



New England
65 Plus
Runners Club

Forever Run

March, 2018

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

This is such an exciting time of the year as thousands of runners are training for the Boston Marathon. Byron Petrakis has written two more awesome profiles on members who received waivers from our club...so inspiring! We have one more runner who will be featured in the April edition - Don "DJ" Jewell who turns 80 on April 16th. This reminds me of last fall when Rick Bayko turned 70 on the day our 70's team (he was on the team) won 1st place at the USATF National Cross Country Championships at Franklin Park - a great way to celebrate birthdays, especially when you are the youngest in your new division!

Speaking of USATF National Championships...the James Joyce Ramble 10K in Dedham, MA on Sunday, April 29th is once again the national championship. Zeke Zucker is coordinating the 70's men's teams. Please contact Zeke if you haven't already and plan to run: zekezucker@yahoo.com. More exciting news: we will have an 80's men's team this year! Jerry LeVasseur is coordinating this team, so please contact Jerry if you haven't already and plan to run: ardjer80@gmail.com. Our club is making history! And please remember to renew your USATF membership with the NE65+RC.

We are updating the dates for our state Flag Races and anticipate the same races in the various states, so please save-the-dates:

Maine - Portland Sea Dogs Mother's Day 5K - May 13
Vermont - Stowe 5K or 8 miles- July 8
Rhode Island - Bobby Doyle 5 miles- August 12
New Hampshire - Great Castle 5K - October 7
Connecticut - Great Pumpkin Classic 5K - October 21
Massachusetts - Run For All Ages 5K - November 3

Note that the deadline date for Hall of Fame nominations has been extended until March 23rd, so please submit nominations soon (see updated article in this newsletter). Other awards are the Rev. Joe Shea and the Race Director of the Year. Criteria for all awards is on our website: www.ne65plus.org. Please submit nominations for Rev Shea and RD of the Year to me by June 30th either by email or snail mail: jholmquist@mspca.org or 32 Paulson Drive, Burlington, MA 01803.

Please remember to be recording your running and walking miles in 2018 and submit your results to Ken Houle (see article in last month's *Forever Run*):

hoolks@metrocast.net. Also, in case some of you are unaware, USATF has an award for participation called the Phidippides Award. Information can be found on their website:

<http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>.

Another date to mark on your calendars: our Annual Luncheon is Monday, October 1st at Spinelli's. A snail mail invitation will be sent to all 65+ members this summer. We are very pleased to announce that Amby Burfoot has agreed to be our guest speaker! Following a brainstorm meeting of your Executive Committee in February, new treasurer Gary Circosta reached out to Amby with positive results. In addition to speaking, Amby will be selling and autographing his books. My favorite is *The Runner's Guide to the Meaning of Life*.

On a sad note, we learned of the passing of two of our members (noted in this edition). I was very fortunate to have dinner with one of them - Bill Stern - a couple of years ago when he was 96. He was sharp, witty, great story teller, happy...so inspiring!

Last, please remember that we have a Facebook page (thanks to our VP Steve Viegas). You can click on the logo at the bottom of each edition of *Forever Run* to access the page. And thank you to all the members who contributed to this and other editions of *Forever Run*!

Carpe diem!

Marathon Waiver Profile: Alan Hagyard by Byron Petrakis



photo courtesy of Alan Hagyard

Alan Hagyard is a survivor. Like many others who have encountered trauma, his story is not just one of survival but one of triumph over adversity. While running the Boston Marathon in 2013, Alan's path brought him right next to one of the bombs that exploded on Boylston Street, resulting in an almost total loss of hearing in his left ear.

In a story entitled "Surviving the Finish Line" (The New York Times, April 14, 2014) Alan's reflections upon his experience are quoted along with those of other runners from that fateful year. His words convey the feelings of many who also ran Boston that year:

"Running will never be the same. The bombing is always going to be there, lurking over everything else that we do. What were they thinking? I can't understand what they were doing. I haven't been able to come to grips with that. What was the point of this other than to show they can do this?"

