

From: NE 65+ Runners slewbel@yahoo.com@ccsend.com
Subject: Your October Forever Run
Date: October 1, 2022 at 7:04 AM
To: slewbel@yahoo.com

NR



Forever Run

October 2022

In This Month's Newsletter:

From the President
The Annual Club Luncheon
Jerry's Run For All Ages
NE 65+ Endorsed Race Calendar
New Members
At the Races

- A Rainy Run to Serve 5K
- Randall's Run
- Halfway to St. Patricks Day
- Lone Gull 10K
- The GNOCA 5K Run/Walk
- Marathoning in San Fran

Boston Marathon Waivers
Get Involved
Get your 65+ Club Gear
"Run Long, Run Healthy"
Save My Results
We Need Race Results & Photos



From the President:

Greetings Forever Youngsters!

Talk about “Jumping Out of the Frying Pan and into the Fire!” Me President?
You have to be kidding!

Seriously though, since this is my first Presidential Address, I want to express how honored I am to have been elected as your new President. Our former presidents and boards – huge THANKS to all of them - have built an amazing organization that easily can be a blueprint for other regions of the US and around the world.

Personally, I love this Club and what it means to the running/walking/fitness community. We are now nearly 800 members strong, cover all the New England States, and have a Board consisting of 27 individuals including past Presidents and at least 2 Directors from each state, 3 at-large Directors, and 14 committees. For an organization this big and complex, it takes many dedicated individuals to serve our members and promote our purpose. No one individual or small group of individuals can do this alone. We all have other lives, but if you believe in what we are about, please step forward and volunteer to help make our Club as strong as it can be. Please go to Club Information <https://www.ne65plus.org/club-information> on our website and review the board and committees and let us know where you can help. If you do not come to us, don't be surprised if we come to you!

Our members are proof that an active lifestyle does not have to end, until the end! Let's come up with a slogan for the Club that motivates all of us, regardless of speed or ability, to continue to participate in the sport we love. Here are a few “light” suggestions:

- Fun, Friends & Fitness
- Staying Upright and Moving Forward
- 65+ and Staying Alive

Please offer additional options, whether humorous or serious, and we can select one down the road.

You may not hear from me in every future *Forever Run* newsletter – instead of writing, I would rather be running, walking, snowshoe racing, skiing, hiking, biking, chasing after grandchildren, etc. *Forever Run* will contain all the information and inspiration you can possibly want or need. But when there is something important to say, you will hear from me.

In closing, I encourage each of you to be a Club Ambassador by wearing our apparel at races both in and outside of New England, by promoting fitness and fun among seniors, by recruiting new members, and by encouraging all races/athletic events to offer five-year age groups for 65+ athletes.

Happy Trails to You!

Bob Kennedy
cell: 508-577-4105
osprey02554@yahoo.com

The Annual Club Luncheon

Passing The Gavel

Outgoing Club President Steve Viegas welcomed all in attendance and, as the first order of business, ceremonially passed the gavel to incoming President Bob Kennedy.

In his brief remarks, Bob promised to continue the Club's purpose which is to encourage those who are sixty-five plus to stay active, by running if possible, but also by walking, volunteering, and supporting Club activities.



Our Guest Speaker Dr. Elaine Doll-Dunn

Our guest speaker Dr. Elaine Doll-Dunn had the entire room laughing from her very first story, about mistaking a plumbing fixture for a lost wedding band.

A veteran of 38 years in education, she has run over 50,500 miles since taking up the sport 45 years ago. Dr. Doll-Dunn has climbed Mt. Kilimanjaro, conquered Devil's Tower, and completed 125 marathons. Sharing the benefits of her 85 years of experience, she entertained and inspired us with advice such as, "Once you complete a marathon you realize there is nothing you can't do," and "The best part is the people you meet along the way" because they wind up helping you, "in ways, you didn't even know you needed help."

She urged each of us to inspire and be a teacher to the younger people around us. "Life is a marathon of ups and downs, sudden curves, and speed bumps. It is not only difficult, it is impossible, but we do it one mile a time."

If you have feedback or comments for Dr. Doll-Dunn she can be reached at edoll@rushmore.com.

