



Forever Run

September 2022

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Bob Kennedy, Sinthy Kounlasa, Donna Sarasin, Ernst Linder & Stephen Viegas last week at the Auto Fair 10-Miler.

From the President:

Friends,

This is the last of my letters for *Forever Run* as president. At our luncheon on September 26th, at Spinelli's in Lynnfield, MA, I will turn over the gavel and presidency to Bob Kennedy. Speaking of which, please reserve your place, we have a great speaker and we will be launching a new set of officers and board. Our 2021 luncheon was a great breakout from COVID isolation. We will again follow good COVID protocols. We encourage members to carpool. If you have misplaced your reservation form you can find it together with the donation form at <https://www.ne65plus.org/annual-mailing-letters>.

Upon finishing one's term, one customarily says something like, the time flew by and it was over before I knew it. I cannot say this because of a little thing called the COVID-19 pandemic. Time didn't fly for any of us. Because we were forced to meet virtually, our board has been more active, meeting almost monthly instead of twice a year. Our committees have also been active. We stayed very busy and worked hard to stay relevant when we were unable to race and to be very active when we were able to race.

I was able to obtain a non-profit subscription to Google Workspace for the club which we now use for our website, for storing and sharing important documents and for online meetings. Our Google Meet app even provides a call-in number for those who choose not to join online. Google WS has been a terrific collaborative tool. No longer do we need to travel long distances to a meeting site to conduct the board's business.

In 2015, under Jan Holmquist's leadership, we launched our newsletter online through Constant Contact under the editorship of our late friend, Rick Stetson and Byron Petrakis as co-editors. This allowed us to communicate with our members monthly, rather than several times per year via mailing. It has been a fabulous success thanks to those pioneers and all who contribute. As I announced last month, Sam Lewbel is now our editor-in-chief going forward. I welcome him to this, his first issue as editor.

Through your incoming president Bob's initiative as a director, we have introduced an endorsed race program for races that provide recognition for five-year age groups over age 65. He also arranged for the production of six club tents with our logo and name, one for every state. We debuted one at the NH 10 Mile event on Saturday and it will be present, if possible, at all USATF and Banner races.

While no one could hold road races in 2020, we were able to hold our signature 5K race again in November 2021. We were blessed with perfect weather and attracted a good-sized field. We will be at Lake Quannapowitt again on November 5. Don't forget to sign up to run. The link is <https://jerrysrunforallages.ne65plus.org/> If you have time, please volunteer to help with registration, with the race itself, or the post-race refreshments.

Our race is truly a signature race, recognizing 5-year age groups over age 65 and recognizing top age-graded competition. It will again be the RRCA Massachusetts 5K Championship. Monies raised by the race and our annual fund provide scholarship money to the Wakefield Education Foundation and the Friends of Lake Quannapowitt, who are also our sponsors.

We have had good club participation in USATF championships. I thank Anita Hadlock and Zeke Zucker for organizing teams. We have been able to field M70 and M80 teams as well as some women's teams. The M80's have been our stars, winning most events and setting national records. I thank Jerry Levasseur and all of his M80 teammates for doing such a great job representing us regionally and nationally.

It has been a great honor to serve as your president. I will continue to be an active member and to provide any assistance that our president and board may need. I will continue to race in club colors and will run the Chicago and Philadelphia Marathons in the fall. With a qualifying time, I hope to toe the line at Hopkinton on April 17, 2023. Thanks for the opportunity to serve and I wish you all the best.

Steve

DON'T FORGET YOUR LUNCH!

Annual 65+ Club Luncheon

September 26, 2022

11am-2pm

Send in your reservation today.

Spinelli's Function Facility

10 Newbury St (Route 1 Southbound)

Peabody, MA 01960

Cost just \$35 (Free if you are 90+)

**Assistance is available for anyone who requests help
accessing the buffet.**

We can also help with carpooling.

