



# Forever Run

April, 2017

## Keeping Communication Current

with Jan Holmquist

Dear 65+ Members,

For those of you who know one of our original 85 year old members - John Parker from Hampton Falls, NH - he would say "Get your specks on" to read this edition of Forever Run. I am pleased that we continue to have more and more of you who are sharing stories/poems/pictures for our members to enjoy...thank you! Everyone is welcome to submit articles that are relevant to our running passion and our mission.

Our last two members who received Boston Marathon waivers through our club are featured in this edition of Forever Run. We wish all 7 members a safe and enjoyable race. The May edition of the newsletter will have brief follow-up articles on all who ran. If you are running as a qualified entrant or for a charity or with another club, we welcome including you in our post-race articles. Please email Byron Petrakis in this regard: [byronpetrakis@yahoo.com](mailto:byronpetrakis@yahoo.com).

Please save-the-date for our annual fall banquet - Monday, September 18th at Spinelli's on the Peabody/Lynnfield line. Our guest speaker will be Tom Grilk, Chief Executive Officer of the B.A.A.: [www.baa.org/about/administration/thomas-grilk.aspx](http://www.baa.org/about/administration/thomas-grilk.aspx). Please thank Jerry Panarese for extending the invitation to Tom: [gpanarese@yahoo.com](mailto:gpanarese@yahoo.com).

In addition to the keynote speaker, we celebrate award recipients, including the Rev. Joseph Shea award: <http://www.ne65plus.org/index.php?page=rev-joe-shae> and Race Director of the Year: <http://www.ne65plus.org/index.php?page=director-of-the-year>.

Please take a moment to review the guidelines for nomination on our website using the links above. Please send the nominations to me by the end of this month: [jholmquist@mspca.org](mailto:jholmquist@mspca.org). The appropriate members will consider all nominations and make the final selection as noted on the web pages.

As many of you are aware, I have been searching for one of our members to update the website and keep it updated. Since we have new members joining our club on a regular basis, I am repeating my request for someone to work with me and others to help us with the website.

I hope to see many of you at the James Joyce Ramble in Dedham, MA on April 30th. This is the USATF national masters 10K championship and our 70s men's team hopes to win 1st place for the 4th year in a row. We also may have a 80s men's team!

Carpe diem!

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## A Survivor's Tale: Profile of Rick Collette

by Byron Petrakis



photo courtesy of Rick Collette

### **Rick at the 2016 Boston Marathon**

Any runner completing a marathon at age 65+ earns the badge of survivor. For 65-year-old Rick Collette, though, the term "survivor" resonates more deeply than for most. Rick is a heart attack survivor and yes, he is running this year's Boston Marathon with the blessing and cautionary advice of three of his cardiologists. His heart attack occurred on October 26, 2016, just three days after he finished the Newburyport, MA half marathon. After all of his years of running, biking, and swimming, he never imagined that he would suffer a heart attack. With self-deprecating humor, Rick cautions his fellow runners about running hard in a Halloween costume, which he apparently did during the half marathon with disturbing results!

Rick's long-distance running history dates from 1983, when he ran the Boston Marathon as a bandit in 4:35. Since then he has run many times as an official runner, compiling a streak of 15 consecutive years. A bad car accident in 1998 temporarily halted his streak, but he was able to resume his Boston streak again in 2005. The April 2017 race will represent his 30th Boston Marathon, which he says will be his last.

In 2016, while running the Boston Marathon, he encountered a runner with whom he struck up a conversation. In Rick's words: "It was during the final miles of last year's Boston Marathon where I was running alongside a fit runner about my age. We had leap frogged past each other when I came up from behind her on Hereford Street (Mt. Hereford, it seems like). This time I decided not to pass her but to encourage her to run in with me. I asked her if she had ever heard of the NE 65+ Runners Club and told her that it is a great club for folks of our age. (I didn't ask her age but I thought that she might be able [to join] now or in the near future). She stated that she DID know the club and that was how she got her number for the race. Her name is Marj Radin and it was an honor and pleasure to finish the marathon with her!"

Rick is very grateful for having received a waiver from the New England 65+Runners Club, thereby allowing him to run Boston again with an official number. He plans to follow the advice of his three cardiologists, who have told him to "be careful" and to pace himself using "Rick Speed." As he observes, while "Rick Speed" is "pretty darn slow," running at that pace will give him lots of time to encourage "many more people like us to join the New England 65+Runners Club."

