



Forever Run

July, 2019

From the President

by Steve Viegas

Friends,

I hope everyone is enjoying summer, which has finally appeared. Although we passed the longest day, there is still plenty of daylight in the coming weeks to participate in outdoor activities, including running and competitions.

This month you will receive our annual mailing of our invitation to our annual luncheon which will be on September 23, 2019 at Spinelli's on Route 1 South, Lynnfield, MA. Save the date! Our luncheon speaker will be Sara Mae Berman who was a pioneer in women's running. Sara Mae and her husband Larry are the founders of Cambridge Sports Union. See Sara Mae's profile which appears separately in this Forever Run. With the luncheon invitation you will also receive a request for a voluntary donation to our annual fund. Your generosity has enabled us to pay our overhead and support our programs. Please consider making a donation.

I want to thank Ken Houle who has created two club awards. One is for club members who have run 1,000 miles in a year. The other is for members who have raced 100 miles in a year. Ken is mailing out pins to the 2018 awardees. I received my two pins and they are a nice acknowledgment. Keep track of your 2019 training and racing miles and let Ken know when you have qualified.

This past weekend our Men's 80 team participated in the USATF New England Relays. Congratulations to Jerry Levasseur, Joe Cordero, Bill Spencer and Ram Satyaprasad.

The USATF New England GP series resumes at Bridge of Flowers which is the 8K championship in Shelburne Falls, MA on August 10, 2019. Entry is free to athletes 70 years of age or older. The following link is to information on the GP series. After the page opens, click on the "events" tab and then on "upcoming championships and series." <http://newengland.usatf.org/Sports/RoadRacing.aspx>

Our next banner race is July 7, 2019 in Stowe, Vermont: <http://stowe8miler.com>

Massachusetts Senior Games will have a track meet on July 13, 2019 at Springfield College. (They haven't listed any road races yet and they will not be a partner in our 5K race.) For more information see, <https://www.maseniorgames.org/summer-games>

Maine Senior Games has a track meet on July 27 in Scarborough, ME as well as a 10K (July, 21, 2019) and 5K road race (September 12, 2019) Jerry Levasseur and Bob Randall have helped in the past with these activities. For more information see,

<https://www.smaaa.org/maineseniorgames/events.html>

Please continue to post and comment on our Facebook page which is getting more activity in recent months. If you are not part of the group, visit the page and request to join. I will approve your request. Here is the link.

<https://www.facebook.com/groups/275688456197203/>

The club continues to need a vice-president and several board members. Please contact me if you are willing to step forward to help the club.

Happy Running,

Steve Viegas

stephenviegas@hotmail.com

Climbing to the Top of the Hill

by Byron Petrakis



photo courtesy of Gary Circosta

Club treasurer Gary Circosta is all smiles after reaching the summit.

"There's only one hill."

In the lingo of New England runners, the "hill" refers to Mt. Washington and its annual Road Race where, veteran runners slyly assure newbies, there's only one hill to worry about. Left unsaid but clearly understood by all who have run the race is this: the entire race consists of one big hill, all 7.6 miles of it! Put another way, the "hill" IS the race, the whole race, and nothing but the race!

This year's race up the highest peak in the northeastern United States ended Saturday, June 15 in the first photo finish atop the summit of cold and windy Mount Washington. Brittni Hutton, 29, of Lubbock, Texas, led for the entire 7.6-mile Northeast Delta Dental Mount Washington Road Race, but Heidi Caldwell, 27, of Craftsbury Common, Vt., caught her at the finish line. Officials said it was the first photo finish in the 59 years of the race. This year, 1017 runners out of 1300 pre-registered entrants officially finished the race, a testament to the race's grueling nature. Eric Blake, 40, of West Hartford, Connecticut, won the men's division with a time of 1:02:52, besting Kenyan, Francis Kamiri, 32, by about a minute.

As if the "hill's" elevation with its 22% maximum grade doesn't present enough of a problem, runners must contend with the added challenge posed by weather which can be extreme and potentially deadly. While conditions at the base may be comfortable with

little or no wind, the climate at the top can be unforgiving, with dangerous winds, snow, sleet, or driving rain.

Consider this forecast from the Mt. Washington Observatory's staff meteorologist for race day, Saturday, June 15:

"Temperatures will remain below normal through the forecast period with freezing ambient temperatures likely Friday night into early Saturday. This could lead to elevations above 5500 feet to see some ice on trails by daybreak Saturday. Additionally, when the elevated winds are taken into account, these cold temperatures will feel like it is below freezing through the forecast period. If not adequately covered or prepared, the expected conditions above tree line could lead to hypothermia or, in extreme cases with prolonged exposure, frostbite."

