



Forever Run

May, 2019

From the President

by Steve Viegas

Friends,

April was a very busy month for club members. Elie Gentile, Donna Sarasin and Jo Ann McCalister were part of the NE65+RC women's masters team at the Boston Marathon. Tom Wylie, Rick Collette, Way Hedding, Phil Pierce, Joe Noonan, John Puleo and I were part of the men's masters team. We had no chance of scoring in the top 10 since most of us were twice the age of those in the top ten. However, John Puleo felt that we should have teams as a matter of club pride. I'm glad we did. Also running Boston were Larry Cole, who was the oldest runner in the race and running for his Cape Cod club and Bob Kennedy, of whom I wish I was aware when putting the team together.

The day had every kind of weather. It began with lightning, strong wind squalls and a fierce downpour. The rain stopped by starting time. About an hour into the race the sun came out and it was strong. As the race went on, the weather turned to light rain with a strong tail wind. Speaking personally, this was my second Boston and the second time that the heat got to me. Unlike my first, I threw in the towel early and walked liberally so that I would: 1. enjoy the race, 2. be able to finish it. I'm glad I did as I found it more enjoyable than my first.

The NE65+RC Board convened at the Nevins Memorial Library in Methuen, MA on April 25th. It was well attended and productive. We began by remembering member Ben Fudge who had died recently in Florida. We also remembered Joe Fernandes of whose death we recently learned.

Jan Holmquist brought the club up to date on plans for the Run for All Ages. It will again be the RRCA 5K State Championship. Jan is working with one sponsor and would welcome leads on any other sponsors.

Our annual luncheon will be at Spinelli's again. Spinelli's is currently closed for renovations, but we have booked it for September 23, 2019. I am working on a speaker which I will announce at a later date.

Our Flag Races have been rebranded as Banner Races. They are as follows:

- Maine: Portland Sea Dogs Mothers Day 5K- May 12, 2019
- Vermont: Stowe 8 Miler & 5K- July 7, 2019
- Rhode Island: Bobby Doyle 5 Mile, Narragansett- TBD

- New Hampshire: Great Island 5K, New Castle. -October 13, 2019
- Connecticut: Great Pumpkin Class 5K - October 20, 2019
- Massachusetts: 16th Annual Run for All Ages, Wakefield.- November 2, 2019

We moved Tom Abbott and Charlie Farrington to the vacant Massachusetts director seats. We still need three at-large, two Rhode Island and one Vermont directors. We also have a vacancy for vice president.

Ken Houle has been compiling mileage figures submitted by club members. The list he is working on is an honor roll of sorts. Members will be recognized for running 1000 miles and/or 100 miles in races in a year. He has completed the honor roll for 2018. We discussed giving members a \$5 discount per honor toward the annual luncheon price. Ken is also investigating the feasibility of recognition pins. The board will meet again on November 14, 2019.

Continuing with our April activities, we had two teams in the USATF National Masters 10K Championships in Dedham, MA at the James Joyce Ramble this past weekend. Our M70 team was made up of Paul Lindsey, Steve Viegas, Dave Pember and Rich Paulsen. Our M80 was made up of Bill Riley, Ram Satyaprasad, Joe Cordero, Larry Cole and Jerry LeVasseur. Also running were team captain Rob Knight and past president Jan Holmquist. Our team garnered a number of honors and rewards.

- Jan was the top age-graded runner
- M80 won the team championship
- M70 won third place in the team championship
- Jan and Dave Pember met the national age standards for 10K

I have tried to prime the use of our Facebook page. I have posted content about the Boston Marathon and the 10K Championships. Donna Sarasin has made very nice posts. She and I wish to encourage club members to use this valuable resource more frequently. If you are not a member of our page, visit it and request to join the group. I will let you in. The URL is

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

Enjoy the warm weather and May flowers!

Happy Running,

Steve Viegas

stephenviegas@hotmail.com



Photo courtesy of Jo Ann Mccalister

Jo Ann Mccalister (R) and her daughter, Cathy, at a local establishment after finishing the 2019 Boston Marathon.

2019 Boston Marathon

by Byron Petrakis

Benjamin Franklin once wrote that "in this world nothing can be said to be certain, except death and taxes." Anyone who has run or watched the Boston Marathon can add "the unpredictable weather" on Patriot's Day to that list. From the heat of 2004 (86 degrees at the finish), to the cold, wind-swept rain of 2018, Marathon Day weather has proven to be mercurial, pun intended.

