



Forever Run

November, 2019

From the President by Steve Viegas

Friends,

Because I will be running the NYC Marathon on Sunday, I will not be able to attend the Run For All Ages. I am writing this on Halloween, a day before I leave for my weekend trip, so that Rick Stetson will have it for our November issue.

On Friday, I will attend the anniversary event for my daughter's restaurant (Cook and Shaker) in Philadelphia. She holds this event on the first Friday of November annually. My wife and other daughter have been able to attend but I haven't since 2014 because of my duties in the Run For All Ages. I greatly appreciate this vacation from our event. I am breaking two panes of glass with one stone this weekend. I'll be back in 2020.

On Saturday, Sue and I will drive from Philadelphia to NYC to check in at the hotel and expo. If you have followed me on Facebook, you are aware that I have struggled through two disabling injuries to get to the starting line at Staten Island on Sunday. While I am still a little dinged up, I'm looking forward to this special event. I'm sure I'll have some observations and wisdom to share in the next *Forever Run*.

Last year the B.A.A. gave our club 7 Boston Marathon waivers. I have fingers crossed for 2020 that we will again receive 7 waivers.. Last year's entry fee was \$365. The qualified runner application fee went up for 2020 so expect the waiver fee to increase. The Guidelines to enter the 65+ club's Boston Marathon lottery are:

1. Must be a member of the club for at least one year
2. Must have done at least one of the following:
 - a. Volunteered in any capacity for the club
 - i. RFAA
 - ii. Annual banquet
 - iii. Forever Run – submit article(s) or pictures
 - iv. Served on any committee (see 65+ website)
 - v. Be on the Board

- b. Attended the Annual Luncheon
- c. Run the Run For All Ages
- d. Assist with updating portions of the website

1. Priority will be given to members who have entered the lottery in the past and not been fortunate enough to be chosen
2. For members who were chosen the last 2 years, priority will be given to others
3. Priority will be given to 80+ members (we will set aside 2 places if needed)
4. Priority will be given to members who attempted to qualify at another marathon but did not meet the qualifying time

Please forward your applications to me at my email or postal address (below). Assuming that we will receive the waivers at the beginning of 2020, I would request that you get your application in by December 1, 2019. That will give our selection committee time to review the applications. I intend to appoint the same committee as I did last year, unless one or more wish to apply for one. Don't delay. Send in your request now while it is on your mind. We have no form. Simply address the points in our guidelines in your letter or email. The board will meet on November 14, 2019. We will be meeting in the Garden Room at the Nevins Memorial Library, 305 Broadway, Methuen, MA 01844. If you have any issues you would like the board to address, please drop me an email.

The USATF New England Long Distance Running Grand Prix has completed. The last race was the Cape Cod Marathon last weekend. We had no teams in that competition. Our M70 team finished in first place with various members contributing in each race. Our M80 team also finished in first place with Larry Cole, Ram Satyaprasad and Jerry Levasseur anchoring. To participate in the grand prix, you must have listed our club as your club with USATF. Many of us belong to more than one club but you need to designate NE65+RC as your USATF club. If you have any questions on how to do this, contact me. It would be nice if we could pull together a M60 team and any age group team for the women for 2020. These races are real celebrations of our sport.

I wish our members a very happy Thanksgiving.

Happy Running,

Steve Viegas

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18th Annual Run For All Ages 5K

by Byron Petrakis

Oh what a difference a year (or a day!) makes. Last year's RFAA was held in horrible conditions with torrential rains and wind. Runners slogged through enormous puddles on the pavement as they made their way through the first half mile before reaching the gravel path around the lake. Wet suits and flippers would have been appropriate attire.

The 2019 RFAA, by contrast, took place in perfect running weather. The 195 official finishers enjoyed cool temperatures (mid 40's at start), sunshine, and little or no wind. Had the race taken place on November 1, however, runners might have found themselves blown all the way to Kansas, where they would find Dorothy from the Wizard of Oz.