Although the weather on race day did turn out cold and windy with a temperature of about 37 degrees and gusts that reached 60 mph, conditions were not as dire as predicted.

The dangers posed to runners and hikers near the summit exist year round. On June 13, just two days before this year's race, two hikers were trapped near the summit suffering from hypothermia and had to be carried off the mountain. Unfortunately, one died from exposure to the elements and the other recovered after hospital treatment. Club members Carrie Parsi, Jim Burnett, Sally Swenson, Gary Circosta and Michael Gonnerman are no strangers to the challenges posed by Mt. Washington. None of them needs a lesson in semantics or a primer on weather conditions to understand the challenges of this unique New England race. Indeed, among them they have run 49 Mt. Washington Road Races, with Carrie completing 20, Michael 16, Sally 12, Jim 6 and Gary 5.

Just a couple of days before the race, Club Treasurer Gary Circosta sent this email to Carrie Parsi: "Just so you know, it has been snowing at the summit!! Not the most fun, but we'll get it done"!!!

In response, Carrie Parsi wrote: *"I just checked weather on Mt W ... winter! the 30's . I prefer cold to heat but not quite that cold. This is my 20th time doing it and am hoping to make it to the top. Half way through training I developed a sore achilles so am not sure if I'll make it all the way. But that would be a story in itself."*

As it turns out, Carrie's story was her record breaking performance. She set a new age-group record for 80+ women, breaking the old record set in 2009 by 16 minutes. Carrie's time of 2:23:11 (18:51 pace) not only set a new age-group record, it also earned her 3rd top female-age graded masters performance rating of 77.45%. The previous record was set by another member of the NE 65+ Club, Hildy Fosse, who will be 91 in November. Maybe running up mountains helps keep female club members young! Congratulations, Carrie!

Carrie's own description of her race is presented here in slightly edited form:

I was very apprehensive going into this, my twentieth Mt Washington race. In Mid-April, possibly as a result of doing hill repeats I developed a sore achilles. That was the end of my planned training. No hill running, no track workouts and no racing. My last race was the 2014 Mt Washington. I reduced mileage, stopped for ten days. At the gym I did lots of strength training, and three weeks before the race geared back to training, though easy on the hills. Throughout this time I had excellent PT without which I'm certain I would not have recovered enough in time for the race.

Once the starting cannon went off I was aware of the packed runners and fearful I'd get clipped on the heel. My strategy was to be dictated by how the achilles responded to

the continuous hill. All the good wished and inspiration from family and friends kicked in and I didn't have any problem with said achilles.

The weather was better than previously forecast, cold rainy and high winds, with dire warning from the race organization to dress accordingly. The day was sunny and dry, but there was a high wind. At times I was driven sideways, on one occasion a kindly hand steadied me. Above tree line, because of the high wind the mile markers were not in place, from previous experience I could vaguely figure the distance. The first half I walked the steeper parts and ran the not so steep ones. The second half I mostly power walked. At this point, my lack of training showed but the gym strengthening helped me keep a pretty even pace.

Approaching the summit, I was spent and it took every ounce of energy to get to the level ground at the approach to the finish, where I was determined to pretend, appear to be running. When I saw the clock I was very pleased as it was better than my hoped for time of: 2: 30. Going over the finish line was a humbling and wonderful feeling.



photo courtesy of Carrie Parsi

Carrie Parsi at the awards table after setting a new 80+ record.

Michael Gonnerman from Hanover, NH is another veteran Mt. Washington runner from the NE 65+ Club. He completed his 16th ascent of the mountain in a time of 2:52:04, placing 3rd in the 75-79 age group. His reflections on the race appear below:

The weather was unpredictable as usual, making it tough to decide what to wear and what to carry. Since I walked the majority of the race this year, it was a personal worst but still earned me 3rd place in the 75-79 class and automatic entry into the 2020

race. So what draws me to this race every year? Here's my history: in 2002 I entered the lottery for the first time, really knowing very little about it. As the race was about to start, it was announced that the summit conditions were too treacherous (icy roads, high winds) to allow cars up to bring the runners down, and therefore we would only be able to run halfway. My initial disappointment turned to relief when I experienced the difficulty of the race. I have returned almost every year since, due to the great weekend experience-meeting elite mountains runners, introducing the race to others, camaraderie with other clubs who are setting up their tents alongside ours, and the post-race meal catered by Hart's Turkey Farm. For the last 14 years, George Etzweiler (age 99) has completed the race, which is an inspiration for all of us.

Co-editor's note: this year, George was unable to complete the entire race, but he was there ascending the mountain until officials stopped him. Don't be surprised if he returns next year!

