



Forever Run

March, 2019

From the President

by Steve Viegas

Friends,

As I ran around Lake Quannapowitt in Wakefield, Mass. this morning, I noticed that 2/3 of the surface is water. Soon the ice will be gone. A year ago, I made a similar observation expressing my hopes for Spring on Facebook. Then a wintry March and a very cold Spring ensued. Until Mother Nature disabuses me of my hopes for Spring, I am thinking vernal thoughts.

Along with our seven members using Boston Marathon waivers and our qualified runners, I am entering the peak marathon training period. This past weekend I completed a 20-mile training run and will do two more on alternate weekends. This issue contains profiles of some of our runners. More will be profiled in the April issue. Good luck to us all!

The USATF New England Grand Prix begins with two races in March - New Bedford on the 17th and the Upton 15K on the 31st. Our M70 runners have been successful in the competition in recent years. Please let 70's team coordinator, Zeke Zucker, zekezucker@yahoo.com, and me know if any of you in M70 or any age group plan to run any of the races in the 7-race competition. I plan to run all except the Upton 15K and the Cape Cod Marathon. You don't have to aspire to be an Ironrunner to help the club. Let's keep the success going.

I just heard from club treasurer, Gary Circosta, who sent photos of two checks from USATF-NE totaling \$600. The checks were awarded to our NE 65+ mens 70s teams for their winning performances at the USATF-NE LDR series and XC meet. Nice work guys and we will be sure to put the money to good use.

Looking toward April, the Boston Marathon will be on April 15th. James Joyce Ramble 10K in Dedham, Mass. will be on April 28th. The board will be meeting in Methuen on April 25 at the Nevins Memorial Library.

I have an appointment to present our check for \$2,000 to the Wakefield Educational Foundation on March 13th. We are able to support our partner in the Run For All Ages with the proceeds from the race and on account of our strong financial standing. We are in need of people to provide leadership. We currently are without a Vice

President. We also have openings on our board. If you are ready to step up, shoot me an email.

We will begin 2019 financial planning and planning for the Run For All Ages in March.
Happy Running,

Steve Viegas

stephenviegas@hotmail.com

Philip Pierce Profile

by Byron Petrakis



(Co-editor's note: My previous profile of Phil Pierce appeared in the March 2016 issue of "Forever Run." The following profile updates Phil's ongoing involvement in distance running, including the marathon).

Persistence. Focus. Dedication. These three words describe the approach to marathon training and racing of former president of the NE 65+ Runners Club, Phil Pierce. Consider, first, that Phil lives in Maine and winters there are typically not conducive to long-distance running. Nonetheless, Phil is "training hard for Boston, running four days a week, with distances from 10 through 21 miles," averaging about 50 miles per week through February. On February 3, he ran the Maine Track Club's Mid-Winter Classic (10 miles) in 1:41:29, for a 10:09 pace. He came in second in his age group to Bernd Heinrich, a member of the Maine Track Club, who ran a phenomenal 7:59 pace at 78 years old!

In March, Phil plans to race Stu's 30K and to increase his long training run to 25 miles. His training regimen includes a "short" 10 mile run on hills on Thursday and a 13-miler on Tuesdays. Though he hopes to continue training four days a week, he concedes that he needs to rest more than he used to ("because of my age"). Those who know him, however, would hardly nominate Phil to the rocking chair rodeo hall of fame.

The 2019 Boston Marathon will be Phil's 31st, which includes a string of 19 consecutive races, starting in 1986. A case of Plantar Fasciitis and a dose of pneumonia caused him to miss two Boston Marathons in a row. Then, two years ago, he suffered a broken right foot when his wood splitter "let go and the trailer mount landed on his right foot," breaking the bone in his big toe. Though splitting wood warms folks up twice (cutting and stacking it before burning it in the wood stove), the practice can be risky and is yet another challenge to living and training through the winter in northern New England.

