



# Forever Run

August, 2019

## From the President

by Steve Viegas

Friends,

This is the time of year when we feel the nearness of the fall season with the shorter days. In that vein, we have sent out invitations to the annual luncheon which will be held at Spinelli's on Route 1 South in Lynnfield, MA on September 23, 2019 at 11:00 AM. Awardees of the 1000 mile running prize or the 100 mile racing prize are entitled to deduct \$5 (maximum) from the luncheon price. The mailing also contained our annual request for a donation to the annual fund which helps fund the luncheon, the Run for All Ages and our donation to the Wakefield Educational Foundation.

Our speaker is the women's running trailblazer, Sara Mae Berman. If you would like her to talk about a particular topic, please email me your interest and I will pass it onto Sara Mae. She and her husband Larry are very interesting people. I think you will greatly enjoy her talk.

We encourage our members to nominate candidates for the Rev. Shea award. Go to our website and look at the link to the prize. You will see the qualifications for the prize and a list and photos of the past prize winners. This isn't necessarily an annual prize. More than one person can receive it at our annual luncheon. I put out a call for nominees recently to our board and received two nominations. They will be considered but probably for 2020 since we are well beyond the timeline suggested on the webpage.

We have openings on our board for which I continue to ask you to nominate candidates. You may self-nominate. We have three at-large board members and we are lacking a vice-president. As I head into my last year of this term, I would like to have a strong partner in leadership. I may seek a second term as Jan did but that should not be our back up continuity plan. Please contact me and step up to help our club.

We are heading into the fall racing season and the USATF-NE Grand Prix provides a great warm-up. Two races this month are the Bridge of Flowers 8K on August 10 in Shelburne, MA and the Allen Mello 10 Miler on August 24 in Auburn, NH. The 8K has free entry for runners older than 70. Let's show up and wear our NE65+RC colors.

I want to thank Jan Holmquist for quarterbacking our annual mailing. She produced the written materials and had them printed. I want to thank her, Joan Tremberth, Dan Dodson, Greg Tooker, Carrie Parsi, Gary Circosta and his wife, as well as my wife who all showed up on Saturday morning to prepare the 750 pieces of mail.

Keep posting on our Facebook page. It has been much more vital this year. If you are not already in our group go to <https://www.facebook.com/groups/275688456197203/> and I will approve your request.

Happy Running,

Steve Viegas

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## Another Perspective: the Race is not (always) to the Swift



photo courtesy of Gary Reuter

## Profile of Mt. Washington Road Racer Gary Reuter by Byron Petrakis

Determining winners in a road race seems straightforward and unambiguous; those who get to the finish line before their competitors are declared winners, while those behind are runners-up. With the advent of chips, however, winning becomes more complicated. Just ask NE 65+Runners Club member Gary Reuter from Kittery, Maine.

When he turned 80 last March, Gary set a goal of breaking the Mt. Washington 80-84 Age Group record of 2:13:29, set in 2015 by John Howe. In Gary's words:

"It would be an ambitious goal, since my 2 prior finishes of 2:15:38 in 2017 and 2:20:04 in 2018 indicated an increasing decline in speed. Was I naive to think that at age 80 that I could possibly turn this around?? To indulge my lofty intentions, I enlisted the expertise and coaching support of Chris Dunn who devised a personalized 3-month training plan. It included a month living and training at altitude in Colorado."

On race day, June 15, conditions were challenging: "high winds above tree line and temps in the 40s." Despite the weather, Gary felt that his training and coach's plan put him in a good position to reach his goal:

"Chris had given me some split times to meet on my way up, the main one being at the half-way clock. With complete focus, I was right on the money at that point. As we approached tree line, we began encountering a head wind. To spare the aid station volunteers the chill and unpleasantness of these conditions, the 6-mile water station had been moved down to near the 5-mile point. Had I known, I would have carried some hydration. At about 6.5 miles, and less than 1 mile to go, I could feel the beginnings of a calf cramp coming on. Normally I would have run across the flat section known as Cow Pasture. This time I did not, knowing that if I pushed beyond my fast-hike rhythm, I would be in trouble. With the end in sight, I pushed myself up the last 22° pitch and made a mad dash for the finish line. Arriving back down at the base of the mountain, I checked my time: 2:13:14. I had beaten the old record by 15 seconds. I was elated!" (Co-editor's note: the Mt. Washington Road Race results page lists Gary's net time as 2:13:13 and his gun time as 2:13:50).