Bob Kennedy Inducted into NE 65+ Runners Club Hall of Fame

In addition to his new position as Club President, Bob Kennedy was also this year's inductee to the NE 65 Plus Runners Club Hall of Fame. Jan Holmquist reminded us of just a few of Bob's numerous accomplishments and contributions to the running community. These include 215 Marathons, 36 Ultras, sub 4-hour Marathons in 48 states, and 35 triathlons, including an 8th place finish in the 2008 Half Ironman World Championship.

A leader in the running community, Bob has USATF certified over 150 race courses and both founded and served as race director for five different marathons along with many smaller races, including our upcoming Jerry's Run For All Ages in November.

As a fundraiser, Bob has collected over \$70,000 for charities including The St. Jude's Children's Research Hospital, Dana Farber, The American Liver Foundation, The Cincinnati Museum of Natural History, and others.



Two Hall of Famers Remembered

Phil Pierce invited nominations for next year's Hall of Fame and acknowledged the passing of two members.

Harry Carter, who died this past June, was 85. It was noted that at age 80 Harry was still running 5Ks in 24 minutes and set a 5-mile World Record for 83-year-olds in 2020.

Bill Trihou died in February at age



Bill Hisea died in February at age 101. Bill, a former All-American at UConn, was still doing 5Ks in Connecticut well into his 90s.



Lou Peters Award to Ron Sanville

Leslie Behan presented the Lou Peters Award for longevity to Ronald Sanville. Unfortunately, Ron (pictured below surrounded by his family) could not attend due to a recent fall. Among his many accomplishments Ron, now 93, was the oldest participant in last Fall's *Jerry's Run For All Ages*.



Rev. Shea Award to Charlie Farrington

Jan Holmquist presented the Rev. Shea Award to Charlie Farrington for his service to The NE 65+ Runners Club. She noted just a few of the many things which Charlie regularly does for the Club such as setting up at *Jerry's Run for All Ages* or ordering the plaques for the Hall of Fame.



She noted that he even had to order his own plaque for the award, to which Charlie quipped, "At least I know my name will be spelled right this time." He also humbly thanked everyone, adding that he was "honored to have been nominated."

Doug Zechel Recognized as Race Director of the Year

Back in 1977, Doug Zechel started the Saunders Road Race in Rye Harbor, NH. Held on a Thursday evening in August, now in his 46th year, Doug is the third longest serving race director in New England. In a unique, old-school twist, when completing the race each runner receives a stick which they must turn in to get their race shirt. With his characteristic humor, Doug noted that, "You have to earn your shirt." But, he added if you are over 70 you will get it regardless because, in his words, "You deserve it!"

In appreciation of Doug's years of service, Vicki Miller collected shirts from each year's race and made them into a pair of quilts for Doug.



Photos by L. Behan & S. Lewbel

New England
65 Plus
Runners Club

Jerry's

RUN FOR ALL AGES 5K

The logo for Jerry's Run For All Ages 5K features a blue semi-circle containing silhouettes of five runners of various ages (a child, a young person, an adult, and an older person) running on a green path. Above the runners are three sailboats on a blue background. The text "RUN FOR ALL AGES 5K" is written in a large, bold, black font across the top of the semi-circle.

Lake Quannapowitt
Wakefield, MA

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

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.

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 or smalynn@hotmail.com. Thank you! Byron and Steve

2022 NE 65+ Endorsed Race

Calendar

By Bill Cotter

These races are committed to the 65+ runner so

PLEASE SUPPORT THESE RACES!



October 9 – **Great Island 5K** (NE65+ Gold Status), New Castle, NH, Start 10 AM

<https://www.greatisland5k.org/>

October 29 – **Great Bay 5K** (NE65+ Gold Status), Stratham/Greenland, NH, Start 10 AM ***This is a New Hampshire Banner Race.***

<https://greatbay5k.org/>

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://whitinfive.com/>

Please Welcome Our Newest Club Members!

Stephen Halsey (Stratham, NH)

Ran over 600 races over the past 20 years in MN

Kimberlie Flowers (Newburyport, MA)

I have been running since 1987, some years more than others, but still, I try to get in 15-20 miles a week, not fast but consistent!