We all wish Rick a safe version of "God speed" with lots of time to recruit new members to our club!

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## The Spirit of Pheidippides:Christina Christides

by Byron Petrakis

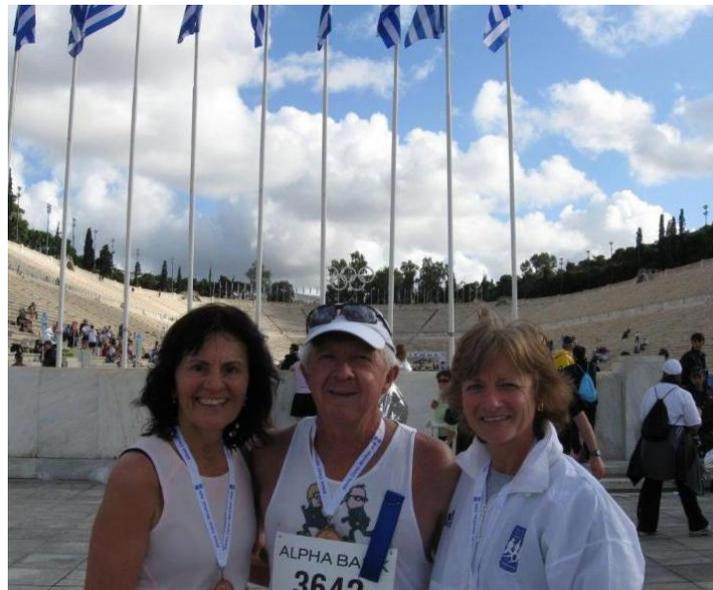


photo courtesy of Christina Christides

**Christina (L) with friends at the 2009 Athens, Greece Marathon**

Every American marathoner, especially from New England, dreams of running Boston at least once before hanging up his or her running shoes. Every Greek-American marathoner also dreams of running the "original course," where the marathon first started, by tracing the route taken by the legendary Pheidippides from the village of Marathon to Athens to announce the victory of the ancient Greeks over the Persians in 490 B.C. In 1896, this same route provided the course of the first modern Olympics. It was there that members of the American Olympic team fell in love with this historical route and used it as a model to create the first Boston Marathon course, from Ashland to the Boston's Back Bay, in 1897.

Sixty six-year-old Christina Christides of Keene, N.H., will be running her first official Boston Marathon in April. While she may be one of many athletes who will add Boston to her marathon resume, she is one of the very few who can claim to have run both Boston and the "original" Greek course in Athens. In 2009, Christina reprised the spirit of Pheidippides and celebrated her Greek heritage by running the Athens marathon in her ancestral land. This was an experience she says she will never forget. Christina's maternal grandmother is from Sparta, and Christina credits her for the "Spartan will" that all marathoners tap into as they complete their 26.2 mile journey.

Christina started running almost 40 years ago in Fitzwilliam, NH. In her words, "my children were only 2 and 4 at the time and I remember having to find a sitter so that I could get some exercise. And here I am at 66 still running with a smile on my face!"

A veteran of races from 5K to the marathon, Christina caught the "marathon fever" after completing her first one, the Clarence De Mar Marathon in Keene, NH in 1986. Since then she has completed the Clarence De Mar five times, the New York City Marathon five times and the Vermont City Marathon three times. The Big Sur in 2012 was her most scenic marathon, with "breathtaking views of the ocean on one side and the mountains on the other." The next year, she ran the first Bay of Fundy Marathon, a hilly and challenging course, which started in Lubec, ME and crossed over the international bridge to Campobello Island in New Brunswick, Canada and back to Lubec. Besides her marathons, Christina has run Mt. Washington, saying that "each time it was a very spiritual and beautiful day."

The Lowell, MA native feels honored to have the opportunity to run her first Boston Marathon and is looking forward to savoring the experience and enjoying herself. Perhaps it is no coincidence that Lowell is also the hometown of Jack Kerouac, author of the classic novel, "On the Road." Together with her Greek heritage, Spartan roots, and Lowell birthplace, Christina is spiritually well positioned to run her first Boston with that smile still on her face. As the Greeks would say, "Yassou," Christina!