Sally Swenson, 76, from Exeter, NH ran her 12th Mt. Washington Road Race, finishing first in her division with a time of 2:31:49 (19:59 pace). Describing herself as a "retired music teacher who loves to run," Sally says she finds each ascent "a different learning experience." She modestly adds she "does not have a big resume," though her dozen ascents of Mt. Washington suggest otherwise.

For Gary Circosta, the 2019 Mt. Washington was Number 5. Gary says the race "is an 'acquired' taste. It grows on you slowly. Except for the Elites, it is not really a race, but a 'speed:' hike to the Summit. It is always a thrill when you see the finish line!" He plans to return in 2020.

Jim Burnett, 69 of Canaan, NH, completed his 6th Mt. Washington Road Race in a net time of 1:47:27 (14:09 pace). He writes eloquently of his experiences at the "Rock Pile":

The first time I poked my head up above the tree line of Mt Washington, I felt like I was on top of the world. With each subsequent visit to the Rock Pile crown at 6,288 feet, this feeling deepens into the spiritual realm, into the soul, and has become part of me, undetachable. So it is with humility and joy that I plan to summit again and again. How can I not after watching the devoted struggles of the likes of George Etzweiler (99 years and counting) and the others who work so hard to meet the challenge of the Mt Washington Road Race (59 years and counting). Indeed, how can I not. Each year (6 and counting) I see my age group friends, they passing me and me passing them, on the way up. Each year I am a little bit older (69 and counting) and perhaps a little bit tougher and a little bit wiser, because each year the experience buries the mountain into me. Oh, lucky me. Oh thank you, thank you, mountains with wind swept, white-capped tops. May we all keep running to the top of the world forever. See you next year for the 60th when we can once again pay tribute to her greatness.



photo courtesy of Jim Burnett

Jim Burnett (L) and Mike Gonnerman "on top of the world."

Some veterans of the Mt. Washington Road Race refer to it as "the real Heartbreak Hill," not so much for its elevation but more for its unpredictable and extreme weather which can render the most well planned race strategy useless. It takes someone with lots of experience running up Mt. Washington to understand the unique challenges posed by the race and respond accordingly. Someone like Carrie Parsi, for example, this year's Queen of the Hill.

Co-editor's note: There were other club members who ran up Mt. Washington this year and we hope to have some of them featured in next month's *Forever Run*.

Following the Golden Rules

by Rick Stetson

Active.com recently ran an article by Stephanie Smith titled, "10 Golden Rules of Fitness." Below are her rules followed by my comments.

1. Don't skip the warm-up. Smith wrote that a warm-up helps "enhance performance by increasing blood flow and oxygen to the muscle." It is a good rule and I try to get in an easy mile warm-up prior to a race. On training runs my starting pace seems to be getting slower and slower. I try to fool myself that it is due to the summer heat (in Alabama with temps in the mid-90's and high humidity it is like stepping into a blast furnace) but I think it has more to do with slowing down as I grow older. Sure makes me miss summers in New England.

2. Stay Hydrated. Smith quotes the American Council on Exercise which "recommends you drink one cup of water 20-30 minutes before exercising and another cup every 15 minutes after exercising." During races I try to grab a cup at the water stations but I am not good about hydrating prior to training runs. I don't like to run while carrying a water bottle but once when doing marathon training with friends, we would place our water bottles behind bushes in several places along the course before our run. The stops for a drink of water were always welcomed.

3. Fit in cardio. "Regular cardiovascular training means improved heart health, stronger lungs and increased bone density. It is recommended that healthy adults get at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week." This is a Golden Rule I would imagine most every member of 65+ Runners Club follows. If we ran just two miles a day at a pace of 12 minutes per mile, that would give us 168 minutes for the week, more than enough to meet the recommended amount of time to get in cardio.

4. Lift weights. For this rule I would give myself a "D-" as I seldom bother with weights. I know it is good to lift and once in a while I'll do a few curls, but usually I'll tell myself I don't have the time (a very poor excuse.) Perhaps now that I have confessed to the world, I'll start a weight routine (but don't hold your breath.)

5. Change up your routine. I'm too much a creature of habit to follow this rule as I should. But when I was coaching track I believed in it and tried to give my runners different workouts all the time. Smith suggests changing routines from time to time "to stay engaged," and to "hit a Zumba class instead of going for a jog." Nope, you are not going to find me in a Zumba class.

6. Prioritize protein. "When it comes to a fit life, nutrition is key. To successfully power your workouts, it is important you prioritize protein." Smith doesn't say where the protein should come from, but once I assumed meat was the best source. Then I met an exceptional runner who is a vegetarian so meat definitely does not have to be where you get your protein. I am not a vegetarian but I do try to limit my consumption of meat with high fat content like steak and roast beef. Instead, I get my protein from other sources especially seafood and chicken. Milk, cheese and yogurt all have protein and I start each day with a bowl of cereal and milk. There are many other sources of protein but I don't make it a priority. It just happens that protein is a part of my diet.

