

Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

In this edition of **Forever Run**, we hope you enjoy the brief post-marathon perspectives from our waived runners. Special appreciation goes out to co-editor, Byron Petrakis, who interviewed, collated, wrote, and edited lots of great information. Remember that you can find the results of the Boston Marathon and all of our members' race results on our website:

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

Thank you to Tom Abbott and his awesome team!

We had two men's 70s teams at the USATF National Masters James Joyce Ramble 10K in Dedham on April 29th AND an 80s team! The article and pictures will be in the June edition. Congratulations to all who ran and were there!

The Board met on April 26. Please note that we still have Board vacancies with one opening for VT and two openings in RI. If you are interested, please contact Henry Wolstat, Nominating Committee Chair: hwmd@comcast.net.

Also, we are requesting nominations for VP...please forward nominations (you can nominate yourself) to Henry at the email above.

Please save-the-date for the club's Annual Banquet on Monday, October 1st at Spinelli's on the Peabody/Lynnfield line. We are very excited that our guest speaker is Amby Burfoot. He will be selling his books as well, so please bring your checkbook!

Awards at the Annual Banquet: The deadline for nominations for both the Rev. Shea Award and Race Director of the Year Award is June 30th. Please submit any nominations **in writing** to me at jholmquist@mspca.org so I can share the information with the appropriate committees making final decisions. Visit our 65+ home page and click on the awards bar at the top right: www.ne65plus.org

I hope to see many of you at road races this spring and summer! Carpe diem!



photo courtesy Byron Petrakis

Past president Tom Wylie (left) and newsletter co-editor Byron Petrakis bundled up against the elements at the 2018 Boston Marathon.

A View of the Boston Marathon from Mile 16 by Byron Petrakis

It was a wee bit wet on Marathon Monday, a tad windy, and not too warm, either. (OK, faced with over 6 hours of experiencing driving rain, wind gusts over 40 mph, and temperatures in the 30's at the start and 40 degrees on the course, it helps to engage in some dark humor!) Despite the worst conditions in the 122 year-old history of the Boston Marathon, 95%, or 25,822 of the 27,042 athletes who started the race finished it, demonstrating the toughness and resilience of the species known as marathoners.

From our vantage point as BAA volunteers at mile 16 on the course, former NE 65+ Runners Club President Tom Wylie and I watched runners of all ages and speeds soldier through wind, rain and cold on their way to the finish line in Boston. None were more impressive than the wheelchair athletes who not only contended with the rain and strong headwind but also the slick road conditions that made their journey along the course even more daunting. The later it got, the worse the weather. The rain never stopped falling, but the intensity increased after the noon hour. By the time many of the runners reached our checkpoint at mile 16 in Newton it was becoming clear that some of them were showing symptoms of hypothermia. According to the Boston Globe, 2,795 runners were treated throughout the course, including 1,109 treated in the two finish-line tents and 25 elite competitors. Ninety-one runners were taken to hospitals for further treatment, and 10 remained there as of 9 a.m. Tuesday.

One runner veered off the course and approached me shivering violently and gesturing for help. He did not speak English and I did not speak his language, but his symptoms communicated all I had to know: he needed to get warm soon. Fortunately, medical help was available nearby, so I put my arm around his shoulder, held him as tightly as I could and walked him over to the medical tent, where he received the help he needed. During the race, we checked in with runners who momentarily came off the course to stretch or take a brief break before saying they were OK and resuming their journey to the finish.

Besides helping those who needed it, we cheered on the participants, shouting encouragement and clapping soggy gloves together which made for a surprisingly resonant sound and helped keep our hands warm, too! Other ways we kept warm

included jumping up and down and from side to side in tune with the pulsating beat of rap music blaring from the speakers of a SUV belonging to a couple of youthful race spotters working for WBZ-TV's race coverage team. Working on dance moves helped make coping with the weather a bit more tolerable.

Highlights of the race from my perspective included seeing the eventual female and male winners, Desiree Linden and Yuki Kawauchi, in their respective lead packs at mile 16. Linden was in the midst of a tight pack which included her American teammate Shalane Flanagan. Kawauchi was a few meters ahead of a trailing pack, looking strong as he powered up the hill in Newton Lower Falls. It was an honor to be a witness to an historic day for American women, with 7 of the top 10 finishers from the USA. Speaking of notable American women, how about NE 65+Runners Club member Jo Ann McCalister's 2nd place finish of 5:17:44 in the 75-79 age group! Congratulations, Jo Ann, and to you and all the other members of our club who finished the 122nd edition of the Boston Marathon.

Editor's note: More about Jo Ann's Boston achievement will be featured in the June issue of "Forever Run."

They Ran Boston with a 65+ Waiver

We could not be prouder of our 65+ club members who completed the Boston Marathon under difficult conditions. They were asked for some of their impressions after surviving the rain and cold and thought you would be interested to read their responses.

Alan Hagyard: I have pretty much recovered. Both up and down stairs is going pretty well. Had a serious ache in my left foot yesterday, but that is mostly gone. The run itself was interesting to say the least. I went out well, but after 30K faded. It seemed to me that the wind was no where near what the predictions were which made the trip quite a bit easier. But the various downpours weren't fun.