**Co-editor's note: Byron's account of his experience running in the Athens Marathon appeared in the Winter 2007 edition of the 65+ newsletter as an essay entitled, "In the Footsteps of Heroes."**

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**RRCA Convention Highlights**  
by Rick Stetson



photo courtesy of Steve Viegas

**NE 65+ Vice President Steve Viegas (L) and Co-Editor Rick Stetson (R) with Olympians Craig Virgin and Desiree Linden at the 59th RRCA Convention.**

When checking in at the 59th national convention of the Road Runners Club of America (RRCA) in Detroit, I was not sure if I would see any familiar faces. However, walking into a ballroom at the Marriott Renaissance Center for a meet and greet, I immediately spotted Massachusetts RRCA State Rep Steve Viegas and Steve Vaitones, managing director of USATF-NE. They were in a group that included RRCA President Mitchell Garner who looked at my name tag and seeing that I represented NE 65+ Runners Club, asked if I had heard of Doug Goodhue. Mitch is a member of the Ann Arbor Track Club, a rival of 65+ at national road races. I replied that not only had I heard of Doug, but I had watched him pull away from me at a number of 5k championships in Syracuse.

A nice part of attending an RRCA convention is the chance to meet excellent masters runners like Doug along with Olympic runners. Desiree Linden, a two-time Olympic marathoner, was there to be inducted in the RRCA Hall of Fame (HOF). Desiree was one of our dinner speakers and was greeted with a standing ovation. I had a chance to speak with Desiree and wished her a good time at Boston, a race she is looking forward to. Club members who will be watching along the Boston course on April 17, need to give Desiree a cheer as she runs by. (She will probably be up in the lead pack.)

Craig Virgin, a three-time Olympian, was a luncheon speaker and he entertained the audience by narrating a video from the finish of a World cross country championship race that he won. (Craig won two Worlds, the first and the last American to do so.)

Another luncheon speaker was Doug Kurtis who has completed 205 marathons with 200 of his finishes under three hours, a World Record. His last sub-three hour marathon was run when he was 61. A five-time Olympic Trials qualifier, Doug helped organize the convention and served as the race director for the Corktown Races, a large 5k that was held following the convention.

Dave McGillivray was inducted in the RRCA HOF and in his remarks, said he did not consider himself to be special and that, "I'm only as good as the people I hang out with."

Dave, who once ran across the United States to raise money for the Jimmy Fund, is well known as the director of the Boston Marathon.

Also inducted in the RRCA HOF was George Hirsch who founded "The Runner" magazine and along with Fred Lebow, helped start the five-borough New York City Marathon. Hirsch has run 40 marathons with a PR of 2:38 set at Boston at the age of 41. He won his age group in each of his final eight marathons up to the age of 75.

The final inductee in the HOF was two-time Olympic marathoner, Ryan Hall, who could not attend in person but expressed his appreciation in a video message. A number of other awards were presented including male Masters Runner of the Year, four-time Olympian Meb Keflezighi and female Masters Runner of the Year, Colleen DeReuck who made the Olympic team in the marathon last year at the age of 51.

Ten U.S. cities were named by the RRCA as a Runner Friendly Community including Somerville, MA. The award noted that the city has "a strong spirit of community involvement demonstrated by the Somerville Road Runners who participates in the annual Shape Up Somerville initiative." The club started the free annual youth running program and "promotes two free weekly fun runs and directs five additional races with proceeds going to local charities."

The convention had informative general sessions such as Insurance and Risk Management, Developing a Network of Sponsors, Understanding Music Licensing, and Executing a Social Media Strategy. It was an enjoyable and helpful convention and I'm proud NE 65+ Runners is a member of the RRCA, "the oldest and largest national association of running organizations in the U.S."

The final event at any RRCA convention is a road race and as mentioned previously, the race for the convention in Detroit was the Corktown 5k. The temperature early Sunday morning was 19 degrees and there was a wind which made me consider skipping the race. But I had entered on line and since Michigan was a state I needed for my bucket list of running a race in every state, I decided to give it a try. The convention had shuttle buses to take runners to the race but I had my car and thought it would be wise to drive so I could sit in the warmth of the car while waiting for the start. It was a challenge to get to the race because my GPS wanted me to cross streets that had been blocked for the race course. But I finally found a place to park and jogged over to a tent where the bib numbers were being handed out. First, however, I had to know my number so I searched a large board with the names and numbers of thousands of runners. To my great disappointment, my name or number were nowhere to be found. I mentioned my problem to a race official who asked me if I had attended the RRCA convention. When I told her I had, she said my number could be picked up in another tent. I was pleased to find that tent was heated and I was handed my number along with a race t-shirt. Never in my more than 600 races have I ever worn a t-shirt given out at a race while running in the race, feeling it just is not something "real runners do." But I did not have the time to run back to put it in my car, plus, I thought the extra layer might give me a little added warmth.

