



New England  
65 Plus  
Runners Club

# Forever Run

July, 2018

## Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

Happy 4th of July! I imagine a lot of us will be running a road race on the 4th, despite the heat and humidity, having fun and celebrating our freedom and independence. As always, the results of all races are updated weekly and posted on our website thanks to Tom Abbott and his team: [www.ne65plus.org](http://www.ne65plus.org).

Our club continues to receive well-deserved recognition, especially with the successful team efforts of our 70's and 80's men. We had two accomplishments in June: 1) at the USATF-NE Grand Prix 5 mile championship race on June 17th. Congratulations to the guys who came in 1st of 3 men's 70's teams: Dave Ritchie, Rich Paulsen, and Rob Knight (and there were many more 65+ members who ran):

<http://www.ne65plus.org/index.php?page=2018-race-results---all>

Note that 4 of our 70's members formed a relay team to participate in the 2nd USATF-NE relay competition at Wellesley College on June 30th. Article and pictures are in this edition. Congratulations to our guys who ran well in the heat!

Later this month, you will be receiving (by snail mail) the invitation to the Annual Banquet scheduled for Monday, October 1st at Spinelli's on the Lynnfield/Peabody line where we have been the past many years. We are looking forward to having Amby Burfoot, winner of the 1968 Boston Marathon and author of numerous books, as our guest speaker...please save-the-date for an enjoyable luncheon, presentation of awards, and a great time to meet old and new friends!

In addition, in the same envelope (to save on postage!), you will find the Annual Fund Appeal letter asking for your donation to support our club activities. We plan to acknowledge our Flag Race participants at the luncheon, so note that the next race in the series is the VT Flag Race in Stowe on July 8th...you can run either the 5K or 8 miles. Zeke Zucker is the host and Dan D. will definitely be there. The listing of Flag Races can be found on our website: <http://www.ne65plus.org/index.php?page=flag-races>

The MA Flag Race - our very own 17th Annual Run For All Ages (RFAA) - is scheduled for Saturday, November 3rd. Registration is live, so please sign up early so your RFAA Committee can plan appropriately: <http://www.ne65plus.org/index.php?page=2017-rfaa> (We kept the URL, so ignore the 2017 in the link; it will get you there!)

Please remember that all members are welcome to submit articles of interest to this e-news. We hope to hear from more of you.

Carpe diem!

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## NE Masters 4 x 800 Meter Relay Champs

by Richard Paulsen



photo courtesy of Rich Paulsen

**The men's relay team prior to their USATF-NE race in Wellesley, MA (L-R) Rich Paulsen, Greg Tooker, Ram Satyaprasad, John Babington.**

It was quite an experience for those of us road runners who have little or nothing to do with a track. We were part of a team and dependent on our mates to complete our job.

It was a hot afternoon at 94 degrees. The track might have be a bit hotter. Many spectators were under open sided tents or under the trees that surround the facility. It wasn't much of a factor though. A light breeze was just enough to cool us off. It wasn't noticed while we were out running our two laps.

The races started on time and we were just a bit late due to the two events ahead of us. Men and women and all age groups started the 4x800 together. We were quickly overwhelmed by the other clubs who were younger and quicker, but we all ran 800

meters in the 3:30-3:45 range. NE-65+ was last on the track, but we won our division. Participating were John Babington, Ram Satyaprasad, Greg Tooker and Rich Paulsen.

I'm thinking USATF-NE is looking to expand associated athletes away from their usual comfort zone and seeing youth, high school and college runners participating was just as inspirational to us as the old geezers were to them. Next year we might think of bringing two or more teams.



photo by Jan Holmquist

**The 4 x 800 relay champions and their splits (L-R): Ram Satyaprasad (3:44.65), Rich Paulsen (3:44.35), Greg Tooker (3:32.46), John Babington (3:40.87).**

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## **5 More Race Day Commandments** by Rick Stetson



photo by Mary Tyler

### **Tom Abbott demonstrates having fun when racing.**

This is a continuation of a look at Jackie Veilino's Active.com article, "The 10 Commandments of Race Day for Runners." In June I looked at commandments 1-5 so we will begin with.....

#### 6. "Thou Shalt Not be Intimidated."

Veilino claims, "Running is as much a mental game as a physical one." I'm not sure the mental part of running is as important as the physical because if you have not done the physical preparation it doesn't matter how many positive thoughts you might have when stepping up to the starting line. It is hard not to be intimidated with today's extensive coverage of races on the internet and in running publications. For example, in checking my age group on the race results page of our club's web site, I saw where Bill Reilly ran 23:00 at the Irish Rover 5K in Portland. In John Barbour's *NewEngland Runner* article about master's results in the Boston Marathon, I read that Pennsylvania's Gene Dykes won the 70+ division with a time of 3:16:20, which is probably several hours better than my time for a marathon right now. But there is a lot to be said for the feeling of confidence one has when approaching a starting line knowing sufficient mileage has been run along with some good interval workouts in preparation for a race.