In response to interviewer Jeff Matranga's question about "life lessons from running," Dr. Phil Pierce, former president of the Maine Psychological Association, said:

"Running and working have provided balance to my life. When I retired in 2016, I soon found that I was not happy being retired. Fortunately, I found a job identical to what I had been doing since 2011 at the Togus VA. When I cannot run due to injury or other reasons, I soon become (non-clinically) depressed. Running is a very mindful, spiritual activity for me. I get a "Runner's High" frequently, particularly when I run well. A runner's high consists of a feeling of euphoria which may continue for days but not weeks. For example, when I ran the Western States 100-Mile Endurance Run in 1989, I did not sleep from Friday night before the race, Saturday night during the race, and Sunday through Wednesday, effectively going five days with little or no sleep. I was not tired during this time and felt elated at my success, probably my greatest run ever. This race started at 6 am on Saturday, June 24 through Sunday, June 25, 1989, when I was age 47 years old, going from Squaw Valley, California to Placer High School in Auburn, California. I completed the race in 22 hours, 55 minutes, and 21 seconds, coming in 52nd out of 350 starters. When you run one of these 100 mile trail races in under 24 hours, you earn a highly coveted silver buckle. Runner's highs continue to the present time, but less frequently for some reason (no more 100 mile trail races or silver buckles), though I am continuing to run well and win my age group in shorter races."

Here's hoping that Phil encounters yet another runner's high in Boston on April 15!

(Co-editor's note: I am indebted to Jeff Matranga for sharing his profile of Phil Pierce in the November/December newsletter of the Maine Psychological Association. Readers interested in the full profile can click on the following link:

<https://mepa.org/wp-content/uploads/2019/01/Dec.pdf>

Emails to the Editors

Editor's note. We always enjoy comments from our readers of "Forever Run." After the February newsletter we received a couple of nice emails (see below.) As a reminder to our club membership, articles about your races or running experiences are always welcomed. Let us know what you have been up to as we continue to show New England and beyond that even at age 65 plus, we are still out there putting in the miles and competing at races.

As always a very interesting read with nice photos of our members. Thanks so much for your work.

David Ritchie

Thanks for the nice write-up of the Boston Prep race. It was perfect. I guess I'll have to do it again next year. Hope the weather agrees.

Eldon Burkinshaw

Running in Bermuda by Jerry LeVasseur



photo by Arden LeVasseur

Jerry LeVasseur (white shirt) makes friends where ever he goes. He is pictured here in Bermuda with runners from Jacksonville, FL.

My wife and I have visited Bermuda 15 times, starting in 1964. We have stayed at B&B's and hotels including some on the beach. We love the island and its people, some of the friendliest in the world. It is easy to get around by moped if you take care and don't panic. Be sure to look right before going left, which goes for walking as well. We have had some close calls as well as minor accidents. Bus service is convenient and inexpensive. We have seen most of the beautiful island using both types of transportation.

In the late 70's I found running races in Bermuda. On Tuesday there was a two-mile race at the Botanical Gardens for locals and visitors. One year, prior to the race, we stopped at the Swizzle Inn for rum swizzles and onion rings. This is a place, some say, if you miss it you have not been to Bermuda.. This, however, is not a good meal to have before running a race or driving a moped. I made it to the race and was leading the visitors when the swizzles caught up to me with a quarter mile to go. I ended up second visitor.

I joined a local running club and became acquainted with several local runners. When we came to the island, I would contact one one of them who would pick me up at the hotel and take me to the race. Most were cross country races, running the

hardest route going up and over sand dunes. One race was a relay where each runner ran 3 miles. I ran the first and fourth legs since our fourth runner did not show up.

The annual race weekend in January originally featured a one mile elite, by invitation only, on Front Street in Hamilton on Friday night . It was followed by a 10K on Saturday and half or full marathon on Sunday. At age 60 I placed 2nd in both. The next year I had a good chance to place first in my age group, however an antibiotic I was taking for an infection, according to research, could cause a ruptured Achilles tendon. If I noticed the slightest bit of discomfort, I backed off and walked down hills finishing fourth in both races.

In 1994, at age 67, there were the International Senior Games starting at age 50 with 5 year age groups. The 1st event was a 10K starting in Hamilton and finishing at the new National Stadium where all the other track and field events would take place. I led the race followed by a local 50-year-old and the 60 plus legend, Ed Sherlock, in 3rd place. There was a camera truck in front of me since the games were covered by ESPN and local TV. At half way, the 50-year-old passed me and that's the way the 3 of us finished with each of us getting gold. Bermuda is very hilly and can be windy and humid. In the 100 meters, George Jones beat me as did the legend Ray Swan in the 200. I finished 1st in the 400, 800, 1500 and 5K going home with 5 gold and 2 silver medals. There also was a miracle mile with Ed Santee, Ed Sherlock, Jim Ryun, Peter Snell and one other each starting seconds apart based on age with Jim Ryun winning.

