



# Forever Run

November 2022

## In This Month's Newsletter:

From the President

Jerry's Run For All Ages

NE 65+ Endorsed Race Calendar

Luncheon Feedback Request

New Members

Obituaries:

- Ron Sanville
- Ray Prest

At the Races

- Maine Marathon & Half
- Cape Cod Marathon & Half
- Oktoberfest 5K
- Great Island 5K
- Fair Election 5K
- Great Bay 5K

100-year-old Completes 5K Race

Running Odds and Ends

Get Involved

Boston Marathon Waivers

Get your 65+ Club Gear

"Run Long, Run Healthy"

Save My Results

Submissions Request and Guidelines



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## From the President:

Greetings Everyone!

To best understand my message this month, think of our organization as a bicycle wheel with a tire, rim, axle and multiple spokes.

Our Webmaster, Bill Cotter, will be stepping down and returning to "civilian life" by the end of the year. During his tenure, Bill has served our Club above and beyond the call of duty. His departure will remove many important spokes from our wheel. We need to replace them asap.

Several members have stepped forward, replacing some, though not all, of these spokes. Leslie Behan will be creating a calendar to help keep track of important Club activities. Donna Sarasin has taken on Strava. Anne Broussard will keep our membership list up to date and add content to the various features on our website, while Jan Holmquist will respond to web-generated questions about our Club.

The biggest challenge, and perhaps the rim of our wheel, will be to replace Bill

as designer and technician for our website. **If any of you have the knowledge and skill to manage a website, or the desire to learn to do so, please contact us.** Bill is willing to help with the transfer of his duties, but as I indicated above, he will be available only until the end of the year!

And that leads us to some other missing spokes of our wheel. Currently, we do not have a Vice President or an Assistant Treasurer. In addition, we are looking for dedicated Club members to fill vacant State Director positions for Rhode Island, Vermont and Massachusetts. All of these are key positions on our Board.

**PLEASE, PLEASE** help us get our wheel repaired by stepping forward to volunteer so that we can roll forward smoothly and safely to better serve our age class in the running/walking/athletic community throughout New England. Thanks!

We are very happy to welcome Don Clukies as a new State Director for Rhode Island. In introducing Don to our Board, Director-At-Large Way Hedding called Don "a perfect fit for our Club." Don has been a member since 2007 and has played a major role in the Rhode Island running community for decades. Again, WELCOME to Don!

The Board also wants to acknowledge and thank our new *Forever Run* Editor, Sam Lewbel, for his editorial and organizational skills in putting together a fact-filled and entertaining newsletter. Great job, Sam, to you and to those who help you with each issue.

As always, I encourage everyone to wear our Club apparel and, as our new member Karen Gillespie has offered, spread the word that **there are 65+ Reasons to Run!**

Happy Trails!

Bob Kennedy  
cell: 508-577-4105  
[osprey02554@yahoo.com](mailto:osprey02554@yahoo.com)



Don't forget to register for our Flagship Race, the  
**20th Annual Jerry's Run For All Ages**  
**November 5, 2022**

Let's make this the best one yet!!  
Bring your friends! Bring your families! We look forward to  
seeing you all there!

**Registration is open:** <https://jerrysrunforallages.ne65plus.org/>

***In-Person Race: Saturday, November 5, 2022***

***Start Time: 10:00 am with a Sunshine start at 9:40 am (only for athletes with a 13-minute pace or higher)***

***Race Location:***

***Lake Quannapowitt, Wakefield, MA 01880 on our USATF Certified Course MA13037JK***

***Virtual Option:*** Run the 5K distance anytime, anywhere from Saturday, October 29 through Saturday, November 5, 2022

***Jerry's Run*** is dedicated to providing a quality race for athletes of all ages and especially for our NE 65+ Runners Club members. The course is a blisteringly fast, flat, and scenic run around Lake Quannapowitt. The race offers 32 cash awards totaling **\$2,800** and a huge raffle for pre-registered runners. The race gives back to the Wakefield Community, providing support for education, active lifestyles, and a healthy environment.

**Race Features important to NE 65+ Runners Club members include:**

1. 5-year age groups for 65+ (unique winter beanie) 3 deep.
2. Discount for 65+ and free entry for 80+.
3. Age Graded Awards for 50+: Top10 male & female **cash awards**.
4. Race Walk/Power Walk Competition: **cash awards**.
5. **Awards for Youngest and Oldest male & female participants.**

***Sign Up*** now for the In-Person Race on November 5th or run virtually from October 29 to November 5 so you support the Club and still get the long-sleeve race shirt.

