



Forever Run

December, 2019

From the President

by Steve Viegas

Friends,

I missed the successful Run for All Ages. I want to thank the organizers, volunteers and runners. I'll rejoin your ranks next year. My hiatus allowed me to visit my daughter in Philadelphia and to run the NYC Marathon. We had 195 finishers. We have authorized a payment of \$2,000 to our partner, the Wakefield Educational Foundation.

I also want to thank our annual fund donors. Since we do not have annual dues, the annual fund is how we are able to conduct our race, make our donation and hold our annual luncheon as well as cover our administrative costs. As of the last treasurer's report, we had received \$8,612 and we anticipated additional donations this year.

I was injured with plantar fasciitis most of the time I trained for the NYC Marathon which meant that I had inadequate mileage, cut back on my 20 mile runs and was lame. I got to the finish line with the help of my doctor and physical therapists. I found out at the 10K point that I didn't have a BQ in me and that I probably was in for a day of long walks in between the running. It took me 5:24, almost an hour and a half longer than my qualifying race in Philadelphia in 2018. It was an experience I didn't want to miss. So, I didn't mind the long day. The crowds were amazing and the organizers run a first-class event. I'm so happy that I did it. My next marathon is Boston and I'm not sure I'll make it to the starting line. I reinjured my plantar fasciia last week as I eased back into training. If it isn't mostly resolved by early February, it's unlikely that I will run, hoping to be fully healthy for the Chicago Marathon in the Fall.

I have received 7 applications for the Boston Marathon waivers. We have received that many in the past. This year the BAA sent us a questionnaire which was very thorough and very tough. It is possible that this will be the year that our numbers are cut. Since we haven't received notification about the numbers yet and since I will be away next week, I am extending the time to apply to Sunday, December 15, 2019. That will be a hard deadline since we received our notice last year on New Year's Day. On December 16th, I'll forward the applications to the committee and we will confer shortly afterward to rank the applications. Please consult last month's Forever Run for the procedure to follow to apply.

Next week I will be attending the USA Track & Field Annual Meeting in Reno, NV. I am the New England Masters LDR chair and I am the national masters LDR representative to the Law and Legislation Committee. I will be busy reviewing proposed amendments to the USATF governance documents the first day and attending LDR meetings the balance of the week. This event is a great networking opportunity. There will be opportunities to socialize as well.

Our board had a successful meeting on November 14th. I will review a few of the items we covered.

· **Banner races:** We are looking for an appropriate 5K in Rhode Island. We are also searching for a coordinator for the series. If you are interested, please contact me.

- **Annual luncheon:** We had 131 attendees this year. We plan to return to Spinelli's in 2020 with a buffet format.
- **Mileage awards:** We will again recognize members with 1,000 miles running and/or 100 miles racing in 2020. Please get your mileage information to Ken Houle by December 31st. hoolks@metrocast.net
- **Officer and board vacancies:** We had a healthy discussion of our needs and how to recruit. I will get together with my two predecessors, Jan Holmquist and Tom Wiley and see what we can do to fill our vacant vice-president and board vacancies (RI and VT and 3 at large).
- **Awards:** We didn't have a candidate in time for the Shea Award this year. I have three nominations in hand. We will likely have two Shea Awards winners in 2020. I also have a race director award nomination in hand.
- **Results:** Tom Abbott has asked for help in culling race results from a rapidly multiplying number of result websites. Contact Tom if you think that you can help.

Finally, I would like to wish all our members a very happy and festive holiday season.

Happy Running,

Steve Viegas

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NYC Marathon Report

by Zeke Zucker

Editor's Note: As reported in last month's "Forever Run," 65+ had two members complete the New York City Marathon. Steve Viegas, coming off two disabling injuries, finished in 5 hours and 26 minutes while Zeke Zucker, completed the course in 5 hours and 24 minutes. (We have since learned that club treasurer, Gary Circosta, also ran the NYC Marathon.) When a club member congratulated Zucker, a top ultra marathoner, on his finish, he replied with the email below. Zeke agreed to let us print his email in the newsletter as it gives an inside look at running the NYC Marathon and is a good example of a club member helping coach a first-time marathoner.

Thanks for your congratulations. To set the record straight, that time was my personal worst. My previous worst time was my first ever marathon in 1981 where I ran a 3:46. My self-appointed mission in running the NYCM, was to help a friend from The City complete his first-ever marathon. I'd been coaching him for a few weeks, so I could only make suggestions in the final weeks of his preparation.