I was expecting much reduced crowd support, but boy was I wrong. The cheering was so strong the whole way it totally pulled me along. Thankfully I had a change of clothes at the end so that I could warm up and make my way to the T to get back to my friend's house in Brookline. (Bonus - they give you a free ride if you are wearing your medal)

I checked everyone's results on the phone app -- congrats to all. And discovered an amazing coincidence -- Jo Ann and I crossed the start line at exactly the same second - 11:13:57 AM !! And we finished within two and a half minutes of each other! Special congratulations to Jo Ann who was second in her age group. Thanks again to the club for giving us this opportunity. As Jeff Galloway says in his book "Wait at least a week before you ... vow never to run another marathon".

p.s. I weighed all of my sodden gear which was stuffed in the finish area gear bag (2 shirts, parka, shorts, pants, socks, shoes, hat). It was 6 pounds 12 ounces. After drying out it was 3 lbs 12 oz. And on a clear day at 50 degrees, shoes - shorts, singlet, and cap would be 1 lb 14 oz.

Lynn Nill: That was quite an experience wasn't it? Even in those crazy conditions I'm so glad to have been able to run Boston. 5:51 was 20 minutes worse than my best marathon time but I really don't care. I finished, didn't end up in the medical tent and had a wonderful time in spite of it all.

Thanks to the club again for giving me a bib. I may never run Boston again but to have gotten to run it once is a joy that can never be replaced. In a little over a week we are moving to Minnesota to be closer to our new grand baby and other family. I've been looking for a running club for older runners out there, so far no luck...I may be bending your collective ears on how to start one!

Rick Collette: Hi and congratulations to us for being out there on such a rough day! So ... as I am making my way up Heartbreak Hill, I caught up to a runner all decked out in trash bags. I talked with her for a bit and realized that she was up there in age so I started to promote the 65+ Club. I asked her if she was a member; her reply was no and she sped off. But I caught up to her again and offered to her a chance to join. Her response was that she was not from around here; she stated that she was from Santa Cruz. AND she she mentioned that was old enough to join because she was 85. 85!!! Her name is Katherine Beiers and she is the oldest finisher in the Boston Marathon! I told her good luck and moved on because I was getting cold and needed to work a little harder to stay warm. I did finish in about 7:20 (by my watch.) Cheers.

Jo Ann McCalister: We all deserve a huge round of applause for finishing. Even the elites bailed! The crowds were my heroes still screaming "keep going" even to the end.

RRCA 60th Convention a Hit With Runners

by Rick Stetson



photo by George Vasquez

Posing for a photo after an early morning run around Washington were Steve Viegas (back left), Massachusetts RRCA State Rep; Steve Vaitones (back right), USATF-NE; Don Lawrence (front right), USATF Adirondack Association; Chandra Leister (front center), Maine RRCA State Rep and Stephen Lee, Maine TC president.

The Road Runners Club of America (RRCA) held its 60th convention last month in Washington, DC. Representatives from running clubs across the country attended including Steve Viegas and myself from the New England 65+ Runners Club.

Every year the RRCA will hold its convention in a different city and honor outstanding American runners, club volunteers, race directors and towns that have earned the

distinction of being named a "runner friendly community." Grants are awarded to Roads Scholars, athletes who have completed their college running and want to continue training with hopes of making an Olympic team. Classes taught by race management experts like Dave McGillivray are offered so race directors can be certified. Over 265 race directors were certified by the RRCA by the end of 2017 with an additional 275 directors presently enrolled in the course. Programs are also offered for coaches and since 1998, over 7,000 completed the RRCA program and have been certified.

RRCA conventions always have interesting seminars to select from such as "Strategic Planning for Putting on a Successful Race," and "Using Technology to Effectively Lead Your Club." Steve and I both enjoyed a seminar conducted by RRCA Hall of Fame members Gar Williams, a past RRCA president; running pioneer Sara May Berman; Anne Audain, the first female professional distance runner; and well-known writers Hal Higdon and Amby Burfoot.

Those attending a RRCA convention also have the opportunity to hear famous runners speak at the luncheons. This year Deena Kastor gave an inspiring talk as did Meb Keflezighi, the only athlete to win Boston, New York and earn an Olympic medal. Both Meb and Deena received standing ovations after concluding their talks.

New Orleans will host the RRCA convention next year. NE 65+ is one of over 1,100 clubs belonging to the RRCA and it is hoped we can continue to have our club represented at the annual conventions. Our club vice president and MA RRCA State Representative, Steve Viegas, let me know he would be pleased to have runners from New England join him for a morning run next March over the historic streets of the Crescent City.



photo by National Geographic

The Jefferson Memorial, as seen by runners during the Cherry Blossom Race.

An added benefit of attending a RRCA convention is that a race is always held on the final day. This year, the RRCA offered runners a guaranteed entry to either the Cherry Blossom 10 mile or 5K races. Runners still had to pay the entry fee but entering the lottery was not required.

The Cherry Blossom was on my "bucket list" of races so I entered the 10 mile. The

problem was that I was not in shape to run that distance, however, the news said the cherry blossoms were "at their peak" and I thought joining thousands of other runners would be a good way to see the sights of Washington.

The weather forecast the night before was not good. Nothing like what marathoners faced the following week at Boston, but still not good with temperatures in the low 30's and winds that would make it feel much colder. The temperature was 34 degrees when I stepped out the door 5:30 Sunday morning and the wind was blowing just as predicted. Perhaps it would warm up when the sun comes up I thought, but if not, I could always drop down to the 5K which started at 9:00. The race brochure said it was easy to switch from the 10 mile to the shorter distance. Just show up at the 5K starting line with the 10-mile bib and computers would sort it out.