As I was pinning my bib to the t-shirt, a woman next to me noticed my NE 65+ singlet and said she was familiar with my club as she has a friend who was one of our past-presidents. When she introduced herself as Chandra Leister, president of the Maine Track Club, I asked if her friend was Mel Fineberg and she smiled and said "yes." I told her how much I enjoyed working with Mel when he offered to have the Portland Sea Dogs 5k serve as the club's Maine flag race and she agreed when I said that Mel seemed to know every runner in Portland. We then moved to the starting corral where Race Director Kurtis introduced George Hirsch by saying, "Folks, this man is 82 years old and he is still

bookin it." I wanted to tell the race director that he should come to New England where we have a number of runners older than 82 "still bookin it." And I would have told him about a great running club in New England where you have to be 64 and a half just to join. In New England we know how to run at all ages.

The RRCA convention is an excellent way to meet runners from all over the country. I'm looking forward to the 60th annual convention which will be held next April in Arlington, Virginia in conjunction with the Cherry Blossom Run. It should be a good one.

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## **An Old Guy Remembering Younger Days**

**by Ken Houle**

After my very humble beginning in my first race in 1979, I started doing some training. Because this is April and April means, Boston Marathon, I'm going to jump to the year 1982 and my first marathon. The qualifying time for Boston at that time was 2 hours and 50 minutes, in the open division 18 to 39. I ran the Maine Coast Marathon on May 30th 1982, with the idea of trying to qualify for Boston. I ran 2:50:13 missing by 13 seconds, finishing 71st out of 625 runners. I was told you would be accepted up to a time of 2:50:59.

Qualifying was as important to me as actually running in the Boston Marathon. So on Oct. 17th 1982 I ran my second marathon of the year. Casco Bay Marathon in Portland Maine. I finished in 2:49:11 and 53rd out of 400 runners. OK I'm ready for Boston on April 17th 1983. I was prepared, thinking of running in low 2:40's.

Wow was I blown away with all the logistics of running Boston. The long bus ride from Boston to Hopkinton in a cramped school bus. Then the long wait at the school, and having to give up your warm up gear one hour before race time. Then the very slow start to get to the official starting line, a full three minutes after the gun went off. It also took three miles before being able to get into the pace I wanted to run. Never mind trying to make up the three minutes I lost at the start. My goose was cooked; there was no way I would be able to run what I wanted to do. Never the less, when you run any marathon you have to set three goals: a high unrealistic goal, a realistic goal and last but not least, just finishing.

I finished my first of eleven Boston Marathons in 2:56:02, 2180th out of 6000 runners. I'll just tell you about a few highlights having to do with the Boston Marathons. My fastest marathon took place at the Cape Cod Marathon on Nov. 15th 1987 where I qualified for Boston as a master with a time of 2:36:07 finishing 11th out of 670 runners. The course record was 2 hours and 38 minutes, so I did break it but I finished 2nd in my division. A very strong competitor and friend John Boyle of Newburyport Mass finished with a fantastic time of 2:31 and change. I'm willing to bet that masters record still holds today. Anyway, this resulted in my receiving a low bib number for the Boston Marathon.

Back in the day, getting as close to the front as possible was important. Special bib numbers were assigned to top masters in 1988; they started at 5000 and were yellow in color. I received number 5050 which put me in the first corral right behind the elite runners, how exciting it was. The gun went off and 5 seconds later I was over the start line. Sounds like the start of a great marathon doesn't it? No it wasn't, because what happened 3 miles down the road shocked me to the core. I heard and felt a snap in my left foot that sent pain through my whole body. It stunned me almost to a stop, but I kept going because my wife, Sue, and my uncle, Jeff, were at the 22 mile mark waiting for me.

My uncle lived in an apartment complex near the 22 mile mark of the marathon. I concentrated on blocking out the pain by focusing on the fact that Sue was waiting. I was able to block out the pain until mile 16. From there to the 19 mile mark I started losing my focus and was slowing down. I finally made it to mile 22. Sue saw me walking and I told her I was in a lot of pain. My wife the nurse, not knowing about the snap I heard in my foot, pushed me to go on and finish. She said "I would never be happy with myself if I didn't finish." I did finish with a time of 2:50:11 and in 750th place. When she met me at the finish I was having a hard time even walking.

