departure in climate and culture from Hong Kong. Perhaps it was the cooler weather, though, that got Lynn more involved in racing, running everything from 5k's to half marathons until she decided to try her first full marathon, the Twin Cities Marathon in Minneapolis/St. Paul in 2010. Finishing with a good experience, she caught the marathon bug and completed the Marine Corps in 2011, the St. Louis Rock n Roll in 2012, Philadelphia in 2013, and New York City Marathon in 2014. In Philly, she was able to run "smart," cutting 7 minutes off her PR and finishing with a negative split. Though the weather for the New York City Marathon in 2014 was windy and cold, the crowds of people cheering her and fellow runners at mile 25 brought her to tears.

The year before, Nill was in Newton watching the 2013 Boston Marathon because her nephew and his wife were running it that year. Fortunately, "they finished before the bombs went off, and we were far away, but nonetheless we were all deeply affected. I hold Boston in awe. I never even thought about running it. I knew I could never qualify; at my current pace, if I was over 80 years old I might make the cutoff!"

After unsuccessfully trying to obtain a number through a charity, she gave up on the idea of running Boston, but did not stop running marathons altogether. Her next marathon after New York was Grandma's in Duluth in 2016. Perversely, two days before the race "the temperatures rose from the 40's to the 70's. I ran a terrible race, not slowing down for the heat until it was too late, stumbling to the finish line and ending up in the medical tent." This setback got Nill thinking she might be getting "too old to be running marathons."

But earlier in the year she had run "The Pursuit of the Holy Grail" 5k in Epping, NH, where she won her age group "and met some guys that had won their age groups, too. They told me about a great running club they belonged to, the NE 65+ Runners Club. I could join it when I turned 64 ½ they said. I marked the date on my calendar, January,

2017!" (Co-editor's note: those guys she met were past president Tom Wylie and club members Dan Dodson and Byron Petrakis)

Perhaps because of the anticipation of joining a club of like-minded peers, Nill became re-energized and in 2017 for the first time she ran two marathons in the same year. In January, she not only ran a marathon but outdid herself by running the "Dopey Challenge at Walt Disney World." Doing so meant running a 5k on Thursday, a 10k on Friday, a Half on Saturday, and a Full on Sunday: 48.6 miles in 4 days!

"The trick" to completing the Dopey Challenge, says Nill, is "to treat it like one giant race and take it slow and easy, which we did. The hardest thing about Dopey is waking up at 2:30 AM 4 days in a row! I was with some younger friends and they would want to stay up late, but at around 7 pm each night I'd (say) 'I've got to go to bed' and off I'd go!"

In January 2017, she joined the NE 65+ Runners Club and then in September learned that the club awards waiver bibs for Boston. That's when "that old dream raised its head...did I have a chance?" To gauge her chances, she ran the Manchester City Marathon in 2017. Despite the hilly, challenging course, she "had a great time, managing to come in second in (her) age group and PR over New York by 30 seconds."

Encouraged by her performance, she applied for a club waiver and "when NE 65+ offered me a bib, I was stunned. I really didn't expect it! But I'm grateful, so grateful. I've started my training and hope to run a smart race, finishing strong with a smile on my face."

Best of luck, Lynn, and keep smiling; you've come a long way!

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## Catholic Medical Center Athlete of the Month, Dan D.



**"Forever Run" contributor Dan Dodson was featured recently in a Millennium Running article. We are reprinting it here so readers can keep up with what Dan has been up to "out on the roads."**

Daniel Dodson of Newton, NH has been named the CMC Athlete of the Month for December. Participate in any number of Millennium Running races and you are sure to see Dan rocking his safari hat, a thumbs up, and a smile. At 73, this self-proclaimed tortoise spends his year putting in the miles to catch all the hares! And boy does he put in the mileage! In 2017, Dan once again achieved his personal goal of 100+ road races in a calendar year for a total of 323 miles! A local legend on the road race scene, Dan has had a busy December. Running both the BASC Santa Claus Shuffle (42:27 - 5th in his division) & Yule Light Up the Night (29:16 - 3rd in his division), Dan was able to compile enough points to become the Men's 70+ Northeast Delta Dental Points Chase Champion for the 3rd year in a row...quite a feat!