The bag check was at the Mall by the Washington Monument and when I arrived there at 6:30, I could not bear the thought of removing my jeans and stripping down to my running shorts. In a moment of sheer stupidity, I had left home without my running tights thinking they would not be needed for a race in April. Wrong. I had never raced wearing blue jeans, had never even worn them on a training run, but there is always a first time. Besides, having them on would serve as a reminder I was not there to race but to enjoy the cherry blossoms.

I fell in with the 9-minute per mile pace wave and felt a bit self conscious that out of over 16,000 runners I was the only one wearing blue jeans. Some wore plastic bags but those would come off once the race started. My blue jeans, however, would remain on. There were some 4,000 more women in the race than men and they all seemed in good spirits waiting at the start. I jogged in place thankful that I at least had sense enough to bring gloves.

The race finally started and we were off running past monuments like the World War II Memorial and on to the Tidal Basin where the sights of thousands of cherry trees in full bloom was truly beautiful. At three miles the course took a hairpin turn so the runners in front doubled back and ran past us on the right. They looked fast and strong and those were not even the front runners. The elites were long out of sight and I was looking at the 7-8 minutes per mile runners. If only I was in shape to be up there with them. I had to remind myself not to think about that, to enjoy the run and read the numerous signs held by spectators along the course. A woman held one that said, "Why do all the good-looking men go running away?" A man held a large sign that had two letters on it: "PR." Not today, unless the letters stood for "personal rotten." At one point the course went through a corridor of cherry trees on both sides of the road, a sight that made enduring the cold worthwhile. At 8 miles the Washington Monument appeared ahead but the final two miles to reach it seemed to take a long time. I finally arrived back at the Mall and was happy to claim my bag that held a dry t-shirt and warm jacket.

Reading the results after the race provided some interesting information. I knew my time was not good enough to place in my age group (the results said I was 12 out of 43.) Age group information is commonly found after a race but the Cherry Blossom demonstrated how high-tech we have become in being able to track runners. It showed that in the first five miles I passed 168 runners while 1,756 passed me. The second half of the race I passed 98 and 710 passed by me, probably all thinking there was no way some man wearing blue jeans was going to beat them to the finish line. Out of 16,659 runners I was number 6,632 so at least there were more behind than ahead of me. Next year at the New Orleans convention I hope to do better in my age group. One thing for sure, I won't be wearing blue jeans.

Phidippides Awards

The Phidippides Program has entered its second decade of crafting awards for Masters runners that achieve inspiring standards of race participation. The awards are for consistent participation, rewarding endurance and perseverance. Awardees do not need to be national champions. Plaques are awarded annually. The 5th and 10th year awards are special crystal awards. To learn more about the program, please visit the Masters LDR page at: <http://www.usatf.org/Resources-for---Masters/LDR/Phidippides-Award.aspx>

The Thrill of Finishing Second

by Bill Borla

I imagine most of us have heard the refrain "The thrill of victory and the agony of defeat" from the old Wide World of Sports television shows. I've had some races where it was a thrill to finish second. Let me explain using the following examples:

In a 1500 meter track race at a USAT&F national championship, I was running behind Max Hamlin and Sid Howard. It was the best seat in the house! Sid was a master at this distance on the track, so I was keying on him. He would stay right off the right shoulder of the leader, and wouldn't pass no matter how slowly the leader ran. If the pace was slow, it would work to Sid's advantage because he could unleash a lethal kick. His kick had three gears. First he'd turn on his jets; then, if someone was still with him, he'd kick in the afterburners; and, if someone was still with him, he'd apply the coup de grace and go to full rocket power - game over. He would usually make his move coming out of the far turn with around 100 meters to go. In this race, Max, Sid and I were approaching the turn and getting ready to head for home. Max was trying to stay to the middle of lane 1 to force Sid to stay to the outside of the lane where Sid would be running a longer distance. Max made the mistake of moving too far to the outside of the lane, and all of a sudden, Sid made his move to the inside and went past Max's left shoulder. What a move!! I tried to follow Sid but Max moved to the rail and I couldn't pass on his left, so I had to go around his right. I got past him but, due to my inexperience on the track, I cut back to the rail and cut Max off. He gave me a push and yelled at me not to do that. By this time, with me and Max getting all tangled up with each other, Sid opened up a gap. I told you about Sid's kick, so you know it was game over. Sid came in first, I was second and Max was third. But what a thrill watching all this unfold from my vantage point and running such a competitive race with these great runners!! I loved it!!

In 2000, I went to New York with Jerry LeVasseur to run the Fifth Avenue Mile. Sid Howard and I both went under the course record at around 5:06. The next year I didn't run, but Vic Heckler came out of Chicago and set the record under 5 minutes and Sid was second. Then in 2002, Sid, Vic and I all lined up at the start. I remember kidding Vic about the bright orange racing flats he was wearing. I told Vic they were blinding me. Sid was standing there and he said, "Bill, when you can run like him, you can wear shoes like that, too." So, the race got underway. Vic took the lead, and Sid and I ran side by side behind him. As we were approaching 100 meters to go, Sid and I starting picking up the pace and we went past Vic. Sid and I looked at each other somewhat incredulously, wondering how that happened. But then Vic opened up and went by us. He came in first, I was second and Sid was third. Interestingly, when the times were age graded, Sid was first, I was still second and Vic was third. But, of course, it's the clock time that's the real deal. But here again, it was another thrill for me finishing second and mixing it up with these elite runners. And I got to meet and chat with the course record holder for the first time!!