Living up to its name, the Run For All Ages featured 50 pre-registered kids 14 and under, thanks to Mystic runner and WEF Board member, Nicole Jacob and her initiatives with the Galvin Middle School in Wakefield. On the other end of the age spectrum, runners in the "mature class" included 12 males and 4 females age 80-89 and one gentleman, Ron Sanville, age 90 from Haverhill, MA. If Ron returns for next year's RFAA, he will face stiff competition from NE 65+ Runners Club Hall of Famer Jim Lynch, of Plaistow, NH who clocked an impressive time of 37:45 at age 89. Special club member and past RD for the RFAA, Jerry Panarese, was in attendance to enjoy the camaraderie.

This year's race once again featured a Sunshine Start at 9:40 for those running at 13 minutes/mile or slower and the regular start at 10:00 a.m.

The overall female winner was 48-year-old Jill Chisholm from Wilmington, MA, who clocked in at 19:08, 38 seconds ahead of 2nd place finisher Sarah Hjelmstad from Kittery, ME. Male overall winner was 51-year-old Kevin Delaney from Arlington, who finished in 17:46, only 8 seconds ahead of Michael Paulin from Boston. New member, Paul Hennessey, turned in an impressive time of 23:14 to win the men's 70-74 division, just 7 seconds ahead of Dave Ritchie.

DJ Mike Hartin kept the crowd both informed and entertained before the race, while club member Dan Dodson served as MC during the awards presentation. Pre-registered runners were automatically entered in the 29 item raffle, which included signed copies of running books and novels, gift certificates, and running gear.

Thanks to Race Director Jan Holmquist and her team of volunteers who conducted and managed the race details with their characteristic thoroughness and professionalism.

A note from Jan: A sincere and heartfelt THANK YOU to all members who volunteered (some came early to set up and stayed to clean up), and all who ran and all who volunteered and ran! We are an amazing group of people 65+, setting the bar high for other olders! Save-the-date for November 7, 2020 and we'll hope for similar weather!

Banner Races Defined

by Rick Stetson

The Run For All Ages 5K wound up the club's banner races for 2019. Not long ago we received an email from one of the newer club members asking what a banner race was. Good question. Every year the club selects a race in each of the New England states and designates it as a "banner race," which means it is a race where our club's banner is displayed, often in or near a club tent, where runners can meet and information about the club is provided to prospective members. (A listing of the banner races held in 2019 can be found on the club's web site.) It is only appropriate that the final banner race of the year is the club's Run For All Ages held in Wakefield, MA on a course that is "flat and fast" and an easy drive for club members from the other New England states.

The RFAA always does a nice job of recognizing top age graded performers with cash awards. Leading the list this year was Karen Durante, 68, of Newburyport who ran the 5K course in 22:18 which equates to an 92.18 age graded percentage. (Anything over 90% is considered "world class.") Two years ago, Karen set the age 66 record with a time of 22:41. It is difficult to explain how a runner in her 60's can add two years in age yet improve her time by 23 seconds.

It is also difficult to explain how youngsters can run so fast. Winning the female 1-9 age group was Madison Marshall, 9, of Lowell who was clocked in 23:24. Wakefield's Liza Bankston, 11, also had an impressive time winning the 10-14 age group in 23:06. Sometimes we "macho men" in the older age groups have to swallow our pride a bit when young girls (and boys) go sprinting past us in a race, but if you look at the older RFAA age records, you will find some amazing times.

In 2003, Guy Stearns set the 40-49 age record with a 15:37 clocking. Craig Fram ran 16:21 in 2009 for the 50-59 record and Bob Giambalvo's 18:10 time set the 60-64 record in 2010. The women are equally impressive. Kara Hass had a 17:33 in 2012 for the 40-49 record, Mimi Fallon clocked a 19:06 in 2015 (50-59 record) while Jan Holmquist's time of 20:14 in 2005 set a record that is still on the books for the 60-64 age group.