Five years ago, I found out that the race weekend now allowed runners to do the mile as well as the other races calling it the Bermuda Triangle Challenge. That year I was 77 and we decided to go. We stayed at Grotto Bay, a very nice property and the least expensive of the properties offered by the race weekend. There were three of us at age 77 so I asked Anthony, the race director, if he would put in an 80 division for us when we reached that age. There were no awards, but, I was first in the 75 and over division.

Deciding that mopeds were too dangerous at our age, we took the bus everywhere. We saw much of the island and also took a historical walking tour. Since it was restaurant week, we went to several good restaurants, including the Swizzle Inn and one of our favorites, the Mad Hatter.

One of the highlights for me that year was seeing Johnny Barnes, a retired railroad worker. He had decided that after retirement to go to a round-about near Hamilton and wave and throw kisses to people going to work from 6 to 10 AM each morning. He was known as Mr. Happy Man and gave commuters a positive feeling . At age 93 he passed away and a few years before, a statue of him had been created and placed nearby. He was 91 the last time I saw him and at that time he sat me down, took my hands and prayed. That was very special.

Three years later, Anthony put in an 80 age group for the 10K and half marathon. This time we stayed at Coco Reef, a very nice property with a beach. The bus stop was close by and again we went to the Mad Hatter and the new Swizzle Inn on the south shore. I did a slow mile but the next day I won the 10K, beating two other 80 year-old runners. I also won the Half as well as first in the Challenge. I even won some prize money.

Both races are hilly, with the 10K having the largest hill at mile 5. The weather is usually in the 60s with a little humidity and some wind. Our first names are on our bibs so many of the spectators called us by name. The scenery, weather, volunteers and spectators make this a weekend not to miss.

This year, I was the only 80 year old in the challenge. I was honored to have an article about me in the marathon supplement of the Bermuda Royal Gazette. In the 10K, I was second to a good runner. I had introduced myself to him before the race. He was from

Florida and looked like a strong runner. I went to the start and looked for him. I never saw him and was glad since I wanted to conserve my energy for the half the next day, which I won. It was an honor to receive the award from Governor John Rankin.

We stayed at the Fairmont Southampton, a superior property with a beach next to the famous Horseshoe Bay. This was our 6th Marathon weekend. Every time we have been to Bermuda we have found the weather warm enough to go in the water. The hotel had a fitness center, a whirlpool and an indoor pool, which I took advantage of.

Early in the 10K I was run walking with Linda from Bermuda who wanted to do it under 2 hours. The pace we were at should get her in at one and a half hours which she did. I tried to convince her that she could do it and when we came to a good downhill, I went ahead to demonstrate running downhill. I caught up to a group from Jacksonville with blue shirts having a great time run walking. Their leader, Dennis, would say now run and after a few minutes now walk. After watching them run up hill and walk down some hills. I said to them that I was a volunteer coach at Bowdoin College and what they were doing would tire them faster. They started calling me coach. I also coached running hills. I went ahead of them but I could still hear them. Part way up the hill at mile 5 I slowed and they caught me. As they passed, they said "come on coach." At the end they wanted a photo of all of us. The next day I went up to them to wish them well in the half. They said "hello coach" and one said "coach has taught was well and we are ready for the half." In the half the Jacksonville group was ahead of me and pulling away. I paced off a woman in front of me when a man passed me who I had passed earlier. I passed the woman and caught the man at mile 4. Steve, age 46, from Georgia, had been in bad shape with high blood pressure. His doctor told him he had to correct the situation so he started running. This day he was mostly walking at a 15 minute pace. We walked and talked helping each other through the last 9 miles. Toward the end we slowed and were behind his goal time. I went ahead to pull him along. He didn't keep up but finished close to his goal. It was a fun time going together. Joe Peruti age 71 NE 65 Plus member from Cheshire, Ct finished 5th in the 10K in 63:13.

To keep my cancer from growing, I went on hormone therapy to reduce my testosterone when my PSA rises. I was hoping my times would improve when the effects wore off, but I still feel the effects. This along with a blood thinner has forced me to mostly walk in any road race over 5K. The affects are tired and sore legs from the pounding on pavement. It is about fitness, fun and friendship.