In early August, 2004, Jerry LeVasseur and I went to the National Masters T&F

Championships at Millikin University in Decatur, Illinois. Jerry heard that Doug Goodhue and Don Coffman, the North Carolina horse breeder, were going to be there. That spelled plenty of trouble! I signed up for the 5K and 10K races. The 5K was first. At the start, I looked around and saw that Doug wasn't in it, but Don was. The gun went off and I settled in behind Don because I thought he would be the one to beat and I wanted to keep an eye on him. A runner we had never seen took the lead. I figured we'd reel him in at some point. The race announcer was the respected Peter Taylor. Peter would stand in the middle of the oval and announce the race over the loudspeaker system to keep spectators apprised of what was happening. He kept mentioning that I was running behind Coffman, and he never mentioned the name of the unknown runner in the lead. He must have thought that it was going to come down to Don and me. Finally, after we all realized that the fellow in the lead was the real deal and was not being reeled in, Peter looked up his bib number and started calling out his name. We had never heard of him. I got to the point in the race where I had to make my move, so I went by Don and started chasing the lead runner. I couldn't catch him and he won the race and was the 5K national champion. I came in 2nd with Don in 3rd. Okay, enough with the suspense. You're probably all dying to know who the unknown runner was. Well, it was none other than the co-editor of "Forever Run," Rick Stetson. This was his first time at a national championship race! It makes me wonder how many more Rick Stetsons there are out there that no one knows about because they don't do the national races but could wipe us out if they did. There are probably many of them hidden away in the many nooks, crannies, and hollers (sic) spread throughout this big country. In preparing for this article, I emailed Rick to jog his memory on some details. He said he remembered me coming over to shake his hand before the race. I hope I went over to congratulate him after the race. I would have been disappointed in myself if I didn't. Anyway, there's another neat 2nd place finish.

But we still had the 10K. It took place a few days after the 5K. At the starting line, I lined up with Don Coffman and Doug Goodhue. Rick didn't run this one. At the start we took off and settled in with Don first, Doug next and me 3rd. Don didn't have a big finishing kick so his strategy was to push the pace and take the kicks out of Doug and me. The 10K is 25 laps around the 400 meter track and the three of us ran as if we were tied to each other. It must have been somewhat boring because Peter Taylor kept saying that it was Coffman followed by Goodhue with me pulling up the rear. At one point in the latter stage of the race, Peter said, "Okay, now how many of you are sorry you got up early to see this race?" No one was backing off. At the start of the bell lap (last lap), we were still together and Peter says, "Something's gotta give!" Then with 300 meters to go, Doug made his move and went past Don. I hadn't intended to kick until there was about 100 meters to go, but I had to cover Doug's move in order to have any chance to win. It was a gutsy move by Doug. We were one-two coming out of the far turn with 100 meters to go. We both went into an all out sprint to the finish. Doug had taken the kick out of me and, with about 15 meters to go, my form fell apart. My arms and legs were flying around every which way and I came in 2nd again. But I was 64 years old and my time came up on the scoreboard at 37:19.67!! How could I not be thrilled about that? I could only do that because of the way Don and Doug ran the race. Some races are tactical and slow, but this one was tactical and fast. Of course, I would have preferred to win, but I was completely delighted with my effort and with the way that race ended up.

In 1987, at the age of 47, I ran the 5 mile Torrington Road Race. I had won the race the year before, but this time I was running second as we approached the finish. The race concludes at the local baseball park with the finish line in centerfield. As you approach the park, you make a left turn from the main road to the drive leading to the parking lot, which is about 25 feet above the playing field. You run down behind the grandstand, go around the left side of the grandstand and sprint past third base to the finish. When I got to this point and started sprinting, the leader was going across the finish line. I could sense someone close behind me, so I started running as hard as I could. Then someone yelled out my name and I realized it was my sister. It was a 90 mile drive for her to get

here from her home in Stonington. I was surprised to hear her voice and I gave her a wave and inadvertently took my foot off the gas pedal and slowed a little. When that happened, the runner behind me went sprinting by and I tried to regain my momentum and almost caught him. I should have known!! It was my best training partner, Bob Seiller, and he was as fast as I was. He came in 2nd and I came in 3rd. So this time I was thrilled that my friend came in 2nd and, I must admit, I wasn't so thrilled about coming in 3rd. I thanked my sister for driving all the way from her home to see the race, but I told her never to do that again without first letting me know she was going to be there!!

I'm throwing this last race in here because I thought the way it unfolded was pretty funny and maybe it'll give you some chuckles. The race took place April 11, 1998 in Daytona Beach, Florida. It was the 4 mile "Easter Beach Run" and it was held right on the famed Daytona Beach. My wife and I were down there visiting her brother and his wife. They were from the Buffalo, NY area and went down every Easter on vacation. On rare occasions we'd go and stay with them. I didn't know about this race until I got down there. Some of my brother-in-law's friends from the Buffalo area were there and they said they were going to do the race and wanted to know if I wanted to go with them. I jumped at the chance to have some fun on the beach. They drove me up to the start. On the drive up, one of them asked me how fast I thought I was going to run. I said, "probably around 24 minutes." I saw them looking at each other with raised eyebrows. Then one of them said, "You know this is 4 miles." I did know that and I was actually thinking I would do it in 22 minutes, but I said 24 to give myself some leeway in case things didn't go well. So, I said, "Well, you know, I've never run a race on a beach before, so I might be slower than 24 minutes." The other thing was that I was 58 years old and you never know if the old bones and muscles want to run hard. Anyway, it was a straight, flat course, and the surface was hard packed and there might have been some wind at our backs. Those are ideal conditions and I ran it in 22 and change. I didn't stay around for the awards because, although I was first in my age group, the others didn't win anything and I didn't think they should have to stay there waiting for the award ceremony to take place. Later that day my brother-in-law told me what they said to him about the race. They said they thought I was going to be a lot slower than I thought. One of them was going to run with me, but he said when the gun went off, I was down range and out of sight before he knew what happened. I got a big laugh out of that. The next morning, unbeknownst to me, my brother-in-law and my wife went to the rec department (race directors) to get my award. That evening, my brother-in-law staged a faux award ceremony out on the patio and presented me with the award - a nice plaque commemorating the event!!