Bob Kennedy, Co-Race Director  
Jan Holmquist, Co-Race Director

**IF YOU CAN'T RUN YOU CAN STILL VOLUNTEER!**

We still need volunteers to assist with bib and T-shirt pick-up before the race and to help serving Harrow's Pie afterward. Please contact Jan Holmquist if you wish to assist: [j.holmquist@comcast.net](mailto:j.holmquist@comcast.net).

**DON'T FORGET THE RAFFLE!**

We appreciate donations for the raffle. Suggested items include running books, reflective vests, water bottle holders, etc. Younger runners might like small backpacks or small unused water bottles. Please let Byron or Steve know what you are bringing to the race so they can prepare the raffle board in advance.

If you have any questions, please contact either [Byronpetrakis@yahoo.com](mailto:Byronpetrakis@yahoo.com) or [smalynn@hotmail.com](mailto:smalynn@hotmail.com). Thank you! Byron and Steve

**AND A BIG THANK YOU TO ALL WHO HAVE ALREADY  
DONATED ITEMS!**

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Help Us Win on November 13th

**BIGGSteps 5K in Needham, MA  
Final Race in the USATF-NE Grand Prix Series!**

We're looking for Club members to join us at the BIGGSteps 5K in Needham, MA on November 13th. This is the last of the USATF-NE Grand Prix races. Both our men's 70's and 80's teams are leading at this point. With a good showing, we can clinch both at Needham.

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**2022 NE 65+ Endorsed Race**

**Calendar**

By Bill Cotter

These races are committed to the 65+ runner so

***PLEASE SUPPORT THESE RACES!***



November 5 – **Jerry's Run For All Ages 5K**(NE65+ Gold Status), Wakefield, MA. Starts 9:40 AM and 10:00 AM ***This is a Massachusetts Banner Race.***

<https://jerrysrunforallages.ne65plus.org/>

November 24 – **The Whitin Five Mile Road Race**(NE65+ Bronze Status), Whitinsville, MA, Start 8:10 AM

<http://tri-valleyfronrunners.com/whitinfive/whitinfive.php>

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**Did You Attend The Annual Luncheon?**

**No?**

**What Can We Do To Get You To Join Us?**

We are looking for feedback regarding attendance at our Annual Meeting and Luncheon.

We traditionally hold the event from 11:00 to 2:00 on the last Monday in September at Spinelli's Banquet and Events Restaurant in Lynn-Peabody, Mass. Every year we have a notable guest speaker from the world of running. One such speaker was Dave McGillivray, Director of the Beach to Beacon 10K in Maine, and, of course, the Boston Marathon. Another was Amby Burfoot, accomplished Senior runner, author-philosopher, and long-time editor of *Runner's World Magazine*.

The Board is anxious to increase attendance at this most-enjoyable session of fun, friends, and good dining. For those who attend it is a highlight of the year. However, some have expressed reservations regarding the day of the week, time of day, and/or location of the event.

If you have not attended, we would like to know why, and most importantly: What can we do to get you to join us?

- Would holding it in the spring be better than in the fall?
- Would a different location be preferred? (If so, do you have a suggestion for a restaurant or banquet facility?)
- Would Saturday (or Sunday) be better than Monday?
- Was the traveling distance to Spinelli's too far?
- Is there something else we haven't thought of?

Please email me with any thoughts and suggestions you may have!

Clayton 'Zeke' Zucker, Club Vice President:  
[zekezucker@yahoo.com](mailto:zekezucker@yahoo.com)

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## Please Welcome Our Newest Club Members!

**Tom Amend** (Gloucester, MA)

Started training seriously in my mid-fifties, so far 21 marathons, 9 at Boston.

**David Theoharides** (South Deerfield, MA)

Mostly a marathoner and trail runner. Doing 13th consecutive Boston in April. Have done many 5 & 10K's. Treasurer of the Sugarloaf Mtn. Athletic Club.

**Kathy Kellman** (Andover, MA)

I started running in 1982; my first race was a women-only 5K in Lexington Kentucky in 1983. Since then I never stopped except for temporary injuries, including finishing two marathons and one 17-miler in the Swiss Alps.

**Bob Neil** (Long Meadow, MA)

50+ years competing, still running races. Ran both collegiate & post-grad.