While the early morning hours of April 15, 2019 presented runners gathered in Hopkinton with a witches' brew of fog, rain, thunder and lightening, by the time the elite men and women started their race, the weather gods co-operated, offering runners dry, even sunny weather. It may have turned out a bit warm for the runners but the conditions were just grand for the rest of us.

From my perch as a B.A.A. volunteer at mile 16 in Newton Lower Falls, I was fortunate to watch some historic scenes pass by, from 20-year-old American wheelchair winner Daniel Romanchuk to 61-year-old Joan Benoit Samuelson who ran a remarkable 3:04, just under 29 minutes over her 1979 Boston victory. (Can we sign her up to the club as soon as she becomes eligible?)

While I did not see recently profiled club members Jo Ann Mccalister or Phil Pierce go by, I was pleased to see that each ran a respectable race, finishing within 16 seconds of one another. Showing no sign of her skiing injury just 2 months before the Marathon, Jo

Ann ran a solid race, finishing in 5:09:34, which earned her 6th place in her age group. Two days after the race, Jo Ann reflected on the race itself and her careful planning for all the predicted weather contingencies:

On April 15, 2019 (my) knee was my main concern. However I felt I was as good as I could in the two month time-frame I had to prep. I managed to convince myself that I would be happy with finishing in the six hour time limit. I just wanted to go under the "finisher" ribbon and hear the roar of the crowd coming down Boylston.

The weather was a huge fear. For several days the weather report kept changing... drastically. And the B.A.A. changed its tune just as drastically. They broadcasted the decision to keep runners on a continuum without any waits between waves. That was a good move. It kept us always moving forward.

Cathy, my daughter, Tommy her husband and chauffeur, and I arrived in Boston at 7:00 a.m. in drenching rain. We were dropped off to trudge through massive numbers of runners, puddles, umbrellas, and ponchos to find our way to the bag drop area, then to the Porta potties, and then to the buses. We were expecting the crowds but the hard rain and puddles made it all the more nerve wracking. (Anyone who ran last year will laugh at these minor complaints.)

We did learn from last year and brought a second pair of shoes which we could throw away and wore shorts with long pants over and both short and long sleeve shirts to toss one in favor of the other, and a lightweight jacket in case of winds of 25 mph, yet another threat. What outfit we ended up with on our backs was a complete guess up to the last minute.

The only real mistake was not bringing an extra pair of dry socks! I ended with a black and blue toe nail, a red swollen toe, and blisters on the heel. In the end I wore shorts with long compression socks, wet short sleeve shirt and a rain jacket that I tied around my waist as the day got warmer. I experienced only small showers during the run, hearing distant thunder but no real downpour and little wind.

My daughter, who was two hours ahead, literally ran into real thunderstorms and heavy rain. We both experienced sun. :)

As per every year, the thing that kept me going was the crowds. Although I was toward the end of the runners there was never a section without people, always shouting, clapping, playing music, handing out orange slices, watermelon, water, Vaseline, wet towels...anything and everything you could possibly want. And of course the B.A.A. volunteers at the water/gator aide tables every couple of feet it seemed.

People were so generous and encouraging. We kept up regular chatter as I ran along, making me forget any agony I might be imagining. My daughter had printed JOANN on a small cloth which I pinned to the 65+ runner singlet. Great idea. People loved it and me too. I heard my name many, many times. It's a great way to get a pick-me-up.

My leg did not bother me at all! I did a lot of fast walking because my training was not up to par. I trained at 14 minute miles but on the run I actually had some 11 minute miles. I give all the credit to the cheering of the spectators and the many, many water, Gatorade and "shot" stops.

I swear they were every half mile the whole way. My mantra was that I only had to get to the next stop, take a few sips and get to the next one. I wasn't doing miles... I was doing water stops. I am sure that the B.A.A. added some additional hills to the run this year. Never in the past were there so many hills. Why do they name one "Heartbreak Hill"

when the next one and the next one next to that are just as long? The turn up the hill toward Boylston Street is a welcome one. Then that long sprint to home with the arms raised up and all those wonderful people on the other side yelling, "YOU DID IT!"

Indeed, she did and the smile on her face in the post-race photo with her daughter, who finished in around 3 hours, speaks volumes.

Phil Pierce ran a respectable 5:09:18, adding to his impressive resume of 31 Boston Marathons. Phil shared his experience at the Marathon with me two days after the race: "I was so keyed up about the race that I foolishly raked and hauled wet leaves all day Sunday. But that is what I felt like doing. I ran as well as I could on Monday and felt OK all the way. I even got sunburn. I ran the first half in 2:21 and the last half in 2:47. I came 21st/39 finishers in my age group: 18th last year. I love this race. I saw and spoke to more than twenty Maine Track Club members at mile 14, right side of the road." By the way, another septuagenarian, Gene Dykes from Pennsylvania, finished in an astonishing 2:58:50, breaking his age group record of 3:16:20 set last year. (Can we convince Gene to move to New England and join our club?)"