If you misplaced your reservation form, need information or if you are planning to attend but have not yet sent in your check, please contact Phil Pierce at 207-781-3769 or email at philip.pierce79@yahoo.com

Our Luncheon Guest Speaker This Year Is Dr. Elaine Doll-Dunn

***Chocolate, Roses, Wine & RUNNING!
or
Life is a Marathon, so Double Tie Your Shoes!***

Born in the shadow of that great shrine of democracy (Mount Rushmore) and raised on the plains where Dunbar danced with his wolf (ref. *Dances with Wolves*), Dr. Elaine Doll-Dunn is a reader, a writer (ONLY 5 books), a runner, and a raconteur. At 85, she brings to the podium 38 years in education from middle schools to universities, 50,500 miles in running shoes, and the joys and tribulations of living each day to the fullest. Along the way, she has conquered Devil's Tower in Wyoming, climbed Mt. Kilimanjaro in Africa, run across Panama from the Atlantic to the Pacific, and completed 125 marathons.

Elaine started running at 40, became Mrs. South Dakota at 61 (other contestants averaged 30), earned her Doctor of Psychology at 65, and founded Leading Ladies Marathon in the Black Hills of South Dakota at 67. She doesn't drink "except a little wine – for the potassium" and even though her marathon is for women only, she explains "Don't get me wrong, I like men – I've married a lot of them!"

Dr. Doll-Dunn is "one of a kind" and her story is one you will not want to miss!



Dr. Elaine Doll-Dunn with Bob Kennedy scouting out the Sundance to Spearfish Marathon course in the Black Hills of South Dakota in June 2016.

New England
65 Plus
Runners Club



Lake Quannapowitt
Wakefield, MA

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 now 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 (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, 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. Free entry for age 80 and over.
4. Age Graded Awards for 50+: Top10 male & female **cash awards**.
5. Race Walk/Power Walk Competition: **cash awards**.
6. 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.

...AND DON'T FORGET THE RAFFLE!!!

We are requesting donations of raffle items for *Jerry's Run For All Ages*.

If you have any running-related items that you'd like to donate, please bring them to the Luncheon Meeting on September 26th and give them to either Steve Malynn or Tom Wylie.

Suggested items include running books, reflective vests, water bottle holders, etc. Younger runners might like small backpacks or small unused water bottles.

If you have any questions, please contact either Byronpetrakis@yahoo.com or smalynn@hotmail.com. Thank you!
Byron and Steve

CAN YOU HELP! Volunteers Needed

Do you wish to get more involved in the NE 65 Plus 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** and **Vermont**.

Please visit our website for a listing of our Board of Directors and the different committees working to support the many services we offer to our members.

Links:

[NE65PlusRunnersClub - Club Officers and Directors](#)

[NE65PlusRunnersClub - Committees](#)

JERRY'S RUN NEEDS VOLUNTEERS

- We need **volunteers** to assist during **Jerry's Run** on **Nov. 5th** including help with bib and T-shirt pick-up before the race and to help serve Harrow's Pie afterward. Please contact Jan Holmquist if you wish to assist: j.holmquist@comcast.net.
-



2022 NE 65+ Endorsed Race Calendar

By Bill Cotter

These races are committed to the 65+ runner so
PLEASE SUPPORT THESE RACES!

September 3 – **Randall's Run For the Gym 5K** (NE65+ Bronze Status), Springvale, ME, Start 8:30 AM

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K>

September 5 - **Race to Serve - 5K** (NE65+ Silver Status), Rochester, NH, Start 9 AM,

<https://raceroster.com/events/2022/57318/race-to-serve>

September 25 - **5K Run/Walk in Honor of Jackie Poor and Paula Holm Supporting Ovarian Cancer Awareness** (NE65+Bronze status), Newburyport, MA, Start 10 AM

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K>

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 Members!

Ralph Carmona, Portland, ME

Been running since 63 years of age. Run in major Maine events (eg., B2B, Turkey Trot, Half-Marathons, Winter Run, Peaks Island) and often place in my division.