I highly recommend going to Bermuda, especially to do the Marathon Weekend. The races are well run, the scenery fantastic, the volunteers and spectators great and the weather just right.



photo by TAB Photos

"Coach Jerry" in the 10K encouraging Bermuda's Linda Russel that she was on pace to finish under her goal of two hours. (She made it.)

It Pays to Run by Rick Stetson

When members of NE 65+ see the above title they will most likely think this article is about the many health benefits of exercise and how runners generally have fewer trips to a doctor's office and take less medicine than non-runners. As Dr. Greg Hartley of the University of Miami says, "Regular exercise can combat a host of physical conditions including diabetes, heart disease, osteoarthritis and more and can be just as effective a mood-booster as some medications."

While it is true that exercise can save on medical expenses, this article will look at how runners can actually make money. No, it is not about the elite runners who are sponsored by a shoe company and earn thousands by winning or placing high in marathons like Boston. I'm talking about how us "joggers" who are out there pounding the pavement can make money simply by keeping our eyes on the ground.

Once while on a run in Duxbury, MA, I spotted five quarters arranged in a circle on the sidewalk. All had their heads up, were evenly spaced about six inches apart and they had obviously been placed there. Thinking they were probably glued to the cement by a prankster, I nudged one with my shoe and it moved. I looked around see if there might be someone watching delighted to have made a runner stop in his tracks, but finding not a person in sight, I bent down, picked up the quarters and finished my run with \$1.25 more than when I started.

My biggest find came one time while visiting my parents in Illinois. Running on a sidewalk I saw what looked like a dollar bill in front of me. It was folded so I could not see the denomination but when I picked it up, what I thought was a dollar turned out to be a twenty. I wondered if I should put a notice in the local paper stating, "Found, a twenty dollar bill," and give the location but I knew I'd receive many replies with no way of determining the true owner so I tucked the money in a pocket of my running shorts and continued on my way.

Part of the technique of finding money on the run is knowing where to look. Once while running with a friend doing some speed work on a course that went around a local high school, I noticed that on our recovery intervals through the school's parking lot my friend could spot coins on the asphalt yards ahead of us. Usually it was a penny but sometimes she would pick up dimes or quarters. Empty parking lots are often good places to find money because people getting out of cars, especially students in a hurry to get to class, usually won't stop to retrieve a fallen coin.

It is unlikely that we will ever get rich by finding money while on a run but there is a feeling of satisfaction when you can return home with a few coins to put in a jar after a workout. And even if you don't find a single cent, which is usually the case, there is the knowledge that your daily runs could result in fewer trips to visit your doctor. When that happens, it really does pay to run.

Tom Wylie Profile
by Byron Petrakis



Tom Wylie started running in 1974 for the most basic of reasons-he needed to get warm. Living in Rutland, Vermont and working as a "kind of hippie carpenter" who wanted to be a writer, he was out birding with a friend on a very cold February night, looking for owls. It was so cold they decided to run. After twenty minutes they finally warmed up. From then on, he was hooked.

Like many of his peers who started running in the early '70's, Tom knew little about technique, training, or shoes, so he read "The Complete Book of Running" by Jim Fixx, subscribed to "Runner's World" and started racing. His first was a 5-miler in Springfield, MA. Though he says he had no idea what he was doing, he finished and felt great.

A job change and graduate school at the University of Massachusetts brought him to Hadley, MA, where he learned of the Sugarloaf Running Club. There, he met Tom Derderian, who briefly coached him and helped him work on improving his speed. His efforts paid off, as Tom brought his mile time down to 5:03. He also joined the Sugarloaf Running Club and met Don Grant, an artist and runner who still runs with the Club today.

Tom soon progressed to the marathon and joined Don Grant and other club members to compete in Rhode Island's Ocean State Marathon in 1977. To his "complete astonishment," he finished his first marathon in 3:02, a time he says he did not repeat in subsequent races. Though he qualified for Boston in 1978, he caught the flu and could not run.

A move to Boston in 1980 led to his involvement in long-distance cycling. He joined the Charles River Wheelmen, rode 50-100 miles a week and even did a "double century" in

one day, covering parts of New York, New Hampshire, and Massachusetts. In great health and shape, he still continued racing from 5K to 10 miles but did not attempt any more marathons.