When she saw how all my toes were swollen and red/purple, she said "I can't believe I talked you into finishing." The next day the doctor and the x-rays confirmed that I had broken a metatarsal bone.

So you could say that was my best and worst Boston Marathon all in the same year. To end on a positive note, my fastest Boston Marathon was in 1992 when I finished in 2:43:30 placing 279 out of 8135 runners.

To all who are running this year God Bless and good luck.

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## Winners Dare to Fail

by Payton Jordan

**Editor's note. The late Payton Jordan delivered the following remarks to the L.A. Striders track club in 1994. They were then printed in the December, 1994 *National Masters News*. Payton Jordan was the head coach of the 1968 Olympic track team and he also coached at Stanford. He was a dominant masters sprinter setting world records in the 100 and 200 meters while in his 70's and 80's. The speech was recently sent to members of the Liberty Track Club and Carrie Parsi, a distinguished Liberty runner and member of the 65+ Hall of Fame thought Jordan's advice still applies some 23 years later. We hope you will enjoy it.**

Fear is our greatest enemy and desire is our greatest weapon. I'm often asked what makes a champion. Over the years of being privileged to work with many athletes, certain common qualities are evident. These are: commitment, goal setting, discipline, a strong work ethic, and an ability to appreciate and give credit to others.

One of the all-time greats of sport, Al Oerter, a four-time Olympic champion, vividly exemplified these traits. Today, with four Olympic golds under his belt, Oerter continues to amaze as he performs in masters track and field. He is a prime example the old adage, "Use it or lose it."

Aging is growing. We don't get old; we grow old. If we think of aging as a disease, life will be tough because we can not cure aging. But we can hold it back by recognizing that the first to go is the capacity to use oxygen. Second, our flexibility becomes suspect; thirdly, muscle strength takes a vacation. However, if we "use it" we won't we won't "lose it."

Deep breathing may be accomplished while watching television, riding in the car, any time, whether doing a vigorous workout or not. We can all stretch and do loosening movements daily, and strength can be enhanced by mere push-ups, pull-ups, sit-ups, and of course, a weight training regimen can add more strength. Your destiny and quality of life is in your hands. But you must start with commitment.

The question of the ages is, "After the first 50 years, what will you do for the next 50 years?" Sure, we get older and slower, but this is no reason to disengage or pull back from life. It is important to stay involved.

We recycle cans, papers and bottles; why not the wisdom and experience that comes with age? We have talent and it can continue to grow. Don't accept limits, for yourself or for others. Be vital and take your part, whether it be athletics, music, art, poetry or writing. The human species is most expressive when involved.

Our generation is on the cutting edge and we can be role models to those younger than ourselves. Retirement does not mean sitting down, doing and saying nothing. Why waste the wisdom, creativity, energy and God-given gifts. We must create lives of value by creating and meeting daily challenges.

Never settle for being "put out to pasture." As has been said, "Old age can be a hell of a ride if we get in touch with ourselves and others."

Remember WINNERS DARE TO FAIL. So don't be afraid to think and act like a champion. The ingredients are simple if you will but make the commitment, be unafraid to dream and set goals, and don't frown on discipline for it is the tool that will push you to do the work needed.

Fear not, let desire burn. It applies just as much to the second 50 years as to the first 50. Experience the moment and joy of living a vital and rewarding life and you will not fail.

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## **Boston Ranked As A Best Running City** by Rick Stetson



photo by Judy Graham Garcia

**The marathon has put Boston on the running map for 121 years. Because the marathon is held in April, the weather can be unpredictable. Some years it is hot while others, such as in 2015 (above photo), it has been cold and wet. That's when 65+ past president Tom Wylie (right) paused at the 30K mark to get a quick drink and encouragement from his friend and assistant newsletter editor, Byron Petrakis. We hope the weather is nice this year for our club members who will be running Boston.**

Last October, *Runner's World* magazine ranked America's 50 best running cities with populations of more than 160,000 and Boston was listed as number three. (San Francisco was first with Seattle second.) The rankings were based on the number of RRCA and USATF sanctioned clubs (40%); the number of parks, trails, open spaces and running tracks (20%); the climate including precipitation levels, air quality and daily average temperatures (20%); food to include resident's access to healthful food and farmer's markets (10%); and safety: the measure of crime and traffic incidents involving pedestrians (10%).