While I missed Phil and Jo Ann, I did have the opportunity to cheer on past club President Tom Wylie, who stopped by long enough to take a photo with me at the 16 mile marker. Much to his amusement, Tom's time of 6:15:04 earned him the distinction of being the last "local" male to receive an official finish time. Always a good and gracious sport, Tom joked about his performance, but his embarrassment turned to amusement as Boston's CBS affiliate, WBZ TV, ran a story about Tom on its 5:00 p.m. newscast on Tuesday, April 16 and titled it: "75-year-old Bradford man wins unique Boston Marathon bragging rights." During the newscast, the reporter gave the Club some great free publicity by mentioning that Tom ran as part of the team from the New England 65+ Runners Club. The biblical quotation "the last shall be first" seems to apply here!

From about 9:30 a.m. to 3:30 p.m., I watched around 30,000 athletes, some on foot, and some on hand cycles, some in wheelchairs and others on prosthetic feet and legs. A few pushed others in wheelchairs up and down the hills. They came in all ages, shapes and sizes, and in all skin tones from around the world. Some were dressed in the colorful costumes of their native lands, while a few were bare chested and wearing shorts that looked like speedos. Members of the military in combat boots and camouflage pants and shirts walked along the same course as a few barefoot runners and several women in hijabs. Around five thousand of those runners were raising millions of dollars for charity, while others were running with waivers from running clubs like ours. Some were running their first Boston marathon ever after meeting rigorous qualifying times, while others were adding to their streaks of 25 or more consecutive Bostons. No matter where they came from or what they looked like, no matter why they ran, they all received cheers and encouragement from the crowd. At a time in our country when some people in power have promoted fear and division over hope and inclusion, it is worth remembering that on Patriots Day, in the birthplace of American liberty, runners and spectators alike demonstrated the generosity of spirit and hospitality toward all that define the best of America.

Congratulations to all our club members and everyone else who participated. We're all lucky we get to celebrate this unique and magical experience every year.



photo by Brian Amero

Boston volunteer and 65+ newsletter co-editor, Byron Petrakis, (R) meets friend and past club president, Tom Wylie, at Mile 16 before the Newton Hills.

The Oldest Boston Runner

by Rick Stetson

Tom Wylie was not the only member of NE 65+ to run Boston and give the club some good publicity. An article by Arianna MacNeill in the April 13 edition of Boston.com was titled, "Who is the oldest runner in the 2019 Boston Marathon? Meet Harwich's Larry Cole."

MacNeill wrote that this year's Boston would be Larry's "third attempt to beat the six-hour clock" and that heat in 2012 had slowed him down (6 hours and 15 minutes) and then back pain slowed him in 2017 (6 hours, 20 minutes.) She went on to explain that "Cole is part of the New England 65+ Runners Club...and each year the club receives some waivers for the race. The club mandates that two of the waivers go to members 80 years or older. Cole was the only applicant."

The article said, "For Cole, running is recreational" and concluded with the following quote from Larry, "I enjoy the people and the beer afterwards. That's the attraction."

Unfortunately, Larry's goal of beating the six-hour clock this year was not to be. The day after Boston, we received an email from him saying "It was a bad day at Black Rock." His

time was "almost 7 hours" and he finished after the clock had been stopped. His Garmin GPS said he had run 27.16 miles because he had to get on sidewalks while going through Newton which added some distance.

We told Larry the club is proud of him for finishing and hope he was able to find a beer after the race.

Emails to the President

Hi Steve,

I am a relatively new member to NE 65+Runners, a member for about 2 yrs. I don't think this requires any accolades but on March 21st, as I turned 80, I also passed the milestone of 50 yrs of consistent running. I thought it was worth mentioning and I am continuing to be an active and enthusiastic runner.

Dr. Herb Cohn

Editor's note: Steve responded that Dr. Cohn has an "impressive span of running," and that he sets a "good example of active, healthy living with a milestone that deserves notice." We agree and congratulate Dr. Cohn on 50 years of consistent running.