Mike Didero, Stratham, NH

Recreational runner, currently training for The NYC Marathon.

Ace Foulds, Reading, MA

Regular runner since 1990. Member and Web tender of the Mystic Runners.

Allan Foulds, Reading, MA

Running regularly since 1989. A member (and former president) of the Mystic Runners.

Mari Sagona, Falmouth, ME

Ran my first marathon in 1981. Glad to still be in the game.

NE 65+ RUNNERS CLUB AT THE RACES



Photo by Mike Scott USATF-NE.

Jan Holmquist Sets World Record

Runs to new 8K 75-79 Age Group Record 39:25 at

The Bobby Doyle Summer Classic

By Sam Lewbel

As we walked from the parking lot at Narragansett Pier Middle School, Jan Holmquist wondered out loud if she was in good enough shape to set a new record that day. Still 45 minutes before race time, it was already a sunny 80 degrees. August 14th was going to be a warm day, though a light breeze, promised better conditions for a record attempt than the heatwave of the previous few weeks might have permitted.

“Actually, I broke the record last year,” she told me, “but there was a problem with my timing chip, so it didn’t get recorded.” We were in Narragansett for the 15th running of the Bobby Doyle Summer Classic. The race serves as the USATF New England 5 Mile Championship and raises money for area student-athletes.

When Jan mentioned, “breaking the record,” I innocently assumed she was just talking about the course record. Boy was I mistaken!

When it was all over, not only had Jan set a new course record for 75-79 women. Her 8K time of 39:25 shattered both the U.S. and World Master’s road race records for her age group. *(Note: 5 miles is not a recognized distance for international records, but is actually .03 miles longer than an 8K. Jan’s 5-mile time was 39:35).*

This was also not Jan’s first record in Narragansett. In 2015 she set a 70-74 age group mark of 36:37, which still stands as the U.S. record. She had hoped to set the 75-79 group record upon reaching her 75th birthday in 2019, but then Covid came along. Last year, after two pandemic years away from racing, Jan was unsure of how well she could perform so she did not inform race officials of a record attempt. While the USATF tried to confirm her time, due to the chip malfunction, it could not be approved and Jan was forced to wait another twelve months.

“This year,” she explained, “USATF-NE leadership reached out and asked me if I hoped to try again. Yikes, I thought, another year older, but I said yes.” As an added precaution, the timing company set up extra timing mats - one at the start and another at the 8K mark. The system worked flawlessly and her record-setting run was accurately documented.

Jan, who previously served on the USATF-NE Board, advises anyone who thinks they may be close to setting a record of any kind to alert the race director ahead of time and, that in addition to the USATF Masters five-year records, there are also single-year age records one may shoot for.

The previous USATF age group mark of 40:44 was set in 1993 by Hedy Marque of Virginia and had stood for 29 years before Jan’s run bested it by a full minute and nine seconds. The previous world mark of 40:23 was set in 2009 by Louise Gilchrist of Great Britain.

65+ Club Runners dominate Bobby Doyle Summer Classic 70's and 80's Teams Lead in Grand Prix Series

Jan was not the only top finisher from the NE65+ Club. The Bobby Doyle Classic does not list results using five-year divisions as advocated by the NE65+ Club. But, applying these divisions it can be seen that club members dominated their respective age groups! The following are the “unofficial” age group results. Note that there were 619 finishers in the race including 38 runners aged 65 or over.

The club performance in Narragansett also moved the men's 70's and 80's teams firmly into first place in the USATF Grand Prix Series with fourteen and five points respectively. No one else was able to field an 80's team for the race.