Long before 2013, though, Alan's journey to marathon running had its humble origins in his decision to join some friends in trying out a physical activity that offered variety to their workday routine. In his case, it was running the 8/10 of a mile track around the field at MIT. He remembers that it was a cold, windy March day, "cold enough to make any

sensible human being then and there." But, like many runners, he caught the bug and persevered and has been running ever since.

One highlight of Alan's early running days was participating in a "jog-a-thon" hosted by Boston legend Bill Rodgers, who had won the 1975 Boston Marathon just a month before, setting an American record with a time of 2:09:55. After that, Alan ran only one race-in New York's Central Park-before deciding to join his daughter to train for the Napa, California Marathon: "In 2003, my daughter, in San Francisco, suggested that we train on opposite coasts, and run a marathon together. We chose Napa, and in 2004, we ran it, finishing just over 5 hours. I said, 'This was fun. If I really train, I could probably do a half decent job.' She said, 'I'm never doing that again.' I have run 16 marathons since then."

Besides the Napa Marathon, to which he has returned several times, his marathon resume` includes Bay State, the Niagra Falls International, Vermont City, New York City, Hartford, and Boston four times. His daughter, meanwhile, moved back to the East Coast and has joined her father in running both 10ks and half marathons, including the New Bedford Half. His personal best at the Hartford Marathon In 2011 qualified him for Boston 2013.

Because of his proximity to one of the bombs, he lost most of the hearing in his left ear but was "otherwise physically OK. The psychic damage was more problematic, but being able to run the 2014 race allowed me to heal. The positive outcome of 2013 was that I discovered the New England 65+ Runners club when I saw someone wearing the club singlet. That spring I joined the club."

Alan suffered a setback a couple of years later when he broke his elbow when he fell running on the day after Christmas in 2015, "so 2016 was the break in my streak of marathons. I had already qualified for Boston 2017, so I ran it last year. In 2018 I will be running the Napa Marathon in early March and the New Bedford half on March 18. And thanks to the New England 65 + Runners Club, I will be running Boston once again in April."

The American poet T.S. Eliot famously wrote that "April is the cruellest month." Those who have run Boston understand all too well how the unpredictable April weather in New England can wreak havoc on even the most well prepared runners on Patriot's Day. How many times have we trained through a cold and snowy winter only to encounter stifling heat and energy-sapping humidity at the starting line in Hopkinton? But no one could have predicted what happened in 2013. The response of the running community to Boston is well known and the spirit of "Boston Strong" has inspired many to return to Boston again and again, confirming the resilience and spirit shared by many.

Alan's eloquent reflections on his experience, first written for the New York Times story, sum up the positive outcomes that can result from tragedy: "Fundamentally, in the aftermath, certain triggers would set me off, and I'd start crying. Any time I hear or read about the marathon, even all the good stuff, it can trigger it. It doesn't matter. I just got my registration and number for the race, and the motto, 'We run together,' set me off. For me, the goal of running the marathon again is to forget it. We're going to have another Boston Marathon, and it's going to be perfect."

Indeed we will Alan, and when runners and spectators enjoy the yellow daffodils planted all along the Marathon course, we will remember that April is also the month of renewal and rebirth.