Bob Lemaire (Wolfeboro, NH)

Road racing for 40 years, 5K-marathon.

NE 65+ RUNNERS AT THE RACES

A Rainy and Wet "Race To Serve" 5K

The **Race to Serve 5K** is a [NE 65+ Runners Club-endorsed Silver Status race](#) that was held on Labor Day in Rochester, New Hampshire. After a summer-long drought, the first major rainstorm of the season happened to arrive just in time for the race, now in its second year.



While the weather, undoubtedly hampered turnout, the rain did not dampen the spirits of the 61 finishers including the NE 65+ Club's Dan Dodson who took first place in the 75+ division.

"It was actually fun out there in the rain," said Dan D. seen here crossing the finish line in 41:46, good for 41st place overall in a race that included runners aged 11 through 86.

Randall's Run for the Gym 5K

Randall's Run for the Gym 5K is a [NE 65+ Runners Club-endorsed Bronze Status Race](#) that was held in Springvale, Maine on September 3rd. Well supported by the Club, fifteen of the seventy-seven finishers were NE 65+ Club members. The race supports the Nasson Community Center and Little Theatre.

Club finishers for the men included Phil Pierce 2nd (80-84) 33:36, Bill Reilly 1st (75-79) and 19th overall 25:10, Robert Murphy 2nd (75-79) 25:18, Charlie Farrington 3rd (75-79) 29:45, Tom Miller 1st (70-74) 25:59, Bob Dunfey 2nd (70-74) 26:10, and Dan Dodson 1st (75-79) 25:10.

(70-74) 28:18, Howard Spear 4th (70-75) 40:49, Bill Vickerson 5th (70-74) 45:07, Bob MacKinnon 1st (65-69) 23:46 and 15th overall, Rick Werhan 2nd (65-69) 26:13 and David Colby Young 3rd (65-69) 29:00.

For the ladies Margaritt McNulty 1st (75-79) 30:50, Carol Weeks 1st (70-74) 27:00, and Vicki Miller 1st (65-69) 28:07.



NE 65+ members came out in force to support Randall's Run, a Club endorsed race.

**Left:
(L to R) Phil Pierce, Carol Weeks, Bob MacKinnon, and Charlie Farrington**

**Below:
L to R: Howard Spear, Bob Dunfey, and Bill Vickerson**

Photos by Don Penta,
courtesy David Colby Young,
Maine Running Photos





Half-Way to St. Patrick's 5K & 10K

A large contingent of NE 65 + Club members enjoyed a bright sunny day for the Half-Way to St. Patrick's 5K & 10K in Manchester, NH.

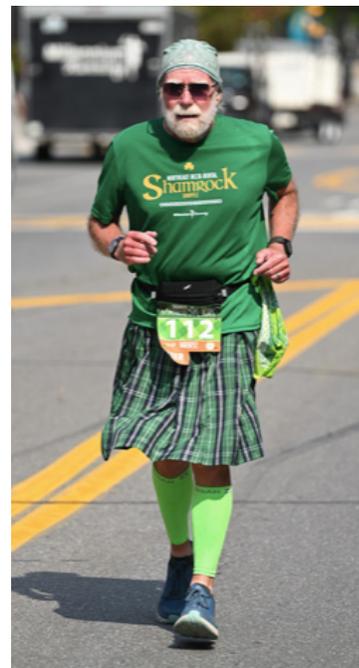
In the 5K, Catherine McDermott (70-74), Dan Dodson (75-79), and Shu Minami (80-85) each took third place in their respective divisions, while Ann Tassinari took fifth in the tough 65-69 age group.

In the 10K, for the 70-74 division Donna Sarasin finished 1st and Susan Lovering 3rd among women while James Lovering took 2nd for the men. In the 65-69 group, Kevin Dunkin placed second.



Photo by Mary Minami

Shu Minami and Dan Dodson wearing the green at race time. Shu finished the 5K in 38:17 while Dan D. came in at 47:42.



Above L-R: 10K finishers Donna Sarasin 56:33, Susan Lovering 1:20:48, and James Lovering 1:25:36.