I really had a most enjoyable time, keeping a very comfortable pace and drinking in the sights and sounds as we traversed the 5 boroughs. I loved having the time and focus to read the homemade signs with well-wishes and clever statements. On numerous occasions I briefly parted company with Anthony in order to fist bump delightful youngsters in the crowd, and even bummed some popcorn from an unsuspecting lady at mile 16, (I was rather hungry). As we were starting up the Willis Avenue Bridge, four young women were sitting in a row on a high sidewall, and reaching up I fist bumped all of them in sequence. I even shot some brief videos and a few photos, which I sent ahead to my Lady, who was waiting with friends to greet us at Mile 18.6. Of course each time I diverted from my escorting mission, I had to really hustle to catch back up with Anthony. It's amazing how far someone can get ahead of you in a very short time. Pretty much like the Tortoise & the Hare cartoon, and the 'hare' once again came in second in the race, because I made it a point to let Anthony cross the finish line before me. I'd previously run New York two times, but coming to the finish line in Central Park never loses its magic.

Anthony learned a few things about training for a marathon, including the need to increase the length of his longer runs and include more intensity. I was able to counsel

him on how to taper in the last two weeks, which was probably instrumental in making it possible for him to go the distance. Today he has some very sore quads, but the pain is offset by the beautiful finisher's medal and the satisfaction of finishing.

Knowing that I wouldn't be running a race of my own in New York, I 'interrupted' my training schedule a month ago to run the Maine Marathon in Portland. I was signed up to run the first leg of the 4-person relay, but was asked to do both the first and second legs when one of our team members had to drop out. Knowing that I'd be at 15 miles at the end of leg two, I decided I might as well run the whole thing. So I did, and finished in 4:11, thus improving my Boston qualifying time by 18 minutes.

For the rest of this month and into early December my Lady and I will be doing some shorter races, including a 5K Turkey Trot in Maine on the 23rd and a 5-Miler in Prospect Park in Brooklyn on Bird-Thursday. I don't expect to be taking the time to smell the roses in these events.

New Members

Barbara Bigelow, Shutesbury, MA Learned about the club from a member she met at a race.

"On-again/off-again runner until I did my first marathon at 54. Have been working on my 50 states slowly but surely (24 done) and now that I'm retired hope to do more each year. I am slow and run races with 2 goals: be glad I did it & finish in the allotted time."

Jim Noonan, Lynnfield, MA Heard about the club at the Run For All Ages

Jim has been a recreational runner since 1979.

Manchester City Marathon



Members of The Squirrel Apocalypse II marathon relay team escort Richard St. Hilaire (#59 holding a stuffed squirrel) to the finish line of the Manchester City Marathon. Team members (L-R) and the distance of their legs: Daniel Dodson, 4.6; St. Hilaire, 7.4; Pam Sweezy, 5.7; Kathy Denoncour (also holding a squirrel), 8.5. The team finished with a time of 4:53:13. Some four minutes in front of the Squirrels was 65+ member, Donna Sarasin, who won her age group with a time of 4:49:09, her third marathon in 42 days which qualified her for membership in the Marathon Maniacs. Congratulations, Donna.

Some Younger RFAA Race Participants



Tom Wylie could not resist taking the above post-race photo of some of the younger RFAA runners looking happy in their new white knit hats. (L-R) Unidentified, Joshua Hubert, Max Jacob, (age group winner), Liza Bangston (age group winner), Charlotte Holmes. The RFAA truly is a race for all ages.

Veterans Day Memorial Run Stoneham, MA 11/11/2019

Two races were held in Stoneham on 11/11. It was fitting one of the races was an 11K, the only race of that distance in the US. It was also fitting that a veteran, Larry Cole (#520), ran in that race, and at age 85, the oldest runner who turned in a pace of 11:54 per mile. The other runners all had good performances in the 5K: left, Anne Marie McDonald; Daniel Dodson, #540; right, Betsy Knapp.



photo courtesy of Anne Marie McDonald

Pearl Harbor 5 Mile Memorial Race

We received an email from Way Hedding telling us about a 5-mile race in Waterford, CT on December 8 that is for masters only (40 and above.) Way wrote that 65+ club member, Joe Riccio, has donated 3-deep awards for the 5-year age divisions and that following the race there is free beer and a huge buffet. Pearl Harbor Day is December 7 however the race will be held the following day, Sunday, but it will be a patriotic event as the race is hosted by VFW Post 6573. Waterford is close to New London, CT making it convenient for runners from Rhode Island and Massachusetts.