Six years later, Tom moved to Bradford, MA and picked up running again. He met a group of like-minded people who regularly ran on Tuesday nights and Sunday mornings from Haverhill's Winnekenni Park. (Those Sunday runs continue to this day and include Hall of Famer Jim Lynch among the participants). Tom later joined the Winners Circle Running club in Salisbury and by 1994 he was inspired to try and qualify for the 100th Anniversary of the Boston Marathon two years later. Though his time of 4:08 in the 1995 Bay State Marathon did not qualify him for Boston in 1996, he entered the Marathon lottery and was fortunate enough to win a number for the historic centennial of America's oldest marathon.

In a record crowd of 35, 868 official finishers, Tom ran a 4:40 race and enjoyed the experience. He went on to run around 10 more marathons along with the Cat Stone 50-mile trail run. Near the end of that race, he got lost in the dark and had to backtrack, spending around 12 hours on his feet and running around 54 miles. His last Boston Marathon was in 2015 where he braved horrible conditions (heavy rain and wind), to finish in 5:47.

His next Boston in April 2019 will come just a few weeks after his 75th birthday, so Tom is not sure how many more marathons are in his future, but he is not ready to call it quits. His training focuses on getting used to being on his feet for four hours or more, so he's been doing some long walks and long bike rides along with LSD running. His participation in the 2019 Boston Marathon will be his birthday gift to himself. He is honored to have received a New England 65+Runners Club number and hopes to do the Club proud.

When not training for and running marathons, Tom has given back to the sport that he loves. He joined the NE 65+Runners Club in 2009 and served as Club President from 2012-2014. He was RFAA Co-Race Director for a couple of years and for four years (2014 and 2016-2018), he and good friend, co-editor Byron Petrakis, were BAA volunteers along the Marathon Course. This year, Byron will be out on the course again as a volunteer, cheering his friend on along with other members of our club.

Let's hope the weather on April 15, 2019 is warmer than that cold February night in Vermont so that Tom doesn't have to run just to stay warm!

18th Annual Run For All Ages

by Jan Holmquist

On Saturday, November 2, 2019, our club will once again be hosting the Run For All Ages. Many of you have volunteered, run, or both at this flat, fast, certified 5K race around Lake Quannapowitt in Wakefield, MA many times and know how much fun it is to see so many of our members together!

Would you like to join the planning committee? Fresh ideas and new members are always welcome!

We hope to have our first 2019 RFAA planning meeting this month on Saturday the 23rd at 11:30 am in Reading, MA...so if you are interested, please let me know: jholmquist@mspca.org.

If you cannot attend a meeting in March, but are still interested in joining the committee, please email me as well.

I look forward to hearing from many of you!

New Members

Carol Kelly, Hull, MA

Sponsor: Kevin Colby

Has run 6 1/2 marathons, about 35 5Ks, 8 10Ks and Falmouth. Does fun runs and GP's with Colonial Road Runners.

Last Call for HOF Nominations

The 65 Plus New England Runners Hall of Fame is still looking for candidates to be nominated to the 65 Plus New England Runners Hall of Fame but time is getting short. In fact, today is the deadline for submitting a nomination. There are no special nomination forms, and candidates should submit a running vita highlighting their accomplishments. Candidates must have been a member of the club for two years and be at least 70 years old. Nominations should be received by March 1, 2019 to be considered for the 2019 election year: philip.pierce79@yahoo.com

Age graded scores would greatly be appreciated. If you have questions about this nomination process, please contact Phil Pierce, Chair of Nominations, at 207-781-3769.

Out on the Roads of New England

by Dan D.



photo by Erica Labella

Daniel Dodson and Kathy Denoncour, his coed senior division teammate, after the awards ceremony at the Fudgcicle 5K Twosome Race in Tewksbury, MA. Known as the Jaguar and the Tortoise, they are shown holding their scratch off ticket prizes.

Greetings to all NE65+ members from Newton, NH after a space of two months. My apologies for missing the February edition, but my wife lost her Mother, Father, Uncle, and Brother-in-law in totally separate incidents all within a 13 - day period from January 19 to 31. I've never seen anything like it in such a short period of time. Obviously it was impossible to even consider writing the column. The result is that I'm now combining both January and February results (18 races) in this March edition. Eight of the races were the entire "Fudgcicle 5K Series" in Tewksbury, MA so the reports on each race will be very short. Thank You for your patience -- we're dealing with all this the best we can.