Women

65-69: 4th Donna Sarasin 45:09

75-79: 1st Jan Holmquist 39:35

Men

65-69: 1st John Barbour 33:24

70-74: 1st Steve Cryer 37:58, 4th Stephen Viegas 44:46. 6th Tom MacMahon 50:20, 8th Sam Lewbel 53:53

75-79: 1st John Hackney 40:04, 2nd Richard Paulsen 50:08

80-84: 1st Denny LeBlanc 47:40, 2nd Philip Pierce 56:24, 3rd Mike Lozan 1:00:01, 4th Ram Satyaprasad 1:09:36



L to R: Sam Lewbel, Steve Viegas, Donna Sarasin, Mike Lozan, Ram Satyaprasad

Beach to Beacon 10K

By Jerry LeVasseur

The return of Joanie's prestigious Beach to Beacon 10K brought out a number of New England 65 Plus runners. It was hot and humid but a breeze helped. Dave McGillivray did his usual professional job as did all the volunteers.

Winning their age groups were Arlene Hanson 75-79, Polly Kenniston 80-84, Floyd Lavery 65-69, Steve Cryer 70-74, Rudy Kelley 75-79, and Dave Barnard 80-84.

Second places included Carol Weeks and Martin Donlon 70-74. Third places included Peter Rearick and Judi Lemaire 70-74. Bill Reilly 75-79 had a fourth while Linda Jennings 70-74, Ralph Camona 70-74, and Phil Pierce 80-85 all had fifth.

Others placing in the top ten in their divisions included Sue Dubois, Margaritt McNulty, Fayne Gagnon, Bob MacKinnon, Zeke Zucker, Tony Swebilius, Terry Clark, Harry White, and John Gibbons. The club had four of the first five finishers in 70-74 category.

Special recognition goes to Jim Toulouse and Bob Payne who have run all 24 B2B's. There were several other club members who ran as well, I apologize if I missed your names. There were over 700 runners in Cape Elizabeth that day, a great return for this popular race.

There are many athletes in New England who could contribute to our men's or women's teams and we urge everyone to actively recruit. We also need to get more club members to join USATF so they can run for the club in the team scoring..

Next year the race needs to expand to include an 85-89 and a 90-94 division as there were finishers this year in both age groups.



Polly Kenniston took first place in the 80-84 division.



Rudy Kelley was first in the 75-79 division.



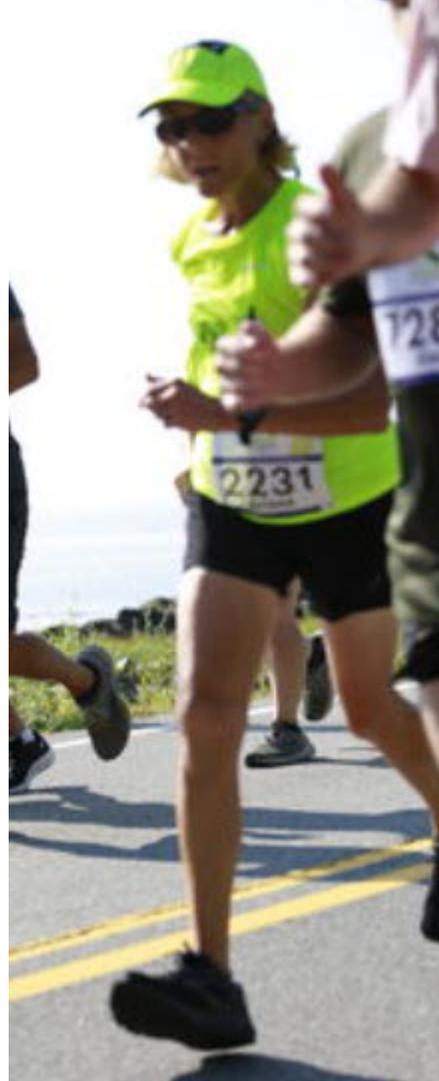
Steve Cryer took first in the 70-74 division.



Floyd Lavery was first in the 65-69 division.



Dave Barnard was the 80-85
winner.



Arlene Hanson was first in the 75-79
division.