Sticking to Your Workout

by Rick Stetson

Active.com recently ran an article by Jackie Velling titled, "26 Ways to Actually Stick to Your Workout." As a runner who does not always stick to my planned workouts, I wanted to take a look at her suggestions and decide if they might be helpful in planning my training for 2020. In the interest of conserving space, I will skip some of the recommendations that don't apply to those who have been running for years such as, "Sign up for a race" (something most of us do all the time), or "Buy new workout clothes" (with more t-shirt than I can use, I don't need to buy more running clothes.) So here are 15 ways Velling says can help runners stick to their workouts:

1. **Get a buddy.** An excellent suggestion. I run alone simply because there are no other runners nearby but having someone you plan to run a workout with makes it difficult to back out at the last minute because you are feeling tired.
2. **Adopt a dog.** I have a friend who has a dog that was a wonderful running companion. When I would visit and ask the dog if it wanted to go for a run, the tail would immediately start to wag and the dog would stand by the front door waiting patiently for me to hook a leash to its collar. It was always a leisurely run because there were many stops to sniff around trees and telephone poles.
3. **Join a charity challenge.** I have entered a jingle bell run next week which I am happy to do because race proceeds go to arthritis research but I always avoid asking others to contribute to support my run. Some charities are better than others at putting on events runners appreciate like displaying mile markers or posting race

results.

4. **Take baby steps.** Always a good way to avoid burnout. For example, a runner who decides to get in a workout every morning in addition to afternoon workouts can get discouraged, whereas, the runner who starts with doing a couple of weekly morning runs, might find the goal is more obtainable and one that always can be increased later.
5. **Switch up your routine.** Velling suggests trying something different like joining a yoga studio. My routine needs to be varied as I run the same routes all the time but yoga is not for me. I tried it once but had difficulty twisting my body into some uncomfortable positions.
6. **Write down your goals.** This might be helpful for beginning runners but my goals are so few, I don't need to write them down to remember them or to motivate me. One goal is to run a race in every state (I have 42 states so far.) Come to think about it, I just wrote down that goal so perhaps I should take back my opening sentence.
7. **Keep a log of your gains.** I would change this to just say, "keep a log." My running log has been kept for more than 50 years and it shows both my gains and my setbacks. Looking back to read how long it took to overcome an injury or to review workouts that led to a fast time has always been helpful.
8. **Commit to 10 minutes.** As Velling wrote: "It is likely that once you get going, you'll keep going. Even if you don't, 10 minutes is better than nothing." In other words, just get out the door.
9. **Prepare the night before.** "Laying out your workout clothes will help you get out the door" is advice offered by Velling. Maybe for some runners but I know exactly where I keep my t-shirts, shorts and socks however the night before a race, I find it helps to double check I have put everything I'll need in my running bag.
10. **Update your playlist.** This does not apply to me because I'm strictly "old school" and don't listen to music while running. I'd rather hear the growling of a dog heading towards my legs or the sound of an approaching car. But for those who like music with their runs, I guess it makes sense to change it up from time to time.
11. **Find a new audiobook or podcast.** See number 10.
12. **Take it outdoors.** I agree with this 100%. Running indoors on a treadmill is not for me. Let's take it outdoors no matter what the weather. (Well, maybe not in heavy rain and lightning.)
13. **Take progress pictures.** Ted Tyler took 336 photos of runners during the Run For All Ages race. The runners who later clicked on a photo of themselves taken in mid-stride with a smile on his or her face, will most likely want to experience that sensation again.
14. **Start a social media account or blog.** A good example is set by Daniel Dodson, a regular contributor to this newsletter who writes an informative blog that describes races he has run the previous month. We also have club members who talk about their races on the club's Facebook page. And then there are those like Zeke Zucker who give the reader a sense of what it was like to run the New York City Marathon (see above.) Member contributions are always welcomed by this newsletter.
15. **Always focus on the positive.** Excellent advice to close with. Even if you started out on a run intending to go 5 miles but the legs felt dead and you only turned in 1, you still got in a mile and should recover enough to do better the next time. And one mile is better than 99% of the population who ran no miles at all.

Out on the Roads of New England

by Dan D.

Holiday greetings to all NE65+ members and families as we finish Thanksgiving and head into the December religious holidays of Hanukkah, Christmas, and Kwanzaa.

My sincere best wishes to everybody as we enter the real winter of the running season. If you look on Running in the USA and at New England Runner Magazine you will find that we still have a good number of races to choose from, including several winter weekly races that help to fill-in for any "thin" week-ends.