**Peter McDonough** (Manchester, NH)

Running races since 1975.

**Sherrie Gadd** (West Newbury, MA)

Been doing the Seacoast Series as a walker since 2014.

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**Ron Sanville, 2022 Lou Peters Longevity  
Award Winner Passes at Age 93**

Ron Sanville, this year's recipient of the Lou Peters Longevity Award, has passed away. Ron, 93, and his wife, Rita, had expected to attend the Club luncheon but Ron fell several days before the event and was unable to attend. Ron received the award for continuing to be active well into his 90s. He loved to run, but in recent years when he could no longer run, he walked up to 23 miles from Haverhill to Hampton Beach. In recent months, he could be seen with a caregiver going up and down his street with his walker. Last year at Jerry's Run For All Ages, he was the oldest participant and placed first in his age group. Ron was a role model for all!

Here's a link to Ron's obituary  
<http://comeaufuneral.com/obituary/ronald-j-sanville/>



**At 92, Ron Sanville, #80 was the oldest finisher and 90-94 age group winner at the 2021 Jerry's Run For All Ages.**

photo by Leslie Behan

## Ray Prest - Won His Final Race at 83



**A winner to the end, Ray took gold at the Connecticut Senior Games this past August, his last major race.**

Photo by John Minnervino

Here's a link to Ray's obituary  
<https://www.legacy.com/us/obituaries/hartfordcourant/name/raymond-prest-obituary?id=36835203>

The Connecticut running community lost a popular and modest champion this month. "The Fast Old Dog," Ray Prest, has passed at 83.

A quiet advocate for older runners, Ray led by example for decades. If he couldn't run, he walked or cheered for others. It often seemed that every senior competitor in the state knew or had been encouraged by Ray.

A soft-spoken but determined competitor, even after fighting off cancer in his late 70s, Ray set three state age group track records and was ranked the #1 80-84 miler in the U.S. in 2021.

Thanksgiving would have been Ray's 40th Manchester Road Race. He won his age group in both 2019 and 2021. Ray was a founding member of the "Running Amigos" an informal group of senior runners and walkers that includes several 65+ Club members.

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# NE 65+ RUNNERS AT THE RACES

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## Maine Marathon and Half

The Gorham Savings Bank Maine Marathon/Half Marathon was run in Portland on October 2nd. Of the 747 finishers in the full marathon, twenty-four were aged 65 or over including the winner of the 80+ division Phil Pierce. In the 65-69 division, Floyd Lavery took 3rd and Bob MacKinnon 4th.

NE 65+ Club members dominated their divisions in the half-marathon where Jerry LeVasseur took 1st in the 80+ division. Zeke Zucker was 1st and Terry Clark 3rd in the 75-79 division, Martin Donlon was 1st, Ralph Carmona 2nd, and Bill Vickerson 11th in the 70-74 division. Ernst Linder was 1st in the 65-69 division.

On the women's side of the half-marathon, Jan Brett was 1st, Sue DuBois 5th, and Margaritt McNulty 6th in the 70-74 division.

In all, thirteen Club members took part.



(L-R) Floyd Lavery, Bill Vickerson, and Martin Donlon

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## In the Rain and Wind at the Cape Cod Half Marathon

Had there been divisions past 70+ at the Mayflower Wind Cape Cod Half Marathon on October 8th, Barbara Belanger would have easily won her's. But, at age 85, racing through remnants of Hurricane Ian as it brushed by Falmouth, MA, her run was anything but easy.

In her own words, "I for one, have never run in such challenging conditions. The rain had begun before the 8 am start so any thoughts of keeping dry went right out the window.



photo by G. Belanger

Running along the shore we were met with wind-driven rain. Soaked to the skin, I couldn't wait for the turnaround at mile 7 to have the wind at my back. By then, the puddles had become obstacles to overcome. Some ankle-deep, they extended across the road with no way to avoid them. It was like running through the surf."

While, no thanks to Storm Ian, her goal of three hours was not to be, under the circumstances, Barbara was not disappointed with her 3:12. She expressed her "admiration and thanks to all the volunteers who staffed the water stations for up to 4 hours. Wet as they were, they were upbeat and encouraging."

Also braving the storm and placing 8th in the 70+ division was Joanne Morris while Betsy Knapp placed 2nd in the 70+ division of the 5K.

In the men's half-marathon James Walsh finished 3rd in the 70+ division and Kevin Colby 35th in the 60+ division.

