



New England
65 Plus
Runners Club

Forever Run

November, 2018

From the President Steve Viegas

Friends,

What an amazing club effort! We managed to host a successful club road race despite a wet, rainy day. I want to thank our race director, Jan Holmquist, who had to worry all the details of this race, including making impromptu changes due to the inclement weather. I want to thank all the club and other volunteers who made the day go as smoothly as possible. We had significant help from Mystic Runners. The numbers were good considering. We were lucky to have shelter in the garage for registration, after race refreshments and awards. We will be donating proceeds from the race to the Wakefield Educational Foundation, our partner in the race.

It was gratifying for me to have our race as the Massachusetts RRCA 5K State Championships. I wore two hats, one as your leader and one as the Massachusetts representative of RRCA. We were also fortunate to have our race as the Massachusetts Senior Games 5 K Road Race. In this qualifying year, our race provided a late season opportunity for folks to qualify for the National Senior Games 5K and 10K championships at Albuquerque, NM next year.

We will soon learn how many time-waived applications we will be receiving from the Boston Athletic Association for the 2019 Boston Marathon. Stay tuned. Once we know how many, I will inform you and the process for applying for one. I have qualified and will be toeing the line at Hopkinton next April with the recipients of these "waivers".

The Board of Directors will be meeting at a new place in the same town on November 15, 2018. We will be meeting in the Garden Room at the Nevins Memorial Library, 305 Broadway, Methuen, MA 01844. Zeke Zucker will be sending out the agenda soon. I thank Charlie Farrington for arranging for our new meeting place.

Our men's M70 and M80 teams were successful at last weekend's USATF New England Cross Country Championships. See the story elsewhere in this newsletter. Congratulations to all of them! I will be entering the M70 age group and look forward to team competition in 2019.

I will be running the Philadelphia Marathon on November 18th and hope to have some reflections on my experiences in the next issue.

I am very grateful to Rick Stetson for his patience with me and for his excellent work in putting Forever Run together every month. He is my unsung hero.

Happy running to you all!

Steve Viegas

17th Annual Run For All Ages

by Byron Petrakis

On a wet, soggy Saturday 126 runners showed once again that foul weather is no match for determined athletes who slogged their way through drenching rain and swampy puddles on the 5K course around Wakefield's Lake Quannapowitt.

The challenging conditions did not prevent the male and female winners from turning in some impressive times. Thirty-eight-year old Ryan Kerrigan from Wakefield clocked in at 16:38, for a 5:22 pace, while fifty four-year-old Simonetta Piergentili from Wilmington, MA showed that 50 is the new 20 by finishing in an impressive time of 19:45 for a 6:22 pace.

Just as impressive are the results posted by athletes in the 80+ brackets. Eight males finished in the 80-84 division along with three females. Four men and one woman (the ageless Phyllis Mays) finished in the 85-89 division. I suspect that only the lousy driving conditions prevented some of the usual 90+ stalwarts from showing up; hope to see you next year!

The story of a race is not only found in its weather conditions and runner statistics and but also in the human stories of its participants. Before the start, runners and race volunteers could be heard making quacking sounds to unleash their inner ducks, while others complimented the creative ways some used to try and stay dry during warm-ups prior to the race. (One of the best techniques was warming up under the cover of the parking garage which served as the locale for number pick-up, the raffle table, and day of race registration). One individual who actually made the decision to come to the race and register that very day-conditions be damned-was 63-year-old Bob Strout from Salisbury, MA.

An examination of the race results shows that Strout, a member of Salisbury's Winner's Circle Running Club, finished first in the 60-64 division with a time of 21:05. What the results do not reveal, however, is that Strout did not drive to the race but rode his bike from Salisbury to Wakefield (about 32 miles), ran the race, and then rode back! He told me that his trip started in the dark, and while he has lights front and back, they aren't the same as a car's fog lights in illuminating one's way. (Those of us who know Bob also know that this is his means of travel, not just to and from races, but to and from just about everywhere). After the race, I looked for him to ask how long it took him to get to Wakefield but he had already changed into his "travel clothes" for the trip back!