Hi Steve,

I am one of the 7 lucky runners who ran with a NE65+ bib yesterday in the Boston Marathon, and I just wanted to say that it was the most amazing experience of my life! It was my first Boston, my third marathon, and I had a pretty good race. My finish time was 5:30:56. Not fast, but pretty good! Thank you and NE65+ club for choosing me!! I wore the club singlet proudly! See attached picture. I hope you had a great race yourself!!

Thanks again,
Donna Sarasin



photo courtesy of Donna Sarasin

Reminder

Now is the time to submit nominations from the Rev. Joseph Shea and Race Director of the Year awards. For more information on the awards, visit the NE 65+ web site and click on the Awards tab. Nominations should be emailed to Steve Viegas at:

stephenviegas@hotmail.com

Steve looks forward to hearing from you.

James Joyce Ramble USATF National Champs

by Zeke Zucker



photo courtesy of Jerry LeVasseur

Our 80+ masters team takes home another USATF National Championship at the James Joyce Ramble. (L-R) Joe Cordero, Ram Satyaprasad, Jerry LeVasseur, Larry Cole. (Not pictured, Bill Riley.) Jerry believes this is at least the 10th national championship won by NE 65+ Runners Club: 3 relays and 7 road and cross country titles. Club secretary Zeke Zucker sent the following message of congratulations to the team:

A hearty well done to all for the excellent representation at the National 10K Championships. How great is it having such an event in our own backyard?

You 80's gentlemen have really set the standard for highly-accomplished octogenarians, raising the bar to lofty heights. You are a marvelous inspiration for the rest of us. Under Jerry's leadership you have been breaking new ground, and racking up great victories.

Wonderful teamwork, as well, to our 70's contingent. The most unfortunate loss of Rick Bayko's participation at the eleventh hour amounts to one of those unpredictables that can happen. Some call it a character-builder, but I call it a character-revealer, in that you all took it in stride and then gave it your best shot.

A shout out, as well, to Rob, who graciously volunteered to move to the B-Team, to allow a full 5-man roster for the A-Team. He had declared himself as the slowest man at the 'dance', but then posted an excellent time. Yet another example of true character.

Let's now turn our attention back to the New England Grand Prix, where the Westfield, MA 5K is coming up on May 18th. Please check your calendars and see where you might be able to compete in any, or all, of the subsequent events:

- 10 Aug. - Bridge of Flowers 5 Mi. (MA)
- 24 Aug. - NH 10 Mi.
- 22 Sep. - Lone Gull 10K (MA)
- 27 Oct. - Cape Cod Marathon

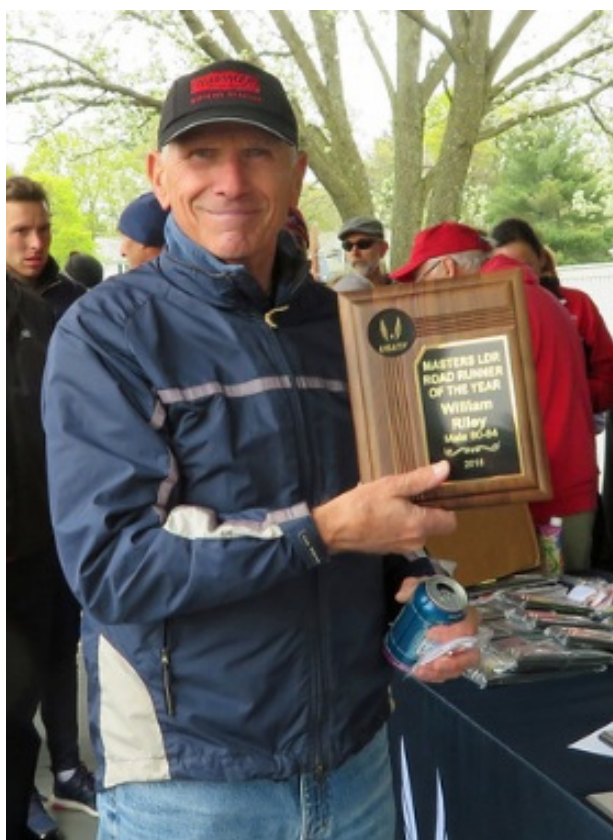


photo by Jerry LeVasseur

Bill Riley missed the group photo above so here he is after helping his team win a 10K national championship at the James Joyce Ramble. Bill is holding a plaque naming him the 2018 USATF Masters Road Runner of the Year.