Marathon Waiver Profile: Patricia Evans

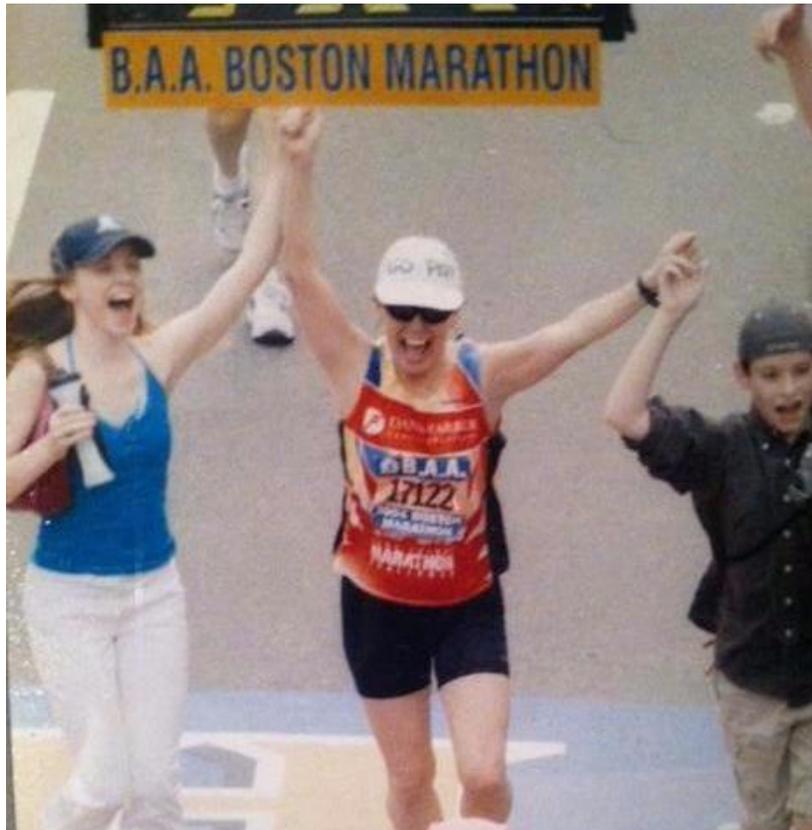


photo courtesy Patricia Evans

Patricia Evans crossing the Boston finish line with her son and daughter.

For Patricia Evans, running is a family affair. If a picture is worth a thousand words, the photo of her crossing the Boston Marathon Finish Line in 2004 with her two children speaks volumes about the mutual pride, respect, and love between them. Her comment that "we had been through a very tough year" underscores the shared sense of achievement represented by her experience.

Thirty years before, Patricia lived in a tiny, one bedroom apartment whose confines motivated her, as she put it, "to get out in the fresh air." Soon after she started running around her neighborhood, she "realized that this was something I could do forever." She gradually began increasing her distance, gaining confidence in her ability. When a couple of friends training for a marathon asked her to carry Gatorade as she biked alongside them in their training, she soon concluded that she should be "running alongside them" herself. Her early experience started her love for long distance which continues to this day. In her words, "I knew that running was right for me; it fed my soul."

Years later, as the mother of two young children, Patricia managed to continue with her love for running while raising her two children. Impressively, she did this at the same time that she returned to school and earned two business degrees while also being her mother's primary caregiver. Reflecting upon her challenging responsibilities, she says "I don't know how I managed all that but my children were my biggest fans! My running kept me feeling healthy and together and gave me clarity and structure to my life. I thank God every day for the healthy feeling that running gives me and I am grateful that I have been able to run for over 40 years."

She ran her first Boston Marathon in 1983 as a bandit and ran the Rhode Island Ocean State Marathon in November that same year. A year after her daughter Sarah was born in 1985, Patricia purchased a "baby jogger" and ended up running with her baby

daughter almost every day, combining her love of running with keeping her daughter close by.

Six years later in 1991 her son Jonathan was born but Patricia was not interested in the newly designed "double baby joggers," opting instead to honor her need to find her own time to run. She ran smaller local races and by the mid 1990's started running for charities: "Over the years I have run for the Boston Chapter Spinal Cord Injury Association, the Dana-Farber Cancer Institute Marathon Challenge Team and most recently the non-profit Water For People Organization. I also ran many New Bedford ½ marathons, the Rock n' Roll ½ marathon series, the Mt. Washington Road Race and the Mt. Monadnock Race."

After moving to New York City in 2012, Patricia wanted to run the New York City Marathon but had to defer her dream until 2014 because of the devastation caused by Hurricane Sandy. When she finally got to run New York in 2014 with her friend, she had to endure uncomfortable conditions while waiting for three hours on Staten Island in 29 degree weather before the start of the race.