While Dan has been running road races since 1979 (often competing in New England's most prestigious events), it is his wonderful attitude that truly makes him unique. Always with a joke to crack and a pat on the back, Dan has found his way into the hearts of many in the running community. We certainly can't wait to celebrate his accomplishments into the New Year! What's next for the guy who seems to have already done it all? I guess we will just have to wait and see! Congratulations Dan!

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## Rhode Island Race Report

by Linda Dewing

About 160 loony runners gathered on New Year's Day for the 33rd annual Bristol Hangover Classic, in Colt State Park, Bristol, RI. This is a five mile course, and a few years ago on an equally crazily cold day, a bunch of us ran it faithfully. As we ran into the wind for half or three quarters of a mile in the middle of it those years ago, I literally thought my tongue was going to freeze in my mouth! This wasn't QUITE so bad, but pretty close- the wind was a little weaker this time.

There was a ten year old, twin sisters and a brother or friend who won for best man and woman- I didn't get the names (club members Don Clukies and Larry Cole also ran.) I won for the senior veteran women (no one else was that crazy) and did it in 58.29 so I was pleased to be under an hour.

It was a very jovial crowd because we all recognize we are nutcases, and so it's fun.

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## Letter to the Editor

from John Gibbons

Good newsletter with great pictures. Like the quilt idea. Keep my wife away from my shirts. I was struck by Ken Houle's individual challenge so went back to look over 2017. My wife cut me some slack because I turned 75 in January. I totaled up my races and found I ran 39 in 2017, including races in CT, CA (Palm Springs winter races), Alaska, and Maine (races and a leg in the Marathon Relay). Total of these 39 races is 125 miles. I will forward this to Ken for his challenge. Zeke Zucker knows about some of these races because he was in some. When he was not there I was usually in top three 70-79 except for Beach2Beacon.

Please do not share this information with my wife, who takes a somewhat dim view of my obsession (she golfed in CA and ME while I ran). Hope I can do some of these in 2018.

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## And Another Letter

from JoAnn McCalister

As always I enjoyed the Newsletter..always newsworthy and incredibly uplifting to hear of

so many other runners out and about the roads and trails of New England. I most especially want to thank you for the opportunity to run the Boston 2017 "with" my daughter and thousands of others. It was the waiver you allotted to me last year that allowed this marvelous experience. It is with great joy that I noted the lucky waiver-runners this year. I look forward to reading their bios. It is such a wonderful opportunity for 65+ Runners.

I believe you know that I am running this year as a qualified entrant in my age group, 75-79! In addition and much to my surprise, the B.A.A. "comped" the entire fee. I finished third in my age group, aided by a "birthday" four days before the Boston which jumped me into a new age group and gave me a 10-15 minute advantage. I was notified of my formal acceptance last week!

Thank you for the opportunity. I am so glad to tell everyone I am the proud member of "65+ Runners" and I give credit to you all for enabling me to be a qualified runner this year.

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## **Bermuda Triangle Report**

**by Jerry LeVasseur**



photo by Arden LeVasseur

**Past 65+ president, Jerry LeVasseur, taking a break from the cold January Maine winter weather to run three races in Bermuda.**

We just returned from Bermuda doing the Bermuda Triangle Challenge. I was after the race director to put in an eighty division and he did.

This is a great race with beautiful scenery, a challenging course but fun and friendly people cheering you on along the course. Friday night is the mile, Saturday the 10K and Sunday the half or full marathon. The finishing medal is very nice and the awards are special.