So don't worry about where you finish in a race. If you do the best you can, you've got to be pleased and just enjoy the whole scene. There's so much more than the race itself. Remember to run free and easy and have a lot of fun. I used to say run free and easy and race like the wild wind. Nowadays I can do free and easy but not the wild wind.

The 37th Red's Shoe Barn Race, Dover, NH

by Lou Peters



April 8, 2018:

Adults - 5 miles \$25

Youth - 5 miles \$12

Walkers - \$15

This is a certified course. I had run this race for about 35 years. It was, and still is, a challenging course with 4-5 hills. The biggest one is near the end. The 5 hills didn't bother me.

It was, and still is, a very scenic course with nearly 500 runners and walkers who participate. The race starts at City Hall with a nice rendition of the national anthem being sung by a woman in the senior class from the local high school. She sang with a beautiful soprano voice.

As the runners and walkers get ready for the race to start, "the gun goes off" with the runners in the front of the pack and the walkers in the back. I, of course, was in the back of the pack. As we went about 200 yards we made the first turn seeing the first hill ahead about ½ mile approaching us. We all managed to get up the hill with no complications.

Then I remembered there was a long road to get to the first water stop and the 2 mile marker. Going along with the race and accomplishing the next couple of miles, I was looking for the second water stop, but I couldn't see it so I kept up my pace at a fairly slow speed. Finally I saw ahead of me at the left side of the road my second water stop. I stopped and got a cup of water which "hit the spot"!

We made another turn again approaching a long road that went a long way and then ahead spotted another hill. It did not look too steep, so I put my head down and slowly approached the top. Boy, I was glad I made it!

Another challenge was in the works when I saw 3 more small hills in the distance. I thought I remembered an old saying, "It ain't over 'til it's over" (Thank you, Yogi Berra!). The finish line was near. It was 200 yards ahead. It was a beautiful site to see the mat at the finish line. "I felt great"!! "I made it"!! I looked for a bench to sit down on and I found one. Boy, did that feel good!

There was a lot of goodies after the race at the tables, but nothing I could eat. Everyone was happy and grateful for the food displayed. I made a vow to come back next April (that is if I am still HERE!!!).

I wish to thank all the walkers and runners for their cooperation. God bless them all and the volunteers - they were great! And, a big thank you to Ken Houle, the Race Director, who is a member and on the Board of the NE65+RC. God bless him too!

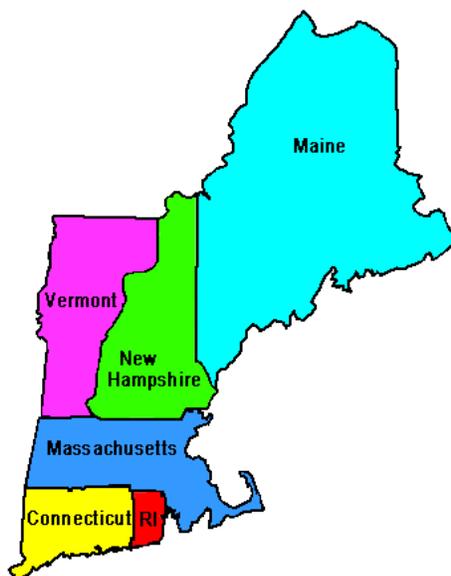
Letter From Mike

Editor's note: Mike Brooks was featured in the May, 2016 issue of "Forever Run" where we learned the 65+ runner from Auburn, Maine has completed more than 1100 races, 360 marathons (including one in each state five times), and 100 ultras (including Badwater.) At the time, Mike was running 7 marathons in 7 states in 7 days to help raise funds for Camp Sunshine. Now this amazing runner has written a book and as you will see in his letter below, the proceeds will go to the Maine Special Olympics.

I finally have the book published! *Badwater and Beyond*. After 2 years of rewriting, proof reading etc. it is finally done. The book starts off in Somerville, Massachusetts where I was born and spends a chapter talking about my earlier years and as a firefighter, etc. There are several chapters and inserts from the "Cast of Characters" including some rock stars holding Guinness records. The rest of the book is mostly about my running, places I have been, and friends I have met. I have had a lot of medical problems which I cover briefly...heart valve replacement, MSRA infection and stroke to name a few. I would like to thank everyone who helped with it. Your stories and humor really make the book. The book is going to be a fundraiser for Special Olympics of Maine. Watching these athletes really shows me what friendship and athletics is all about. My daughter works with them and says they are the best.

The book is available at www.amazon.com Hope you enjoy the book.

Mike Brooks
mjbruns2@hotmail.com



New England Feeling Healthy by Rick Stetson

The April issue of the "AARP Bulletin" had a map of the United States with the title,

"Who Feels Healthy?" Percentages were given in each state for "those 65-plus who report that their health is good or excellent."