I ran in 9 races during November, bringing my 2019 total up to 96 races in 2019. That averages out to 8.73 races per month thus far for a projected total of 104 or 105 for the

year. If I can stay reasonably healthy and the weather cooperates I feel I can cross the century mark again this year. Let's begin and see who was "out there" in November.

November 2 - Saturday was our NE65+ signature race the "Run For All Ages - 18th Annual" in Wakefield, MA. Decent weather this year (remember 2018???) brought out 195 finishers including 47 NE65+ members. At age 90 Ronald Sanville won the M90-95 age group, while 88-year-young Phyllis Mays was victorious in F85-89. Jim Lynch topped M85-89 followed by Tim Cunningham 2nd, Anthony Cellucci 3rd, and Henry Wolstat 4th. Mary Ladene Dowell was numero uno in F80-84, with Anne Marie McDonald 2nd. Ram Satyaprasad took the gold in M80-84, followed by John Parker 2nd, Jonathan McKenzie 3rd, Bill Masterson 4th, Dick Kuhl 5th, and Charles Murphy 6th. The F75-79 medal winners were all from NE65+ with Charlene Francis 1st, Patricia Ryan 2nd, and Nancy Spiro 3rd. The 17 finisher M75-79 age group was won by David Pember, followed by Richard Paulsen 2nd, John Boness 3rd, Charlie Farrington 4th, Barry Pearson 5th, Michael Pelletier 6th, Tom Abbott 7th, John Grant 9th, John O'Donnell 13th, Lucien Trudeau 14th, Daniel Dodson 15th, Arthur Dowell 16th, and Roger Gosselin 17th. Ann Marie Costa topped F70-74, followed by Mary Ciampa 2nd, Joan Tremberth 3rd, and Mary Tyler 7th. Paul Hennessey was #1 in M70-74 as well as the first NE65+ finisher in the race. David Ritchie was a close 2nd in M70-74, with Rick Bayko 3rd, John Murphy 4th, William Richlin 6th, Jay Diener 8th, Edward Curran 10th, Charles Morganson 11th, and Armand Auger 12th. Donna Sarasin finished 2nd in F65-69, with Rita Labella 4th. Bill Cotter was 4th (2nd NE65+ finisher in the race) in M65-69 with Al Pappalardo 8th. The reasonable race fee (\$22/\$27/\$35) and 5 - year age groups up to 90-95 and a relatively gentle course around beautiful Lake Quannapowitt add to the lure of our race. Timing was by Yankee Timing with results on coolrunning. Many thanks go out to RD Jan Holmquist, the Mystic Runners, announcer Mike Hartin, and all the race volunteers who made the 2019 RFAA a great success.

Sunday, November 3rd was the "Dan Healy Memorial 5K" in Exeter, NH. This emotional race honors the memory of the Exeter native who was killed in a helicopter crash attempting to rescue Navy seals in Afghanistan. This operation was the subject of a 2013 movie called "Lone Survivor" starring Massachusetts native Mark Wahlberg. The \$35/\$40 entry fee included personalized bibs, long-sleeve moisture wicking shirts (before Sept. 15th), commemorative dog tags, chip timing by Competitor ME, and a fully staffed and well-marked course. There were 339 finishers including a large contingent from the Winners Circle Runners Club (grand prix). The only negative was the age groups ending at 60 and over. Rick Bayko was 6th in M60 and over with Charlie Farrington 14th, Thomas Wylie 19th, and Daniel Dodson 30th.

The "CMC Manchester City Marathon - 13th Annual" was held on Sunday, November 10th in Manchester, NH. This Millennium Running event included a full marathon, half-marathon, 5K, marathon relay, and half marathon relay. There were various fees for each of the races. All participants received t-shirts, free beer tickets for Sam Adams 26.2 beer at 9 different pubs in Manchester, huge marathon finishers medals, totally traffic-free roads throughout Manchester, race-start live on WMUR Channel #9, chip net timing by Millennium Running, professional announcing by Jamie Staton and Andy Schachat, etc. Donna Sarasin completed the 26.2 mile marathon, while Herb Hardman and Armand Auger ran the 5K. Daniel Dodson ran the 4.6 mile 1st leg for "The Squirrel Apocalypse II" marathon coed relay team while Richard St. Hilaire ran the 7.4 mile 4th leg. The 4 - person marathon relay alone had 112 teams representing 448 runners.