Several years ago, Tom Abbott suggested that since the club is for runners age 65 and above, we should keep RFAA course records for each age starting with 65. This has been done and many of the runners holding records for age 65 and above have times that are truly amazing.

Gordon MacFarland holds the age 67 record with 19:33, while Bill Spencer ran a 20 flat at age 68 and Lloyd Slocum turned in a 19:22 for the age 69 record. Other impressive age records include Joe Fernandez, 21:09 (74) and Bill Riley, 21:04 (75). Going up the age ladder, Dennis Branham set three records starting with 23:58 for age 77. Jim Lynch has four records including a 23:44 at age 79. Michael Mayr is in the record books twice (he ran 24:54 at age 80) while Bill Tribou has five records including a time of 28:59 at age 84. The oldest record holder is George Whitney who at age 93, ran the 5K course in 45:43.

Women have turned in times just as amazing over the years with names like Barbara Robinson, Isabel Parke, Louise Rosetti, Fern Spring, Florence Dagata and Phyllis Mays appearing in the record books. But the leader of all the ladies is Jan Holmquist who has set records for nine different ages that are expected to last for a long time, like her age 69 record of 22:09. We have seen Jan, the RRCA race director, checking in runners at the registration table until minutes before the race when she will take a few quick strides while dashing to the start only to smash the existing record not by seconds, but by minutes.

They say records are made to be broken and it will be interesting to see how long the existing records will remain on the books. However, most of the runners who enter the RFAA do not do so with the intention of setting a new age record. They might have hopes for taking home some cash if they are among the age graded leaders, a knit cap for finishing in the top three of their age group or simply taking home a nice prize if their name is drawn in the raffle. If that doesn't happen, runners still know they will get some good post-race refreshments and are pleased that proceeds from the race go to support the Wakefield Education Foundation. Above all, the RFAA is a chance to meet and greet fellow 65+ club members. As they drive home with a nice-looking new RFAA t-shirt, they can think about returning to Wakefield next year and the other banner races they will run in 2020. The banner races help make our club a special place.

At The Races



Great Island 5K, New Castle, NH (L-R): John O'Donnell, Daniel Dodson, Lou Peters, Jim Lynch, Leo St.Louis. Front: David Ritchie, M 70-75 winner

photo by Leslie Behan



More 65+ runners at our NH banner race with Lou Peters (#507) front and center. Ken Hoolks reports several runners asked about the club and took applications.

photo by Susan Houle

Email From Carol Farwell Kelly

My partner (Kevin Colby) and I are fairly new (age 66) to this group and are slowly finding our way around the club block! We know Betsy Knapp and Anne Marie McDonald for starts. We took up running for the first time in our lives four years ago and live in Hull, Massachusetts, but are originally from Canton, Mass. The last race we ran was the MR8K in Boston. Our first marathon will be the Cape Cod Marathon on Oct 27. Between a bad fall that put me out of commission (torn meniscus and lateral quad tear) for two months back in March and pneumonia this summer, I'm just hoping to finish the marathon at all even if it takes 8 hours! Kevin is hoping for 5-5:30 hours.

We hope to meet up with some of you soon and since I run barefoot, I'm pretty

easy to spot! ;)

Thanks for letting me “drop in” here.

Club members make their mark at the GB5K

by Zeke Zucker

On Saturday the 26th of October, a stalwart contingent of 65-plus-ers gathered in Stratham, New Hampshire to participate in the 21st edition of the Race for a Healthy Estuary. The event is a fundraiser for the Great Bay Stewards, who are the folks responsible for protecting the Great Bay Estuary. To demonstrate that the *Forever Run* newsletter isn't focused only on running, but also has an educational component, I shall define estuary: it is the tidal mouth of a large river, where the ocean tide meets the flow of the river. In this case, the Great Bay, which is primarily in New Hampshire, is fed by no less than four rivers. The largest is the Piscataqua, which divides Maine and New Hampshire, and flows directly to the Atlantic.