Photos Courtesy of B2B

Maine Senior Games

By Sam Lewbel



Photo by Peter Gleason MSG

The start of the 800-meter run at the Maine Senior Games. Included are Steve Viegas, Sam Lewbel, Mike Towle, Rudy Kelley, David Young, Bob Randall, and Jerry LeVasseur all of the NE 65+ Runners Club

On a hazy, late July day eight members of the NE 65+ Club took to the oval at St. Joseph's College in Standish for the Maine Senior Games. The results included thirteen gold, six silver, and a pair of bronze medals.

Leading the medal tally with six was Jerry LeVasseur. In the 85+ division, he earned gold in the 50-meter dash (11:41), long jump (1.94 meters), triple jump (9.87 meters), 1500-meter power walk (12:16:72); and silver in the 800-meter run (6:35.5).

Bob Randall also in the 85+ division had a pair of gold, winning the 800-meter run (5:27.6) and the 1500-meter run (10:12.85)

Mike Towle was a double gold winner in the 70+ division taking the 800-meter run (3:18.1) and the 1500-meter run (6:31.6).

Rudy Kelley in the 75+ division was also a double winner taking gold in the 800-meter run (3:24.5) and the 1500-meter run (6:34.2).

David Wells took three medals in the 70+ division. He earned gold in the 100-meter dash (16.63) and the 200-meter dash (35.52) as well as silver in the 50-meter dash (8.64).

Steve Viegas earned two silver medals in the 70+ division taking second in the 800-meter run (3:32.3) and the 1500-meter run (6:51.41).

David Young took silver in the 70+ 200 meter-dash (48.11) and 400-meter dash (1:53.02) and bronze in the 100-meter dash (21.4). He also placed 4th in the 800-meter run (3:50.3) and the 1500-meter run (7:49.57) competing in five track races!

Sam Lewbel also in the 70+ division, had a gold in the 400-meter dash (1:35.43) and a bronze in the 800-meter run (3:48).



Photo by Peter Gleason MSG

Steve Viegas (L) and Rudy Kelley (R)
await the start of the 1500 meter run.



Photo by Peter Gleason MSG

Jerry LeVasseur enroute to six medals.