But, there's more to the story, for the race doesn't always go to the swift. In short, stuff happens. Gary says it best:

"As luck would have it, the record is based on "gun time," not "chip time". Yesterday, as I customarily do at every race, I seeded myself towards the back of the pack, in amongst those that run my speed. This resulted in a 35-second delay before I even crossed the starting line, which ultimately resulted in a "gun-time" finish of 21 seconds slower than the 80-84 AG record. Struggling with the disappointment, I talked to the Race Director and was told I could protest it. But on further contemplation, I decided not to. John Howe is the present holder of the AG record set in 2015. John is deceased. I looked up his obituary. He had a great career as a mechanical engineer along with many running accomplishments. I then checked when he passed away: June 15, 2018, exactly one year ago from MWRR race! I will not protest John Howe's record but rather will respect his extraordinary achievement and hold it before me as goal to continue to strive for."

Rather than focus narrowly on the goal of breaking the age-group record, Gary chose to reflect upon the broader experience of training in a beautiful environment with a supportive coach and others who made his experience worthwhile:

"Now that the excitement and thrill of the race is behind me, I am left with some delightful memories of the journey I took to get me to the finish line. Thank you to the trails, the mountains, and the wonderful people who made it possible! And a special thanks to Chris J. Dunn and Ascend Endurance Coaching for getting me to this level of running fitness."

Gary's decision to respect the rules and honor the memory of age-group record holder John Howe demonstrates a generosity of spirit and sportsmanship that is all too rare in the cutthroat world of "winner" take all behavior that is often found in the

world of sports.

His story exemplifies the seemingly contradictory meaning of Ecclesiastes 9:11 (King James Version): "I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong."

Not one to stop running up hills, Gary is training to run the Pike's Peak Ascent Race in August. As seen in the photograph accompanying this story, Gary runs in sandals. Don't be surprised if he returns to Mt. Washington in June 2020 in his quest to break the 80-84 age group record. If he succeeds, his victory will be all the sweeter because it will be done the right and honorable way.

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photo courtesy of Ram Satyaprasad

**(L-R) Joe Cordero, Ram Satyaprasad, Bill Spencer, Jerry LeVasseur at USATF-NE Association Relays, Merrimack College, North Andover, MA**  
The club's 80+ relay team ran three races at the meet in June: 4x100 (1:36.18), 4x400 (8:02.93) and 4x800 (17:55.81). The times for all three races were submitted for US national records but the 4x800 was not approved as they were the only 80+ team. The other races were still pending approval as we went to press. The good news from USATF is that the team's indoor 4x400 relay time of 7:58.22 has been approved as a USA Masters 80+ track record. Our congratulations to Joe, Ram, Bill and Jerry.

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**Beat the Heat 5K, Peabody, MA, July 11, 2019**



(L-R) Art Dowell, Ladene Dowell, Daniel Dodson

Ladene was 1st in the 80+ age group.

photo by Judy Graham-Garcia

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## Boilermaker 15K, Utica, NY, July 14, 2019



photo by Judy Graham-Garcia

(L-R) Judy Graham-Garcia, 65+ club member Don Yeaton, and Adam Nisson. Judy and Adam have not met the age requirements to join NE 65+ although Adam is almost there. Judy, a big Clemson football fan, has taken many photos of our "Forever Run" contributor, Dan D., as well as other club members.

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## Moxie 5K, Libson Falls, ME July 13, 2019



(Left) Jim Brehio winning his age group with a fast 5K time of 21:34 (age grade 81.7%). Cathy Burnie (right) was first in her 70+ age group with a time of 34:20. Another 65+ member to win his age group (80+) was Jerry LeVasseur. Other club members running the Moxie 5K were Ron Chase, Robert Fuller and Mike Brooks.



photos by David Colby Young, Maine Running Photos



photo courtesy of Racewire

**Story Holmquist-Bracker sprints to the finish line ahead of her grandmother and mother.**

## **Dreams Really Do Come True**

**By Jan Holmquist**

Especially for those of you in the club who are parents and grandparents, I imagine you might identify most with my dreams, most notably the recent one to come true...but first, a brief background.

As some of you may recall, my daughter - Kara - invited me to run my very first road

race. After college and living on her own in Cambridge, she called: "Mom, have you run yet today?" I had not. "Do you want to run a road race with me?" I did. I was 48 at the time, it was a small field of runners, and I came home with a big trophy! Over the years, Kara and I have run 4 Boston Marathons side-by-side as well as countless local races. Dreams come true and still do to be able to run with my daughter.