2019 started out well with the "Jamaica Pond parkrun #42" in Boston, MA on Tuesday, January 1st. A good turnout of 105 runners got the New Year off to a fast start with this 2 - loop jaunt around Jamaica Pond. Daniel Dodson was the only NE65+ runner in attendance. The race is totally free but runners must register online for a computer ticket to turn in each week in order to have your results recorded. The weekly races take place at 9:00am on Saturdays with this New Year's day race on a Tuesday being a special parkrun event.

The afternoon of January 1st (Tuesday) was the "Apple Therapy + Sports & Rehab Millennium Mile" on Mammoth Road in Londonderry, NH. There were 1,543 finishers including the top 3 who all ran under 4:00 minutes!!! The \$18 race fee brought along all the usual Millennium Running schwag including free beer tickets to Backyard Brewery, free pizza, yogurt, bananas INSIDE the gymnasium at Londonderry High School, 3 - deep 5 - year age group awards up to 70+, cash prizes of \$500 for breaking the 3:51 course record and \$100 for sub 4:00 (men) and 4:30 (women), and cash prizes for the lead runner at the 1/4 mile, half - mile, and 3/4 mile marks, etc. This year was the 20th race in this long-time traditional New Year's Day mile race. Bill Spencer was 2nd in M70+ (would have won 80+), followed by Daniel Dodson (8th) and Armand Auger (9th). Perry Seagroves from New Hampshire Technical Institute was 2nd in M65-69. This was the final event in the 18 - race "Elliot-Millennium Race Series" as well as the 5th and final race in the "Holiday Hat Trick."

"The Mystic Runners Lake Q 5K" took place at 6:45pm on January 2 (Wed.) in Wakefield, MA. This year-round no frills weekly 5K charges \$2 for participants to run around scenic Lake Quannapowitt. Adrienne Gordon and Daniel Dodson were the only 2 representatives from NE65+ out of the 41 runners. The race timing and volunteers were provided by the Mystic Runners.

Saturday - Jan. 5 at 8:00am SHARP at Tewksbury High School in Tewksbury, MA was the opening "Fudgcicle 5K Series - Week 1" race in the 8 - week series held on every Saturday in January & February by the Greater Lowell Road Runners in honor of long-time GLRR runner Ben Fudge. This no frills series costs \$1 per race with timing and race volunteers provided by the Greater Lowell Road Runners. Many runners stop at the Deli-King Restaurant on nearby Rte. #38 for a hearty breakfast and "runner - conversation" immediately following the weekly 5K. Steve Kanaracus topped the M70-99 age group, followed by Stephen Viegas (2nd), Barry Pearson (3rd), Daniel Dodson (4th), and 94 - year - old Lou Peters (5th). Rita Labella finished 6th in F60-69, while Rick Marais was 14th in M60-69. There were 155 runners for the opening "Fudgcicle 5K" of 2019.

January 6 (Sunday) at Conway Arena in Nashua, NH was the "Freeze Your Buns 5K Series - 25th Annual - Week 1". This 5 - race every other week series takes place in January, February, and early March and is sponsored by the Gate City Striders. The \$5

race fee includes free hot chocolate or coffee and donut holes INSIDE Conway Arena (inside bathrooms too!!). The course is quite gentle and includes a half - mile along Riverside Street out to Nashua South High School, 3 - loops around the school driveway, and the half - mile return to the finish line. There are 10 - year age groups up to 80-99. Four NE65+ members were among the 236 finishers for this initial FYB 5K in 2019. Dick Kuhl was victorious in M80-99, with Bob Welts a close 2nd. Perry Seagroves finished 2nd in M60-69, while Daniel Dodson was 7th in M70-79.

"Fudgcicle 5K Series - Week 2" took place on January 12 (Sat.) in Tewksbury, MA. There were 129 runners who braved the 11 degree temperature including 6 members of the NE65+ Runners Club. Steve Kanaracus was victorious in M70-99, with Stephen Viegas 2nd, Barry Pearson 3rd, and Daniel Dodson 4th. Rita Labella was 5th in F60-69, while Rick Marais was 14th in M60-69. The hot beverages at the Deli-King tasted especially good following this race!!!