7. Don't forget the post-workout stretch. "Hold static stretches for about 30 seconds each and aim for 15-20 minutes of cool down." Here again I'll give myself a grade of "D." My excuse is that there are differences of opinion about the value of pre and post-run stretches but another reason is that I'm too lazy to do them. One part of the rule I agree with is that a post-race cool down is helpful. After a marathon there is no energy left for a cool down run but I try to get one after a shorter, faster race.

8. Rest as needed. "Listen to your body and take breathers when needed. In order to gain strength and endurance, you need to allow your body to rest." For this rule, I'll give myself a "B-." I love naps and will often take one in the afternoon. (I am "retired.") But I try to run even when my body feels sluggish and would probably benefit from some rest. I have a friend who once went something like 19 years without missing a day of running. That impressed me so I told him I would try to go a year without missing a day. He tried to make me promise that if I did, when January 1st rolled around, I would skip a day or else I would get consumed by "the streak." I made it a year and ran on January 1st, but a week or so later I missed a day. He was right: I did not want to get so the streak was all I thought about.

9. Track your progress. Here I'll give myself an "A" although it should be called "tracking my workouts," as there is not much "progress" being made these days. Nick Costes, my first college coach and a marathoner on the 1956 US Olympic Team, told his

distance runners to "keep a diary." A training log would be a better description because we certainly did not make "Dear Diary" entries. Instead, we were encouraged to record all workouts and races to include splits if we had them. If we were injured, it went in the diary and as Nick pointed out, if we were to get that injury again, we could look back and see what we did to recover and how long it took. If I miss a day, a zero goes down for that day. I'm still keeping a running diary after all these years and guess I always will until the day I hang up my running shoes.

10. **Do Something you enjoy.** Smith encourages readers to "make exercising something you actually enjoy." Such advice is not needed for most members of NE 65+ because if we did not enjoy running, we most likely not be in the club. As the above article by Byron will testify, there are even members who enjoy running seven miles up a steep mountain in New Hampshire. If asked why a person would do something like that, just tell them it's all about the view when you get to the top.

We Get Emails

Editor's note. After last month's article about the late Michael Beresford, our "On the Road Contributor," Dan D, received the following from Judy Beresford:

Hi Dan:

The 65+ Newsletter is great! I wish we had subscribed to it in years past. I loved that article about you in Hilton Head... and their amazement at your 100-race goal. You're a rare specimen indeed!

I so appreciate the great Newsletter article about Michael. That was so much more than I expected, since he was not a member. Thanks for including the names and picture of the other runners too. I will share this with our family.

Thanks for always chatting and socializing with us at the races. Hope you all have a wonderful running season.. well actually, ALL the seasons are for running, aren't they?!

Judy Beresford

New Member

William "Gar" Richlin, Wellesley, MA

Sponsor: Phyllis Mays

Ran 100, 200 and 400 in high school and college. Started competing in local 5Ks in 2017.

Members in the Spotlight

We are always pleased when club members are featured in articles as happened in June to Harry Carter and Jerry LeVasseur.

A nice profile on Harry was in Amby Burfoot's *Lifetime Running*, a publication that has

much in common with this newsletter in that both believe in spotlighting runners who want to run forever (or for a lifetime.) And both try to include inspirational quotations. One from Harry is: "If you feel like doing something, forget about age, just do it." Read more about Harry at: www.lifetimerunning.net/

Jerry LeVasseur was in Albuquerque, NM to participate in the National Senior Games when local reporter, Jeff Grammer, featured Jerry's survival of the Hartford circus fire in the *Albuquerque Journal* under the headline, "A lifetime of surviving the odds." Jerry was 6 when he went to the Ringling Brothers Circus with his mother. The tragic fire in the main tent claimed 168 lives, including Jerry's mother. Jerry was badly burned and when he overheard a nurse remark, "He's not going to make it," Jerry thought, "Oh yes I am." He made it and is still setting records with friends on the club's 80+ relay teams. A link to the article is below: <https://www.abqjournal.com/1331926>

Coming Soon, Vermont's NE 65+ Banner Race

Where: Stowe, VT

When: Sunday, July 7, 2019

Distance: You pick, either 5K or 8 Miles

What makes this race special: Two scenic courses, finishers get Harpoon craft brews AND Island Homemade Ice Cream (plus a chance to meet fellow club members at our VT banner race.)