In 2017, the Evans family celebrated a number of successes. Patricia's son Jonathan took a break from his college studies to join the Massachusetts National Guard. In April, he completed the B.A.A. recognized 26.2 Army "Ruck March" from Lexington to the Boston Marathon Finish Line. Patricia was justifiably proud of her son for completing that run while carrying a 50 lb. pack on his back! Later that year, she and her daughter ran the 2017 New York City Marathon together. It was Patricia's 3rd NYC Marathon and her daughter's first full marathon: "It was such a meaningful and emotional moment crossing the finish line with her. I am so very proud of my children."

Patricia is grateful for being able to continue with her running through the years and is particularly happy about the positive impact it has had on her children, helping them maintain a healthy and fit lifestyle.

She is also very grateful and appreciative for having received a waiver for the Boston Marathon from the NE 65+ Runners Club: "I haven't run Boston since 2010 and hope to make my children proud once again; it's what I live for!"

As an outstanding role model for her children and for her commitment to running for charity, Patricia Evans personifies the generosity of spirit that makes us all proud.

A Most Complicated Word by Rick Stetson



photo by Ted Tyler

(Above) Athletes demonstrating a most complicated word.

"Readers Digest" has named the most complicated word in the English language. It is a word used almost daily, especially by members of NE 65+; a word with more than 645 potential meanings. The most complicated word in the English language is RUN.

There was no way I could ever sit down and try to come up with 645 different meanings for the word "run." I wondered if I could come up with just 10 uses for the word other than describing what we do when we lace up our sneakers and head out the door. So here goes:

1. I am going to make a run to the store. (This does not have to be on foot. Most do it by car.)
2. Sometimes a football team will run up the score. (I wish the Patriots had done this when playing the Eagles.)
3. A woman might get a run in her stockings. (Ladies know all about this; men not so much.)
4. I'll run the newsletter article by Jan. (Actually, I'll send it by email.)
5. Before a hurricane, there might be a run on bottled water. (Let's hope we don't have to go through that this year.)
6. Have you ever wanted to know if a train is running on time? (We often train to run on chip time.)
7. When we catch a cold, our noses will run. (I don't want to talk about that.)
8. I felt run down before my last race. (Not a good way to finish with a fast time.)
9. The baseball player hit a home run. (And then he jogged around the bases.)

10. When I go to a race, I usually run into people I know. (But I try not to run into them when out on the race course.)

Above are 10 uses for the word "run." You can probably think of others, although I can't imagine coming up with 635 more meanings. I must admit, two of my favorite ways to see the word are in the name of a famous race, "Run For All Ages," and in the name of our newsletter, "Forever Run." I must close now because I have run out of time and run out of room.

A Letter to the President from Lou Peters



photo by Ted Tyler

Lou finishing the 2017 Run For All Ages

Editor's Note: The following letter was sent to Jan by Lou Peters for inclusion in this edition of *Forever Run*.

Bradford Valentine Road Races
Choice of a 5 Mile or 6K
Cost: \$25

I took the 6K. I had run this race just about every year. I just "LOVE" the race. When you sign up, you get a very nice long sleeve T-shirt, 2 raffle tickets, a small box of chocolates, and a nice white or red flower. NOT BAD for a \$25 fee!

The best is yet to come! Now for the race! A total of 354 runners. I lined up in the back. I was nervous because I hadn't run a race in the last 26 days. Being so nervous, I said a few prayers that calmed me down. I stayed in the back. I knew the first mile was downhill, so I took my time. When we got to the turn, I looked up and saw the "HILL", so I put my head down and got to the top. FINALLY there was a flat surface - it felt good and I survived the "HILL"!

The other hills were not so bad. After I got over the hills, I picked up my speed and "low and behold" I was near the 2 women I saw in front of me, so I just stayed behind for a short distance...then picked up my speed again and I passed them and kept going.