The "HPM Insurance Snowflake Shuffle" was held on January 13 - Sunday at 9:45am at the Copper Door Restaurant in Bedford, NH. This hugely popular race sold out all maximum allowed 2,000 race tickets in less than a week!!!! The race fee for this opening event of the year-long "Elliot-Millennium Race Series" was \$35 which included a nice warm Snowflake Shuffle hoodie, free pizza and beer, chip net timing with instant results on all devices by Millennium Running, traffic free out and back course, 3 - deep 5 - year age groups up to 70+, professional race announcing by Jamie Staton (WMUR TV Ch. 9) and Andy Schachat (Announcers on the Run), National Anthem by Miss New Hampshire, propane heated warming tent, free race photos and finishing videos, etc. There were 1,767 finishers including 3 from NE65+. David Ritchie topped the M70-UP division with Daniel Dodson in 7th, while Janet Parkinson was numero uno in the large 13 member F65-69 field.

Saturday (Jan. 19th) was the "Fudgcicle 5K Series - Week 3" at Tewksbury High School (MA.). Warmer 24 degree temperatures brought out 156 runners with 7 members of NE65+. Steve Kanaracus again won the M70-99 age bracket, with Stephen Viegas 2nd, Barry Pearson 3rd, Daniel Dodson 4th, and Lou Peters 5th. Rick Marais was 14th in M60-69, while Rita Labella finished 6th in F60-69.

The "Fudgcicle 5K Series - Week 4" took place in Tewksbury, MA on January 26th (Sat.) with sunny 20 degree temperatures. NE65+ had 6 runners entered in the field of 143 finishers. For the 4th straight week Steve Kanaracus won in M70-99 with Stephen Viegas 2nd. Daniel Dodson moved up to 3rd place with Lou Peters 4th. Rita Labella improved to 3rd place in F60-69, while Rick Marais was 14th in M60-69.

For the final race in January your columnist headed south to Abington, MA to participate in the "Colonial Winter Fun Run Series" at 1:00pm on January 27 (Sunday) at the Abington Police Station at 215 Central Street. The Colonial Road Runners offer a no frills \$2 race for 10 Sundays in Raynham, MA at 9:00am and Abington, MA at 1:00pm from November 25th to February 3rd. The morning Raynham race is 4 miles long, while the afternoon Abington event offers both a 4 - mile course and an alternative 2.1 mile option. The CRR does not hold the races on December 2nd so as not to conflict with the Frosty 1/2 Marathon. Due to a conflict with a large race in nearby Brockton, MA the usual 25 or 30 finishers was reduced to only 12 with 3 members present from NE65+. Daniel Dodson finished 4th in the 2.1 mile race with Anne Marie McDonald 6th. Irma Walat was 6th in the full 4 mile event. The course is a 2 - mile loop through a cemetery and on sidewalks with little interference from traffic. The 1st and 3rd miles trend gently uphill while the 2nd and 4th miles head gently downhill. The Race Director was long-time CRR runner Al Donaghy and the course marshall was CRR and NE65+ member Wayne Smith.

February began with the "Fudgcicle 5K Series - Week 5" on February 2nd (Sat.) in

Tewksbury, MA with 131 runners struggling with chilly 6 degree temperatures. NE65+ swept the M70-99 age group awards with Steve Kanaracus 1st, Stephen Viegas 2nd, and Daniel Dodson 3rd. Meanwhile Rita Labella was 4th in F60-69.

Sunday, February 3rd was the "Freeze Your Buns 5K Series - 25th Annual - Week 2" in Nashua, NH. There were 184 participants for today's 2nd race in the 5 - race series, including two men from NE65+. Dick Kuhl was 1st in the M80-99 age division, while Daniel Dodson finished 4th in M70-79. Race registration and post-race refreshments are INSIDE at Conway Arena (ice rink), with the race fee set at \$5.

Brutal winds at 16mph combined with a temperature of 24 degrees made for a frigid windchill of 10 degrees resulting in only 99 runners participating in the "Fudgcicle 5K Series - Week 6" on Saturday, February 9. As the Greater Lowell Road Runners say about the 5K race on the FYB website: "Saturday mornings rain, snow, or shine - don't call to see if it's cancelled - we only cancel if the governor himself cancels it (which has happened - only once)." Steve Kanaracus topped the M70-99 division again with Daniel Dodson moving up to 2nd place. Rita Labella finished 4th in F60-69.