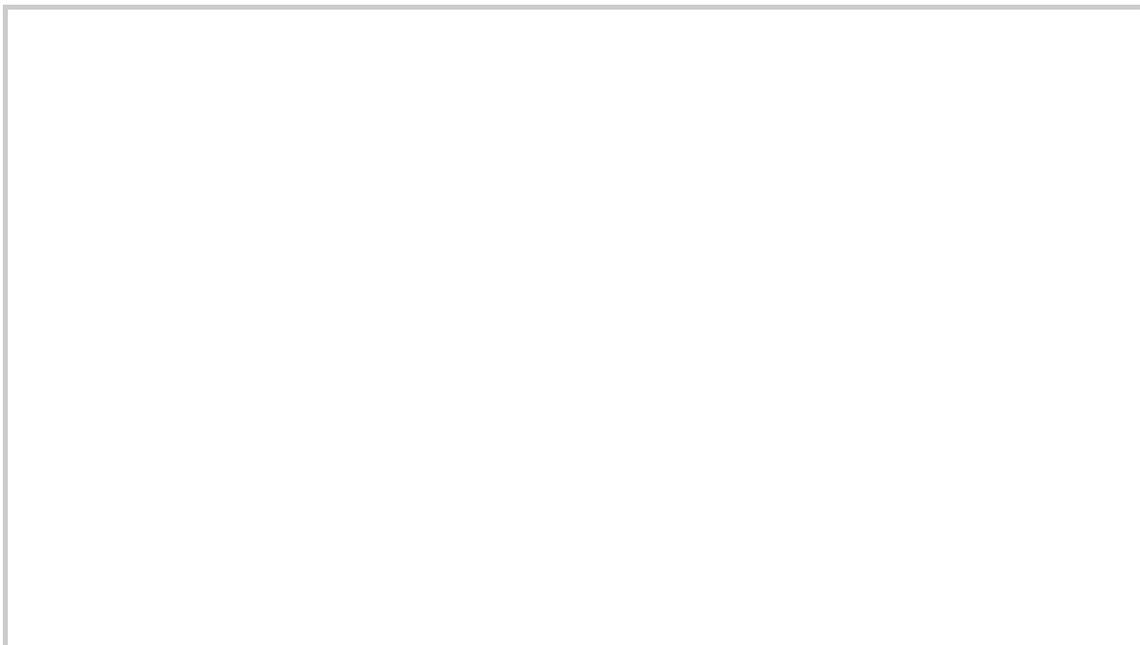




Photo by Peter Gleason MSG

Bob Randall and his wife Mary Ann take a spin around the track together before Bob's race. It was a great warm up as he took the gold medal at both 800 and 1500 meters.

The Blue Lobster 4-Miler

By Jerry LeVasseur

Carol Weeks, Bob MacKinnon, Richard Bissonnette, and Bob Randall each won their age groups to lead the NE 65+ team to the club team award at the Blue Lobster 4-Miler in Kennebunk, Maine on August 7th.

Five club members: Bob McKinnon, Carol Weeks, Yuen Chun, Zeke Zucker, and Bill Vickerson, had all run the Beach to Beacon 10K the day before.

Club finishers included: Richard Bissonnette (32:20), Bob MacKinnon (32:22), Carol Weeks (37:33), Donald Bergeron (41:27), Dave McSherry (42:03), Yuen Chun (52:16), Zeke Zucker (52:27), Steve Halsey (52:52) Bob Randall (53:12), and Bill Vickerson (57:01).



The Bradbury Scuffle

By Jerry LeVasseur

A hearty contingent of 65+ club members are competing in the Trail Monster Running Series which includes races of 6, 9, and 12 miles. The three trail races take place at the rugged Bradbury Mountain State Park, in Pownal, Maine. Runners completing all three of these tough races earn a "Bad Ass Hoody." The first race in the series was the 6-mile Bradbury Scuffle.

Club members who completed the race include Ron Pelton, Zeke Zucker, Margaritt McNulty, Linda Davis, Mike Nixon, Yuen Chen, Donnajean Pohlman, Ron Paquette, and Jerry LeVasseur.

Margaritt McNulty and Ron Paquette won their age groups.



Almost Half Way to St. Patrick's Day 5K

By Zeke Zucker

On a humid, overcast morning in Portland, Maine, an enthusiastic group of locals, with a sprinkling of folks from as far away as California and Idaho, toed the line on the bike path next to Back Cove.

Tony Mayott, the energetic RD, sent us on our way shortly after 9:00 a.m. Of note, the first three overall finishers were all young women, led by Alexis Wilbert a 37-year-old who ran 18:02.

The top 65+ Club runner was also a women, Yuen Chun who finished 35th overall in 33:50. She was followed closely by Zeke Zucker, 36th in 33:51. John Gibbons was 44th in 38:54 to eke out an 80's division win over 85-year-old Bob Randall, 40:14.



L to R. Yuen Chun, Bob Randall, John Gibbons, Zeke Zucker, and Al Genest

Auto Fair New Hampshire 10-Miler

By Zeke Zucker

Fifteen 65+ Club runners participated in the Auto Fair New Hampshire 10-Miler on August 27th in Manchester. Eleven of them represented our men's or women's Grand Prix racing teams.

Club Finishers

In the Women's 65-69 division: Donna Sarasin was sixth in 1:37:00, Sinthy Kounlasa seventh in 1:39:10 and Vicki Miller ninth in 1:42:37.

In the Women's 70-74 division: Susan Lovering was third in 2:11:33.

In the Men's 65-69 division: Ernst Linder finished second in 1:11:57 and Adam Nisson fourteenth in 1:35:54.