In the distance I could see the finish line. "What a nice sight." I again picked up my pace and ran over the timing mat. I was so happy. It felt good and I was NOT LAST! Now for the GOODIES! A very nice bowl of minestrone soup along with 2 yogurts...that was what I had. When I got ready to leave, I thanked the workers who were very helpful. I hope you put it on your next year's calendar. It is worth it. Good job to everyone that ran the race!

Wishing you all the best! Thanks for reading this! See you February 2019 (I hope I am still here).

Your good friend,
Lou Peters

65+ Hall of Fame Guidelines

by Dr. Phil Pierce

Nominations for the 2018 NE 65+ Running Hall of Fame are sought. Registrations close on March 23 and candidates will be considered for selection in April. Guidelines for nominations are as follows:

1. Nominee must be at least 70 years of age on the date of election and must have been a member of the club for at least 2 years.
2. The nominee should have been a frequent medalist in his or her age group since turning 55 years of age.
3. A list of the nominee's outstanding accomplishments in Long Distance Running, Race Walking, or Track and Field should accompany the nomination.
4. Also list national, New England and state records the nominee has held.
5. A list of personal best performance times for various distances or events is desirable.
6. List what the nominee considers his or her greatest achievements in the course of his or her running career.
7. Describe any contributions the nominee has made to the NE 65+ Runners Club, as well as other contributions to the running community at large e.g., serving as an officer, race director, coaching, record keeping, etc.
8. A brief narrative history of the nominee's running career is also welcome and helpful.
9. Providing age graded performances is strongly recommended.

If you have questions pertaining to this announcement, contact Phil Pierce at 207-781-3769. Nominations should be sent to Phil Pierce, 79 Waites Landing Road, Falmouth, Maine 04105-1939.

New Member

Stephen Johnson, Southbury, CT

Sponsor: Bill Borla

Stephen has been running since 1980. Some ultras (50 miles), marathons, triathlons, duathlons, road races and 7 trail runs, 10 - 15 times a year. Best times last year were: mile 5:25 (road downhill), 5k 20:12; 10k 41:46.

The Elite Mountaineer/Runner

by **Bill Borla**

I recently saw a story about an elite Polish team that was attempting to make the first winter climb of K2, the 2nd highest mountain in the Himalayans known as the "Savage Mountain". It is 28,251 feet high and has winds of equal ferocity on all sides as well as very low temperatures.

This reminded me of an elite Polish climber I met at a number of national Senior Games, and cross country championship, competitions. I only knew he was an excellent runner and didn't know he was an elite mountain climber until one day he was riding in a car with Jerry LeVasseur and me. We were chatting away and, at one point, he said he had climbed the 6th tallest mountain in the world. I didn't ask what the name was because it wouldn't have meant anything to me. But I knew it had to be pretty high because he said it was in the Himalayas which has some of the highest mountains in the world. I asked him if he used oxygen, and he said no. I was impressed, to say the least. When I got home after the competition, I got on the internet and looked up the 6th tallest mountain in the world. It turned out to be Cho Oyu, which is 26,864 feet high. Now I was really, really impressed. I've been out here running against a guy who climbed a mountain almost 27,000 feet high without using an oxygen tank!!! I had no idea we were running against people like him. No wonder he could run like he did. His VO2MAX must have been out of sight!

His name is Gerard Malaczynski, and he is half of the duo that I call "The Mighty Mites of Michigan". The other half is Doug Goodhue. I'm sure many of you know about Doug because of his running exploits at some of the national championships in Massachusetts (James Joyce Ramble) and Connecticut (New Haven Labor Day 20K), and at indoor track meets. At a cross country meet near Rochester, NY, those two teamed up with another Michigan runner and wiped everybody out. It was the first time I met them. I doubt there was any team in the country that could beat them.

On the car ride I mentioned earlier, Gerard said he was a scientist and his focus was on developing fusion power. I told him that about 35 years ago I thought there were three developments that were going to revolutionize the way things were done in the world. These were computers, superconductivity and fusion power. Computers have advanced far beyond what I imagined at that time and who knows what is yet to come. But superconductivity and fusion power never seemed to get anywhere. Gerard said the funding for developing fusion power dried up and people like him had to work on other projects.