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## Which State Runs the Most?

by Rick Stetson



photo by Ted Tyler

**Part of the field at the 2017 Run For All Ages, one of many races which helped give Massachusetts a "most active" rating.**

Active Running recently listed the top 10 states where people ran the most in 2017 by posting data collected from users of Strava, a mobile social running ap. Granted, this is not a scientific survey because not all runners use Strava (I had never heard of it) but the results, nevertheless, are interesting. Strava took into account a state's population size so the results are on a per capita basis (otherwise, states like Vermont and New Hampshire would not have a chance when compared to states like California and Texas.)

Starting with number 10 (Washington) and counting down, Hawaii was 9th, and California 8. Then coming in at 7 was Massachusetts (more about that state in a moment) with Oregon as the number 6 most active state. Club members will be pleased to see Vermont at 5th (anyone who has taken part in the club's flag race in Stowe will have an idea of the number of Vermont runners.) Next at 4 comes Vermont's neighbor, New Hampshire. It is not known if New Hampshire included results for Dan Dodson who was "out on the roads" all over New England and turned in a remarkable total of 102 races in 2017. Continuing down the list, number 3 was Utah followed by Colorado at 2. The state where people ran the most last year was Washington, DC. I always thought DC was a district and not a state but I must admit I have seen many runners during my visits there.

Next, Strava ranked the top 20 cities around the world with the fastest runners. I have no idea how that was computed and won't run down the entire list except to say two of the cities were in the United States. Coming in at number 7 was Portland, Maine with an average of 8:00 per mile. Our club's Maine directors, Joan Tremberth and Bob Randall, can testify that there are a lot of fast runners in their state. So can club members who have run in our Maine flag race, the Portland Sea Dogs Mother's Day 5K Race. The fastest city in the United States was Boston (4th), with an average of 7:54 per mile. And the fastest city in the world was Lyon, the capital of France with an average of 7:25 per mile.

Strava then combined the results of the surveys and came up with the most active state

in 2017 which was (drum roll, please), MASSACHUSETTS. We all know fast Massachusetts runners including our club president, Jan, who has set national and even world records. We have club members (besides Dan) who take part in races throughout the year and then there are members who do not race but run just for enjoyment. Massachusetts is indeed an active state as are all of the states that make up the New England area. We don't need Strava to tell us that. Just take a stroll down a place like Battle Road in Lexington, MA where you will find runners at all times of the year even during the winter months when snow is on the ground. We salute all of the members in our states who maintain an active life style. Keep up the good work.

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## New Members

### **Carol Weeks**, Kennebunk, ME

Has been running since 1977. Races in distances from mile to the marathon.

### **Donna Sarasin**, Nashua, NH

Sponsored by: Judy Garcia

Has been racing for six years, from 5K to the marathon.

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## **Bob Hall, RIP**



photo submitted by Jen Hall

**Editor's note. The following obit was published in MetroWest Daily News.**

A life dedicated to learning and community. Robert D. Hall, 89, son of Fern & Joseph Hall, was born in Philadelphia, PA but resided in the close-knit neighborhood of Possum Ln. in Sudbury since 1966 where he passed in his home on January, 24 2018. Robert, known as Bob, moved to New England to attend Dartmouth College and completed his PhD in Psychology at Brown University. A post-doc brought him to M.I.T. where he met his wife of 54 years, Sandra T. Hall (1941-2016). His work in the research field of neuroscience and psychology at M.I.T., the Worcester Foundation and Mass Eye and Ear exemplified a life-long love of learning. Outside of work, he took pleasure in family and active community involvement. He became an avid runner in his fifties by joining the Concord Runners, where he formed close friendships and was known for his leadership, kindness and sense of humor. He ran several Boston Marathons and the annual Mt. Washington road race into his eighties. Robert served on the boards of the Bruce Freeman Rail Trail, the New England 65+ Runners, and the Sudbury 4th of July Road Race. Bob and his wife, Sandy, were social organizers bringing together groups of lifelong friends for travel, symphony, and theatre. The Possum Ln. - Checkerberry Cr. neighborhood where they raised their family brought him much joy and pride. He is survived by his 3 children: Jennifer Hall of North Conway, NH, Peter Hall of Charlestown, MA, and Matthew Hall of Concord, MA, and 4 grandchildren: Phoebe, Joey, Gordon, and Willa.