As for the 5K, we mustered together at least five known members, though there were no doubt others in the field. This event was showcased in the October FR edition, but I didn't get around to an attempt to sign up participants until less than two weeks before the race. By then, many potential takers had already signed up for races elsewhere, or had other obligations. I suggest, therefore, that we look ahead to next year, and see if we can entice a significant number of members to sign up. Bob Kennedy, the RD and a 65+ Club member, would love to see a good turnout from the Club, (and so would I).

The team competition is rather unique. Points are given within each of the many age divisions, with one for a first, two points for second, etc. As in a standard cross country race, the lowest point total wins. The teams comprise either at least 5 men or 5 women from the same club. Bob has 5-year divisions up to 90-94, and then 90+. The way I see it, we should be able to nail down first place in 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 & 90+.

OK, so how did we do this time? As I said, we had five members sign up to run on the 65+ Team. Bill Cotter, at 69, ran 23:04, won the 65-69, placing 127th in the field of 640, and besting a 65-year-old by a minute, (One point). David Ritchie, who has led our 70's team in a number of USATF races, chose on this occasion, to run with his local home club and won the 70-74, placing 124th (One point, but, alas, not for us.) Charlie Farrington nailed down the 70-74 4th place in 27:11. (Four points for us). He announced that this was his last race before entering the 75-59 division, where he would have placed an easy 2nd. Some squirrely little guy won the 75-79 in 23:59, placing 155th (Another point for us). Our own Tom Wylie answered the call of 'duty', finishing second in 30:09. (Two points). Our 5th team member was Joan Tremberth, who won the womens 70-74 by almost 3 minutes, in 28:56. (One point). This gave our team a total score of 9 points, but unfortunately the Runners Alley Mens Team got a perfect low score total of 5, with five Division wins. Unfortunately, again, teams must be comprised of all members being of the same gender, as I stated earlier.

So, even though Joan blew away her competition, her victory couldn't be counted, and we were a non-team of 4 men. By the way, in the men's team competition the second place team had finishers placing 2nd, 3rd, 4th, 6th & 7th, for a total of 22 points. All we would have needed was another man to finish better than 14th in his division for us to have taken second, but we'll be going for the win next year.

The Great Bay course is brazenly billed as being “Wicked Fast”, which is clearly not an exaggeration. I personally don't anticipate ever finding a faster one. Except for a very short uphill stretch at 2.5 miles, it is all downhill, on beautifully-paved roads. We had excellent racing weather, just ahead of a miserably raw and rainy day the next day. Sometimes it works out in our favor.

Let's make at least a mental note, or better yet, a calendar annotation for October 24th, 2020, to consider running the 22nd GB5K,

Enjoy your running, regardless of the pace, Zeke.

Editor's Note: It is unfortunate that club member Peter Bresciano was not able to get with Zeke prior to the race because he placed 4th in his age group which would have given the men a total of 12 points for an easy second in the team competition. And looking at the race results posted by Tom Abbott on the club's web page, the ladies also finished with 12 points. Besides Joan Tremberth with one point for winning her division, Donna Sarasin and Faye Gagnon had two points for their second place finishes, Janet Parkinson, three, and Mary Ulinski, four. Like Zeke said, next year we will go for the win.



Helping runners reach their goals is something past NE 65+ past president Jerry LeVasseur, (above, left) has long advocated. Here Jerry celebrates with his running friends (L-R), Joe Codero, Bill Hoskin and Elmo Shropshire after the relay team won a gold medal at the 2018 USTAF National Track Championship in Spokane, Washington.

Beyond Running by Jerry LeVasseur

A competitive runner may win their age group the majority of the time. May win national titles and even medals in International events. They may have received awards and even been inducted into Halls of Fame. The results and awards are satisfying because of the hard training and time put in to earn them. Racing competitively takes courage and results in gaining character.