Thanks go to Race Director Jan Holmquist for her thorough planning and preparation and her good humor throughout the day which kept both runners and volunteers alike in good spirits and fine fettle.

So, go ahead, Mother Nature; throw up some obstacles but don't think that a little rain and gloom can dampen the spirits of New England 65+ Runners Club from putting on-

and running-a good race!



photo by Tom Wylie

It was wet in Wakefield as runners lined up for the start of the RFAA

New Age Records Set at 17th Run For The Ages by Rick Stetson

It was not a day for record setting, as the men can attest, however Jan Holmquist and Pat Ryan ignored the cold and rain to set new age course records for the women. Jan's time of 24:51 was a record for age 74 while Pat set a new record for age 77 with a clocking of 36:50. It was the ninth RFAA age record for Jan, placing her well ahead of the next female, Fern Spring, who holds three course records (ages 86, 87 and 88.)

Although none of the male runners were able to set a RFAA record, Harry Carter came close. His time of 26:49 was not far behind the 26:28 age 82 record set by Jim Lynch in 2012. Bill Tribou leads in multiple RFAA records for the men with five (ages 84, 87, 89, 90 and 91) and Jim Lynch follows with four age records (78, 79, 82 and 86.)

We hope the weather next year will be more conducive to setting records but the 18th annual RFAA will be held come rain or shine. We thank all the club members who braved the conditions to take part in the race this year. We look forward to seeing you back in 2019.

USATF-NE 8K Cross Country Champions



photo courtesy of Jerry LeVasseur

The above NE 65+ runners formed two cross country teams last weekend at the USATF-NE Masters XC Championships held at Franklin Park with both teams earning first place honors. They were the only teams competing in the 70+ and 80+ divisions, perhaps because other clubs were not anxious to have their older runners run against the speedsters from 65+. The above champions are (L-R): Richard Paulsen, Joe Cordero, Ram Satyaprasad, Jerry LeVasseur, Rick Bayko, Bill Reilly and Dave Ritchie.

The 70's team was made up of Rick, Dave, Bill and Rich with Rick finishing as the first runner in the age group with a 37:59 clocking. (There were other 70-79 runners at the meet but no other club had enough to form a team.)

The club's 80's team consisted of Ram, Joe and Jerry with Ram leading the way with a time of 58:46. This was the first year 80+ runners had competed in the USATF-NE XC Championships so Ram's time set a course record and Jerry was honored as the oldest runner in the meet. Congratulations to all who ran.

The 2018 Lone Gull 10K

by Rick Stetson

Some 17 members of NE 65+ Runners Club traveled to Gloucester, MA on Sept 30 to take part in the 12th annual Lone Gull race, part of the USATF-NE LDR series. We are pleased to report that in the men's Grand Veteran team competition, NE 65+ came in first with a time of 2:30.5 edging Greater Lowell (2:31.1). Scoring for NE 65+ were Bill Reilly, 47:34; David Ritchie, 48:00; and Richard Paulsen, 55:22. Also running on the club's grand veteran team were Charlie Farrington, Gerald Porricelli, Bob Sullivan and Larry Cole.

Jan Holmquist has dominated her age group for many years and that trend continued at Lone Gull, her final race while serving as 65+ president (she would turn the gavel over to Steve Viegas the following day.) Jan clicked off a sub 8-minute per mile pace to win the 70+ division in 49:09. Another notable achievement by a club member was turned in by Bill Reilly who placed 2nd in his age group in addition to leading our grand veterans team to victory.

Lone Gull Photos



photo by Jean Hennessey

This is the bridge that crosses the inlet that takes the runners to the start.



photo by Jean Hennessey



photo by Jenna Cole

Left: Steve Viegas in his final race as 65+ vice-president (he would assume the president's position the next day) en route to a Lone Gull time of 49:55. Right: Jan with a big smile as her name is announced to come forward and pick up an award for winning the 70+ age group.