# **Big Year On Tap at the Massachusetts Senior Games**

by Greg Tooker, Vice Chair MASG

This is a qualifying year for the Nationals which will be held in New Mexico in 2019 and MASG hopes to send a bumper crop of qualifying athletes in a wide variety of sports. For the first time in several years, MASG will be spreading events over a two day period on June 16 and 17 on the Springfield College campus, to include track and field, swimming, basketball, tennis, racquetball and possibly other sports as well.

In addition to the usual track events covering sprint and middle distances, MASG will also be offering the first Power Walk event. This competition has been added by the National Senior Games and will be introduced in Albuquerque as a demonstration sport. There are thousands of active seniors across the U.S. who regularly use walking as a daily exercise, especially in conjunction with activities sponsored by senior centers. Many of these folks would love to compete but until now, have been frustrated by the sometimes confusing and confining rules that govern race walking. The Power Walk event may be held on the track as a 1500M competition and on a road course as a 5K. There is also the option of a 5000M on-track version. Access to the full rules applying to this new national event can be gained by visiting the NSG website: [www.NSGA.com](http://www.NSGA.com) and going to Official Sport Rules for 2019.

The Massachusetts Senior Games has recently forged a working relationship with the MA Councils On Aging and the MA Department of Elderly Affairs. Through the avenues now open, we will be reaching out to seniors throughout the Commonwealth.

MASG is very pleased that the New England 65+ Runners Club has again invited senior athletes seeking to qualify for the National Senior Games 5K Road Race event to run in next fall's Race For All Ages in Wakefield. The arrangement worked well in 2017 despite a few rough edges which we will smooth in preparation for this year's race. KEEP IN MIND that the NSG now considers the 5K and 10K road races reciprocal events. Athletes qualified in either the 5K or the 10K may compete in both events.

Please visit the MASG website periodically: [www.maseniorgames.org](http://www.maseniorgames.org) to check postings for upcoming dates of competition. We are constantly updating information and look forward to seeing NE65+RC folks at our events this year.

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

by Dan D.

Mid - Winter greetings to all my fellow NE65+ Runners Club members. We had a terribly cold stretch this month and then hit the high 50's on the 28th. I literally wore 4 layers of clothing with a face mask and both a hat and a hood for those cold races, followed by shorts and a t - shirt (finally!!!) on Sunday the 28th in Abington, MA. Like we are fond of saying .... "ya gotta love New England."

I normally put out a little challenge to everybody to see who has participated in the most races in New England Runner Magazine's top races in New England and New York. It seems that the magazine left that article out of the January issue for some reason. Rich Paulsen has topped the contest the past 2 years and most likely would have done the same for 2017. We'll see if the editor includes the race rankings in the next edition.

I noticed that BAA race director Dave McGillivray is attempting an incredible running event the next few days as he hopes to run 26.2 miles on all 7 continents in a one week

time period. Yes that's a marathon per day for 7 consecutive days with a whole lot of traveling in between. Many of you remember that we had Dave as our featured speaker at our annual luncheon a few years ago and he told us "the real story" of what it was like for him during the marathon bombing incident. If he completes this challenge successfully perhaps we should have him return sometime to describe what this adventure was like.

I completed 9 races in January .... 8 of them over 2 miles plus the "Millennium Mile". Four of them were the first 4 races of the "Fudgcicle 5K Series" in Tewksbury, MA. Consequently many of the names will be the same in my report on those races. Thankfully there are series like this in December, January, and February that give us additional opportunities to race during our winter season of reduced individual races. I have also utilized the "Freeze Your Buns" series in Nashua, NH and the "Colonial Winter Series" in Abington, MA. Thanks to all the volunteers who patiently stand outside in the frigid weather to make our sport possible at this time of the year.