Sunday, February 10 was the rescheduled (from January 20th) "Jimmy the Greek's Frozen 4 - Miler" at Jimmy the Greek's Brick Oven Restaurant -- 215 Saco Avenue in Old Orchard Beach, Maine. The \$25 race fee (\$29 on race day) earned the 158 finishers a nice technical t - shirt, post race refreshments including hot pizza, salad, beverages, cookies, etc. INSIDE the restaurant, and 3 - deep 10 - year age groups up to 80+. The race director was the popular Tony Myatt (2nd place overall) and chip/net timing was done by 3C Race Productions (Mike Amorello). The 4 mile course was somewhat uphill early and then mostly flat from the mid-point onward, with a 1+ mile stretch along Old Orchard Beach and through the historic community of Ocean Park. NE65+ was represented by 6 members including 1st place Joan Tremberth in the F70-79 age division. Gary Reuter was 2nd in M70-79 followed by Daniel Dodson 3rd, William Morgan 4th, and Mike Brooks 5th. Bill Vickerson finished 13th in M60-69.

The "Fudgcicle 5K Series - Week 7" took place on Saturday - February 16th with 33 degree temperatures and a bright sunny day. 132 runners turned out for the last "regular" Fudgcicle 5K in 2019. Steve Kanaracus lead the M70-99 NE65+ parade with Stephen Viegas 2nd, Daniel Dodson 3rd, and Lou Peters 4th. Rita Labella was 6th in F60-69 and Rick Marais finished 13th in M60-69. The timing and course management was performed by volunteers from the Greater Lowell Road Runners.

February 17 - Sunday in Nashua, NH was the "Freeze Your Buns 5K Series - 25th Annual - Week 3" with the Gate City Striders sponsored race drawing 188 runners for a \$5 race fee. NE65+ had medalists in each age group as Dick Kuhl won the M80-89 division, Perry Seagroves was 2nd in M60-69, while Daniel Dodson placed 3rd in M70-79.

The Fudgcicle Series concluded its 2019 schedule on February 23 (Sat.) with the "Fudgcicle 5K Series - TwoSome Race." Runners choose to partner with whoever they wish and the runners are scored individually and as a team. The team competition has about 18 categories with men's, women's, and coed divisions in open and various age groups, as well as categories like father/daughter and mother/son, etc. Awards and prizes were presented following breakfast at the Deli-King Restaurant on Rte. #38 in Tewksbury, MA. Long-sleeve Fudgcicle 5K Series tech shirts were given out to the 20 or more runners who ran in all 8 Fudgcicle 5K races. Steve Kanaracus again topped the M70-99 age group as he did for all 8 races. Daniel Dodson finished 2nd in M70-79 with Lou Peters 3rd and Steve Moland 4th. Rita Labella moved up to 4th in F60-69 while Rick Marais advanced to 10th in M60-69. A total of 152 runners participated in this fun - filled final series event. The volunteers from the Greater Lowell Road Runners are to be commended for their dedication throughout the entire 8 - race winter series.

This wraps up the March column with results from both January and February. My thanks to Tom Abbott and the "results crew" for getting the race results for all our members onto our NE65+ website from the numerous and ever-growing internet results websites. It appears to get more difficult and complicated each year ... but somehow our guys persevere. I'd also like to thank editor Rick Stetson for his time, talent, and understanding through the ups and downs of my running life during these past several years that we have worked together. It isn't always easy dealing with different personalities who are like Rick & myself all unpaid volunteers ... yet he does it remarkably well. And finally my thanks to you ... our loyal readers who give me a boost during "down" times. Your comments and support do more good than I suspect any of you fully realize.

Let's challenge all our NE65+ runners to get off the "winter couch" and participate in one of the numerous St. Patrick's themed races during March. There are so many of them all over New England. No excuses now NE65+ teammates. I'll be looking for you and hope you'll come over and say "hello" at one of these March races "Out on the Roads of New England".

Quote of the Month

"Remember, the feeling you get from a good run is far better than the feeling you get sitting around wishing you were running."

Sarah Condor

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