Correction. A photo caption for the Jog Your Memory 5K in last month's issue of the newsletter had Tony Cellucci placing second in his age group. This was due to a mistake when a younger runner had been scored in the older division. The correct result was that Tony won his age group. We are sorry for the error.

New Members

Daniel Battle, Portsmouth, NH

Sponsor: Daniel Dodson

First race was at age 59 and it was a struggle to reach the finish line. Now Dan tries to race every other week and enjoys being with friends who are runners. His favorite race is 5 miles with the longest being the half marathon.

Bill Billing, Mystic, CT

Sponsor: Amby Burfoot

Been running for 46 years. Has run 35 marathons including 13 Bostons and the Comrades Marathon. This Thanksgiving will be his 46th consecutive Manchester Road Race.

Monica Roche, Fairfield, CT

Sponsor: Janit Romayko

First race was in 1978, a women's 4-mile in Central Park. Ran the NYC Marathon six times in the 1980's. First CT race was the New Haven 20K in 1980. Now running shorter races in CT.

1000 mile Challenge Update

Editor's note. Earlier we published a challenge from Ken Houle to 65+members to run 1000 miles in a year. Ken said the challenge was on the honor system and after a club member reached 1000 miles, to let him know at: hoolks@metrocast.net Ken also said members could send him their total miles at the end of the year.

Ken also issued "Challenge #2" which was for 65+ club members who run 100 miles of races in a year. Ken went on to say, "Keep track of all your races for the year and if you run 100 miles or more of racing at the end of the year, send in your results," hoolks@metrocast.net He asked members to "List all of your race distances, your time and your division place for each race. It will make for interesting reading in the 65+ club newsletter."

Ken has heard from some club members who accepted the challenge and provided the following update:

Bob Murphy, age 72 has 1000+ miles of running. Bob lives in Strafford, NH.

Rich Paulsen had 557 miles and 15 races as of June.

Jay Diener has passed 1000 miles of race walking.

Dan D. has run many races and is closing in on his goal of 100 for the year.

Ken Houle has run 1000+ miles of training this year.



photo by Rev (Ret) Jackie Jenkins

Lloyd Slocum (L) with friend, Bob King after the Flight of the Vampire 5K in Brevard, NC. His friend is in a younger age group and would usually finish ahead but in the race last month, Slocum was 19 seconds in front of King.

Returning Home at 85

by Lloyd Slocum

Many folks remember certain years when good fortune was their bedfellow. 2013 was such a year in my life. My 80th birthday arrived in early March of that year. All older runners relate to the excitement of entering a new race division. The adrenaline flows freely. I anticipated my entry into the 80-84 gaggle with relish. Soon I would be the new kid in town. I had decided months before to train hard for this opportunity and thus take advantage of my "youthful" status.

Early 2013, my races went well, but the relentless hills here in Western North Carolina resisted 5k times under 25:00, certainly not national caliber. Fortunately a lengthy vacation trip to Maine was scheduled that fall, and on the flat, sea level courses along the Maine coast I was able to drop my times sufficiently to earn the USATF top dog position for the second time.

But the intense training and racing that year unleashed a demon. When 2014 arrived, it brought with it an apathy toward running. Even jogging became torture. My burnout definitely was mental, not physical. It was easy to rationalize why running was an idiots' pastime. But exercise is essential to good health, so I joined a local cycling club and for several years pedaled endless miles on back roads. Jeez, that was far more pleasant than running. Okay, maybe easier, but for me cycling seemed less satisfying than running. The idea of a return to my beloved sport of almost 70 years was gaining momentum. Also, I was missing the camaraderie of all those insane New England

runners who had been my confidants for so many years.