New Year's Day was the "1st Run 5K and 10K - 9th Annual" at the Lowell Elk's Club on Old Ferry Road in Lowell, MA. The fees were \$30 for the 5K and \$35 for the 10K (add \$5 on race day) which earned participants a nice knit hat and a pair of runners gloves. Finishers also receive a 1st Run medal at the finish line. Food and beer was served INSIDE the Elks Club (inside was greatly appreciated as it was very cold outside). Chip timing with instant results was done by Yankee Timing. Stavros Kanaracus won the M70-79 age group in the 10K race, which is a double loop of the 5K course. Barry Pearson topped the M70-79 division in the 5K followed by Roy Dennehy (6), Daniel Dodson (8) and Ernie Roy (9). Richard Snyder won the M80-99 category with Lou Peters 2nd. Patricia Ryan was 2nd in F70-79 with Laura Warren 4th. The 5K race drew 509 finishers while the 10K had 197.

From Lowell I charged northward to Londonderry, NH for the "Millennium Mile" -- sponsored by Apple Therapy Services and Derry Sports & Rehab. The event is staged at Londonderry High School with plenty of parking and a large gymnasium for packet pick - up and post race pizza, etc. This race is part of Millennium Running's "Holiday Hat Trick" 5 race series, and earns a runner that completes 3 of the 5 races a quarter-zip pullover jacket with thumb holes. The course is all downhill on a traffic-free wide road. The only negative is the 1 - mile walk back UP the hill to Londonderry High School after the race. The \$18 fee included a nice winter running hat, personalized bib, free hot pizza, and a post race party at a local pub. There were 967 finishers with James Burnett 3rd in M60-69 and Daniel Dodson 4th in M70-UP. Chip timing with instant results was done by Millennium Running.

January 6 - Saturday - was the "Fudgcicle 5K Series - Week 1" at Tewksbury High School in Tewksbury, MA. This low key event is put on by the Greater Lowell Road Runners in honor of running legend Ben Fudge. The fee is only \$1 and the course is quite gentle. The 8:00am race start is tough during January & February with cold temperatures and occasionally slick running conditions. There are 8 races in the series ... every Saturday in January & February. The intense cold and wind kept the field down to 72 finishers. Daniel Dodson was 1st in M70-79 and Rita Labella finished 2nd in F60-69. Stephen Viegas was 4th in the M60-69 division.

January 13 - Saturday - was the "Fudgcicle 5K Series - Week 2". Steve Kanaracus topped the M70-79 age group, followed by Daniel Dodson (2nd). Rita Labella was 2nd in F60-69, while Stephen Viegas was 3rd in M60-69. One of the features of the series is the post - race breakfast each week at the Deli - King Restaurant on Route #38 (about 3 miles away from the race finish line). There were 126 participants.

The next day - January 14 - Sunday - was the "HPM Insurance Snowflake Shuffle" 5K at the Copper Door Restaurant on Route #101 in Bedford, NH. This hugely popular race sells out quickly on - line (2,000 maximum) with no race day registration allowed. This is

the opening race of the 2018 "Elliot Millennium Race Series" which goes throughout the year with races from 1 mile up to the marathon. The \$35 race fee includes a beautiful "Snowflake Shuffle" hooded sweatshirt, free beer & pizza, instant race results, traffic - free course, professional race announcing by Jamie Staton and Andy Schachat, free photos and videos, etc. There were 1686 finishers on a cold and blustery day. Daniel Dodson was 3rd in M70-UP followed by James Stafursky (4th).

Saturday, January 20 was the "Fudgcicle 5K Series - Week 3" in Tewksbury, MA. The timing for these events is carried out by the Greater Lowell Road Runners. The fee is only \$1 and each runner brings the same bib number each week. Steve Kanaracus topped the M70-79 age group, followed by Daniel Dodson in 2nd place. Rita Labella was 2nd in the F60-69 division, while Stephen Viegas was 5th in the rugged 9 member M60-69 field. Many of the 126 finishers enjoyed breakfast together at the Deli-King with a large delegation from the Mystic Runners.