No information was given as to how or when citizens were interviewed but since we are all 65 or above in our running club, I was pleased to see that New England did well in the rankings. Colorado led the nation with 52.3% reporting good or excellent health but New Hampshire was a close second at 51.3% with Vermont third at 48.0%. In fact, all of the New England states, except for Rhode Island, were above 44.9% and Rhode Island just missed the cut at 44.8%. The state with the lowest percentage of citizens 65 or older who feel healthy? Mississippi with 29.0%. Poor old Mississippi seems to finish at the bottom of many state rankings. If they could only develop more senior runners like New England, perhaps a greater percentage of their citizens would think of themselves as healthy.

Caumsett 50K

by Zeke Zucker

Back in mid January I was talking with my good friend Gary Knipling of Virginia. I met Gary back in 2006 out in California, where he and his son were running the famous Western States 100 Mile Endurance Run.

It's an interesting story of how I happened to meet him, but what ensued was my pacing him for the last 38 miles of that remarkable course. Since then we have been fast friends, and have exchanged visits to our respective 'V'-States.

He introduced me to the Bull Run Run 50-miler down in his neck of the woods, and talked me into running it. Of course I didn't have to run it even once, but it was so tempting, and he is such a good salesman, that I've run it 3 times. Gary is a retired veterinarian, and I'm a retired Naval Officer, and retired Rock-N-Roll Marathon Elite Athlete Assistant Coordinator, and retired Nordic Center Director, etc. Believe it or not, he's actually older than I, by some five months, but he is still running strong and tackling the really long distance events.

So, in that January phone conversation, Gary put on a giant push for me to mosey on down to Virginia in April, and do a little running (again) through the budding bluebells alongside the Bull Run River. Now, how could I resist such an opportunity? Well, one good reason is the matter of my left knee. In December an MRI revealed that I have a partially torn quadriceps tendon, for which reason the knee sometimes 'talks' to me. I recall a few occasions when I mistreated that knee, the most recent being about a year ago, when my right leg plunged down through deep snow, while my left foot hung up on a culvert header that was only a few inches beneath the surface of the snow. That's most likely when the real damage was done.

Even with this in mind, I still decided that I wanted to give Bull Run another shot. Therefore, I went on-line and printed out an excellent 18-week 50-Miler training plan. Unfortunately there were only 10 weeks to the April 7th event, so I 'jumped' onto the plan at the 8 week mark. I had some catching up to do, because it called for 22 miles on my first Saturday and 10 the next day. I managed to slog 15 miles, and 5 on Sunday. Playing catch up is a bear, they say, and I continued scrambling to catch the training train. Did 18 the next Saturday, and 22 the week following, when the schedule called for 24. Close enough, I figured. I pounded out those 22 with 2+ loops around the outer perimeter of Central Park in New York City. That's about the only place in the metro area where one can find anything resembling hills, which I definitely needed to do in preparation for the BRR.

Week 13 on the plan called for 31 miles on Saturday. It just so happens that this equates to exactly 50 kilometers, which is a favorite ultra-marathon distance. It also just happened to fall on March 4th, when I was going to be in New York, which is when the USATF National 50K Road Championships was being staged out on Long Island. Keep in mind that the training plan does not discourage participating in races, but it says you can do them for the mileage and staged event atmosphere, you should not race them.

Compounding the situation was my coming down with something on the Sunday exactly a week before the 50K. It appeared to be a sinus infection, which morphed into a respiratory problem by Tuesday. Because I was flying that day, I did the scheduled 12 mile run the day prior, and was fortunate that the plan then called for no running from Thursday to Saturday, in order to rest up for the 31. Believe me, I really needed the rest, if I hoped to shake my illness, and be able to run on Sunday. My significant other told me to forget about running the 50K, but I was still holding out hope. So now I had the double trouble of a doubtful knee, and a health issue weighing heavily on my mind.

On Sunday morning I left her apartment at 5:00 a.m., and took the subway 4 stops to 34th St./Penn Station. I had a round-trip Seniors ticket, and boarded the 5:53 train, which would get me to Cold Spring Harbor in just under an hour. The race Committee had arranged for a vehicle to meet me and other runners who were coming out from The City, and 7 of us squeezed into the available 5 seats. A 15 minute ride took us to Caumsett State Park, near the shore of Long Island Sound, where the race was being staged.

The course comprises ten laps of a convoluted 5K course, on a somewhat rolling paved road through the Park. The perimeter road is only about 2.5 miles long, so a 6/10 mi. figure 9 out-and-back had to be negotiated just before the beginning of the next lap. I ran this same race two years ago, and was intimately familiar with every twist, turn and detail of the loop from having traversed the route ten times back then.

Under overcast skies and a temperature hovering at about 40, we were quite aware of a stiff north wind surging in off the Sound, which didn't fill us with great joy. With just over an hour until the 8:30 start time, my greatest challenge was figuring where to pin my race bib on the front, and mandatory age-div. bib on the back. I knew the location for each, but how about the various layers of clothing, and what might I discard as I got warmer? I finally decided on an outer layer that I would most likely retain, and only shed sub layers, if it became necessary.

So as it got closer to 8:30, it was still a mystery to me, how I might feel when we started running. With somewhat compromised breathing, a certain amount of lingering fatigue, and a troublesome knee, I'll admit that I wasn't very optimistic about my chances of success. Our National Championship group started first, followed 5 minutes later by a similar-sized Citizen's 50K group and a significantly-larger 25K throng. Needless to say, it didn't take the lead 25K'ers long to catch and overtake us.