So fast forward to 2008 when both of my kids (I have a married son in California) had kids of their own and a dream of mine to be a Grandmother came true. My son has twins (boy and girl) and my daughter has a daughter. They are all 11 years old now! And so my dream to have my granddaughter, Story, who lives locally, run with me has always been a dream and this July 4th, the dream came true...but even better it was Story's very first road race and my daughter ran too... 3 generations together running/walking to finish a 5K in the heat. I think the smiles in the picture show how happy we all were.

My next dream? Perhaps, my family in California will come to visit next summer and both of my granddaughters and their mothers and I will run the Needham 5K together...you never know. What I do know is that dreams really do come true!



photo by Kiko Bracker

**Mother, granddaughter and daughter after their first race together in Needham. Jan Holmquist, Story Holmquist-Bracker, Kara Holmquist making a dream come true.**

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photo courtesy of Spokenya Race

## **A Race for Clean Water**

**by Rick Stetson**

Last month another state, Washington, was added to my "bucket list" of running a race in every state. My travel to the Northwest was to attend a Montana reunion of the unit I served with in Vietnam. I had raced in Montana years ago but needed Washington so when I saw a race would be held in Spokane on the day I would head home, I decided to enter.

The race I entered was a 7K named Spokenya, a lot smaller (several hundred runners) than Spokane's Bloomsday 12K with its 40,000 plus, but interesting, nevertheless. The Spokenya was put on by the Life Center Church which has a mission to help provide clean water to people living in Kenya. The average distance women and children have to walk to find clean water in Kenya is 7K and the church provides 100% of the race registration fees directly to clean water projects in that African country.

The way women and children would carry water from a well to their homes is by balancing buckets on their heads. As a reminder of what women have to endure to get water in Kenya, the race had 5 gallon buckets half filled with water set up 100 yards from the finish. Runners who wanted to could stop and carry a bucket the final yards of the race. I was tempted to do so but then wondered how I would stop my watch on the finish line while holding a bucket of water on my head. Besides, the race announcer said a new irrigation system in the town the church had helped meant that women there no longer had to carry water balanced on their heads. The latest church project is to install a water catchment system in an elementary school.

As we lined up for the start, a young man with a good voice sang the National Anthem and then a member of the church who was born in Kenya and raised in the United States urged us to "run like a Kenyan." We took off on a course that went on the Centennial Trail with the Spokane River flowing several hundred feet below at the base of a steep cliff. We ran up a long hill, called a "mini doomsday hill," while drummers beat African rhythms, then through the Spokane Community College campus and back to the finish in the church parking lot. Runners were offered the usual water, oranges and bananas but in addition, they could walk up to a trailer provided by an orthodontist and get a free, warm chocolate chip cookie freshly baked in a small oven inside the trailer. Next to the cookie trailer was a Ben and Jerry's truck

offering free cones in a variety of flavors. Amazing how Ben and Jerry's ice cream started in Vermont and is now found coast to coast. The awards stopped at 60+ which left me out of the running as there were some fast 60-year olds in the race but I was not concerned as I had entered to scratch Washington off my list of needed states. Now just 11 more to go.

Postscript. The Vietnam Veterans of America (VVA) were holding their national convention in Spokane while I was there. When I got to the airport after the race, I noticed a number of veterans wearing VVA hats and shirts in the waiting area. When it was time to board, the gate attendant announced they were going to do something different. He said there were a number of Vietnam veterans on the flight and asked if they would board first. Never in all my time flying have I boarded first with passengers clapping and saying "thank you for your service." When we were all seated, the captain made a special welcome announcement and when we landed, passengers were asked to let the veterans exit first. I left the plane proud to be an American and I left Washington pleased to have run in a race for such a good cause.

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## New Members

**Edward Mahoney**, Deerfield, MA

Has been running for 35 years

**Marty Schaivone**, Stratford, CT

Sponsor: Dan Dodson

Marty writes "Stared running in my mid 30's. Have run in 48 marathons (two sub 3 hr), over 150 halves and countless others. Founded the Great Pumpkin Classic Run in 1991 at Trumbull High where I taught biology for 35 years. The GPC is now in its 29th year and I still direct it. I started a race directing, management & consulting business in 1993. I now am working with 47 events this year which raise over \$200,000 for charities. The Great Pumpkin Classic also is hosting the NE 65+ club for the second year in a row!! I was awarded the NE 65+ race director of the year award for my work in the races I have directed with encouragement & highlighting our older age groups. Thanks for the opportunity to be with a great group!"