#### 7. "Thou Shalt Not Take Off Like A Bat Out of Hell."

Excellent advice. A good example of what happens when going out too fast is demonstrated at races when young kids feel they have to stand as close to the start as possible. The gun goes off and the kids go out wide open as fast as they can go....for the first 200 yards. Then they hit the wall and slow down so abruptly it takes a sudden swerve to avoid running over them. Not always, however. I have been in races where a youngster will continue his or her fast pace in front of me all the way to the finish, something that seems to happen more frequently as I grow older. But no matter what a runner's age might be, it is smart not to go out too fast.

#### 8. "Thou Shalt Not Feed or Hydrate Differently During the Race."

It is important for runners to hydrate before and during races. Sometimes in a 5K on a cold day I'll pass up a water stop but in longer races, sips of water or Gatorade can be helpful. During hot 5Ks I'll drink some of the water and dump the rest on my head. Just as one should not carbo-load to the extreme (commandment number one) or wear anything new on race day (commandment number three), runners should not over hydrate or try some new liquid or gel during a race. An upset stomach will usually cause a runner to be upset over his or her finishing time.

#### 9. "Thou Shalt Make a Post-Race Plan."

Veilino recommends making a plan where to meet family members after a race. This is good advice for big races like the Boston Marathon or even the New Bedford Half Marathon where family members can not enter the building where post-race refreshments are served but in smaller races, meeting family members is not too difficult. To me, a post-race plan should include a cool down, which is always more enjoyable when done with another runner. I can't remember ever doing a cool down after a marathon but I recommend it for shorter races as it can help with the recovery.

#### 10. "Thou Shalt Not Forget to Have Fun."

Veilino says to "Enjoy your ability to move and don't forget to smile for a race photographer along the way." This is advice NE 65+ board member, Tom Abbott, follows and he has encouraged others to do so as well. Several years ago Abbott told club president, Jan Holmquist, she should smile when seeing a photographer on a race course and even though she runs at a fast pace, Jan always manages to do so.

Actually, there may be more to this commandment than simply looking good for a race photographer. Stav Dimitropoulos has an article in this month's *Runner's World* titled "Can Smiling Make You a Better Runner?" In it, he cites a study that found "runners who smiled used less oxygen, ran more economically, and had a lowered perceived rate of exertion than those who frowned and those in the control group." The co-author of the study was quoted as saying, "We associate smiling with happiness or enjoyment, states that make us more relaxed, so when we smile, we are consciously trying to relax."

So when running your next race, have fun and smile. We want to show everyone that even at the "advanced age" of 65 and above, we can still experience enjoyment while getting some good exercise. And by smiling, we just might wind up with faster times.

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## At The Races



photo courtesy of Infinity Portrait

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**Cassiday's Run for Kids 5K, Salisbury, MA. (L-R) Bob Aucoin, Lou Peters, Dick Kuhl, Charlie Farrington, Mary Harada, Daniel Dodson, Nancy Wilson**

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## **Trav's Race, Newburyport, MA**

by Lou Peters

Trav's Race is a trail run, 3 mile race. The race directions, the saying a few words, and then the shooting of the gun to start the race...that was how it began.

A nice downhill start for about 100 yards or more, then we hit the rocks, tree stumps, and soft sand that lasted about 15 minutes, finally evening out to flat ground.

I was still worried about being last and I really thought that I was, but low and behold, two young girls passed me!! I stayed behind them, then asked if they knew the way. They said "Yes"!! So I told them that I would be following them...what a relief that was for me! Now I could just keep following them to the end. We came to a turn when they shouted, "Is this the right way??!!" Apparently the answer was a NO. Now what do we do???

We stopped and tried to find the right way. Just then, some runners were coming. Luckily, I knew one of them (Thank God). I asked him if this was the right way. He said turn around and follow the trail all the way back about 2 miles and that would take us to the finish line.

Well now we had to go back 2 miles. I said we should go back because we already had gone 2 miles out of our way. Finally we came to the correct turn that would take us to the finish! When we got there I made a vow, **"I am not going to run this race next year, period!!!!"**

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# One Hour Run

by Joe Abelon

The 2018 "1 Hour Run" will be held on Sunday, September 23 at the Manning Field in Lynn, Massachusetts.

This event is seldom run. This is a rare opportunity for many to compete and become American record holders.

American records were broken in all the years in which the event was held in Lynn (2014, 2015 and 2017).

It would be a pleasure to see many enjoy the experience. Feel free at anytime to communicate. H 781-593-6562 C 781-709-7135

**Editor's note: After the above was received, Jan added the following "p.s."**

A few of us competed at this event in 2015. We had a lot of fun doing something very different. If you would like more information, please contact Joe at the numbers above or you can contact me as I have the record charts for the various ages.