But more rewarding and satisfying is giving back. This can be done by volunteering or passing on one's experience to others. One can volunteer at races or meets by helping at registration, on the course or at the finish line. Without volunteers there would be no race or meet. Get involved with the running programs or meets at your local elementary, high school or college. Get involved by getting on the board or committee of your local running club. You might also get involved with your local USATF Association by being on the board or committee or becoming a certified official. Organizations are always looking for volunteers. An excellent organization to volunteer for is the Senior Games. Every state has a Senior Games organization. After working with the local Senior Games, a possibility is getting on the National Board. Maybe you will be awarded with a lifetime achievement award.

When running but not racing an event, a way of giving back is helping another runner attain their goals. You may even be a race director or help put a race together. Putting teams together for competition is helping others get awards they might not get otherwise. The team may even win local, national and international titles as well as setting records. Write a book on your experience in running to motivate others. Get race directors to recognize the younger and older participants by having appropriate age groups.

As we age we may have physical and health issues which affects our running. If we maintain the age graded percentage that we did when younger we are doing just as well as we did when younger. An elite runner said of another elite runner when his running really slowed that he was an embarrassment. No, he was an inspiration

There is no need to stop running in competition unless it will physically do damage. We know that running is about fitness, fun and friendship. Some of us older runners walk and run but we are doing it.

We know that to keep moving helps in having a healthy lifestyle. We also know that we need to do more than run. Cross training or doing other sports is necessary. Most importantly, we need to exercise our mind, body and soul. As part of your exercise regiment doing a weight or strength program as well as core and balance exercises are necessary. Get others to have a fitness program by joining your club or activities. You might try trail and snowshoe running and races. Because my maintaining a high fitness level, I have been able to get through 3 cancers and a blood clot on my lung.

When we run we try to run soft such ad dirt trails, grass and dirt along side of the road. We also don't run with things in our ears. Not only for safety so we can hear cars, but so we can hear our breathing, foot plant and the sounds on nature. There is such a thing as growing bolder. Take advantage of your fitness and try new things. My wife and I stated doing the triple jump in our sixties as well as I starting steeplechase. We both have earned medals in National or International competition in these events.

Helping someone reach their goals or set a personal best or record is more rewarding then any individual medal or award. Keep moving, stay fit and help others and you will say life is good.

Editor's Note: Jerry practices what he preaches when he urges people to get involved with local running programs. For years he has helped coach the track and cross country teams at Bowdoin College in Brunswick, ME. He takes hundreds of photos of athletes competing and posts them on his Flickr photo pages enabling athletes to study their form and parents unable to attend the meets to get a look at the action.



Email From Lynn Nill

Yes I'm still here, running in Minnesota. I haven't run any races this summer because I was focusing on training for the Chicago Marathon. It was my first time running this particular marathon. I wanted to try to improve my time, so I took a leap of faith and decided to try training with the Hanson Marathon Method.

This method is tough. First of all, it involves running 6 days a week, something I never have done before. Secondly the mileage was higher than I was used to; I'd never run more than 48 miles in a week, and this plan had me running close to 60 miles per week by the end. Third the workouts are HARD. The plan has 3 tough workouts each week, a interval or strength workout, a tempo run done at marathon pace, and a long run done at marathon pace + 30 seconds. The other runs are all done at an easy pace.

There were times during the summer when I got pretty tired, to put it mildly, but I trusted the process and just kept clicking off the miles. You're supposed to be tired while using this plan! That's what prepares you for running the marathon.

We drove to Chicago on the Friday before from Minneapolis, me, my husband and our three Westies. Chicago is a nice, BIG city, a little like New York but with a midwestern vibe. We've been there several times and I wanted to save my legs so we didn't do any sightseeing, just a lot of eating!

Saturday I went on a shakeout run with members of a Facebook group I belong to called Boston Buddies. It was started right before the 2018 Boston Marathon and we kind of bonded over the horrific conditions that year. Most of them are much, much faster (and much, much younger!) than me but they don't judge me and are usually a little amazed when they find out my age!