So I settled into a conservative pace at about 9:20-9:30, and simply monitored how my system was adapting to the effort. To my surprise, and relief, things seemed to be going well; my knee felt OK, and my breathing was acceptable, with an occasional bit of coughing, which tended to relieve any congestion. I'm viewing the indelibly-etched course once again, and contemplating doing it another nine times. I quickly 'changed the subject' and began thinking about what I might need to do or retrieve from my gear bag in the heated tent near the start/finish/lap arch, in about a half hour.

There, after a quick in-and-out to apply some heat rub to my knee, I passed under the arch in 29:18, and began the second lap. So far, so good, but as in every Ultra, one must remember that there's still A LONG WAY TO GO! I'll not bore you with every lap time, but report that the 2nd was just a hair under 30, and 3 through 7 were all within a range of

31:10 to 31:57. Shortly into the 5th lap, my knee began telling me that it wasn't really enjoying what I was doing to it, but it was sore and not painful, so I continued taking Advil and treating it with Icy Hot analgesic spray and Arnica roll-on. Much to my surprise and delight, my endurance seemed to be in good order, so I pressed on.

One unique feature of the event, is the provision for one to seek a qualifying time for the Boston Marathon. At the 1.4 mile mark of the 5K loop, an official clock and timing mat is set up to record each lap. The most important mark is in the 9th lap, when you have reached the 26.2 mile point on the course. This will give you your marathon split, but in order for it to count, you must complete the remaining 4.8 miles of the 50K. I passed it in 4:23:32, which qualifies me for Boston 2019 by 1:28 at my present age. The good news, however, is that I will enter the 75-79 division 6 weeks before Boston, which gives me an extra 15 minutes, and thus I beat my qualifying time by 16:28, and can thus sign up on the SECOND DAY.

I must admit that I was really keying on that marathon time, so that I began easing the pace for that last lap and a half. Yes, I was actually starting to feel tired. My last two laps were 33:18 and 34:03. Oh, how sweet it was crossing under the finish arch for the LAST TIME! Now it's on to Bull Run!

In Memoriam

Frank Hurt

Gilford, NH

Seichi Edwin Sato

Worcester, MA

Both Frank and Ed were members of the NE 65+ Hall of Fame.

Note: to find an obituary, click on www.legacy.com and type in a name.

Out on the Roads of New England

by Dan D.

"Life gets in the way" ---- how many times have we heard (and probably used) that expression. Well how about your columnist, who usually runs over 100 races per year not running in a road race for 33 consecutive days!!!!!!! Not likely perhaps ... but it's true. From the "St. Patty's 5K/10K" at Salisbury Beach, MA on March 17th until the "NHTI/Northeast Delta Dental 5K Road Race" on April 20th in Concord, NH you will not see Daniel Dodson listed as a finisher in any of the races on our NE65+ Race Results section on our website. This undoubtedly saved Tom Abbott and the "results guys" some time and trouble!!!!!! It was a combination of weather, a 3 - week vacation to South Carolina, medical appointments, civic organizations events, etc. I was registered to run a 5K in Beaufort, SC on March 24th, but my wife's health delayed our trip by a day and we arrived on Fripp Island about the same time the race began 18 miles away in Beaufort. Then Wendy Burbank and I were planning to run a 5K together in her new hometown of Bluffton, SC on the 7th of April when torrential rains and possible thunder storms kayoed that possibility. Oh well ... we only managed 5 races in April for a yearly total of 23. This is 11 races behind the 34 I should have after 4 months if I plan to make my yearly goal of 100+ long-distance races of 2 miles or longer.

My first effort in April came on the evening of Friday the 20th in Concord, NH. This was the "NHTI/ Northeast Delta Dental 5K Road Race - 14th Annual". The 5K certified course is entirely on the campus driveways of New Hampshire Technical Institute which keeps traffic down to nearly zero. The \$20 pre and \$25 race day fee earned runners chip timing by Granite State Race Services, age groups up to 80+, t - shirts, post - race refreshments, points in the CARS Series, etc. The race is part of the popular 8 - race Capital Area Race Series that runs from March 31 to July 28 with six 5K races, and a 10K and the well-known "Bill Luti 5 - Miler". Clifford Smith was 1st in M80-89; while Neal McBain finished 2nd in M70-79, followed by Daniel Dodson in 3rd. Judi Lemaire was #1 in F60-69 with Janet Parkinson in 3rd. This event had 255 participants.

April 22 - Sunday was the very popular and patriotic "Run for the Troops 5K - 8th Annual" in Andover, MA. There were 2903 finishers who paid \$30 to run this hilly course with the proceeds going to "Homes for Our Troops" which builds homes designed for the specific injuries of a selected soldier. Need I say anymore?? This wonderful charity race brought out 14 members of NE65+ -- many of whom run it every year. A large number of running clubs had tents for their members. There were various military and police units who ran in formation. There were hot post - race refreshments and t - shirts for pre - registered runners, and special finisher medals for all military servicemen. There was even a special "Morton Street Challenge" which awarded a neat glass to the top 500 finishers on the steep half - mile hill (a race within the race). Rick Bayko won the M70-79 division with David Ritchie 2nd and Stavros Kanaracus 3rd (NE65+ sweep!!), followed by John Boness (5th), Charlie Farrington (8th), Leo St. Louis (12th), and Daniel Dodson (22nd). NE65+ likewise won everything in M80+ with Robert Randall (1st), Dick Kuhl (2nd), Richard Snyder (3rd), and Lou Peters (4th). In the huge 104 member M60-69 age group George Tournas was 52nd and Al Pappalardo 58th. Harriet Snyder was 9th in the 21 - member F70-79 field.