Another significant issue motivated me to fetch the running flats from storage: depression was lurking, already insidiously invading my psyche. A personal friend and MD, himself a marquee distance runner, advised me to stop worrying about the improbable deleterious effects of taking NSAIDs (used to ease my lower back pain). He felt the damage from depression was far better documented than improbable NSAID related problems. He knew running would come to my aid, and prescribed an Rx of high mileage. He was right.

Now at 85, hitting the roads with shoes rather than bike tires has become a daily ritual. Three months ago I resumed serious training. My recent 5K times have been disappointing - a few seconds over 30 minutes - but the steep hills of western North Carolina are not easily negotiated by old geezers. We have lost some of the leg muscle mass of our youth, so maybe I'll concentrate on track next year (even some of the school tracks here in the mountains are a bit hilly!).

During my visit to Maine next year, I hope to see many of you at the various starting lines. You will find me smiling.

Editor's Note: Lloyd Slocum is remembered by many runners from the days when he was tearing up the roads in New England. He still holds several records for the club's Run For All Ages: age 69, 19:22 and age 70, 21:09.

Happy Thanksgiving by Rick Stetson

Active.com had an article the other day, "6 Reasons to run a family turkey trot on Thanksgiving." I'll list the reasons even though many members of NE 65+ don't need encouragement to run on Thanksgiving. Last year, 86 club members ran in 31 different races with three dedicated souls running not only on Thanksgiving, but also the day after in the Trot Off Your Turkey 5K in Amherst, NH. With that being said, here are Active.com's reasons why you might want to run on Thanksgiving:

1. Earn a second helping. The average American consumes up to 4500 calories on Thanksgiving. If you ran a 5K race that morning you shouldn't feel as guilty going for a second slice of pumpkin pie.
2. Tire out the kids. Most of us in 65+ don't have small kids anymore although some have young grand kids. Waking them up at 7:00 for a turkey trot will "tucker them out so they're not running around the house while you are trying to set the table."
3. Establish a tradition. We have club members who have already established a strong tradition of racing on Thanksgiving. Two of the more impressive streaks are by new club members Amby Burfoot and Bill Billing. Amby has run the Manchester, CT Thanksgiving race for 56 years, winning it 9 times with 7 of the wins being in consecutive years. Bill Billing (see New Members in this issue) will complete his 46th Manchester this Thanksgiving (a race for every year he has been running.)
4. Dress it up. Some runners go all out dressing in costumes for Thanksgiving races. I was in a race where a runner I know ran dressed as a faux turkey. She is very fast (you might guess who it was) and a vegetarian who does not eat turkey and she was ahead of me. This enabled me to watch what happened when she ran past spectators. As they would applaud and shout, "go fo-turkey," she would flap her "wings" which were covered in paper feathers. It was a fun race.

5. Do it for the medal. Youngsters love medals (so do a lot of adults) and if you give a child yours, they might decide they want to win a medal in a future race and get hooked on the sport we love.

6. Catch up with everyone. Thanksgiving will often see family members return home from distant parts and if they are friends who are runners and decide to do a race that day, it is a good time to catch up on what they have been up to.

So there you have it, 6 reason to run on Thanksgiving. But the day is more than a time to race. We should be thankful for many things: that the Red Sox are again World Champions, that Tom Brady plays for the Patriots or that the elections are over with (for now at least) and we don't have to watch all those political ads. But most of all, thankful for family, friends and the fact that we live in a "land of the free" where we can put on comfortable shoes and walk or run some enjoyable miles whenever we like. Happy Thanksgiving!!



photo by Lee Nill

Lynn Nill rings the PR bell while daughter, Sarah, and grandson, Leo, look on.