**Ed Wike**, Framingham, MA

Sponsor: Ram Satyaprasad

Ed is a member of the Shamrock Running Club (8+ years). A BAA volunteer since 2012. Has run 4 marathons (2 Bostons, Maine and Baltimore) and more than 10 half marathons. In local 5Ks he is a winner in the 70+ age group (26-minute range.)

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## One Month to Save on RFAA Registration

The final banner race of 2019 is our own Run For All Ages 5K which will be held November 2 in Wakefield, MA. That's still down the road a bit but the September 2 deadline to save on your registration, (\$22 online and \$25 mail in) is just a month away. After September 2, the online registration is \$27 and mail in will be \$30. Entries on the day of the race are \$35. As always, there is no entry fee for runners 80+.

Another benefit of registering early is that runners entering before September 2 are guaranteed a t-shirt. And it is always nice not to have to fill out paperwork and stand in line on race day. Registration is easy if you go to the club's web site and click on Run For All Ages. There you will find links to either register online or download a mail in application. There is also a link to the race director, Jan Holmquist, in case there are questions regarding the race. Your club is proud to use proceeds from the race to support the Wakefield Educational Foundation, a group that staffs the water stop and always provides good post-race food for the runners. So be sure to put November 2 on your race calendars and remember that September 2 is the deadline for reduced registration fees.

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## Out on the Roads of New England

by Dan D.

Hello fellow NE65+'ers and welcome to the mid - summer August edition of our monthly column. The weather is steamy, the Red Sox are finally starting to play better, the races to choose from are bountiful, and now is the time to get in some shorter races prior to the autumn marathon/half-marathon season. I managed to race in 12 running events in July bringing the yearly total up to 69 with 5 months to go in 2019. That works out to an average of 9.86 races per month for the year thus far which would translate into 118 races for the year. I doubt that the present pace will continue at that rate, but the annual goal of 100+ races is looking bright. I'll tell you about the 5 "regular" races I did in the first half of the month including our NE65+ banner race in Stowe, Vermont. I'll then describe my first ever multi-day race series that I ran from July 21 through 27 in all 6 New England states (7 races in 7 days). Then I'm going to discuss a "growing complaint" I have with most races today!!!! In conclusion I'll pass along my racing calendar for August in case anybody would like to come out and join me.

July began with the 3.5 mile "Griffin's Gift Run/Walk - 3rd Annual" in Danvers, MA. The 178 finishers paid \$20/\$25/\$30/\$40 for a t - shirt, age group awards up to 70-99, timing by North Shore Timing Company, plenty of parking at Danvers High School, and a buffet and raffle which cost extra money. This race honors the late Griffin Lamar's 5th birthday with the proceeds going to help families with adoption. Noted area runner Pat Fullerton of Bradford, MA won the race overall by over 3 minutes!! Daniel Dodson finished 3rd in M70-99.

The "Lynnfield Athletic Association 4th of July Road Race - 52nd Annual" took place on the holiday in Lynnfield, MA. The \$25 fee was used to fund scholarships for Lynnfield High School students. Timing was by Yankee Timing and t-shirts were included. The course was out and back with one notable hill. Daniel Dodson was 6th in M70-99. There were 382 finishers in this long-time annual 4th of July road race.

The Stowe 8-Miler & 5K - 38th Annual" was held on Sunday, July 7th in Stowe, Vermont. This race again served as the "Banner Race" for NE65+ for the state of Vermont. The \$39 (8 - miler) or \$25 (5K) early registration fee earned runners a nice t - shirt, beautiful races in a scenic area, timing by Yankee Timing, and a post - race reception outside a local restaurant with unlimited free beer and ice cream!!!! Zeke Zucker was 4th in the 8 - mile M70-79 division, while Donna Sarasin finished 11th in F60-69. Dan Callahan was 3rd in the 5K M70-99 age group, followed by Mike Lozan 5th and Daniel Dodson 9th. Mary Jo & Dan Dodson assisted host Zeke Zucker at the

NE65+ tent table.