Sunday morning dawned chilly (40's) and VERY windy! The wind is probably the primary thing I remember about the race! It was swirly, so sometimes it was behind me, pushing me along, sometimes it was in front of me, stopping me in my tracks, and sometimes it was coming at me sideways, almost knocking me off my feet!

The Chicago marathon runs through many many neighborhoods in Chicago.

The crowds are loud and enthusiastic, with people handing out snacks and cheering for even us slowpokes in the back of the pack. my only complaint about Chicago is that the tall buildings really mess up your gps; it becomes totally unusable. I had to use elapsed time instead, just a different way of doing things.

I felt good throughout the marathon. I was able to maintain my pace, and even speed up a little toward the end. At 18 miles I started to feel confident that I was going to make my goal, even though it was still early. I never hit the wall.

I trained for a 5:15 marathon, which was almost 10 minutes faster than I ran Twin Cities last year, which was also a 6 minute PR. My marathon time was 5:14:43. I was SO HAPPY! It took me 8 years of marathon running to finally break 5:30 last year at Twin Cities and now I've broken 5:15 as well. Wow!

I guess I'm a glutton for punishment because I'm already thinking about which marathon to run next year. I'm thinking about San Francisco. I'm going to try to take another 5 minutes off my marathon time. San Francisco is hilly, but I'll get to run across the Golden Gate Bridge, and my son lives there, so what the heck.

Miss you guys!

Lynn Nill

PS. I've already got over 1,000 miles of running this year, but its going to be very close if I can manage to get 100 miles of racing....we shall see!!!

LynnNill@gmail.com

New Members

Faye Gagnon, Portsmouth, NH Sponsors: Mary Ulinsky, Bob Randall

Running and road races 42+ years from 5K to marathons. Now race 5K, 10K and mountain races. Has won many age awards and was inducted in the Maine Running Hall of Fame in 2018.

Paul Hennessey, Melrose, MA Sponsor: Daniel Dodson

Winner of the 70-74 age group at the RFAA last weekend (23:14)

Tom O'Donohue, Newburyport, MA Sponsors: Dan Dodson, Jim Lynch

Runner since 1962, when able. Limited racing history until 2018. Lawrence, MA track and cross country teams 1962-66. Nine 5Ks this year.

The sign has a quote from President Calvin Coolidge regarding his feelings about running for reelection, but it does not reflect the feelings of most members of NE 65+ including Bob Howe and Daniel



Dodson who ran the Coolidge 5K in the president's home town of Plymouth Notch, VT on October 12.

photo by Bob Howe

Out on the Roads of New England

by Dan D.

Greetings to all NE65+ members. The clocks have changed bringing us earlier nights with darkness beginning near 4:30pm. The temperatures are getting close to that freezing point and all of us need to "make some changes." It's time to bring out the gloves & sweatpants & long-sleeve tech shirts & reflective vests & blinking red lights & headlamps, etc. I actually enjoy occasionally running at night as long if I'm dressed properly with my reflectors and headlamp on and can find a good surface without stones, roots, cars, etc. I guess I just love running/walking in any season or in other words in New England.

I ran 8 races in October with 7 of them "counting" (meeting my self-imposed 2.0 mile minimum), bringing my 2019 total up to 87. Thus I have 2 months to complete 13 races. My hope is to be above 95 by the end of November as December scares me due to unforeseen snowstorms forcing races to be postponed into January -- a different year!!! My October races covered 3 states: Massachusetts, New Hampshire, and Vermont. I am now averaging 8.7 races per month, which works out to a yearly total of 104.4. Thus it will be close, but I think I can meet my annual century - mark goal.