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## The Greatest (Part Two)

by Bill Borla

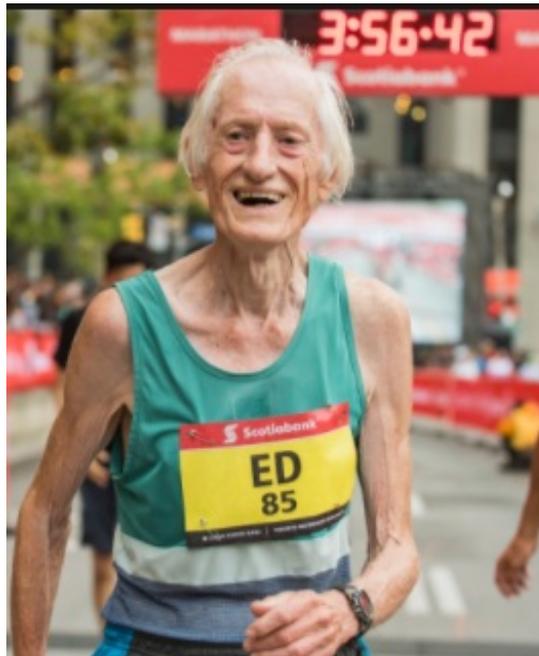


photo by letsrun.com

**Editor's Note: Last month Bill Borla told about meeting the late world-famous masters runner, Ed Whitlock, in 2003 at the Stockade-athon 15K in Schenectady, NY. At one time Whitlock held 36 age group road and track records and ran a marathon in 2:54:48 at age 73. Bill's article continues....**

Here's an interesting bit of information. Ed was born near London, England on March 6, 1931. Roger Bannister, the first man to run a sub 4 minute mile, was born in England a couple of years earlier, on March 23, 1929. I don't know for sure if they ever raced against each other in their teens and early twenties, but Ed knew one of the men who paced Bannister on his historic run. That was Chris Chataway. While doing some

research for this article, I was surprised to find out that Chataway was the first recipient of the BBC Sports Personality of the Year Award in 1954, the year Bannister set the sub 4 mile record. I thought it certainly would have been Bannister, but Chataway was a great runner, too, and he set the world record in the 5,000 meters that year.

I got to know Ed from our meetings in Schenectady over a number of years. I was curious about various aspects of his training, which was extremely unorthodox. I had never heard of anyone who trained like him. But you couldn't argue with the success he achieved. I read that he ran 3 hours every day in a cemetery near his home. He would do loops that weren't even a mile long, and it was boring for him. I couldn't understand how he could run such fast times training that way, so I emailed him to find out how he did it. He said he ran about 36 races a year. Now I understood. Those races were all speed workouts! I also wanted to know what pace he trained at. He said he didn't know because he doesn't keep track of pace so that he doesn't get into competitions with himself. He just tries to run in a conservative style and pace to minimize the pounding. His training did not vary much from day to day. He didn't do hard/easy or varying workouts, and no cross training or stretching. Ed was what I call a white Kenyan. He was listed at 5' 7" tall and weighed 112 pounds. He was physically strong and obviously had a super cardiopulmonary system.

In December, 2006, when Ed was 75, I had the following email exchange with him. I left it the way it was written back then. Some of you may be interested in what he had to say. My questions are numbered and Ed's responses are just below each question.

Hi Ed,

Thanks for getting in touch. First I should tell you that I know quite a bit about your running from reading articles such as *The Prime of the Ancient Marathoner* by Michael McGowan and from talking with you. I understand you do LSD for endurance and stamina and race about 36 times a year for speed. It's a simple, extremely successful formula that works for you. It's also an incredible amount of hard work. I don't train or race anywhere near your level because I'm afraid of injury and burnout, and, honestly, I just don't think I have it in me. So I'm not concerned about emulating your training methods, but since I'm coming up thru that stretch in time, age-wise, that you just went through, this is what I'm curious about:

Ed Whitlock's reply: I really don't think I can attribute any problems I have had to overtraining. Rightly or wrongly I avoid speedwork because of injury concerns.

1. Over the past 10 years, have your racing times held fairly steady, or declined slowly?

Ed: They have generally declined in a somewhat irregular fashion depending on training. 10 years ago I could count on running a marathon in the low 2:50's. Can't get under 3 now.

2. Over 10 years, have your daily training hours held steady at around 2 (or 3) hours, or have you had to make adjustments?

Ed: In general I have increased the time of my runs but decreased the intensity.

3. Do you still try to run 2 (or 3) hours every day?

Ed: In general, yes when I am trying to get fit before races. Excepting of course, tapering time and injury excuses. I have eased back at the moment as no races particularly in

mind.

4. Have you had any injuries that were serious enough to prevent you from running for more than 5 days?

Ed: Yes, 10 years ago I was off for 18 months when I injured my foot in an XC race. 5 years ago I was off for a year with a knee problem. This year I was off for a month with an achilles problem then later another month with a recurrence of my knee problem

5. Is there any strategy in the way you spread out your races over a calendar year or in the way you select the distances you race?

Ed: Not really, I like to run races I have done previously. Nice to compare and I think it helps to run courses you know.

6. Do you take any days off before or after a race?

Ed: Depends. I generally do shorter faster session before a race, sometimes the day before sometimes not. I missed the day before the Stockade-athon because I was travelling.

7. Do you taper your training when approaching a key marathon?

Ed: I train normally until the week before. I am still trying to decide what is the best preparation for the final week. Often seems to be affected by psychosomaticaches and pains.

So that's it. Ed, my old friend, I hope you're still doing some of the most incredible running we've ever seen, wherever you are.