Below L-R: 5K finishers Catherine McDermott 50:03, Ann Tassinari 40:46, and 10K finisher Kevin Dunkin 58:27.

Race photos compliments of Autofair



Lone Gull 10K

USATF-NE Grand Prix Update

by Zeke Zucker

Just this past weekend, our Club runners were toeing the line at the Lone Gull 10K in Gloucester, Mass. This was the 6th of 7 events in the USATF-NE Grand Prix series. On yet another excellent day for racing, NE-65+ fielded no less than ten runners and competed well.

In the team competition, our men's 70's team placed second, behind the Greater Lowell Road Runners. Bob Kennedy was first for the team, followed by Steve Viegas and Tom Miller.

Our team added 4 more points to their series count, bringing their total to 19. GLRR added 5 points to their previous 8 for a third-place series total of 13. In the meantime, Cambridge Sports Union, which had previously earned 15 points, and presented the greatest challenge to win the series, failed to field a team of 3, and remained at a total of 15 points, in second place.

Doing the math, the most that GLRR could amass would be 18, if they win the last event in November. CSU has a slender chance, in that they could get to 20 points with a win in the November 5K. All we have to do is earn 2 points in order to take home the trophy, which could be done by placing at least 4th next time. Normally there are only two or three total finishing teams in the division, so our chances look pretty good.

All of that having been said, this is how our Club mates performed individually on the 25th:

- In the women's 65-69 division Vicki Miller placed 6th and Anne Broussard placed 8th. In the men's 65-69, Adam Nisson placed 8th.
- In the men's 70-74, Bob Kennedy was 5th, Steve Viegas. 6th, Tom Miller 7th, and Tom McMahon 8th.
- In the men's 75-79, John Hackney took 1st, Rob Knight was 3rd, and Rich Paulsen 4th.
- Our ever-stalwart Phil Pierce took the honors in the 80+ division.

Several NE 65+ members also were competing for other clubs. They included John Barbour who won the 65-69 division, Stavros Kanaracus, 2nd in the 75-79 division, Tom Lubas, 6th in the 70-74 Division, and to no one's surprise, Jan Holmquist, maintaining an impressive 8:09 pace, placed first in the women's 70's division.

Now it's on to the BiGGSteps 5K in Needham, MA, on November 13th to wrap up the series.



L to R - Bob Kennedy, Anne Broussard, Steve Viegas., Rob Knight, Jan Holmquist, Tom McMahon, Vicki & Tom Miller.





L to R - Bob Kennedy, Jan Holmquist, Adam Nisson and Steve Viegas

The GNOCA 5K Run/Walk

The Greater Newburyport Ovarian Cancer Awareness (GNOCA) 5K Run/Walk in Honor of Jackie Poor and Paula Holm is a [NE 65 Plus Runners Club Bronze Endorsed Race](#) that was run on September 25th in Newburyport, MA.

The race and walk sponsored by GNOCA had 195 finishers of whom 42 or one-fifth of the total number were aged sixty-five or over, supporting the NE 65 Plus Runners Club goal of encouraging those 65+ to remain active either as runners or walkers.



Among the participants were two Club members. Ted Ruetenik was second in the men's 70-74 age group with a fine 26:43 time and Leslie Behan (sporting the NE 65+ cap at right) was first in the 65-69 women's age group in 28:28.

Marathoning In San Francisco

by Lynn Nill

This summer I turned 70, a new age group, and decided to try the San Francisco Marathon, a new race. The results surprised me. Every marathon presents new challenges and running in San Francisco is different from running in New Hampshire.

Unlike New England, even summer in San Francisco is usually cool. It is also hilly, very hilly, especially at the intimidating switchbacks leading up to the fog-shrouded Golden Gate Bridge where it is cold and windy.



There is a long downhill from the bridge into Sausalito, but it is hard to enjoy, as we soon climb back up the bridge and across the Bay where we drop down to the Presidio near the halfway mark and the hills of Golden Gate Park.

Around mile 19 we leave the park, turning down Haight Street, of hippie fame, and then through the ups and downs of the Mission District. I still felt pretty good at that point, so I pushed it a little hoping to break 5:30 and qualify for New York.