The "Torigian Family YMCA's Beat the Heat 5K" took place on Thursday evening, July 11th at the YMCA in Peabody, MA. The 175 finishers raced on an out and back course with about 1 mile on a gravel rail trail. North Shore Timing Company timed the event and pizza was served poolside during the awards ceremony. This 5K was the 3rd race in the 4 - race YMCA of Metro North Road Race Series. The entire series entry fee was \$100 (\$25 per pace), which included a tech t-shirt. Ladene Dowell topped the F70-99 age group, while Art Dowell and Daniel Dodson were 4th and 5th in M70-99.

July 13 -- Saturday was the "Live Free or Die 5000 - 5th Annual" at Woodlock Field in Atkinson, NH. Two - deep awards went up to 70+. The \$30 fee included a tech t-shirt, timing by Granite State Race Services, light refreshments, and a hilly course through rural neighborhoods in Atkinson, NH. The race benefitted the Major Jeremy Graczyk USMC Memorial Scholarship. Vermont's Bob Howe topped the large M70-99 age division, followed by Robert Randall 2nd and Daniel Dodson 6th. This concludes the 5 "regular" races for the 1st half of July.

"The Road to 50" running organization sponsored the "North East Series" from July 21 through July 27 (7 races covering all 6 New England states). Each day offered the choice of a 50K, Marathon, Half-Marathon, 10K, or 5K with unlimited timing on out and back courses that generally went 1.1 mile out and 1.1 mile return = 2.2 miles. Marathoners would run that course 12 times while half-marathoners did it 6 times. 10K people would do it twice followed by 2 short laps of 0.9 mile, and 5K folks would do one 2.2 mile lap followed by one 0.9 mile lap. All runners were issued a blue computer wrist band that needed to be "tapped" on a computer screen at each end of the 1.1 mile course. Runners received a nice "North East Series" t - shirt and beautiful medals with the particular race inscribed on it for EVERY race completed!!! Thus your columnist earned 7 beautiful medals, plus a "North East Series" glass mug for completing all 7 days.

The courses were mainly on park trails or rail trails with gravel or asphalt surfaces. The normal starting time each day was at 5:00am with an early 4:00am start offered for 50K, marathon, and half-marathon runners to try to minimize the summer heat. A later 8:00am alternative time was available for 5K and 10K runners if they wanted to sleep longer. Headlamps were necessary for early starters on these dark rural courses. Approximately 80 runners/walkers participated each day in the early portion of the series. The advantage of the 2.2 mile (1.1 mile each way) course was the water at each end, porta-potties and food and medical attention at the start/finish end, and the tremendous encouragement and camaraderie between runners/walkers going by each other on the course. The people doing the entire 7 - day series developed friendships, etc. as each race day went along, with many photos taken together and plans made to participate in another series next year.

The goal of "The Road to 50" club is to encourage participants to eventually do a 5K or 10K or 13.1 mile, or 26.2 mile or 50k in all 50 states. Runners can join a particular distance club for \$90 for life or join all distance clubs for \$400 for life. All members receive \$15 reduced on every race they enter for life as well as 1 race totally free. Thus my \$40 race fee for each 5K was reduced to \$25 with one additional race totally free by becoming a 5K lifetime member. It was definitely cost-effective to join upfront as the savings per race plus the free race cost less than paying \$40 per race for all 7 races. Check out the club on line at "The Road to 50" and look up the "North East Series" race results at "Road to 50 race series -- webscorer.com" (click on each race

and then click on "print complete results" to see the daily results for all 5 distances).

The "Violet State Marathon - North East Series Day 1" took place on Sunday morning, July 21 in Woonsocket, RI. The races took place at the Woonsocket River's Edge Recreation Complex with the 1.1 mile out and back course (2.2 miles) on a wide paved bike path along the Blackstone River. There were 23 runners in the 5K, 9 in the 10K, 34 in the half-marathon, 15 in the marathon, and 2 in the 50K. Daniel Dodson was 17th overall in the 5K. This was the threatened 100+ degree day so the early starting times were very helpful.

The "Wild Moose Marathon - North East Series Day 2" was held at the Kennebunk Elementary School on Alewife Road in Kennebunk, Maine, on July 22 - Monday. The course was a wide hard-packed dirt and gravel 1.1 mile section of the Eastern Trail. As on Day 1 this meant 12 laps of 2.2 miles for marathoners and 6 laps for half-marathoners. There were 20 runners/walkers in the 5K, 12 in the 10K, 29 in the half-marathon, and 13 in the marathon (none in the 50K). Daniel Dodson finished 16th overall in the 5K event.