Getting back to the attempt to climb K2, the Polish team got word that two of their compatriots, a man and a woman, were in trouble attempting the ascent of a nearby

mountain, Nanga Parbat, known as the "Killer Mountain". So, the Poles aborted their attempt to climb K2 and went to rescue the two climbers. They had to make an difficult night ascent and were successful in reaching the woman who was exhausted and had frostbite, but couldn't climb any higher because of the severe weather and, sadly, the male climber perished. These mountaineers are courageous people who love the adventure, thrill and challenge of topping these mountains. But the names they attach to these mountains are a testament to the danger involved in climbing them. Many people die trying. Even a mountain that we're familiar with in this area, Mount Washington, the 6,289 foot high peak located in New Hampshire, has to be respected. You can climb it on a summer day when the weather is fine at the base, but at the top there can be severe weather conditions that can kill you. I've climbed a 14,000+ foot mountain in Colorado without much trouble, but I wouldn't try anything higher than that.

65+ Obituaries

Club member Kermit Cadrette, died on Feb. 15. Kermit was a legendary runner in the Rome, New York area. A link to his obit:

<http://nunnandharper.com/tribute/details/2328/Kermit-Cadrette/obituary.html>

Bill Stern died on Feb. 21. He was a WWII vet and long-time age group competitor.

<http://www.legacy.com/obituaries/name/william-stern-obituary?pid=188249218>

A Connecticut Yankee in LaLa Land

by John Gibbons



photo courtesy of John Gibbons

John after finishing first in his age group at the Desert Panther 5K

A brief report from "The Desert," land of sun and some warmth but no ice or snow...but some cool mornings. My wife and I have been coming out here to Palm Desert (and Indian Wells) for many years, staying with first her parents and then with her brother and sister-in-law and (last three years) in a golf cottage we bought in an over-the-top golf community (think Bill Gates, etc). I bumped into a runner in local Starbucks 5 years ago and he seduced me into the local race scene. A number of 5Ks, half marathons and even marathons from mid-January until May (when heat arrives). Positive: great dry weather. Negative: races all start at 8 and some at 7 (no problem if you are on east coast time which I seem always to be...however it can be very cold out here in the desert before the sun comes up.)

2018 was an echo of 2017. I have done five races and have two left before returning east. Results: (places in 75-79 but in three races I also beat all the 70-74s.) Palm Desert Panther 5K on 1/21, 1st; Palm Springs Health run on 1/27, 2nd (trying to leave something in tank for next day); Heroes in Recovery 6K (yes 6) on 1/28, 1st; Palm Desert New Balance 5K (there is also a half) on 2/11, 1st; and Run from the Law Palm Springs 5K on 2/24, 2nd by a nose....dogging it when I should have been watching old guys.

Lots of these races have runners with dogs which is interesting if the runners are kids with dogs on long leashes. Few 80+ runners. One doctor from New England, Paul Schwartz and his wife Zelda are 65+ club members. He spotted my Beach2Beacon shirt in 3 races last year and came up and was very pleasant. Paul is 78 and still running with one knee and one hip replaced. An inspiration.

Editor's Note: We appreciate John's reports from "LaLa Land." He invites 65+ members out that way in 2019 to consider visiting him. Below are 65+ members Dr. Paul Schwartz and his wife, Zelda, who head west to escape the NE winters.



photo courtesy of John Gibbons

Out on the Roads of New England

by Dan D.

Greetings to all from the Merrimack River Valley/southeastern New Hampshire area of this 6 - state region we proudly call New England. Rather unique time to run in our region

as temperatures can hit the 60's and even low 70's on occasion and then plunge down to the 20's the next day with the resulting snow/ice, etc. Running gear goes from shorts and technical t - shirts up to warm hooded bicycle shirts, sweatpants, and everything in between. Welcome to late winter heading into early spring. Boston Marathon preparation is well - underway and the multitude of St. Patrick's Irish themed races is just beginning. All in all March is a pretty nice time to participate in our chosen sport in this region of the USA.