January 21 - Sunday was the "Freeze Your Buns 5K Series - Race #1" in Nashua, NH. This 5 - race series was scheduled to begin on January 7 and continue every OTHER Sunday until March 4th. The bad weather forced postponement of the January 7th event making January 21 the first race. The fee is only \$5 per race or \$20 for the entire series (\$12 for ages 18 and younger). There are 10 - year age groups up to 80+ and timing is done by the Granite City Striders and Steve Delahunty. The sign-up and post race hot chocolate, coffee, and donut holes takes place INSIDE at the Conway Arena ice rink. The course is relatively flat and includes 3 loops around Nashua South High School. Bob Welts was first in the M80-99 age division while Daniel Dodson placed 5th in the M70-79 group. There were 230 finishers for this popular winter series.

Saturday, January 27th was the "Fudgcicle 5K Series - Week 4" in Tewksbury, MA. There were 140 participants including a large group of high school students from the Junior ROTC program at Lawrence High School. Steve Kanaracus again won the M70-79 age group with Daniel Dodson in 2nd. Rita Labella placed 3rd in F60-69, while Stephen Viegas was 9th in M60-69. Breakfast again followed at the Deli - King Restaurant with many members from the Mystic Runners and the host Greater Lowell Road Runners.

January 28 - Sunday was the "Colonial Winter Series" 4 - miler in Abington, MA. beginning at 1:00pm. Parking and registration takes place at the Abington Police Station on Central Street. This series and its Colonial Road Runners 4 - mile "sister" race in Raynham, MA. at 8:00am on Sundays takes place each Sunday from November 26 to February 4. The fee is only \$2 with timing done by the Colonial Road Runners volunteers. The 2 - mile loop goes through a cemetery for the first 0.85 mile and is generally quite gentle. Runners have the option of stopping after the first loop for a 2 - mile race alternative. Irma Walat and Daniel Dodson completed the 4 - mile main event. There were no age groups and only 16 finishers in the 4 - miler and another 11 participants who ran one loop for 2 miles.

Congrats to the NE65+'ers who were listed by *New England Runner Magazine* as state runners of the year for various age groups. At the risk of leaving somebody out ... I want to honor the following recipients. From Maine we proudly honor Bill Reilly @ M70+, John Howe @ M80+, and Polly Kenniston @ F80+. From Rhode Island we honor Milt Schumacher @ M70+, Linda Dewing @ F70+, Frances Branham @ F80+, and Dennis Branham @ M80+. From New Hampshire we honor David Ritchie @ M70+ and Jim Lynch @ M80+. And finally in Massachusetts we proudly honor Jan Holmquist @ F70+, Bill Riley @ M80+, Mary Harada @ F80+, and Lou Peters @ M90+. I hope I correctly listed those magazine honorees with our membership list.

Looks like that's "a wrap" for our February column. Look for me at the 4 remaining "Fudgcicles" in Tewksbury, MA on Saturdays in February; the "Super 5K Road Race" in

Lowell, MA on Feb. 4th (Go Patriots); the "Mardi Gras 5K on Fat Tuesday" on Feb. 13 (Tuesday night) in Manchester, NH; and the "Maria's Frozen Shamrock 3 - Miler" in Haverhill, MA on Feb. 25 (Sunday). We'll probably sneak in another "Freeze Your Buns 5K" in Nashua, NH on either February 4 or 18. If you see "the old guy plodding along in a white safari hat" ... please say "hello" and let me know what you think about our little monthly column. Until then ... very best wishes to all ... and I hope to see you soon "Out on the Roads of New England"!!!!!!!

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## Quote of the Month

**"Our running shoes have magic in them. The power to transform a bad day into a good day; frustration into speed; self-doubt into confidence; chocolate cake into muscle."**

Mina Samuels, author of "Run Like a Girl"

New England 65 Plus Runners Club

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