70+ Team Places at the Ramble



photo by Rob Knight

Pictured above are members of the club's 70+ team that finished third at the James Joyce Ramble behind Genesee Valley and the Atlanta Track Club. (L-R) Dave Pember, Paul Lindsay and Steve Viegas. Not pictured: Rich Paulsen and

2019 RRCA Convention Report

by Rick Stetson



It is always fun to attend the annual convention of the Road Runners Club of America (RRCA) and meet representatives of running clubs from around the country. This year New Orleans was the host city and the New Orleans Track Club made sure that "Laissez Les Bons Temps Rouler."

RRCA conventions hold seminars of interest to club officers like: Essential Club Policies to Adopt, Attracting Race Participants, Marketing Strategies to Grow Your Club and Keeping Club Finances in Order to name just a few. All were presented well.

The RRCA has an excellent comprehensive insurance program which by itself is worth a club's membership. The two million per occurrence policy with no aggregate limit for clubs and events covers "organizers, participants, volunteers and spectators." One of the convention's general sessions was "Insurance and Risk Management" and a person asked if a running club was covered if the club sponsored a track meet. The answer was that the running events, such as the mile, half mile, etc. are covered while the field events, shot, discus, pole vault, etc. are not. Our NE 65+ club is not planning to sponsor a track meet with field events any time soon but it is nice to know our Run For All Ages race has good insurance coverage by the RRCA.

All convention attendees receive a copy of the RRCA Annual Report, a 30-page booklet filled with color photos and information about award-winning clubs and runners. One page listed all the RRCA state representatives and the name of our club president, Steve Viegas, was beside two states: Massachusetts and Rhode Island. Another page had photos of the state reps involved in various activities including a good one of Steve wearing an RRCA singlet as he ran the Philadelphia Marathon. Representatives listed for the other New England states were: Rachel Tambling, Connecticut; Chandra Leister, Maine and New Hampshire; and Dara Zink, Vermont.

The RRCA always presents awards such as Road Runner of the Year (Desiree Linden and Sam Chelanga), Male and Female Masters Road Runner of the Year (Jean Pommier and Jenny Hitchings), Road Race of the Year (Toughest 10K, Kemah, TX) and Excellence in Running Journalism (John Stifler, Sugarloaf Mountain Athletic Club, Florence, MA).

The RRCA promotes running at all levels. Kids Run the Nation is a youth running program designed to meet physical activity goals for children in kindergarten through sixth grade. Forty-seven programs from 26 states serving 23,000 children will receive grants from the the RRCA including the Junior Bulldogs Running Club in Jamaica Plain, MA.

Seven towns were named RRCA Runner Friendly Communities (none last year in New England) with the 2018 Outstanding Runner Friendly Community award going to Dayton, Ohio. Dayton is in an area with a trail network covering over 340 miles connecting "schools, parks, historic landmarks and attractions." Dayton is home to the Ohio River Runners Club, the largest running club in the state with over 1,200 households in its membership.

Other RRCA programs include Roads Scholar where grants are awarded to college runners who want to continue competitive running after graduation (over \$600,000 has been presented to 130 athletes since 1996.) The RRCA RunPro Camp was established to encourage and support more post-collegiate distance runners to "pursue a professional running career and train at high levels." Last year, 20 college distance runners from around the country attended the camp. The RRCA Coaching Certification Program provides a "baseline of education for individuals seeking to become an RRCA Certified Coach." Since its inception over 9000 people have completed the program and become certified. And the RRCA Race Director Certification Program has had 300 people complete the course after attending or viewing presentations by experienced professional race directors like Dave McGillivray.

To help support the RRCA programs, a raffle is held during each annual convention. State reps, race directors and running-related companies donate items for the raffle which are displayed on large tables. Bidding takes place on sign-up sheets with the high bidders receiving the items on the final night of the convention. Steve Viegas donated lobster dinners for two from Woodman's and two entries for the Baystate Marathon which is the RRCA Eastern Marathon Championship. This year the RRCA raffle raised more than \$11,000.

You can't hold a convention of road runners without a race and the host running club always goes all out to make it a memorable experience. This year's race was the Run Through History 5K, held in the Metarie Cemetery, "the largest run/walk held inside a cemetery in the U.S." The race entry form had a humorous line when it urged runners to try to "remain standing."

Unfortunately, the one item the host club can not control is the weather. Last year the race was the Cherry Blossom in Washington where the race temperature was in the 20's. This year it was not as cold (57 degrees as we tried to warm up for the start) but with a strong wind and rain it felt a lot colder. I told myself that things might improve as the race went on but I was wrong. It was 51 degrees at the finish but there was no traffic to contend with as the race wound past burial vaults that looked big enough to be used as a tiny house. You have to hear music while in New Orleans and a Dixieland band played as runners finished and were served the classic Louisiana fare of Jambalaya and red beans along with beer (although in the cold and rain coffee and hot chocolate were more in demand than the beer.)