The "Veterans Day Memorial Run - 5th Annual" was held at the city hall in Stoneham, MA on Monday, Nov. 11. There were both a special 11K event (only one in the USA) and a 5K. Steve Cryer finished 2nd in M60-69 in the 11K with Larry Cole 2nd in M70+. Paul Hennessey was 2nd in the M60+ for the 5K followed by Daniel Dodson 15th. In the F60+ division of the 5K Betsy Knapp and Anne Marie McDonald were 6th and 7th. There were 67 finishers in the 11K and 159 in the 5K. Race fees were \$30 for the 11K and \$25 for the 5K. Runners received a program booklet and a t - shirt along with post-race refreshments inside the city hall auditorium. There was a beautiful ceremony inside the auditorium prior to the race with speakers, band music, slide presentation, awards for veterans, and the traditional moment of silence at exactly 11:11am. There was a huge American flag on the entire outside wall of the city hall building. Chip net timing was by Second Wind Race Timing.

The "Sam Pawlak Memorial Run/Walk" took place on Saturday, Nov. 16th, at the Mary

Rowlandson Elementary & Luther Burbank Schools in Lancaster, MA. The \$35 race fee included a t-shirt, refreshments and raffle inside the school cafeteria, and timing by Central Mass Striders. Dan Donovan and Daniel Dodson represented NE65+ in the M60+ age division.

Sunday, Nov. 17 was the "Turkey Chase - 2nd Annual" in Danvers, MA at the Hobart Street parking lot. The 5K out & back course was run on the hard packed gravel Danvers Rail Trail, while the accompanying 4.5 miler added 1.4 miles on area streets. The \$35/\$40 race fee included chip timing by North Shore Timing Company, 1 - deep age group awards up to 70-99, t-shirts, post-race refreshments, and a generally flat course. Daniel Dodson was 5th in the M70-99 age group. There were 97 finishers in the 5K and an additional 28 in the 4.5 mile race.

The "Barron School Turkey Trot - 18th Annual" took place on Saturday, Nov. 23rd at the Barron School in Salem, NH. The \$15/\$20 race fee included long-sleeve shirts, chip net timing by North Star Timing, refreshments and awards inside the school, 3 deep 10 - year age groups up to 70+, and a mostly out and back course on neighborhood streets. Robert Randall was 1st in M70+ with Charles Morganson 3rd, and Daniel Dodson 6th. There were a total of 262 participants.

November 24th - Sunday was the "Dan Stefanilo Town Loop Challenge" at the Taft Early Learning Center in Uxbridge, MA. The \$10/\$20 race fee included a nice t-shirt, 1 - deep 10 - year age groups up to 60+, non-chip timing by ACCU SPEC Racing, light refreshments and awards inside the school building, and a rolling course in Uxbridge. Linda Usher was 1st in F60-99, while Daniel Dodson finished 4th in M70-99. The weather conditions were difficult with heavy rain and wind throughout the race.

The "AJWC Trot Off Your Turkey 5K - 19th Annual" was held on Friday morning, Nov. 29th at the Amherst Village Green in Amherst, NH. The \$25 race fee earned runners an awesome coffee mug, National Anthem sung by Alan St. Louis, professional announcing by Andy Schachat, chip net timing by Millennium Running, and a rolling course through the beautiful countryside of Amherst. Daniel Dodson was 14th in the M60-UP age group. The race was the 5th and final event in the 5 - race "Gate City Series". There were 299 participants.

A special shout-out to Tom Abbott and the results team who do such a terrific job keeping our NE65+ results on our website. This task seems to get more difficult each year with the proliferation of computer websites for results.

December is an interesting running month for me as I do a 2 - race double on Dec. 7th (Sat.) in Beverly, MA and Manchester, NH; and another double in Merrimac, MA and Loudon, NH on Dec. 15th (Sunday). The Loudon 2.1 miler is beautiful and unique as runners weave through the Christmas light displays on the NH Speedway in Loudon, NH. I'll also be returning this year to "Walter's Run 5K" in West Roxbury, MA for the 25th anniversary of this longtime staple of New England running on Sunday - Dec. 8th. Possibly we'll be running in Kennebunk, Maine on the 14th (Sat.) and Concord, NH on the 21st (Sat.) too. And some Sunday in late December or January I hope to head to Abington, MA for the Colonial Road Runners weekly 4 - miler.

Well ... I'd say "that's a wrap" for another month. Thank You for your support of our little column and your kind words when I see you at various races somewhere "Out on the Roads of New England."

Quote of the Month

"It is almost a spiritual feeling when you are out running in the woods."

George Etzweiler (90+ Mount Washington Road Race record holder)

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