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## Special Book Offer

**Editor's note: 65+ club member, Mike Brooks, has raised thousands of dollars in support of two of his favorite organizations: Camp Sunshine and the Special Olympics. Mike sent us the following information offering a discount for those interested in reading about his ultra-marathon races in addition to helping the Special Olympics.**

The "Badwater and Beyond" book is now available at a discount plus free shipping for \$15.00. All profits go to Special Olympics. To receive a signed copy mail checks to Mike Brooks, 11 Little St., Lewiston, Maine 04240. If you want me to write a note please send it along. If you could share this email with friends it would be appreciated. Thanks for helping my fundraiser and I am sure you will enjoy the book.

**Editor's note (cont.) After receiving the above notice from Mike, he sent us a book review written by a friend along with Mike's message to club members.**

" Maine's Mike Brooks is in his early 70's and has just finished his first book, *Badwater and Beyond a Thousand Races, Places & Faces*. It is a hidden gem starting with his first half century on his solid foundation of family, friends and being a fireman for 33 years. Then at age 50 he completed his first 26.2 mile marathon, not an easy accomplishment. A generation later he has completed 406 marathons and 101 ultramarathons something few people could do considering the wear and tear on the human body. Mike's book is a wonderful journey across the United States five times. Perhaps the two most amazing physical accomplishments were doing Badwater in 2004 and then in 2009 running for 491 miles (almost 50 miles a day) in 10 days in New York City. Mike also writes about his long distance runs in China, South Africa and Brazil. One

thing that has always kept him going besides family and friends is his favorite charity, Camp Sunshine for sick children."

**From Mike:** At the very end of the book is an accurate list of all my marathons and ultras with dates, times and places. Looking at the list you can see how I slowed with age and injuries. Whether you know me or any of the characters in the book I think you will find it funny at times, some say hilarious and also a real page turner. To read more of a description go to [www.amazon.com](http://www.amazon.com). All profits from sales go to Special Olympics. Any questions please email me at [mjbruns2@hotmail.com](mailto:mjbruns2@hotmail.com).

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## **The First MA Senior Games Power Walk Event Declared a Success**

**By G. Greg Tooker**

The Massachusetts Senior Games held its first power walk competition on June 17, 2018 at Springfield College, Springfield, MA. The race was in conjunction with MASG's Super Weekend at the college where track and field, basketball, swimming, tennis and racquetball events were held, drawing upward of 250 athletes from Massachusetts, New England and various parts of the U. S.

The Power Walk event was just introduced this year by the National Senior Games and it is our opinion that it will soon become one of the most popular competitions at the state and national levels. Unlike race walking, the technique required for power walking is a bit more forgiving, allowing the athlete to bend his/her knee while it is passing beneath the body. One foot must be in contact with the ground at all times and the heel/toe stride is closely monitored during the course of the race. Full rules governing the event may be viewed at the NSGA official website, [NSGA.com](http://NSGA.com). Mature athletes who no longer feel comfortable competing in running events find the Power Walk a challenging alternative.

The competition in Springfield was exciting to say the least, with what we estimate to be some of the best walkers in the country going head to head. Although the field was small, the performance was impressive. Among the men, the three quickest, Michael Devaney, Michael Rosenthal and Raji Ballou fought tooth and nail throughout the race. Consider, however, that Mr. Rosenthal, at age 75, gave away nearly a decade to his younger competitors but still finished second overall, an amazing accomplishment. The three gentlemen finished within 6 seconds of each other, with Mr. Devaney grabbing first (9:48) in the 60-64 age group and Mr. Ballou taking second (9:54). It may well be that Mr. Rosenthal's incredible 9:50 will stand for some time as the event record for his age group. Hometown fellow, Othniel Brown covered the distance in a respectable 11:01, taking the gold in his age group.

On the ladies side, Ilene Fabisch, accomplished national runner and walker, covered the distance in 11:42, winning the gold for her age group (60-64). Local lass, Rita Quintier, who first learned of the event only the day before at the "Thrive After 55" exposition, breezed around the track in 13:45, winning a gold medal for her age group (65-69).

MASG is considering a second power walk event before the end of the year, probably for the 5K distance so be sure to check the Massachusetts Senior Games website ([maseniorgames.org](http://maseniorgames.org)) frequently during the weeks ahead for date and location. The National Senior Games to be held in Albuquerque, NM in 2019, will feature both the 1500m and the 5K Power Walk. Be part of this exciting new event.

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**Patriotic Running on the 4th**  
by Rick Stetson



photo by David Colby Young

**Boy Scouts leading runners in the Pledge of Allegiance before the start of last year's LL Bean 10K on July 4th in Freeport, Maine.**

July 4th is just around the corner and if it is anything like last year, a number of club members will find a race to help celebrate our nation's independence. In an article for Active.com, Erica Schuckles wrote "Get Patriotic at a Fourth of July Race," where she listed 16 races around the country taking place on the 4th. One was Atlanta's Peachtree 10K, a race I have run five times, always hot and humid and featuring some excellent national and international competition. But that was 40 years ago when the fields were just a few thousand. These days, Peachtree attracts over 60,000 runners making it a race where I say, "been there, done that."