For more information: <http://stowe8miler.com/>

**At the Races
Run for the Gym, Springvale, Maine**



photo courtesy of Hank Lopez

Some well-known runners pose for a photo after a race in Maine last Saturday. (L-R) 65+ Hall of Fame member and ultra marathoner, Mike Brooks; Rev Joe Shea Award winner and "Forever Run" contributor, Daniel Dodson; Hank Lopez of Maine, not yet a member of NE 65+ but a prolific runner who did a half marathon and then a 5K that morning; 65+ HOF member and Run for the Gym race director, Bob Randall. Lopez posted on Facebook, "Found a New Hampshire legend, Dan Dodson, getting in a 5K. I hold him responsible for influencing me to get in 100 races in a year." Dodson had 107 races in 2018 which led the race challenge with 335 miles while John Puleo won the 1000+ challenge with 2001 miles. (See article below.)

The 2018 Challenge Pins Have Been Mailed

Ken Houle has mailed challenge award pins to club members listed below who in 2018 completed 100 or more miles in races or 1000 or more miles of training. If your name is below and you did not receive a pin, let Ken know at: hoolks@metrocast.net
 Runners who completed both challenges are reminded that they are entitled to a \$10.00 discount when registering for the club's annual luncheon on September 23.

2018 results for 100+ Miles Raced

Name	Miles raced
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Daniel Dodson	335
Larry Cole	255
Janit Romyko	234
Richard Kuhl	231
Barbara Grandberg	213
Philip Pierce	201.5
Richard Paulsen	190
Steve Kanaracus	172
Don Clukies	166
Bob Randal	158
John Gibbons	150
Steve Viegas	147.5
Annmarie McDonald	136
Lou Peters	131
Jerry LeVasseur	127
Barry Pearson	116
Dave Pember	112
Tom Abbott	104.7
Neal McBain	103
Harry Carter	103
Bill Cotter	101
Linda Usher	100+
Joe Peruti	99

2018 Final Results: 1000 Miles of Running

Name	Miles run/walk
John Puleo	2001
Philip Pierce	1572
Jay Diener	1338
Lynn Nill	1322.55
Zeke Zucker	1338
Steve Viegas	1308
Maurice Bourque	1304
Tom Wylie	1269.2
Ken Houle	1242
Larry Cole	1240
Bill Gaa	1227
Paul Lindsay	1136
Linda Usher	1116.5
Joe Peruti	1101
Bill Cotter	1011
David Juhlin	1001
Jayne Wilson	1001
Richard Paulsen	1000+
Dave Pember	1000+
Neal McBain	1000+

2019 Halfway Point Challenge Report

As we reach the halfway mark for the year 2019, Ken Houle reports the following for some of the leaders:

Bob Kennedy has 178.4 racing miles for 2019, and 579.8 total running miles. Bob Randall has 49.6 racing miles for 2019. Dan Dodson has run 57 races so far. Mike Lozan just went over 100 miles of racing, and has 30 races. John Puleo has reached

900 miles thus far, Jay Diener has 730 miles, and Bill Gaa is on pace to reach 1000 miles in 2019.

Ken reminds club members who would like to take part in one or both of the challenges, to contact him at the end of the year with mileage totals, (include name and age) at: hoolks@metrocast.net



SARA MAE BERMAN: PIONEER, MARATHON CHAMPION, WOMEN'S RUNNING ADVOCATE TO SPEAK AT 65+ LUNCHEON SEPT 23 AT SPINELLI'S

Berman, born is a distinguished American distance runner. She was born in the Bronx, New York on May 14, 1936. Berman came from a generation in which women were not encouraged to be athletic, especially after having children. Berman was attracted to running longer distances. She, along with a group of female runners, actively campaigned for equal rights for women in the sport of distance running. Berman's running accomplishments are impressive. She competed in her first road race in June 1964 as an unofficial entrant in the 5-Mile Handicap Race in Marlborough, Massachusetts. Just seven years later, she had won the Boston Marathon three times, before women were recognized as official participants (1969 in 3:22:46; 1970 in 3:05:07 (unofficial course record, bettering the previous record by more than 16 minutes and finishing in the second best time in the United States that year) and 1971 in 3:08:30). In 1970, she won the first RRCA Women's Marathon Championship in Atlantic City, NJ, besting a field of six female starters with a time of 3:07:10. That same year, she also finished third in the inaugural New York City Marathon women's division. In 1971, she turned in a personal best marathon time of 3:00:35 at the Plodders Marathon in Brockton-and-Avon, Massachusetts.

Her accomplishments in the sport however, extend well beyond the race course. Berman was the first female RRCA officer, serving as Vice President from 1966-67. She was one of the original road race course certifiers in New England in the 1960s. She, along with her husband, certified the Boston Marathon course in 1967 so that it would be accurately measured enabling runners to qualify on the course for the United States Olympic Trials Marathon, which were held in Alamosa, Colorado. Her work as a race course certifier played a pivotal role in legitimizing the sport of distance running and making records verifiable across the United States Berman and her husband were one of the original running couples in the United States.