October 5 - Saturday was the "NECC Campus Classic 5K - 7th Annual" in Haverhill, MA. The \$25/\$30 race fee included t-shirts, light refreshments, chip/net timing by Bay State Timing, and a typical "rolling" New England - type course on the campus of Northern Essex Community College and surrounding streets. There were 3 - deep 10 - year age groups up to 70+. Tom O'Donohue topped the M70+ division followed by Michael Pelletier (2nd) and Daniel Dodson (5th). Daniel Battle was 6th in M60-69. There were 112 finishers with many being NECC alumni. The 3rd annual NECC homecoming coincided with this 5K event.

The "Footrace for the Fallen - 13th Annual" took place on Oct. 6 - Sunday in Manchester, NH. The race honors all law enforcement officers in New Hampshire killed in the line of duty. The \$25/\$30 race fee earned runners a technical t-shirt, chip/net timing by Millennium Running, a gently rolling traffic-free urban course in downtown Manchester, terrific post-race party in Gill Stadium with hot dogs & cheese-burgers with free beer, and 3 - deep 10 - year

age group awards up to 70-UP. Opening remarks were delivered by NH Governor Chris Sununu and the Mayor of Manchester among others. NE65+ had 5 finishers in the M70-UP age division with Dick Kuhl (6th), Daniel Dodson (9th), Lucien Trudeau (10th), Roger Gosselin (11th), and Armand Auger (12th). There were 712 participants in this traditional event.

October 12 - Saturday was the "Coolidge 5K - 2nd Annual" in Plymouth Notch, Vermont. This race takes place at the President Calvin Coolidge Historic Site and the rolling course weaves through Coolidge's birthplace and boyhood home, the house where his father Col. John Coolidge administered the presidential oath of office to his son on the death of President Harding, and circles the cemetery where the President, his wife Grace and 2 sons, and generations of the Coolidge family are buried. The \$20 race fee included a Coolidge t-shirt, light refreshments, non-chip timing, and admission to the "I Do Not Choose to Run" 1 - mile walk (30 minutes following the 5K race). Age groups stopped at "50 and over" with Bob Howe 7th and Daniel Dodson 11th. They would have finished 1st and 2nd in a M70+ division. Overall there were 78 finishers.

The "Great Island 5K - 26th Annual" took place on Sunday, October 13th in New Castle, NH. The \$25 race fee earned the 488 runners a traffic-free course with beautiful views of the ocean, a Swix merino wool blend hat, t-shirts optional for \$10, a large tent of refreshments, a huge raffle with almost everybody "a winner," chip/net timing by Yankee Timing, announcing by Andy Schachat, and the start & finish on the Great Island Common. Being the NE65+ "Banner Race" for New Hampshire the club had 13 finishers and many other volunteers at our club tent under the leadership of NH Director Ken Houle. The "star of the show" was 94 - year - old Lou Peters who won the M90+ age group and was welcomed to the finish line with thunderous applause. Robert Randall topped the M80-89 age division with Jim Lynch in 2nd. Joan Tremberth won in F70-79 with Mary Ulinski 5th. David Ritchie won in the huge M70-79 field, followed by Charlie Farrington 5th, Peter Bresciano 11th, John O'Donnell 12th, Daniel Dodson 15th, and Leo St. Louis 18th. Donna Sarasin finished 4th in F60-69 with Terry Lee Harrington in 33rd. Peter Bresciano was also 2nd overall in the male walker division.

Columbus Day - October 14 - Monday was the "Kelly Ledoux-Walsh Memorial 5K - 3rd Annual" held in Wakefield, MA. The 134 participants paid \$30 for 3 - deep 10 - year age groups up to 80-99, chip/gun timing by North Shore Timing Company, light refreshments, tech t-shirts, and a gentle course around beautiful Lake Quannapowitt. The race benefitted the Wakefield High School "Warriors" Track & Field and Cross Country teams. Mike Lozan topped the M70-79 age division with Daniel Dodson 2nd.