Two of the races mentioned in the Active.com article are in New England and both had NE 65+ club members participating last year. The 4 on the 4th is held in Bridgton, Maine, a town "surrounded by many bodies of water and encompassed with a cool summer breeze." Six runners represented the club at the race with impressive showings made by John Howe and Judi Moland who won their age groups with Bill Reilly and Sandy Utterstrom taking second while Cathy Burnie was 4th out of 22 runners in her age group.

The other New England race mentioned was the Finish at the 50 Celebration at Patriot Place in Foxborough, MA. The races actually took place on July 3 but they are held during the evening and followed by fireworks which makes it close enough to the 4th. Rene Martel and Anne Marie McDonald made it to the middle of the field in the stadium where Tom Brady and friends have performed so well over the years. There are many other towns around New England that hold races on the 4th of July and last year club members took part in 25 of them.

The race with the most NE 65+ runners (10) was the LL Bean 10K in Freeport, Maine where age groups were won by Polly Kenniston and Phil Pierce with Jim Toulouse and Dick Lajoie taking 2nd in theirs. The next most popular July 4th race for club members was the Charles River YMCA 5K in Needham (8) where Jan Holmquist, George Tooker and Phyllis Mays won their age groups with Tom Abbott and Marj Radin taking second.

New Hampshire races included the Sparkler 5K in Merrimack where Barry Pearson

and Dick Kuhl won age groups with Bob Welts taking a second while Michael Gonnerman was first in his age division at the Center Harbor 5 Miler. Club runners Jerry Powess and Nancy Wilson captured first place age group awards at the Tortoise and Hare 3 Mile in Nahant, MA while Steve Cryer had an age group win in a Plymouth, MA 5K with a fast 21:40. Meanwhile in Norwood, MA, Betsy Knapp was first followed by Anne Marie McDonald, second, who had run in Foxborough the night before. Another Massachusetts race popular with six club members was the Dedham Four on the Fourth where first place age group finishes were turned in by Dave Pember and Anne Marie McDonald. Those who have been counting will note it was three races in two days for Anne Marie, putting her up there with mega race runners like Lou Peters and Daniel Dodson.

When I lived in Duxbury, MA, I always enjoyed getting up early on the 4th and heading to the local high school for the start of a mostly flat 5K that went around Powder Point with impressive views of the bay while running past some elegant old homes. This year will be the 40th for the race which has become an annual tradition for many families who return to the South Shore town for the run and remain for the parade that is led by fire engines from Duxbury and neighboring towns proceeding down streets with sirens blaring followed by Brownies and Cub Scouts along with many floats and marching bands. It is a Norman Rockwell-like picture of small town America celebrating Independence Day.

There are many other races around New England on the 4th, perhaps one near you. If so, you might want to put on your red, white and blue running outfits and take in a race, or if like Anne Marie, a race or three. Then in the days after the 4th, don't forget to check the race results compiled by Tom Abbott and his crew on the club's web site to see how many club members got in the patriotic spirit. My guess is that we will find a large number with many finishing near the top of their age groups because even though we are all older than 65, we still know how to run.

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## **More Cowbells**

**by Steve Malynn**

Seems as if I have always been running: through woods and fields as a child, and when a bit older on the beach. The road soon followed and with it racing. The 1970's ushered in the "running boom" and the race scene exploded. As years passed, crowded out by the responsibilities of adulthood, racing dwindled and died. Fortunately, squeezed in whenever time allowed, I was able to continue running fairly regularly.

With my resumption of racing about ten years ago came a rather unpleasant surprise; subjecting my now sixty year old knees to a steady diet of road racing promised that the re-birth might be a brief one. Well, I turned seventy in May and am enjoying racing as much as ever. I am still on the road and, in deference to my knees, have added trail racing to the mix; but the focus of my year is now on mountain running, specifically the Mountain Running Circuit.

A bit of background on the Mountain Circuit. The idea for these races was brought back from France in 1993 by Dave Dunham who had just won a silver medal in the World Mountain Championships. Along with a few others, he developed a race structure and presented it to USATF-NE. Consent was given and racing started in started in 1994. Detailed information on the specific races can be found on the Mountain Ultra Trail (MUT) page of the USATF-NE website.

Open

to all runners, the Circuit now consists of eight races run between April and October. Not heavily advertised, and with race fields mostly in the two to three hundred range, it is

somewhat under the radar locally but plays a prominent part on the national stage. Both the Loon Mtn. and Cranmore race have, on multiple occasions, served as qualifiers for the U.S. National Mountain Running Team. Loon has also hosted the National Collegiate Mountain Running Championships. A number of New England runners have represented the U.S. internationally, including Vermonter Kasie Enman, who was the World Mountain Champ in 2011. Paul Kirsch, who has been the Chair of the Circuit since 2010 is also the Director of the U.S. National Junior Team.

Some general facts about the races. They are spread out between three states: Massachusetts (2), New Hampshire (4), and Vermont (2). The formats are specific to each event and include: mountain top finishes, loops, multiple loops, a point to point race, and one, (the Bretton Woods Fell Race) which allows you the option of selecting your own route. They range in distance from 3.6 miles at Ascutney to 10 miles at Pack Monadnock. Most are in the six to seven mile range.