Twin Cities Marathon Report

by Lynn Nill

Editor's Note: Last Saturday while some 40 members of 65+ were in Wakefield taking part in the Run For All Ages, club member Lynn Nill was in Minnesota for the Twin Cities Marathon. For 8 years Lynn had tried to run a sub 5:30 marathon. In the below excerpts from her blog, she tells how she turned in a time of 5:24:37 which entitled her to ring a personal record bell after the race. Lynn's complete blog can be found at:

<https://dreaming-of-asia-in-texas.blogspot.com/2018/11/twin-cities-marathon-2018.html>

I had a plan and I thought it was a good one. I had practiced my average marathon pace of 12:20 minutes per mile a lot on my long runs. I thought I could maintain that pace through most of the race. I knew that because Twin Cities was a pretty twisty course I was going to run more than 26.2 miles, so if I wanted to run less than 5 hours and 30 minutes I needed to aim for more like 5 hours and 25 minutes, so that was the plan.

I found my gear check, my corral, the porta potties with the shortest lines. Basically I stood in the potty line, used the facilities, and turned right around and got back in line. I did that 3 times and then took some Pepto Bismol and hoped for the best. My nervous stomach is always a problem before big races but with a little help it settles down once the race starts.

Back in corral three I was surrounded by a lot of people running their first marathon. Eight years ago Twin Cities was my first marathon too! They asked me for advice and I tried to be helpful. I hope they all had a great time!

While trudging up the hill I passed a lot of people because, of course, 20 miles is where the dreaded wall rears its head for so many. There was a youngish runner that I passed that looked really bad. I told her to hang in there and asked her if she had anything to eat. She said no and I said, find something! There will be people with candy, take some. Voice of experience!

My mind was playing tricks on me, as it often does. I was trying to calculate what my finish time was going to be and in my feverish fantasies I had myself finishing in 5:10 or 5:15. That wasn't happening, but it still was going to be really really good for me.

I saw a girl wearing the 2018 Boston Marathon jacket and holding a glass of champagne, watching the race. I yelled that I loved her jacket and she actually came over and ran with me for a little bit. I told her that I was going to be about a half an hour faster than I was at Boston and she laughed. She definitely understood.

I got my medal and my mylar blanket. And food! A cup of canned peaches, a bag of chips, power aide, energy bar. By the time I got to the gear check area my hands were full! Good thing for that gear bag, I just plopped all my goodies right in there. I wasn't ready to eat anything yet anyway.

Well that was a great race. I won't be surprised if I do Twin Cities again some day. After all its one of the top ten marathons in the US and its right here in my new home town. Right now I'm having delusions of grandeur, fantasizing about just how much faster I can get. A BQ (Boston Qualifying time) is still almost 50 minutes faster than I ran Twin Cities so I'm not entertaining that, but 5:20 or 5:15? Heck, why not!

Out on the Roads of New England

by Dan D

"Hello" to all NE65+'ers throughout New England and beyond. Seems like a rather damp, cold, and generally dreary end of the month following all the thrills and happiness generated by the scintillating Red Sox ALCS and World Series victories. We've got a longer column this month due to 2 "Flag Races" in our "Challenge" summary, and a full 14 race reports (1 below my self-imposed 2 mile minimum) to bring my 2018 total up to 85 races. Thus there is a chance that my annual century goal might be achieved after all. It will take an injury-free 2 months, lack of significant snowstorm cancellations in December races, and freedom from any "surprises" that life sometimes throws in our pathway at exactly the wrong moments. Let's see how it all turns out.

Before I even begin with the 1st race report I want to take this opportunity to sincerely thank Tom Abbott and the guys on our incredible "race results" team for all the work they do 365 days of the year. It must be especially complicated now as more different websites feature "results" instead of having pretty much everybody on coolrunning.com. I assume this diversity in race results websites makes their job so much more time-consuming. So speaking for myself (and I assume all of our NE65+ members) THANK YOU for this tremendous service without which writing "Out on the Roads of New England" would be pretty much impossible to write every month.