It was an enjoyable RRCA convention in New Orleans and runners are already looking forward to next year's gathering in Portland, Oregon.

A Banner Race in May



May 12, Portland Sea Dogs Mother's Day 5K, Portland, ME, 9:15 am. Lou Peters (above) holding a distinctive race award (a baseball in a plastic case with trophy on a marble base) after placing in his age group in a past Mother's Day race. All participants receive a complimentary ticket to a future Sea Dogs game. Proceeds go to the American Cancer Society for breast cancer patients and research. The 5K is the club's Banner Race for Maine.

<https://www.milb.com/portland/community/mothersday5k>

In Memoriam

It is with sadness that we report the death of Ben Fudge on April 20 in St. Pete Beach, Florida. His obituary in the Tampa Bay Times stated that Ben "ran his last race raising his hands high as he crossed the finish line." Born in Medford, MA, Ben lived in Tewksbury for many years before moving to Florida in 2006. He competed in hundreds of races including 54 marathons, directed Fresh Pond races in Cambridge and the Fudgical Series in Tewksbury, was a mentor and coach to students and served as president of the Greater Lowell Road Runners and then as president of the St. Pete Road Runners.

The Challenge is Back

by Ken Houle

The 2018 results are in for the 65+ Club challenges. (See below.) There are 20 honorees for the 1000+ miles of running and 23 honorees for the 100+ miles of racing. Ideally it

would be nice to recognize each honoree at the 65+ Club Annual Luncheon/Banquet being held on September 23rd 2019. A little added incentive being offered to each honoree is \$ 5.00 off the cost of the luncheon. If you qualified in both challenges you get \$10.00 off.

The 65+ Club Challenges for 2019 are on. So keep track of your miles folks. Both 100+ miles of racing and 1000+ miles of running/walking. The rules are simple: 100+ miles of racing, you register for a race and finish. It's on the honor system. The 1000+ miles of training are miles that you run or walk for the purpose of training. It's also on the honor system. Treadmill miles count and race miles can count towards 1000 miles of running/walking.

Send me an email hools@metrocast.net when you reach 100 miles of racing and or 1000 miles of running/walking. You'll be added to the list. Include your name and age please. At the end of the year send me another email with your totals for the year. That's simple ---- Right??? That's all folks. Like my granddaughters say, "See you like a doughnut."

2018 Final Results: 100+ Miles of Racing

Name	Age	Miles Raced	# of Races	Place
Dan Dodson	73	335	107	1
Larry Cole	83	255		2
Janit Romayko	73	234	81	3
Richard Kuhl	83	231	55	4
Barbara Grandberg	68	213	26	5
Philip Pierce	77	201.5	31	6
Richard Paulsen	75	190		7
Steve Kanaracus	75	172		8
Don Clukies	75	166		9
Bob Randal	81	158	81	10
John Gibbons	77	150	48	11
Steve Viegas	70	147.5	21	12
Annmarie McDonald	82	136		13
Lou Peters	93	131	34	14
Jerry LeVasseur	80	127		15
Barry Pearson	75	116		16
Dave Pember	76	112		17
Tom Abbott	75	104.7	33	18
Neal McBain	71	103	7	19
Harry Carter	82	103	16	20
Bill Cotter	68	101	8	21
Linda Usher	69	100+	42	22
Joe Peruti		99		23

2018 Final Results: 1000 Miles of Running/Walking

Name	Age	Miles run/walk	Place 1000+
John Puleo	65	2001	1
Philip Pierce	77	1572	2
Jay Diener	70	1338	3
Lynn Nill		1322.55	4
Zeke Zucker	74	1338	5

Steve Viegas	70	1308	6
Maurice Bourque		1304	7
Tom Wylie	74	1269.2	8
Ken Houle	71	1242	9
Larry Cole	83	1240	10
Bill Gaa		1227	11
Paul Lindsay	70	1136	12
Linda Usher	69	1116.5	13
Joe Peruti		1101	14
Bill Cotter	68	1011	15
David Juhlin		1001	16
Jayne Wilson		1001	17
Richard Paulsen	75	1000+	18
Dave Pember	76	1000+	19
Neal McBain	71	1000+	20

Out on the Roads of New England

by Dan D.