In the Men's 70-74 division: Bob Kennedy finished seventh in 1:34:52, Steve Viegas eighth in 1:36:15, Tom Miller ninth in 1:37:40 and John Goldrosen tenth in 2:07:12.

In the Men's 75-79 division: John Hackney was first in 1:28:34 and Stavros Kanarcus was second in 1:35:41.

In the Men's 80+ division: Phil Pierce was first in 2:07:25.

A total of 1,087 runners finished this Millennium Running Company race.

Grand Prix Scoring

As we go to press, the USATF-NE had not yet published the official results for the Men's or Women's Grand Prix team scores. Scoring for Grand Prix events is complicated and often takes time to verify the results. For accurate information, please use this link for individual, team, and age graded scores. [2022 USATF-NE Road Race Grand Prix | USA Track & Field New England](#)

Our Women's 60's team included: Donna Sarasin, Sinthy Kounlasa and Vicki Miller.

Our Men's 60's team included Ernst Linder, Adam Nisson and Bob Kennedy.

Our Men's 70's team included: Bob Kennedy, Steve Viegas, Tom Miller, and Rich Paulsen. Unofficially, the team placed third to earn three points, leaving us in the lead by four points with two races remaining. We urge you to join us at The Lone Gull 10K in Gloucester, MA on Sunday September 25th and The BIGGSteps 5K in Needham, MA on Sunday November 13th.



(L to R) Stephen Viegas, John Goldrosen, Tom Raffio, Ernst Linder, Susan Lovering, Donna Sarasin & Bob Kennedy



Phil Pierce took first place in the 80+ Division.



Vicki and Tom Miller who finished ninth in their respective divisions.

Hardwick Fair 5.7 Miler

By Jeanne LaPierre

We were challenged by the hilly course at the Hardwick (Massachusetts) Fair 5.7 miler on August 20th. All five of us made the podium. Despite the ascents, runners were treated to an abundance of water stations, scenic corn fields, and a large field of sunflowers. Post-race we enjoyed the tractor parade, though the highlight was the frog jumping contest.



(L - R) New England 65+ members, Jeanne LaPierre, Chuck Adams, Cathy Coutu with friends Jim Farrick & Jodi McIntyre

Jerry LeVasseur Inducted into Gunn School HOF

Jerry LeVasseur was recently inducted into the Frederick Gunn School's Hall of Fame. A 1956 graduate of the prestigious school in Washington, Connecticut, Jerry was a multi-sport athlete who went on, among many other accomplishments, to become an outstanding runner and contributor to the 65 Plus Runners Club. We are especially proud of the role he played as a club member in setting USATF 70-79 and 80-89 age division records for the 4X800 relay. Congratulations Jerry!



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 Congratulations and Please Join Us

By Bill Cotter

Just a reminder: We encourage all members of the NE 65 Plus Running 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+ Running 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 new editor

Dear NE65+ Runners

This issue of *Forever Run* is my first as newsletter editor. For those who don't know me, I'm Sam Lewbel. After living and running in Connecticut for most of my life, I retired to Massachusetts just in time for the Covid shutdown. Since joining the NE65+ Club I have met some wonderful folks who have inspired me to take on this new role. I'd like especially to thank Jan Holmquist and Donna Sarasin who have been teaching me the ropes and all who contributed to this issue. The late editor Rick Stetson did a terrific job in developing and growing this newsletter. I have quickly come to see that these are big shoes I am trying to fill. I can only do that with your help.

Forever Run is your newsletter. It is about YOU, all 790 (at last count) members of the NE65Plus Runners Club Community. Please help by submitting race results, notices, running stories, recent accomplishments, milestones, race photos - ANY running-related news that we can share.

The newsletter is sent out on the first day of each month. To insure items are included in a timely fashion please send them in as early in the month as you can.

Please email your submittals or questions to Slewbel@Yahoo.com.

Thank you!

Sam

Quote of the Month

"You don't stop running because you get old, you get old because you stop running."

- Christopher McDougall *Born to Run* (2009)

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