April 24 - Tuesday was the "BYOB 5K - Good Times Spring Series (Week 2)" at Dudley's Pub/Restaurant in Lowell, MA. This annual 10 - week series (to be followed by the 10 - week "summer" series) costs \$10 per race for "series" registrants, and \$15 per individual race. The course is relatively level and follows the pathway, sidewalks, and 2 bridges around and over the famous Merrimack River. There is a lively post - race celebration each Tuesday at Dudley's on Merrimack Street with Mylie medals handed out by well - known race announcer Dave Labrode to all runners who set an individual PR. This is the brain-child of series founder Dave Camire with Yankee Timing doing the chip timing. Judi Morland won the F70-79 age group with Johanna Riley in 2nd. Likewise Barry Pearson topped the M70-79 division with Daniel Dodson in 2nd place. Rita Labella was 6th in F60-69, while Rick Marais finished 17th in M60-69. There were 291 runners who finished the 5K course.

April 28 - Saturday was the "BC Race to Educate - 8th Annual" in Chestnut Hill, MA. The \$35 race fee (\$20 for kids under 8th grade) included a t - shirt, post - race hot pizza served next to the famous Doug Flutie "immaculate reception" bronze statue, a traffic - free run both up and down the "downhill" side of Heartbreak Hill, music by the Boston College pep band, announcing by Announcers on the Run's Andy Schachat, start and finish on the 50 - yard line of Alumni Stadium, and chip timing with instant results to all electronic devices by Millennium Running. Millennium's proprietor John Mortimer is a former track coach at Boston College. The race beneficiary is St. Columbkille Partnership School in Brighton, MA. There were age group awards 3 - deep up to 70-UP. In addition there were 3 earlier races for kids aged 4 and under (50 yards) and 5 - 7 and 8 - 11 (both 1/2 mile). A total of 679 runners completed the 5K race. NE65+ members Daniel Dodson and Lou Peters finished 2nd and 4th in the M70-UP age division.

April 29 - Sunday was the "Loulou & Gookin Lung Cancer Awareness 5K Run/Walk - 4th

Annual" at O'Hara's Tavern in Dracut, MA. The \$30 pre (\$35 day of) race fee benefitted Dana Farber Cancer Center for Lung Cancer Research to help find a cure for lung cancer. There were t - shirts, 3 - deep age group medals up to 70+, free post - race beer with hot dogs and cheeseburgers, music disc jockey, and timing by SOAR Events. There were 80 finishers at this annual event in Dracut. Daniel Dodson won the M70-99 age group.

A shout - out to Tom Abbott and our NE65+ "results" crew who do so much to keep us informed on what everybody is running all over New England and beyond. I enjoy checking - up on how and where many of you are running (like it's about time Bob Randall stopped running races in Florida and came home!!!). A thank you to "Forever Run" founder Jan Holmquist and editors Byron Petrakis and Rick Stetson (as well as all the contributors) for keeping us up to date with all the NE65+ "news" and perhaps more importantly for inspiring us to "keep going" when our body and other factors are shouting at us to stop!!!!

My personal "thanks" to the runners who have come up and said nice things about my little column -- it truthfully feels good knowing that many people apparently read and enjoy it. I especially want to thank the great John Parker of Hampton Falls, NH who sent along a terrific note with quotes, humor, and support that both my wife Mary Jo and I deeply appreciate. John was truly a "good one" back in the day and (after his complete pre - race workout) we had many back & forth running battles followed by a few post - race beverages, etc. Folks like John P. and John Deke D. and Louise R. and Lou P. and Barbara R. and Dr. Ray C. were all "my heroes" ----- Back in the Day. They all inspired my generation of New England area runners to continue in this wonderful activity. I think it is OUR responsibility to try to do as well with those younger runners who will follow.

Well that's it for another month. I'm hoping that May will produce big race numbers for me and get me back on track for that 100+ goal that I always strive for. I hope to see you at the "Cinco de Miles" in Bedford, NH on May 6th; and the "Dan Ford Road Race" in Methuen, MA on the 12th; and definitely at our first "Flag Race Challenge" event on Mother's Day - May 13th ("Portland Sea Dogs Mother's Day 5K") in Portland, Maine; the "Backshore 5 - Miler" in Gloucester, MA on the 17th; the "Friends of Hathorne 5K Run or Walk" on the 20th in Essex County, MA; the "Swampscott Dory Run" in Swampscott, MA on Memorial Day - May 28th; the "Salomon Spring Trail Running/Walking Series" on some Thursday late afternoon at the foot of Mount Washington; and hopefully several more races before the month of May is history. Please come up and say "hi" when you see the guy with the white safari hat plodding along "Out on the Roads of New England".

Quote of the Month

"Every day we get to run it's a blessing."

Tony Grossi, 2018 RRCA Challenged Athlete of the Year

New England 65 Plus Runners Club

President: Jan Holmquist
Jholmquist@mspca.org

New sletter Co-Editor: Rick Stetson
rickstetson@aol.com

Vice President: Steve Viegas
stephenviegas@hotmail.com

New sletter Co-Editor: Byron Petrakis
Byronpetrakis@yahoo.com

Treasurer: Gary Circosta



gary.circosta@yahoo.com

Secretary: Zeke Zucker
zekezucker@yahoo.com

Contributor: Dan Dodson
miodand@msn.com

Results: Tom Abbott
tomabbott8@gmail.com