October 3 - Wed. evening was "The Mystic Runners Lake Q 5K" in Wakefield, MA. There were 88 finishers on a 64 degree lovely autumn night. The \$2 entry fee has finishing times provided by volunteers from the Mystic Runners. The course traverses much of the same 3.1 miles used in our own "Run For All Ages" as it navigates around beautiful Lake Quannapowitt. NE65+ was represented by Adrienne Gordon, Daniel Dodson, and Laura Warren.

Saturday - October 6th was the inaugural "Coolidge 5K - 1st Annual" at the birthplace and childhood home of President Calvin Coolidge in Plymouth Notch, VT. The event also featured the "'I Do Not Choose to Run' 1 - Mile Walk" (utilizing a famous Coolidge quote) which traverses the fields and pathways where our 30th President grew up. 63 runners paid \$20 for a commemorative t-shirt and a Coolidge water bottle as well as light refreshments. There were two \$100 prizes for the winning male and female runners. There was a slight mix up in the course causing some runners to travel 3.3 miles. Daniel Dodson was the sole NE65+ runner present for both the run and the walk. One of Coolidge's relatives was present to greet the runners.

The "Great Island 5K - 25th Annual" was held on Sunday, October 7th, in New Castle, NH. This scenic and popular 5K serves as the NE65+ "Flag Race" for New Hampshire. 522 finishers paid \$20 for a SWIX ski hat and an extra \$10 if they wanted a t-shirt. The post - race runners raffle is one of the very largest around.

The only negative this year was the decision by Yankee Timing to put the overall results on a new website instead of coolrunning, which made it difficult to find age group placements and impossible to print out results. NE65+ had 13 participants plus one signed up member -- Daniel Battle from Portsmouth, NH. Lou Peters won the M90-99 age group and Henry Wolstat likewise was victorious in M80-89. Jane Rasmussen won the F80-89 division, while Faye Lowrey won F70-79 with Mary Ulinski in 3rd. Carol Weeks was 2nd in F60-69 with Donna Sarasin in 6th. Ken Houle was 2nd in the M70-79 age division, followed by Charlie Farrington (2nd), Jay Diener (6th), Peter Bresciano (7th), John O'Donnell (10th), and Daniel Dodson (11th). Jay Diener was also crowned as the top walker.

October 8 - Monday was the "Kelly Ledoux-Walsh Memorial 5K - 2nd Annual" in Wakefield, MA. The \$25 fee included a t-shirt (1st 100 registered), light refreshments, chip/net timing by North Shore Timing Company, and a relatively level course around Lake Quannapowitt. The proceeds went to the Kelly Ledoux-Walsh Scholarship Fund to benefit the Wakefield H.S. Warriors track & field and x-c scholarship programs. There were a pair of \$100 prizes for top male & female, and age group awards (1 deep) up to 60+. Daniel Dodson won the M60-99 age group. There were 147 finishers on this Columbus Day holiday event.

Saturday - October 13th was the "Witch City 5K Road Race" in (of course!!) Salem, MA at the Salem Willows Park. The \$25/\$30 (\$35 on race day) fee earned the 456 finishers a t-shirt, light refreshments, chip/net timing by North Shore Timing Company, and 3 - deep age groups up to 70-99. The race is part of the yearlong 10 - race North Shore YMCA Road Race Series. Daniel Dodson was 2nd in M70-99, followed by Tim Cunningham in 3rd. Frank Johnson finished 4th in the 16 - member M60-69 division.

October 14 - Sunday was the "Footrace for the Fallen" to honor deceased police officers throughout New Hampshire killed in the line of duty. The race began under an enormous American flag at the Manchester Police Headquarters and ended at Gill Stadium. The 779 finishers paid a \$25 fee that included t-shirts (up to 500), free beer, pizza and hot dogs and cheeseburgers, race start by US Senator Maggie Hassan, chip/net timing with instant results by Millennium Running, and 3 - deep age group awards up to 70-UP. The traffic-free course was rolling through downtown Manchester, NH. Daniel Dodson was 7th in the M70-UP age group. NE65+ members and Manchester natives Lucien Trudeau and Roger Gosselin were spotted in the cheering throng at the starting line of the 5K race.