The "Ladyslipper State Marathon - North East Series Day 3" took place on Tuesday - July 23 in a pouring all-day rainstorm at the West Side Ice Arena on Electric Street in Manchester, NH. The course was on the wide paved and flat Piscataquog Trail. It was on a somewhat shorter 0.8 mile section of the rail trail meaning 1.6 miles per total lap (16 laps for marathoners and 8 laps for half-marathoners). The heavy rain lowered race participants to 8 for the 5K, 5 for the 10K, 19 for the half, 9 for the marathon, and incredibly 2 for the 50K. Daniel Dodson was 6th overall in the 5K.

July 24 - Wednesday was the "Red Clover State Marathon - North East Series Day 4" in Brattleboro, Vermont. The originally planned course along the West River had to be moved to a farm on Upper Dummerston Road. This resulted in a very steep up and down course through long pasture grass with a few muddy wet areas. The results showed the difficulty as "normal" times increased substantially for many participants. There were 11 finishers in the 5K, 5 for the 10K, 27 in the half-marathon, and only 3 for the marathon (none for the 50K). Daniel Dodson was 6th overall in the 11 runner 5K field.

The "Cranberry State Marathon - North East Series Day 5" was held on Thursday, July 25 at the Elks Lodge on Whitney Avenue in Holyoke, MA. The course was a beautiful run between multiple lakes on a wide gravel road around Ashley Reservoir. It was the usual 1.1 mile out and back (2.2 mile) course with 12 laps for 26.2 miles and 6 laps for 13.1 miles. The 5K drew 9 runners, 3 for the 10K, 24 for the half-marathon, 10 for the marathon, and 1 did the 50K. Daniel Dodson was 7th in the 9 - person 5K field.

The "Praying Mantis Marathon - North East Series Day 6" took place on July 26 - Friday at the parking lot for the Airline State Park Trail in Amston (Hebron), Connecticut. The course was the same type of 2.2 mile course per lap with 12 laps for marathoners and 6 for half-marathoners. There were 9 runners in the 5K, 3 in the 10K, 31 for the half-marathon, 2 for the marathon, and 1 woman did the 50K. Daniel Dodson was 6th out of 9 finishers in the 5K.

The final 7th day of the series brought us back to where it all began -- the Woonsocket River's Edge Recreation Complex in Woonsocket, Rhode Island. The final race was originally scheduled to occur in West Glocester, RI, but had to be moved when earlier approval was later denied. This fact helped reduce the total

participants to under 40 with

6 runners in the 5K, 8 in the 10K, 20 in the half-marathon, and 5 in the marathon (none in the 50K). The 1.1 mile out and back course was the same one from day 1 along the Blackstone River on a wide asphalt bicycle pathway. Daniel Dodson was 4th in the 5K race. This concluded my 7 - day 6 - state odyssey in our beloved New England region.

I mentioned in the opening paragraph that I had a "complaint" ... something I rarely do in running. I was looking at the pre-race payments for the "Stowe 8-Miler & 5K" and noticed that my \$25 pre-race 5K fee was actually \$30.83 --- huh?????? There was a "processing fee" of \$4.33 by Run Sign Up AND a state sales tax of \$1.50. Then I looked at some other races and this trend seems to be "gaining in popularity". Wow -- even our simple little sport of running is getting hit by extra fees and taxes ... none of which is directed to the intended charity that we the participants are attempting to assist. Kind of disappointing I think!!!!

My August racing calendar is only partly completed but here's how things look. On August 1st (Thur.) I'll be at the "Run United 5K" in Concord, NH; Aug. 4 - Sunday is the "Blue Lobster 4 - Miler" in Kennebunk, Maine; Aug. 8 - Thur. is the huge "CIGNA/Elliot" 5K in Manchester, NH; on Sunday - Aug. 11th is the "Epsom Old Home Day 4 - Miler" directed by our own NE65+ member Don Yeaton; Aug. 24 is the "NH 10 - Miler" in Auburn, NH; and Thur. - Aug. 29th is the \$12 "Atkinson Road Race - 42nd Annual" in Atkinson, NH. I'll probably amble over to Alton, NH on the 10th (Sat.) for the Old Home Day race and I'm sure I'll venture out for a few more racing gems "Out on the Roads of New England."

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## Quote of the Month

**"Long may you run, long may you run, although these changes have come."**

Neil Young

New England 65 Plus Runners Club



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