Yes, they are steep, although most of the courses also contain rolling sections and some downhill. Those that have climbs to the top with finishes at the base (Cranmore and Bretton Woods) contain challenging descents. It is total elevation change, rather than distance, that is considered by most to be the major factor in evaluating race difficulty. And yes, almost everyone walks parts of some the races; some of us walk a lot. Over the years I have personally witnessed people crawling on some parts of Cranmore and Loon. It worked for them! Ascutney, Greylock, Pack Monadnock and Wachusett (except for the end) are paved and offer good running; think Mt. Washington Auto Road. The other four, (Bretton Woods, Cranmore, Loon, and Sleepy Hollow) are a mix of single/double track, graveled service roads and ski slopes. Sections of these are often very wet, with deep mud and running water. Sleepy Hollow, run at the peak of mud season in Vermont, is in a class by itself.

The mention of "mountain running" can be a conversation killer for a lot of people. Mountain running certainly does not appeal to all, and in fact not every one of these races is appropriate for every runner, regardless of age. Interestingly, fifty to seventy year olds are well represented at most all these events and more than hold their own. Makes me think the mountains may be an acquired taste. My personal opinion is that many of the runners that have survived to make it to NE65+ possess the experience and grit to take on some of these hills if they so desire!!

So, why do I run in the mountains? When racing on the roads the clock and fellow runners provide the competition. Mountain running presents a different perspective in that, for most, the challenge is in the course itself. The unavoidable physical and mental effort to simply complete the race can be sometimes daunting. My watch stays in the truck, and anyone running next to me is a comrade rather than a competitor. Accomplishment can be measured in running a steep section that in the past forced me to walk, or in maintaining speed through a muddy descent. And on even a particularly rough day, the fields of wildflowers, the wind through the trees, and the mountain scenery serve as reward enough.

Oh yeah, I almost forgot about the cowbells. Long a common practice at ski races across Europe and North America, they have also taken root in the Mountain Racing Circuit. Rung by spectators most anywhere along the route, they never fail to bring a smile to my face and add a hitch to my step. We can always use "more cowbells."

One last thing; if you do give mountain running a try and find it suits you, running six of the eight races in a calendar year will get you automatic entry into the Mt. Washington Auto Road Race for the following year. See you on the roads, and maybe (?) the mountains!

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# In Memoriam

John G. Howe 1935-2018

A link to John's obituary is below:

[https://www.conwaydailysun.com/community/obituaries/obituary-john-g-howe/article\\_0adef3cc-7637-11e8-ab23-5706810e71c1.html](https://www.conwaydailysun.com/community/obituaries/obituary-john-g-howe/article_0adef3cc-7637-11e8-ab23-5706810e71c1.html)

John was a talented runner and inducted in the NE 65+ Hall of Fame in 2016. His Hall of Fame write-up can be found at:

<http://www.ne65plus.org/index.php?page=hall-of-fame>

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## Out on the Roads of New England

by Dan D.

"Welcome to Summer" fellow NE65 members. Looks like the REALLY warm weather has definitely arrived in our 6 - state region. In this edition I'll be reporting on the 12 races I managed to complete in June; as well as an update on our "Flag Race Challenge", which heads to Vermont for "Round #2" on July 8th in Stowe. My 12 June races and the 15 completed in May brought my half-year 6 month total up to 50 races -- right on target for that century - mark goal. We'll see if another 100+ race year is "in the cards" or not, but at least I now have a fair chance at reaching my yearly milestone.

The first June race was on the 2nd (Sat.) in Concord, NH at New Hampshire Technical Institute. It was called the "Hoofbeats Ehlers-Danlos Syndromes & Rare Disease 5K - 2nd Annual" and drew 62 participants. The reasonable \$20 (\$25 race day) entry fee included t - shirts for pre - entrants, 2 - deep age groups up to 70+, timing by Yankee Timing, music by Band of Bob's, light refreshments, a traffic - free 2 - loop course on the driveways of NHTI, and a raffle. Judi Lemaire was 1st in the F60-69 age group (and 9th overall), while Daniel Dodson topped the M70-99 division.

The next day (June 3 - Sunday) was the "Cassidy's Run for the Kids 5K Race and Fun Walk - 6th Annual" in Salisbury, MA. The proceeds benefit the family of Cassidy Nicholas for her on - going medical expenses due to Treacher - Collins syndrome. Cassidy has been featured on television and media as the spokesperson for Tufts Medical Center's Floating Hospital for Children and this year sung "God Bless America" at the beginning of the race. The course is a flat lollipop out & back on the packed gravel of the "Salisbury Ghost Rail Trail" and a few quiet country streets. The race headquarters was at the Sylvan Street Grille on Rte. #110 and the next - door Winner's Circle Running Club directed the race. The \$25 (\$30 race day) fee gave the 250 finishers a purple tech t - shirt, timing by Yankee Timing, 3 - deep ten - year age groups up to 80+, beer ticket for the Sylvan Grille, refreshments, and a huge raffle. Mary Harada topped the F80-89 field with Nancy Wilson 2nd. NE65+ also swept the M80-89 division with Dick Kuhl 1st and Lou Peters 2nd. The M70-79 age group had Steve Malynn 1st, Charlie Farrington 3rd, Thomas Wylie 4th, Daniel Dodson 5th, and Robert Aucoin 6th.