On Sunday, under drier conditions, Paul Funch won the full marathon for men 70+ in an excellent time of 3:30.

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## Oktoberfest Time in New Hampshire

The NE 65 Plus Runners Club was well represented at the JP Pest Services Oktoberfest 5K in South Manchester, NH on October 8th.

On the women's side, Donna Sarasin was 1st in the 70-74 group, followed by Susan Lovering in 2nd.

In the 65-69 group Cathy Coutu took 2nd and Ann Tassinari 6th.

In the men's race, new Club member Peter McDonough was 1st and Shu Minami 2nd in the 80+ group. James Lovering was 2nd and Dan Dodson 3rd in the 75-79 group. In the 65-69 division Dick Jardine was 2nd, Adam Nisson 4th, and Chuck Adams 6th.



(L to R) Peter McDonough, Daniel Dodson and Shu Minami

photo by Yuki Chorney



(L-R) Top: Dick Jardin, Susan Lovering, James Lovering, Bottom Adam Nisson, Cathy Contou, Ann Tassinari.

photos from Autofair



## The Great Island 5K

On a bright blue Sunday morning, the 9th of October, the 28th Annual **Great Island 5K** was run in New Castle, NH. **This Gold Status NE 65 + Endorsed Race** included 448 runners and walkers aged 8 through 85. Nineteen Club members participated this year, winning or placing in eight different divisions.

For women 65-69: 1st was Geri Clifford (25:21), 3rd Vicki Miller (28:06), 10th Diane Levesque (42:24), and 13th Ann Tassinari (43:43). Donna Sarasin (26:59) again led the 70-74 group with Terry Lee Harrington (43:27) finishing 5th. Faye Gagnon (33:43) won the 75-79 division.

For men 70-74: 1st was Bob Kennedy (25:55), 2nd Tom Miller (26:04), 8th Doug Zechel (33:56), and 9th Dan Battle (34:10). 75-79: 1st was Robert Murphy (25:31), 2nd Charlie Farrington (29:25), and 9th Dan Dodson (48:51). 80-84: 1st was Mike Lozan (36:04) and 2nd Peter McDonough (37:59). 85-89: 1st Robert Randall (39:46).

In the 5K race walk, Jay Diener (34:13) was 1st for the men while Anne Broussard (38:14) was 4th for the women.



## The Fair Election 5K

Fair Election 5K was run on Sunday, October 23rd in Falmouth, Maine. The race was dedicated to former NE 65+ Club member John Howe with donations going to the Sons of the Amvets Post 25 in Falmouth. Seven members of The NE 65+ Club ran, taking first place for a club team.



(From L. To R.). David Colby Young, Allyn Genest, Bob MacKinnon, Mike Nixon, Jerry LeVasseur, Bill Vickerson, and Bob Randall.

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## Great Bay 5K

Twenty-six NE 65 Plus runners took part in The Great Bay 5K in Stratham/Greenland, N.H. on October 29th. The Club took home numerous individual awards as well as both the Men's and Women's Team awards.

The Great Bay 5K is **New Hampshire's Club Banner Race** and a **NE 65+ Gold Status Endorsed Race**. Proceeds from the race benefit conservation, education, and research for the Great Bay/Piscataqua River Watershed and Estuary.

The race is the 7th and final leg of the Seacoast Road Race Series and features a "wicked fast" course of which Club members took full advantage, winning seven of the nine 5-year age groups in which they were entered and both the Men's and Women's Team awards.

Team scoring is cross-country style, based on five scorers within their 5-year age groups, with the lowest score winning (1st place age group finisher earns 1 point, 2nd place earns two points, etc.). A team with winners in multiple age groups has the best chance.

The NE 65+ Men's Team took full advantage, as Club members took first in five different age groups and dominated the overall scoring in most of them: M 65-69 1st Ernst Linder, 8th Rick Werhahn; M 70-74 1st Bob Lemaire, 2nd Tom Lubas, 4th Charlie Zerbinopoulos, 5th Tom Miller, 7th Bob Mair, 9th Gary Rohr, 11th Daniel Battle, 12 Stephen Halsey; M 75-79 1st Robert Murphy, 4th Zeke Zucker, 5th Curtis Lintvedt, 7th Thomas Wylie; M 80-84 1st Philip Pierce, 2nd Peter Bresciano; and M 85-89 1st Robert Randall.