(From the RRCA Hall of Fame, Berman was an inductee in 2015)

Out on the Roads of New England

Hello fellow NE65+ members and welcome to our little column once again this month. June has been an excellent racing month for me as I "survived" running 13 races bringing my total up to 57 races for the first half (6 months) of 2019. That would put me on a trajectory to participate in 114 races for the year. In this month's column we'll talk about those 13 races, a marathoner with a story you won't believe, a new race series I tried out, and our NE65+ "Banner Race Challenge". The Red Sox are giving us very little to cheer about so let's change the mood to our beloved sport of running & walking in New England.

June 1st - Saturday was the "Hoofbeats 5K - 3rd Annual" on the campus of New Hampshire Technical College in Concord, NH. A total of 51 runners participated in this 5K race to benefit the New Hampshire Rare Disorders Association. Race Director Kim Pang (a well-known Concord area runner) has awards 2 - deep for 10 - year age groups up to 70+ for a fee of \$20 (prior to April 1st), \$25, and \$27 on race day. The course is quite flat as it winds through the driveways of NHTI in a 2 - loop fashion. There were refreshments and a large runners raffle at the awards ceremony inside the NHTI reception room and timing by Yankee Timing. Daniel Dodson was victorious in the M70-99 age group, while NHTI varsity cross country coach Perry Seagroves was 2nd in M60-69.

"Cassidy's Run for the Kids 5K - 7th Annual" was held at the Sylvan Street Grille on Rte. #110 in Salisbury, MA on Sunday - June 2nd. The race honors Cassidy Claire Nicholas who was born in 2012 with a rare disease called Treacher-Collins Syndrome. The \$30/\$35 race fee earned the 250 runners a tech t - shirt, beer ticket, large raffle, chip - timing by RaceWire, 10 - year age groups up to 80-99, and a level course run on the nearby Ghost Rail Trail and a couple of neighborhood streets. Just before the race start little Cassidy brought out the emotions from all the runners as she sung God Bless America. Mary Harada won the F80-89 age group; while Rick Bayko edged David Ritchie in M70-79, followed by Charlie Farrington, Thomas Wylie, Daniel Dodson, and Robert Aucoin.

The "Spot On New England Dog Jog 5K- 3rd Annual" took place on June 8 - Sunday at the parking lot for Stellos Stadium in Nashua, NH. This unique race had 225 human finishers and an additional 197 canine finishers (\$5 entry fee per dog). The money raised went to animal rescue organizations in New Hampshire. The course was 45% on driveways at Nashua South High School and 55% on trails inside Mine Falls Park. Chip timing was done by Yankee Timing with 10 - year human age group awards 3 - deep and up to 70+. There were t - shirts for people and finisher medals for both humans and dogs!! The water stops were different as there were cups of water for people and bowls of water on the ground for the dogs. At the finish line there were plastic wading pools for the dogs to cool off!!! Daniel Dodson placed 2nd in M70-99.

June 9 - Sunday was the "Parker Pride 2 - Mile Run/Walk - 5th Annual" at the Parker Middle School in Chelmsford, MA. The 103 finishers paid \$22 (\$20 prior to May 30th) for a cotton t - shirt, non - chip timing by race volunteers, and a rolling course on local neighborhood streets with very little traffic. Many of the runners were students and family members from the Parker Middle School and the race benefitted the Parker Middle School P.T.O. Daniel Dodson was the only NE65+ member in attendance.

Friday evening, June 14 was the "Flag Day 5K - 2nd Annual" in Amherst, NH. The 81 finishers paid \$25 (\$30 race day) for chip timing by Millennium Running, finisher's medals, refreshments including pizza and ice cream, and a nice lightly rolling course through a beautiful New England town with the start and finish on Church Street at the Amherst Green (town common). The proceeds went to purchase veterans markers, flags, and wreaths for the graves of all veterans in Amherst cemeteries (I ran the

inaugural race last year went to bring the Vietnam Traveling Wall to Amherst - which my wife and I went to see in mid-July, 2018). Donna Sarasin finished 2nd in F60-69, while Daniel Dodson did likewise in M70-79.