Greetings to all NE65+ members from cold and dreary Newton, New Hampshire. What happened to Spring????? Hopefully the Celtics and Bruins can win us a championship and "warm us all up" a bit. This month's column is kind of a split between South Carolina and New England. We spent 3 weeks on Fripp Island, SC during late March and the 1st half of April. I ran in 5 races there (1 in March and 4 in April). The 2nd half of the month had me running in 6 races back home in New England. While in South Carolina I was fortunate to watch the huge "Cooper River Bridge Run" 10K on TV from Charleston (around 35,000 runners); and our beloved "Boston Marathon" on NBC - Sports Network. Congratulations to all our NE65+ 26.2 mile finishers.

The 10 races in April brought my 2019 total up to 31 for the first 4 months of the year. I should be at 34 races by now to be on that schedule to make the century mark, but I think that May and June will be big months for me and will hopefully put me "ahead of schedule". Well let's get started with the 4 April races from South Carolina.

April 3 - Wed. was the "Palmetto Dunes Turtle Trot 5K" on Hilton Head Island, SC. This was week #1 of a weekly spring & summer series that begins at 8:00am and is run on the roadways of the beautiful Palmetto Dunes resort or right on the beautiful ocean beach at low tide. The race was organized by Go Tri Events and the \$25 fee included chip timing and a nice t-shirt. There were 78 finishers and Daniel Dodson was 62nd and the only male over 70 years-old.

April 4 - Thursday evening was the "i Five K - 13th Annual" in North Charleston, SC. This huge event is primarily for the technology companies all around Charleston, SC. The companies compete against each other and have their own t-shirts and race tents set up at the race site in Riverfront Park. The \$35 entry fee includes a tech t-shirt and a nice post-race party in the park with pizza and beer from several local craft breweries. Chip timing was provided by GO Race Productions. Daniel Dodson was overall 603rd out of 901 finishers and 10th in the M70-99 age division. It is the 4th time I have done this race.

April 10 - Wed. morning was the "Palmetto Dunes Turtle Trot 5K" at the Dunes resort on Hilton Head Island. The major difference in this 2nd race in the series was that the entire 5K was run on the ocean beach sand at low tide. The number of finishers was way down from last week's 78 to only 24 (primarily due to the Master's golf tournament in Augusta,

GA). Daniel Dodson was 20th out of 24 runners and the only participant over 65 years old.

Saturday - April 13 was the final "Run for Adela 5K On the Beach - 10th Annual". This event honors a local girl named Adela Holmes Cook who died in a freak accident being thrown from a golf cart while on vacation in the Bahamas. I have run this race about 5 times previously. It is an out and back at low tide on the beach sand on Sullivan's Island, SC starting and ending at station #16. The view is beautiful and I have always seen a pod of dolphins while running this race. Daniel Dodson was 329th out of 498 overall finishers and 8th in the M70-120 age group. The \$25 race fee included a t-shirt, post-race party at Kid Cashew (a local pub on the island), and chip timing by Joey O'Rourke, with the proceeds benefitting Camp Happy Days for kids with cancer and the Adela Holmes Foundation. Personally I will truly miss doing this race in 2020.

April 20 - Saturday was the "Stonyfield Organic Earth Day 5K" in Londonderry, NH. The \$25, \$30, \$35 race fee included a tech t-shirt, free beer and pizza, and of course Stonyfield Organic Yogurt. The event is now part of the Elliot-Millennium Race Series with points from this race counting towards the Millennium jacket and series party at year's end. There were the usual Millennium Running features like professional race announcing (Andy Schachat), instant results on all electronic devices, free race photos and videos, 3 - deep age group awards up to 70-UP, etc. The only negative for the 1,289 runners was the major rainstorm that began about 5 - minutes into the race. Barry Pearson was 1st and Daniel Dodson 5th in the M70-UP age group. Timing was by Millennium Running and the event venue was the Londonderry West Soccer Complex.

Tuesday evening - April 23 was the "BYOB (Bring Your Own Buddy) 5K - Good Times Spring Series Race #2" in Lowell, MA. This 10 - week Spring and 8 - week Summer series was founded by Yankee Timing's Dave Camire and is now in its 17th year. The race fee is \$100 for all 10 races or \$15 per race individually. The race HQ is Dudley's Pub and the course follows the Merrimack River on boardwalks, sidewalks, bridges and roadways. Race age groups go up to 90+ and NE65+ is generally well-represented at this series that has separate themes for each race. Barry Pearson topped the M70-79 age division with Daniel Dodson 3rd and Ted Tyler 4th. Rita Labella finished 8th in the F60-69 age group, while Rick Marais was 18th in M60-69. NE65+ member Mary Tyler did the race photography and trumpeter Joe Regan played the National Anthem. There were 294 finishers for this 2nd week in the series.