October 19 - Saturday was the "Monster Dash 5K - 2nd Annual" at Greeley Park in Nashua, NH. This was the 4th 5K race in the 5 - race Gate City Series (3 completed races needed to qualify for hoodie and awards night party). The 119 racers paid \$25 (less if part of entire series) for a tech t - shirt, chip/net timing by Millennium Running, race announcing by Andy Schachat, 3 - deep 10 - year age groups up to 70-79, and a hilly course in the historic district of Nashua. Daniel Dodson was 2nd in M70-79. Personal note: mixed feelings as October 19th was my 75th birthday!!!

The "Melrose Family YMCA Spooky Sprint 5K - 10th Annual" was held in Melrose, MA on Saturday, October 26th. This race served as the 4th and final

event in the 2019 YMCA of Metro North Road Race Series, with the awards presented following the race at the YMCA. The 587 finishers received a nice long-sleeve t-shirt, chip/net timing by North Shore Timing Company, a gently rolling course on area streets and about 0.75 mile in Pine Banks Park, light refreshments, and 3 - deep 10 - year awards up to 70-99.

Ron Pesaturo was 2nd in M70-99, with Daniel Dodson 4th and Art Dowell 5th. Ladene Dowell finished 3rd in F70-79 and Jeanne Boisseau was 8th in F60-69. Personal note: I signed up new member Paul Hennessey after he ran 23:34 to win the M70-79 division!!

October 27 - Sunday was the "Trick or Trot 3K" at Arms Park in Manchester, NH. Sadly this 1.86 mile race started at 2:30pm which put it right in the middle of a pounding rainstorm. Still there were 731 finishers out of the more than 1200 paid registrants in this 1st race in the Holiday Hat Trick Series of 5 holiday themed races. It also counted for miles and points in the 18 - race year-long Elliot - Millennium Race Series. The \$25 race fee earned participants a traffic-free 3K course that went across a bridge over the Merrimack River and returned on the opposite lanes of the same bridge, chip/net timing by Millennium Running, free admission to the Halloween Festival (petting zoo, magician, mechanical animal rides, games, etc.), technical t-shirts, free pizza and free beer tickets to the adjacent Stark Brewery, etc. Daniel Dodson was 1st in the M75-79 age group. Happily ... Millennium Running has now expanded their already 3 - deep age group award divisions to 5 - year age groups up to 80-UP. CEO John Mortimer said that if runners older than 85 entered he would open up an even higher age group. I would think that this positive news will appeal to our over 700 NE65+ members throughout New England.

My November schedule includes our own "Run For All Ages" (Wakefield, MA) on Nov. 2nd; the "Dan Healy Memorial 5K" (Exeter, NH) on the 3rd; the "Manchester City Marathon Relay" (Manchester, NH) on the 10th; the "Veteran's Day 11K or 5K" (Stoneham, MA) on Nov. 11th; the "Sam Pawlak Memorial Run/Walk" (Lancaster, MA) on the 16th; the "Turkey Chase" (Danvers, MA) on the 17th; the "Barron School Turkey Trot" (Salem, NH) on the 23rd; the "Dan Stefanilo Town Loop Challenge" (Uxbridge, MA) on the 24th; the "Back the Track 5K" (Marblehead, MA) on the 30th; and possibly a couple of mid-week races. This should give a lot of NE65+'ers plenty of opportunities to c'mon over and say "hello" as we run and walk together "Out on the Roads of New England."

NYC Marathon Results

This just in to our "news desk." Two members of NE 65+ Runners Club completed the New York Marathon yesterday. (There may have been others. If so, let us know.) Zeke Zucker had a time of 5:24 (12:23 pace) which placed him 15th out of 51 in his age group. Not far behind was our president, Stephen Viegas, with a 5:26 clocking (12:27 pace) for 113 out of 224 in his age group. Both are to be congratulated for being among the 53,000 runners who made it to the finish line in Central Park.

Quote of the Month

"If you can fill the unforgiving minute with 60 seconds of distance run,

yours is the earth and everything that's in it."

Rudyard Kipling

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