Personally I ran in 7 races in February (including 4 "Fudgcicle 5K's" in Tewksbury, MA.) to bring my 2018 total up to 15 long - distance races of 2 miles or more. I'm presently on pace to participate in 90 races for the year -- slightly below the 17 races needed every 2 - months to equal the 102 races I ran in 2017. It's still early in the year and I think I have plenty of time to "catch up"!!! In any case let's begin with the people and places I saw in my 7 road races in February.

Saturday, February 3rd was the "Fudgcicle 5K Series - Week 5" in Tewksbury, MA. A total of 111 runners did the mostly level 5K which begins and ends at the entrance driveway to Tewksbury High School. This low key series of 8 races charges only \$1 per race with timing done by the Greater Lowell Road Runners. The weather was cold (10 degrees) with no wind and bright sun. Steve Kanaracus led the M70-99 division with Daniel Dodson in 2nd. Rita Labella was 3rd in F60-69, while Stephen Viegas finished 5th in M60-69. Many runners headed to the Deli-King for the traditional post - race breakfast and conversation.

February 4 (Sunday) was the "Super 5K - 17th Annual" at the Lowell Elks Club on Old Ferry Road ... just north of Route #110 and the Merrimack River in Lowell, MA. This race was "born on the day the Patriot's won the Super Bowl." For \$22 the 325 finishers received a long-sleeve black shirt, free beer and hot food INSIDE the Elks Club, music by an excellent pop-rock band, pictures by our own Ted Tyler, and chip timing by Yankee Timing Co. Donna Sarasin topped the 12-member F60-69 field with Linda Usher 4th. Nancy Patch was 2nd in F70-79. NE65+ dominated the M70-79 age group with Stavros Kanaracus in 1st place, followed by Barry Pearson - 2nd, Ram Satyaprasad - 4th, Dan Callahan - 5th, Richard Molloy - 6th, Roy Dennehy - 8th, Daniel Dodson - 9th, and Ernie Roy - 10th. The noon-time start allowed runners the opportunity to race, enjoy the post - race party at the Elks, and still have plenty of time to get home to see the Patriots in the Super Bowl (although not the result we wanted). Special kudos to race director Jim Rhoades for his yearly fantastic work with this race.

Saturday, February 10th was "Fudgcicle 5K Series - Week 6" in Tewksbury, MA. There were 122 runners for the 8:00am start in cloudy weather with 30 degree temperatures. Steve Kanaracus again topped the M70-99 age group with Daniel Dodson in 3rd place. Rita Labella finished 3rd in F60-69, with Stephen Viegas 6th in the 12 - member M60-69 division. The usual breakfast followed at the Deli - King Restaurant on Route #38 (about 2 miles away).

The evening of February 13th (Tuesday) was the "Ameriprise Financial Mardi Gras 5K" on Elm Street at Veterans Park in downtown Manchester, N.H. A total of 914 runners traversed the traffic - free course in the dark on the night before Ash Wednesday and the beginning of Lent. The run was quite festive with beads given to runners to wear and Dixieland music playing on the loudspeakers. Each finisher received a huge (and heavy) race medal in addition to pizza, free beer, and a music disc jockey all inside a colorful ballroom at the former Radisson Hotel. Announcers on the Run's Andy Schachat did the p.a. announcing solo as Ch. 9 sports director Jamie Staton was in South Korea covering the Winter Olympics. Chip timing with instant results was provided by Millennium Running as the Mardi Gras 5K is part of the Elliot Millennium Race Series. Janet Parkinson finished 1st in the F65-69 age group while Daniel Dodson was 4th in M70-UP.