Wednesday evening, October 17th was "The Mystic Runners Lake Q 5K" at The Lakeside Inn in Wakefield, MA. The 54 finishers paid \$2 to run around Lake Quannapowitt on a 53 degree night with light winds. The timing was done by volunteers from the Mystic Runners. Daniel Dodson was the only NE65+ participant. Member Pat Ryan served as one of the official timers.

October 20 - Saturday was the "Miles for Mary 5K Run and Walk - 6th Annual" at Devereux Beach in Marblehead, MA. The \$25 (\$30 race day) fee earned the 139 runners a t-shirt (before Oct. 6th), 3 - deep age groups up to 70+, light refreshments, and chip/net timing by North Shore Timing Company. The course started across a level 0.45 mile causeway surrounded by ocean water, followed by several hills in the middle of the course, with a tough 0.45 mile back across the causeway finishing kick into a strong headwind. This race was the 5th in the 8 - race Marblehead Race Series and honors Mary Park who died in 2012 from brain cancer. The proceeds go to brain cancer research at the Massachusetts General Hospital. Bill Cotter won the M60-69 age group, while Daniel Dodson was 3rd in M70+.

The "Great Pumpkin Classic - 28th Annual" was held on October 21st - Sunday in Trumbull, CT at Trumbull High School. The longtime 5K serves as the Connecticut "Flag Race" for the NE65+ Runners Club. The \$25 (\$35 race day) fee earned the 437 runners a nice t-shirt, hot food and awards ceremony INSIDE the high school cafeteria, chip/net timing by The Last Mile Racing, and a terrific race director and race founder named Marty Schaivone. The course had a tough uphill opening mile into a stiff cold breeze, followed by a mostly downhill rolling terrain to the finish on the high school driveway. In addition to the incredibly welcoming Marty Schaivone, the NE65+ table was ably taken care of by our Connecticut Directors Janit Romayko and John Gibbons. The Trumbull High School chorus sang the very best National Anthem I have heard since the Super Bowl rendition many years ago at the beginning of Desert Storm by Whitney Houston!! It was truly amazing. Janit Romayko won the F70-99 age group, while Stephen Johnson did likewise for M60-69. John Gibbons topped M70-99 with Daniel Dodson 5th.

"The Mystic Runners Lake Q 5K" took place on Wednesday evening, October 24th in Wakefield, MA. Daniel Dodson and Laura Warren represented NE65+ in the field of 40 finishers. Pat Ryan was one of the volunteer timers for the host Mystic Runners at the finish line on Quannapowitt Parkway. There were no age group divisions and the fee for this weekly year-round Wednesday night 5k run is \$2 per race.

October 27th - Saturday was the "Melrose Family YMCA's Spooky Sprint 5K - 9th Annual" at the YMCA on Main Street in Melrose, MA. The 298 finishers paid \$25 for a t-shirt, chip/net timing by North Shore Timing Company, light refreshments and awards ceremony INSIDE the YMCA, a rolling course through downtown Melrose and Pine Banks (park), and 3 - deep age groups up to 70 - 99. What participants didn't plan on was a howling northeaster with heavy rain and strong winds! This 5K was part of the YMCA of Metro North Road Race Series. Mary Ladene Dowell finished 1st in the F70-99 age group; while Daniel Dodson placed 3rd and Art Dowell 4th in M70-99.

The Halloween theme continued the next day (Oct. 28 - Sunday) at the historic Spencer-Peirce-Little Farm in Newbury, MA with the "Haunted Hound 5K Run & Walk". The \$30 entry fee earned the 78 participants a nice long-sleeve t-shirt, light refreshments, non-chip Racewire timing, and a chance to mingle with a variety of farm animals. The proceeds benefitted Greyhound Pets of America which works to find adoptive homes for retired racing greyhounds. There were no age groups, but prizes for the top 3 men and women., as well as the best Halloween costume. The top 30 adult finishers were given beer tickets for nearby Newburyport Brewing Company. Daniel Dodson was the only NE65+ finisher.