The next afternoon -- Saturday, June 15 was the "1st Lt. Derek Hines Flag Day 5K - 8th Annual" at Cashman Park on the banks of the Merrimack River in Newburyport, MA. The \$25 (\$40 race day) fee included a tech t - shirt, chip timing by Yankee Timing, post - race refreshments (beer, hot dogs, hamburgers), live music by a rock band called Dalton & the Sheriffs, finishers Lt. Hines dog-tag medal, and an emotional pre - race program with talks by Newburyport Mayor Donna Holliday, 3 local state representatives, Massachusetts Governor Charlie Baker, a medal of honor winner with members of Lt. Hines' US Army 173rd Airborne Division military unit, and an incredibly touching video on a huge screen showing Lt. Hines walking on patrol along a desert road in Afghanistan stating his goal of making that country a better place for all the people there just about a month before he was killed in Baylough, Afghanistan by enemy insurgents on September 1, 2005. The 1226 runners also saw placards all around the park with short biographies of all New England service men & women killed during the Middle East wars, framed uniforms of Lt. Hines as a hockey star at St. John's Prep (Danvers, MA) and at US Army - West Point, NY where he was captain of the college hockey team. A unique feature of this inspirational race is the bib #7 that all 1,000+ runners wear to honor Lt. Hines (his hockey number as captain at Army - West Point). The race proceeds went to the 1st Lt. Derek Hines Soldiers Assistance Fund which raised over \$700,000 this year from proceeds at this race and other donations including a nice race booklet. NE65+ had 3 runners in the M70-99 division with David Ritchie 1st, Rick Bayko 3rd, and Daniel Dodson 10th.

June 16 - Sunday was the "Ribfest 5 Miler" at the Budweiser Brewery on the Daniel Webster Highway in Merrimack, NH. This race had been cancelled by Millennium Running after last year's annual 5 - miler since the organization doing the actual Ribfest decided not to have it in 2019. Then earlier this year another group decided to take over the Great American Ribfest so Millennium Running made a late decision to put the race back on the Elliot Millennium Running Series for mileage credit only. Amazingly with only a short time to advertise 943 runners turned out to run the 5 - miler and have fun listening to rock & country music while eating ribs and drinking beer at the post - race Great American Ribfest celebration (which opened early at 10:00am for all runners). The \$40 race fee earned runners a traffic free race course on the usually busy Daniel Webster Highway, tech t - shirt, free beer ticket, free admission to the Great American Ribfest, instant results with chip timing by Millennium Running, free finisher photos and videos, and 5 miles credit towards the 26.2 mile minimum to earn the 2019 Elliot Millennium Series jacket with free admission to the awards night party in January or February at a Bedford/Manchester area venue. For an additional \$20 runners could purchase VIP parking right at the Ribfest grounds to avoid bussing from area business parking lots. Janet Parkinson finished 4th in F65-69, while Daniel Dodson was 5th in M70-UP.

The "Lahey Health Cancer Institute 5K Walk & Run" was held on June 22nd - Saturday at Burlington High School in Burlington, MA. A total of 1243 runners & walkers completed the rolling 5K course designed by Boston Marathon race director Dave McGillivray. The \$35 race fee earned runners a tech t-shirt, chip net timing by Granite State Race Services, refreshments including Dunkin Donuts coffee and donuts, free bus service from the parking lot on Mall Road, and the opportunity to hear inspiring stories of cancer survivors. All runners passed Dave McGillivray on the course as he ran it in reverse direction. Daniel Dodson finished 4th in the 17 - member M70-99 age group.

June 23 - Sunday was the "Jamaco River Run 5K - 3rd Annual" at Waterhouse Field on Route #110 in Merrimack, Massachusetts. The \$25/\$30/\$35 race fee earned the 212 finishers a neat tech t-shirt, chip timing by Bay State Timing Company, free beer, a rock

band, with hot dogs and other refreshments for sale. The course was mostly all downhill for the first 1.6 miles and then came THE HILL for about a third of a mile. Robert Randall finished 1st in the M70+ division with Daniel Dodson in 2nd. The money raised went to youth sports organizations in Merrimac.

June 27 - Thursday began a 3 - day racing odyssey for your columnist as I raced in my 1st ever "Mainly Marathons" racing event. This organization puts on race series throughout the USA that allows participants the opportunity to do a 50K or Marathon or Half Marathon or 10K or 5K on several consecutive days in a particular region of the country. This was the 7 - day "New England Series" that went from June 23 to June 29 with consecutive events in Pennsylvania (Matamoras), Connecticut (Simsbury), Rhode Island (Lincoln), Massachusetts (Holyoke), Vermont (Springfield), New Hampshire (Claremont) and Maine (Sanford). Runners & walkers from literally all over the country participate in these events which feature a short out and back course in a state park or similar venue (about 1.1 miles each way = 2.2 miles). The marathoners would run this course 12 times while the half marathoners would do it 6 times. The approximately 200 participants pay various fees for whenever they registered for which distances they chose to run or walk. Many of these athletes did a marathon or half marathon for all 7 consecutive days. There were all kinds of food and beverages at the 2.2 mile start/finish area for each lap and finishers received a state medal that attached to their larger New England Series medal. The "New England Series - Day 5" race was held in Springfield, VT and run on the paved Toonerville Trail. Daniel Dodson ran the 5K distance and was the 2nd male finisher and 1st over 40 years-old.