The NE 65+ Women's Team used a combination of three 1st place scores and a pair of seconds to bring home their Team Championship. F 65-69 1st Geri Clifford, 2nd Sinthy Kounlasa, 4th Vicki Miller, 8th Anne Broussard; F 70-74 1st

Linda Jennings, 2nd Donna Sarasin, 3rd Judi Lemaire, 7th Sherrie Gadd; F 75-79 1st Faye Lowrey, 2nd Faye Gagnon

In addition to the team and individual running awards, Club race walkers dominated that event as well, putting three members in the top five overall: 1st Sherrie Gadd, 3rd Anne Broussard, and 5th Peter Bresciano.

In the mixed gender (3 men and 3 women) team competition for the Oyster Cup, The NE 65+ Team finished fourth of eight to some decidedly younger competition as these scores were based on overall time. Not bad considering there were over 800 entrants in this year's race.



## 100-Year-Old Completes 5K Road Race

The NE 65+ Runners Club is pleased to recognize Marion "Mic" Roberts as an honorary member.

In August, Roberts celebrated her 100th birthday by completing the Haddam Neck Fair 5K in Haddam, CT.

Roberts told *Hartford Courant* reporter Lori Riley that she first did the race last year at age 99 because "it sounded like fun". This year, sporting a special number "100" race bib, she set out to compete again and win the 80+ division for a



Photo by Lori Riley Hartford Courant

second time.

A former dance instructor and golfer, Roberts tries to stay active, especially by walking.

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## RACING ODDS AND ENDS



Congratulations to **Sinthy Kounlasa** who not only ran three marathons in October but also traveled the furthest of any Club member to do so! Sinthy completed The Loco Marathon in Newmarket, New Hampshire, The Baystate Marathon in Lowell, Massachusetts, and The London Marathon across the pond in London, England. As if three marathons weren't enough, Sinthy finished up the month by running the Great Bay 5K and the Seacoast Half Marathon this past weekend!

photo by Debbie Folsom

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**Fall Marathoners** - According to our latest count, 13 different Club members have run a marathon or two (or three!) so far this Fall. In the December issue of *Forever Run* we would like to acknowledge all of you.

If you have (or will soon) be doing a full 26.2 mile marathon, please drop us a note so we can include you. Please send photos and results to [slewb@yaho.com](mailto:slewb@yaho.com)



## Always Good Advice!

Photo by Zeke Zucker

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**Newton Baker** placed 45th overall and second in the 80+ division at “A Race For All Ages,” a unique ultra-event held over three days in Manchester, Tennessee. The winner is based on how many laps one can run on a mile circuit in 40 hours. Runners over 40 are allotted an extra hour for every year they have lived over 40. At age 80, Newton ran 103 laps using 75:50 of his 80 allotted hours. That means he ran 103 miles in three days on almost no rest.

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**David Theoharides**, one of our very newest members, celebrated joining NE 65+ Club by winning his division in the Happy Valley Half Marathon in Florence, MA. Here he is with his "cheering squad grandkids."



The **Mt. Desert Island Marathon and Half** is advertised as the “Most Scenic” race in the Northeast. Four Club members ventured to Acadia National Park on October 16 to run the hilly half. Yuen Chun & Zeke Zucker (left) reported that the weather was "chilly," and the scenery “gorgeous.” Other than a few traffic snafus, the race lived up to its billing. The family duo of Susan and James Lovering also ran the MDI half placing 2nd and 3rd respectively in their divisions. Susan Lovering came back on the 28th to win her division in the Franconia Notch Half Marathon.

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**Trail running** John Goldrosen took 1st in the 70-79 division of the ten-mile Busa Bushwhack in Framingham, MA on Sunday while Rich Busa, for whom the Bushwhack is named, celebrated his 93rd Birthday!



(top) John Goldrosen at the Busa Bushwhack (Right) Rich Busa between Ted and Mary Tyler.



**For Bob Kennedy, October was a month for the Record Books!** Not only did Bob take over as President of the NE 65 Plus Runners Club, but he also set two New Hampshire state records and directed a great race at the Great Bay 5K. On October 23rd, Bob set a record for New Hampshire 74-year-olds at the Loco Marathon and qualified for Boston with a time of 4:17:49. A week later he set another state age group record of 1:54:54 at the Seacoast Half Marathon. Congratulations Bob!



If you have news, race photos or other "odds and ends" to share, please send them to the *Forever Run* Editor Sam Lewbel. [slewbel@yahoo.com](mailto:slewbel@yahoo.com)

## GET INVOLVED!

**We can always use more help!**

Want to get more involved in the NE 65 Plus Runners Club? We can always use more help on both long-term and immediate projects.