Saturday, February 17th was the "Fudgcicle 5K Series - Week 7" in Tewksbury, MA. A total of 103 runners ran on a sunny morning with 26 degree temperatures. Steve Kanaracus won the M70-99 age group with Daniel Dodson 4th and Lou Peters in 5th. Rita Labella was 2nd in F60-69, while Stephen Viegas was 9th in M60-69. The usual breakfast followed at the Deli - King.

February 24 (Saturday) was the "Fudgcicle 5K Series - TwoSome Race" in Tewksbury, MA. This Greater Lowell Road Runners sponsored race is free of charge and includes regular overall timing as well as male/female 2 - person team scoring in various age divisions. 119 runners ran on a sunny morning with 41 degree temperatures. Steve Kanaracus again won in M70-99 with Daniel Dodson 3rd and Lou Peters in 4th. Stephen Viegas was 7th in M60-69, and Rita Labella was 2nd in F60-69. The annual "Fudgcicle 5K Series" awards were presented at the post - race breakfast at the Deli - King. Steve Viegas, Rita Labella, and Daniel Dodson all were recipients of the "Frozen Runner Award" (ran in all 8 Fudgcicle races), which earned them a long - sleeve "Fudgcicle 5K Series" technical running shirt.

Sunday, February 25th was the "Frozen Shamrock 3 Mile Road Race" (first race in the 3 - race "Wild Rover Series") at Maria's Restaurant in Haverhill, MA. This is the 11th year for the "Wild Rover Series" which features 3 Irish-themed races on consecutive Sundays in the old Merrimack Valley (Massachusetts) textile cities of Haverhill (3 miles), Lawrence (4 miles) and Lowell (5 miles). The \$100 fee to run the series includes free beer and hot refreshments, long - sleeve shirts for each race, chip timing by Yankee Timing Co., and a 3 - part unique and huge finisher's medal by Ashworth Awards (a true collector's item). The 3 separate medals all join together to form the largest medal you'll see in New England. There were 669 runners who participated in the "Frozen Shamrock 3 Miler" in Haverhill. Nancy Patch was 1st in F70-79, while husband Don Patch finished 29th in M60-69. Barry Pearson topped the M70-79 age group with Fred Bollen 2nd and Daniel Dodson in 3rd. Dick Kuhl was 1st in the M80-89 division.

If you remember last month's column I mentioned Dave McGillivray's attempt at doing a marathon per day on each of the world's 7 continents. You may have seen in some of the numerous television, radio, and newspaper accounts that Dave was successful in his goal. What a tremendous accomplishment.

I want to again thank Tom Abbott and that terrific group of unsung NE65+ heroes who keep our scattered results from all around New England (and beyond) on our website for all of us to see. I've said it before and I truly believe it is true that those website results and the "Forever Run" monthly newsletter are the real "glue" that keeps us together as one organization from all sections of New England and from all stages of running and walking ability levels and interests. So additional commendations to newsletter founder Jan Holmquist and co - editors Byron Petrakis and Rick Stetson their efforts on our behalf continue month after month.

That's enough from me for a month ... time to move on. I hope to run the last 2 legs of the "Wild Rover Series" on March 4 in Lawrence, MA and March 11 in Lowell, MA. I'll be doing the "Pursuit of the Holy Grail" in Epping, NH on the 10th, and the "St. Patty's 5K/10K" on the 17th at Salisbury Beach, MA. I hope to run the North Medford Club's "Shamrock's on the Rocks 5K - 6th Annual" on March 18 (Sunday) in Lunenburg, MA. My bride & I leave on March 22 for our annual 3 - week vacation to Fripp Island, South Carolina. I'll be running the "Beaufort Challenge Leg 1 5K Run" in Beaufort, SC on the 24th, and most likely a couple more races in April in the SC Low Country area. I hope to run a race again this year with NE65+ Hall of Famer Wendy Burbank who now lives "nearby" in Bluffton, SC. I hope to see some of you at the aforementioned races (and maybe others) in the Low Country of South Carolina and "Out on the Roads of New England."

Quote of the Month

"Running is the greatest metaphor for life because you get out of it what you put into it."

Oprah Winfrey

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