April 25 - Thursday was the "Angels 5K Road Race & Fitness Walk - 14th Annual" in Penacook, NH at Merrimack Valley High School. The Loudon Lions Club hosts this race with the \$25 race fee going towards scholarships for MVHS students. Timing was by Granite State Race Services with the usual rural roads course and the one difficult hill at the 1.7 mile mark. For some reason the turnout of 38 finishers was unusually low on a nice spring night a few miles north of the N.H. state capital. There was a nice t-shirt, post-race food, and age group awards up to 70 and over. Perry Seagroves was 2nd in M60-69, while Daniel Dodson was also 2nd in M70-99.

Saturday - April 27 was the "Saugus Family YMCA's Not a Walk In the Park 5K - 8th Annual" at Breakheart Reservation on Forest Street in Saugus, MA. This event was the 1st race in the 4 - race YMCA of Metro North Road Race Series. The race fee was \$90 for the entire series (\$22.50 per race). The 221 finishers were treated to long-sleeve tech shirts, chip timing by North Shore Timing Company, 3 - deep age group awards up to 70-99, post-race light refreshments, etc. The hilly course followed asphalt pathways in the Breakheart Reservation, where heavy rain left a few deep puddles to traverse. Art Dowell was 2nd in M70-99 with Daniel Dodson 3rd. Mary Ladene Dowell topped F70-99, while Michael Menovich was 2nd in M60-69.

April 28 - Sunday was the "Loulou & Gookin Lung Cancer Awareness 5K Run/Walk - 5th

Annual" at O'Hara's Tavern on Lakeview Avenue in Dracut, MA. The \$30/\$35 race fee included a nice tech long-sleeve shirt, a 2nd shirt from a sponsor, water bottle, post-race free beer and hot dogs/cheeseburgers, chip timing by SOAR Events, and music from a disc jockey. It was announced that race founder Loulou died of cancer in July, but her family and friends would continue the race in the future. There were 115 finishers and it appeared that perhaps a third of them were from the Greater Lowell Road Runners. Daniel Dodson won the 3rd place medal in the M70-99 division.

Tuesday evening - April 30 was the "Rose Maguire's Great Mill Girl Chase 5K - Good Times Spring Series Race #3" in Lowell, MA. The theme of this week's race gives all the females a 2:30 headstart with the guys trying to pass as many females as possible. There was a \$100 prize for the top overall finisher. Despite a cold and windy evening, there were 233 runners who completed the scenic 5K course. The race had chip timing by Yankee Timing, National Anthem by trumpeter Joe Regan, announcing by Dave Labrode, water stop by NE65+ member Rick Marais, photography by NE65+ member Mary Tyler, and the usual post-race party at Dudley's Pub. Barry Pearson topped M70-79 with Daniel Dodson 2nd, and Ted Tyler 4th. Lou Peters won M90-99, while Rita Labella was 8th in F60-69.

Before I tell you about my racing plans for May I want to say a special THANK YOU to my editor Rick Stetson for his cooperation and understanding with your columnist. And a major THANK YOU to Tom Abbott for working with me the past few days getting some results from late April races onto the website so that I could be sure that no club member was omitted from my race reports. And of course THANK YOU to all our readers without whom this little column and "Forever Run" would be irrelevant.

That's the story for the April races -- a sort of South Carolina/New England odyssey. May looks to be "entertaining" as I'll be on the Speedway at Loudon, NH on the 3rd; on the Boston College football field on the 4th; at "Cinco de Miles 5K" in Bedford, NH on the 5th; on the Sea Dogs baseball stadium field in Portland, ME on Mother's Day; at the NH State Capitol lawn on the 16th for the "Rock 'n Race"; at the golf course in Georgetown, MA on the 17th for the "Flatbread Fiery 5K"; along the ocean in Nahant, MA on the 18th for the "Stride Along the Tide"; finding the former village of Hathorne in Danvers, MA on the 19th; doing the "Melody Miles 5K" in Hamilton, MA on the 25th; and running the trails at the base of Mount Washington, NH on the Thursdays when I'm not racing anywhere. There's also the "Good Times Spring Series" in Lowell, MA on Tuesdays and possibly a Wednesday evening in Wakefield or Danvers, MA sometime. Anybody want to join me and do "the circuit"???? I hope you do because I'd love to see YOU and say "hello" as we run or walk someplace "Out on the Roads of New England."

Quote of the Month

"If you are losing faith in human nature, go out and watch a marathon."

Kathrine Switzer



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