Later that same day (Oct. 28th) was the "CHaD Trick-or-Trot 5K" at Arms Park (adjacent to the Merrimack River) in Manchester. NH. This 1.86 mile race is the 13th event in the 18 - race 2018 Elliot Millennium Series. This is the 2nd shortest race in the series ("Millennium Mile"), with the "Manchester City Marathon" the longest. The 1067 finishers paid \$25 for a 3K traffic free course out across a bridge over the Merrimack River and back, the chance to get up close to many unusual animals, personalized pumpkin bib with your name inscribed, chip/net timing with instant results on screens and electronic devices, free video of your finish as you cross the line, free pizza, yogurt, etc., and free beer tickets to be utilized at the adjacent Stark Brewery. There were 3 short races for younger children between ages 4 and 8, and enthusiastic cheerleading at the start and end of the race by the Manchester West High School cheerleaders. The race benefits the Children's Hospital at Dartmouth. Age groups were 3 - deep up to 70-UP. Shu Minami finished 2nd in M70-UP with Daniel Dodson 4th. Mary Minami was 3rd in F70-UP.

October 31 - Wed. was not only Halloween night, but also "The D5K" at the Osborne Tavern in Danvers, MA. This free weekly year-round Wednesday night 5K starts at 7:00pm and uses popsicle sticks for timing results. The race is nearing the end of it's 13th year without ever missing a Wednesday night due to weather or holidays, etc. Headlamps, flashlights, and reflective vests are a requirement in late Fall and Winter. There are many dark areas on the course and a couple of busy traffic areas makes running on the sidewalks necessary. The fairly gentle course has 3 fairly short uphill sections. Being Halloween night ... there were 2 or 3 highly decorated homes with many trick-or-treaters that needed to be navigated around. Danvers was known as Salem Village back in the witchcraft hanging days and several of the famous incidents occurred on the current 5K course. Daniel Dodson was one of the 18 finishers in this race.

That brings us to the summary of the "Flag Race Challenge" through the first 5 races. We have now completed Maine, Vermont, Rhode Island, New Hampshire, and Connecticut. That leaves only the "Run For All Ages" in November in Massachusetts to complete the race series. Daniel Dodson has completed all 5 "Flag Races" while Lou Peters and Charlie Farrington have done two. 36 members have done one "Flag Race". The December edition of this column will bring the final results for our "Flag Race Challenge" in 2018.

Finally some "thank yous" go out to the folks who helped me at the NH Flag Race in New Castle, NH. First up was Bob Randall who made a special trip to deliver our "tent" even though he couldn't do the race himself. Then comes Jim McLaughlin who brought a table and arrived early to insure that all was okay. John O'Donnell assisted in doing everything to help out. New member Daniel Battle pitched in too. And last but certainly not least was Ken Houle and his lovely wife who helped set up the tent & banner and then were kind enough to take the banner home with them for winter storage. Without folks like this NE65+ could not exist. Thank YOU everybody.

Best wishes to all our veterans and our thanks for your service as we think about you on Veterans Day. Our sincere hope goes out to all for a truly wonderful Thanksgiving Day on the 22nd. I'll be pounding the pavement in November trying to edge closer to that 100-

race goal. I plan to race in Manchester, NH on the 4th, Haverhill, MA on the 11th, Salem, NH on the 17th, Amherst, NH on the 23rd, and probably York, ME on the 24th. Hopefully there will be 5 or 6 more. I truly hope to see YOU somewhere as we all keep moving forward "Out on the Roads of New England"!!!

Quote of the Month

"You have to know when to walk away and know when to run."

Kenny Rodgers, "The Gambler."

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