At Potrero there are some major downhills, which surprisingly didn't hurt. A brewpub was offering free beer, which of course, I had to taste. The sun came out as we neared the Chase Center, home of the Golden State Warriors. It actually felt good but I was glad we only had to run in it for a few miles. Pushing the last mile, I finished in 5:28:30, good enough for New York.

I have to credit and recommend my training plan, "The Luke Humphrey's Marathon method." A cousin of the "Hanson Marathon Method," it focuses on quality runs, rather than long runs, maxing out at 16 miles. Every run has a specific purpose, and when you run those 16-milers, your legs feel like you are running the last 16 miles of a marathon.

The only surprise of the day came when I checked the results - I had won my new age group! I'd never done that in a marathon before. I came in second once in the Manchester, NH marathon, but that was a much smaller race. San Francisco may not be a good choice to qualify for Boston, but it is a well-run, challenging, and interesting marathon.

It is Boston Marathon Waiver Season

The Number of Waivers is Limited But Apply If You Are Interested

by Steve Viegas

The B.A.A. gives only a limited number of waivers to charities and affiliated running clubs such as the NE65+RC. These waivers allow entry into the marathon without a qualifying time. I have been asked to chair our Club's waiver selection committee.

Initially, for 2020 our Club received six waivers, but then, the marathon was canceled due to COVID. When the race was finally run in October 2021, the B.A.A. reduced the field, granting us only one waiver. We thought this reduction was a one-off due to the pandemic. But, for 2022, we were notified that organizations receiving waivers would have the same number as they had for the delayed October 2021 marathon. This meant we would receive only one waiver. I fought this decision but was turned down without explanation.

I enlisted a former president of the B.A.A. for our cause, but even with her influence, the B.A.A. held firm. My B.A.A. friend showed our Club great sympathy and generously gave us one of her personally allotted waivers. We thus had two waivers for the 2022 marathon.

I have completed and submitted our application for the 2023 marathon. The B.A.A. said that applications will be closely examined, with possible additions for those closely aligned with the B.A.A. mission. I had earlier solicited information from our members about their marathon volunteering history which I incorporated into our application. Until the B.A.A. responds, we don't know how many waivers we will receive.

If you are interested in applying for a waiver, please consult the following link on our website and draft an email incorporating how you meet the guidelines. <https://www.ne65plus.org/member-info/boston-marathon-lottery>

In 2022, due to a clerical error, our committee bypassed a highly qualified candidate. We have decided that this applicant will receive one of our waivers for 2023, even if we again only receive one.

NE65+RC's marathon selection guidelines state that priority will be given to those who were unable to receive waivers in the past. So, even if you are unsuccessful this year, your application will put down a marker of your interest for future years. Thus, if we receive only one waiver, your application this year will not necessarily be in vain. I encourage you to apply if you have a strong interest.

Please send your application to me at stephenviegas@hotmail.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 an **Assistant Treasurer**.
- We are also looking for **State Directors** for **Rhode Island, Massachusetts, and Vermont**.

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](#)

[NE65PlusRunnersClub - Committees](#)

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](#)



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

"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](#)

We Need Your News & Race Photos A note from the editor

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

If you send photos please include the photographer's name and the names of those in the photo.

Sam Lewbel slewbel@yahoo.com

**The NE 65 Plus Running Club is on
Facebook too!**

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

Quote of the Month

If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but by all means keep moving.

Dr. Martin Luther King Jr (October 26, 1967)

President: Bob Kennedy
osprey02554@yahoo.com

Vice President : Zeke
Zucker zekezucker@yahoo.com

Treasurer: Donna Sarasin
suntattu@aol.com

Secretary: Leslie Behan
Leslie.Behan@gmail.com

Newsletter Editor: Sam Lewbel
slewbel@yahoo.com

Newsletter Advisor: Donna Sarasin
suntattu@aol.com

Newsletter Advisor: Jan Holmquist
j.holmquist@comcast.net

SaveMyResults: Bill Cotter
savemyresults.com



NE 65+ Runners | 74 Prescott St., Nashua, NH 03064

[Unsubscribe slewbel@yahoo.com](mailto:slewbel@yahoo.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by slewbel@yahoo.com powered by



Try email marketing for free today!