June 5 - Tuesday was the "Still We Believe 5K - Good Times Spring Series (Race 8)" at Dudley's Pub in Lowell, MA. The \$15 (\$100 for the 10 - week series) race fee features announcing by Dave Labrode, Joe Regan with his National Anthem on trumpet, 10 - year age groups up to 90+, chip - timing by Yankee Timing, photography by Ted & Mary Tyler, post - race party at Dudley's, and a mostly level course on walkways, bridges, sidewalks, and roadways around the Merrimack River. The temperature was 52 degrees -- cool for

June, but perfect for running. Race founder Dave Camire originally named this race "Still We Believe" with the thought that someday the Red Sox would win the World Series!! He promises to alter the name next year to "We Believe 5K" if the Red Sox win it all in 2018. Johanna Riley was 1st and Mary Tyler 2nd in F70-79, and Lou Peters was 1st in M90-99. Rick Marais was 20th in the huge M60-69 age division, while Barry Pearson and Daniel Dodson were 2nd and 3rd respectively in M70-79.

June 9 - Saturday was the unique "New England Dog Jog 5K - 2nd Annual" in Nashua, NH. The race takes place outside of Stellos Stadium and traverses the driveways and pathways of Nashua South High School for the 1st mile and then the trails of Mine Falls Park for the other 2 miles. There are 4 waves .... 2 for runners without dogs and 2 for runners with dogs!!! This 5K was the 1st race in the 5 - race "Gate City Series" (\$100 for all 5 races). The fee included medals for all finishers (human and canine), light refreshments, free beer at Nashua's Millyard Brewery (about 5 miles away), tech t - shirt, and chip timing by Millennium Running. Daniel Dodson was 2nd in the M70-UP division. There were 605 total finishers (both human & canine!!).

The next day -- Sunday, June 10th was the "What Moves You 5K" in Exeter, NH at the Exeter Hospital on Alumni Drive. This 5K was part of the LOCO race series. The \$35 fee (\$40 race day) included free parking at the hospital garage, chip timing by Yankee Timing, tech t - shirt, free Dos Equis beer and breakfast burritos at the Margarita's Restaurant near the start/finish line, and 10 - year age groups up to 70 - 99. Janet Parkinson finished 1st in F60-69 with Donna Sarasin 2nd. Daniel Dodson was 2nd in M70-79. There were 402 participants.

June 13 - Wednesday evening was "The Mystic Runners Lake Q 5K" at the Lakeside Inn on Lake Quannapowitt in Wakefield, MA. This no - frills 5K is hosted all - year long on Wednesday nights at 6:45pm with a low \$2 race fee. The Mystic Runners volunteers time the race and put the results promptly on Coolrunning. The course winds around the scenic lake and is mostly level with a couple of minor hills. There were 58 finishers on a warm and very humid 73 degree evening. Daniel Dodson and Laura Warren represented the NE65+ Runners Club.

June 15 - Friday was the "Flag Day 5K - 1st Annual" at 6:30pm at the common on Church Street in Amherst, NH. The \$25 (\$30 race day) fee earned the 158 finishers chip timing by Millennium Running, free pizza and ice cream, finishers medals, and a slightly rolling 5K on country roads in a stereotypical New England small town. Daniel Dodson was 2nd in the M70-UP age group. The race beneficiary was The Moving Wall -- a Vietnam War Memorial that will visit Souhegan High School in Amherst, NH from July 19 to 23.

The next day -- Saturday, June 16 was the "1st Lt. Derek Hines Flag Day 5K - 7th Annual" in Newburyport, MA. This highly popular and emotional afternoon 5K takes place at Cashman Park along the Merrimack River at 3:15pm. The \$35 (\$40 race day) fee included a tech t - shirt, free beer, hot refreshments, dog tags (Lt. Hines) to all finishers, music on stage by a local rock band, greetings from Gov. Charlie Baker and other dignitaries, a speech by a Medal of Honor winner who was with Lt. Hines when he died in Afghanistan, and several members of Lt. Hines' platoon. All runners wear #7 on their bibs as that was Lt. Hines' number in hockey at West Point where he served as the team captain. His brother served as the master of ceremony for this very emotional and patriotic event. The weather was hot and humid on this mostly level 1st mile, uphill 2nd mile, and downhill 3rd mile. The city fire department erected a huge American flag for participants to run under during the 1st mile. There were many local citizens cheering the runners all along the course. The only snafu was in the timing which only recorded 744 finishers (seemed to be over 1,000 present). Race proceeds go to the 1st Lt. Derek Hines Soldiers Assistance Fund and supports the Run to Home Base and other veterans needs. Daniel Dodson and Lou Peters represented NE65+ at this annual race event.

June 23 - Saturday was the "Lahey Health 5K Cancer Walk & Run - 13th Annual" at Burlington High School in Burlington, MA. The \$40 race fee gets a runner bus transportation from and back to the parking location on Mall Road (no parking allowed at the high school), a t - shirt, light refreshments (including Dunkin Donuts, muffins, and coffee), chip timing by Granite State Race Services, race management and course design by Dave McGillivray Sports Enterprises (Dave himself was present), and 1 - deep age groups up to 70+ (although Granite State does list the top six in each bracket). There were 1075 finishers on this rolling course with a large group of walkers and charity teams participating. Daniel Dodson was 2nd in M70-99.