- The **Board of Directors** currently has an opening for **Vice President** and an **Assistant Treasurer**.
- We are also looking for **State Directors** for **Rhode Island, Massachusetts, and Vermont**.
- **Web Administrator** and **Assistants** for various tasks related to the upkeep of the Club's webpage.

Please visit our website for a listing of our Board of Directors and the various committees working to support the many services we offer to our members. Contact a Club Officer or Director in your area of interest for details.

Links:

[NE65PlusRunnersClub - Club Officers and Directors](#)



## Reminder: Boston Marathon Waivers Due

If you wish to be considered for a marathon waiver, email Stephen Viagas [stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com). Be sure to incorporate the points outlined for consideration on the Club website. <https://www.ne65plus.org/member-info/boston-marathon-lottery>

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## GET YOUR NE 65+ CLUB CAP OR JACKET

What's the best way to promote our Club and meet fellow members?  
Wear your gear at races!  
Available on our website here:

[NE 65+ store](#)



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## SAVEMYRESULTS.COM

**Please Join Us**

By Bill Cotter

We encourage all members of the NE 65 Plus Runners Club to join **SaveMyResults.com**. Save your race results and keep track of your PR's by 5-year age groups. With your help, we can drive up our club race results numbers to demonstrate how active our 65 Plus runners are.

**SaveMyResults.com** is a free site that lets you record and track your PR's for each new five-year age group. You can use it to enter all your race results from any year. It is also used by Running Clubs to report on race results for all members. This makes it easy for you to compare your results for a race to the results of other club members who ran the same race.

To get started, use the following link: [SaveMyResults.com](https://www.savemyresults.com)

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# "Run Long, Run Healthy"

## Amby Burfoot's e-news

Legendary Boston Marathon winner (1968), former *Runner's World* editor, and **New England 65+ Runners Club** member Amby Burfoot publishes an online newsletter *Run Long, Run Healthy*, in which he distills the important findings of the most up-to-date scientific research on all aspects of running, training, injury prevention, nutrition, etc. You can subscribe to Amby's newsletter or read his latest entries at the link below.

[Run Long Run Healthy Archive](#)

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## We Want Your News & Race Photos

### A note from the editor

Running a race this weekend? Volunteering? Or just cheering on friends? Remember your cell and please snap a few photos. Especially for Club Banner and Endorsed Races, we appreciate photos and if possible a brief write-up.

Please include the photographer's name and the names of those in the photo. Send submissions to [slewb@yaho.com](mailto:slewb@yaho.com)

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## Submission Guidelines for *Forever Run* e-newsletter

*Forever Run*, our monthly e-newsletter, supports the purposes of the New England 65 Plus Runners Club to:

- Inspire athletes in the 65+ community to participate in running and walking activities, **regardless of their ability.**
- Encourage races that meet the criteria of the Club's Endorsement Program to include: 5-year age groups for 65+ athletes, age-graded results/awards, and discounts to 65+ registrants.

*Forever Run* will publicize all Club news and events including:

- Races endorsed by our club
- Our State Banner Races
- Our Club's Flagship Race - Jerry's Run For All Ages 5K
- Regional and national team competitions in which we field a team. (i.e. USATF-NE Grand Prix)
- Races of regional or national importance (i.e. Boston Marathon)
- Races that meet our club's goals
- Our annual luncheon
- Committee meetings
- Calendar of upcoming club activities

*Forever Run* will include:

- Feature stories (500 words or less) on individual members, club events, training, and health advice (by professionals), focused on helping individuals 65+ to remain active.
- General submissions (250 words or less) including race reports, and the individual efforts, activities, and achievements of club members understanding that not all of us are still competing.
- Photos (strongly encouraged) of club members as groups or

individually, running, walking, volunteering, cheering, and/or supporting club activities. (Please identify those in the photo. If you did not take the photo yourself, please obtain permission for its use and credit the photographer.)

All Club members are encouraged to submit articles, individual results, and photos from races outlined above, whether the members are runners, walkers, supporters, or volunteers. Send all submissions, inquiries or comments to the editor Sam Lewbel: [slewb@yaho.com](mailto:slewb@yaho.com)

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## The NE 65 Plus Runners Club is on Facebook too!

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

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### Quote of the Month

*Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.*

*- Peanuts Creator Charles Schulz*

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