June 28 - Thursday was the Mainly Marathons "New England Series - Day 6" at Monadnock Park in Claremont, NH. The races were held on the Bobby Woodman Trail with one big hill and crushed gravel surface. The regular starting time for the 5K/10K was at 6:00am with most marathoners and half marathoners choosing the 5:00am early start to avoid the later heat of the day. Of the 21 5K runners Daniel Dodson was the 2nd male finisher and 1st over 40 years-old. Timing was done by the Mainly Marathons staff.

June 29 - Saturday was a 5K double in the same area of Maine. The day started with the Mainly Marathons "New England Series - Day 7" at the Sanford/Springvale YMCA. The 2.2 mile out and back course was run on the Mousam Trail (paved and mostly flat) with the 5K runners adding a 0.9 mile out and back section to equal the 3.1 miles. Daniel Dodson was 2nd overall male finisher and 1st over 30 years-old. The race director agreed to a 5:00am early start with the marathoners in order to have plenty of time to prepare for the second race of the day in nearby Springvale, Maine.

June 29 - Saturday at 8:30am at the Nasson Commons on Main Street in Springvale, Maine was "Randall's Run & Walk for the Gym 5K - 17th Annual". The race director and race founder was our very own NE65+ past president and hall of fame member Robert Randall. The 102 race finishers paid \$20 (\$18 for age 60+) and \$25 on race day for a slightly rolling out and back course, cotton t - shirts, excellent sandwiches and other refreshments served inside the former Nasson College gymnasium, 5 - year 3 - deep age group awards up to 80+, and a large runners raffle with most every participant winning something. There were 15 members of NE65+ who ran the 5K race with 5 winning their age divisions. Zelda Schwartz won the F80+ age group, with Faye Lowrey doing the same in F75-79. Bruce Schmottlach topped the M80+ division with Dr. Paul Schwartz 2nd. Carol Weeks was 1st in F70-74 followed by Joan Tremberth 2nd. Ken Houle was victorious in M70-74, followed by Charlie Farrington 2nd, Daniel Dodson 4th, William Morgan 5th, and Mike Brooks 6th. Denny Leblanc was 2nd in M75-79 with Robert Aucoin in 3rd and Dick Lajoie 4th. Bill Vickerson was 7th in the M65-69 age group.

That's a wrap on the 13 races in June. They covered the 4 New England states of Massachusetts, Vermont, New Hampshire, and Maine; and ranged in distances from 2

miles up to 5 miles. The Mainly Marathons "New England Series" was a totally new scene for me. I was amazed at how many of the 200 or so participants literally travel around the USA doing these events. Many of them know each other and one couple apparently spent their honeymoon running an earlier Mainly Marathons series. One marathoner present named Larry Macon has run over 2100 full marathons and has completed the entire 50 - state circuit a total of 23 times!!! To get the complete picture key in "Mainly Marathons" and look around the website. It won't be something everybody would be interested in doing, but it is something we should all recognize as a growing part of our sport of long - distance running.

I want to personally thank Tom Abbott for helping me out on putting some recent race results onto our NE65+ website. I try not to leave any member out of my race reports and it helps to have Tom and the results committee scan them to insure that I am successful. I also want to mention our NE65+ 2nd "Banner Race Challenge" in Stowe, Vermont on Sunday, July 7th, at 8:30am. You will have a choice of 2 extremely scenic courses of 8 miles or 3.1 miles. And you will have the most unique opportunity to indulge yourself at the post - race celebration by drinking beer and eating ice cream must be a "Vermont thing"!!!!!!!

Finally, my race schedule in July will include Danvers, MA on the 3rd; Lynnfield, MA on the 4th; Stowe, VT on the 7th; Peabody, MA on the 11th; Newburyport, MA on the 30th; and another daily multi-state series from the 21st through the 27th in Woonsocket, RI (21st); Kennebunk, ME (22nd); Manchester, NH (23rd); Brattleboro, VT (24th); Holyoke, MA (25th); Putnam, CT (26th); and Glocester, RI (27th). That 7 - day series is called the "North East Series" and can be found on the "Road to 50" website. I truly hope to see you at anyone of these July races and I hope you'll stop by and say "hi" to the big guy in the white safari hat as we run and walk together somewhere "Out on the Roads of New England."

Quote of the Month

"If people were possessed by reason, running marathons would not work. But we are not creatures of reason. We are creatures of passion."

Noel Carroll

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