The next day (Sunday, June 24th) was the "Jamaco River Run - 2nd Annual" at Waterhouse Field on Route #110 (East Main Street) in Merrimac, MA. The \$30 entry fee (\$35 race day) included a tech t - shirt, free beer from Riverwalk Brewery of Newburyport, MA, music by Flip Side (terrific band), a fair course with one steep 1/4 mile hill at the half-way point, and terrific people on the race committee. The only negatives were the lack of age group awards (only under 12), and a narrow start with no "net" timing (I had a talk with the very cooperative R.D. and I think I'll be addressing the race committee at a future date to correct those 2 simple to correct mistakes). Robert Randall was 5th in M60+ and Daniel Dodson was 8th, with new member Edwin Laverty in 4th. The 189 total finishers could be doubled with a little more publicity (like not on Running in the USA) and the age group improvements. Robert Randall (a former Merrimac resident for many years) received a special award for being the oldest participant. By the way --- Jamaco was the original name of the area that is now Amesbury and Merrimac, MA!!!!

Thursday evening - June 28 was the "St. Peter's Fiesta 5K Road Race". This longtime staple of the Northshore YMCA Road Race Series starts at Stage Fort Park and ends at St. Peter's Square on Rogers Street at the huge 4 day Fiesta carnival. The \$30 fee paid for a tech t - shirt, chip timing by North Shore Timing Company, 3 - deep ten - year age group awards up to 70 - 99, a slightly rolling course along the Gloucester waterfront, and a finish with cheering fans at the Fiesta carnival. Daniel Dodson was 4th in M70-99 with Lou Peters 6th. Terry - Lee Harrington was 7th in the F60-69 age division. There were 704 participants in this popular Northshore YMCA event.

June 30 - Saturday was "Randall's Road Race Run/Walk for the Gym 5K - 16th Annual" at Nasson Community Center on Main Street - Route #109 in Springvale, Maine. This gym was originally part of Nasson College until the college closed in 1983. Our own Bob Randall is Race Director and is honored with his name etched in a paving stone on the brick sidewalk at the 5K finish line. The very reasonable \$18 race fee included a t - shirt, refreshments including sandwiches and "beverages", professional timing, runners raffle, 5 - year three - deep age groups up to 80-99, and a rolling course out & back along Main Street. Joan Tremberth topped the F70-74 age group, while Zelda Schwartz did likewise for F75-79. Bruce Schmottlach was 1st in M80-99, while Denny Leblanc topped M75-79 with Robert Aucoin 4th. David Ritchie won the large M70-74 field, followed by Charlie Farrington 3rd, Jim Durgin 6th, Daniel Dodson 7th, William Morgan 8th, and noted author and ultra runner Mike Brooks 9th. Carol Weeks was 2nd in F65-69 with Cathy Burnie 5th, and Bill Vickerson was 10th in the M65-69 division. David Ritchie was Male Grand Masters Overall Winner and Joan Tremberth was Female Grand Masters Overall Winner. There were 130 finishers in this 16th edition of the old "Run for the Gym".

Well .... that's "a wrap" on my 12 races in June. Next up is our 2nd race in the "Flag Race Challenge" on July 8 - Sunday in Stowe, Vermont. This is the "Stowe 8 Miler & 5K - 37th Annual" on a very scenic race course with mountain views, a nearby balloon festival, terrific nearby restaurants, and an opportunity to talk with Vermont NE65+ Director Zeke Zucker while having a complimentary beer with ice cream!!!! Only Vermont could offer us a Flag Race with beer and ice cream!! I'll be present -- will you???

A special THANK YOU to Tom Abbott who worked back and forth with me for over 12 hours on getting some of our twelve June races onto the NE65+ website. Without Tom's assistance and previous help from the rest of our "results team" my task in reporting on our NE65+ members in each of my races would be far more monumental in both time and effort. If you haven't done so yet .... take a few minutes and click on the "results" section on our webpage (top right) and see how your brother & sister NE65+ members are running in all parts of New England and beyond. It is a terrific service and absolutely free to all our 700+ club members.

My July schedule starts with the "Firecracker 4 Mile" in Swampscott/Marblehead, MA on July 4th; the aforementioned "Stowe 8 Miler & 5K" in Vermont on the 8th; the "Beat the Heat 5K" in Peabody, MA on the 12th; the hugely popular "Boot Scootin Boogie 5K" on the 14th in Londonderry, NH; and the equally large "Yankee Homecoming" (10 mile & 5K) on July 31st in Newburyport, MA. I'll most likely be at the "Hula Hustle 5K/10K" in Manchester, NH on July 22nd, and the "David Curley 5K" in Haverhill, MA on the 15th. There will be more additions as the time gets closer, as well as some of the weekly summer series races too. We are so fortunate to have such a multitude of choices to run "Out on the Roads of New England".

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## Quote of the Month

**"Every run presents a new adventure full of great gifts."**

Amby Burfoot

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