*Runner's World* said a favorite Boston run for locals is "along the Charles River, an 18-mile trail with plenty of bridges to tailor the route to a specific distance," as well as "the Emerald Necklace- an 1,100 acre chain of nine parks linked by paths and waterways, including a seven-mile trail from the Boston Common to Franklin Park."

Bill Rodgers (once known as Boston Billy) said he believes "all the culture of Boston comes from the marathon." He pointed out he likes to run along the Charles but when he lived in Jamaica Plain, he enjoyed running around Jamaica Pond. According to Rodgers,

"the Boston fans really get it. They appreciate all their runners, from first to last."

Boston was the only New England city to be ranked in the top 50 but five smaller "running meccas" were listed including Portland, Maine (population 66,881) which the magazine said "is a great place to squeeze in some trail and hill workouts." The city offers some beautiful views such as from Speck Mountain or running through the Back Cove Trail "which features a large tidal pool." The first NE 65+ flag race of 2017 will take place in Portland on Mother's Day in May. The club's Mel Fineberg invites runners to visit his home town and take part in the Portland Sea Dogs 5K. In case you haven't heard, the Sea Dogs are a AA affiliate of the Boston Red Sox and runners finish the race on the warning track inside the stadium while their pictures are displayed on the jumbotron.

65+ members around New England most likely have "running meccas" of their own in towns smaller than Portland. When I lived in Duxbury, MA a favorite running loop took me out to Duxbury Beach across a wooden bridge that was a half mile long. As I ran by people fishing off the bridge I would always look to see if they were getting any bites while on the waters of Duxbury Bay, there would often be colorful sailboats engaged in races

Club members living near Lexington, MA enjoy running through the Minute Man National Park on Battle Road where the British once made a fighting retreat from Concord to Boston. The date the battle took place, April 19, 1775, is commemorated as Patriot's Day. But instead of reflecting on the British march back to Boston, thousands now come from all over the world in April to run to the city from Hopkington. And in Lexington on the morning of Patriot's Day, a five-mile race has been held for the past 103 years. Last year the winner of the mens 70+ division was Rich Paulsen of NE 65+ Runners.

You might have a scenic course or a race that you believe would qualify your town as a "runner's mecca." If so, feel free to write a description and send it to us at "Forever Run." Running a scenic route is always a good way to make the miles fly by, especially when there is a link to our history like on Battle Road where runners will often pass reenactors dressed as Minute Men or Red Coats. All over New England there are scenic places tied to the birth of our nation. Happy Patriot's Day.

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**Editor's note. When Jan Holmquist invited club members last month to send articles, race reports and even poems to this newsletter, Jim Burnett responded by submitting the following poem. Jim tells us he is slowly recovering from spinal surgery but this month he hopes to "start jogging on soft and flat trails." He says that "if all goes well, I should be better off than 2016." Jim, we wish you well and say "thank you" for your poem.**

## **A Runner's Awakening**

The deep cord of the almost lost, almost gone restless beneath,  
The turning point, the blink of an eye, the almost missed,  
The never to be forgotten, the final fearfulness, the closing door,  
The dark shadow, the fading light, the whisperings.

Floating through the door to space, stillness awaits,  
Uncountable miles trail behind, blurred, each a drop in a vast sea,  
Squinting into the rising sun's fire now, exhaling,  
Arms dropping down, loose, an awakening smile curls gently upward.

Crunching gravel sliding under,  
Blood and breath and foot all one,  
Round the corner full and empty,  
Every step a fateful leap.

Slippery bank leads to the crossing,  
Generations close behind,  
Time to push or just move over,  
Time to sow or time to sleep?

Doesn't matter not to worry,  
Breathing in and breathing out,  
I am dreaming I am running,  
Be ye first or be ye last.

See the body at its function,  
Feel the wind and steel the pain,  
Fluids flowing heart a'beating,  
Welcome raindrops snow and ice.

Still the doorway swings wide open,  
Now the runner dreams and runs,  
Into space and into stillness,  
Generations close behind.

by Jim Burnett

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## **Running With A Legend**

by Chuck Hyson



photo by Susan Hyson

### **Famous Canadian Marathoner, Ed Whitlock (L) with Chuck Hyson**

I was so saddened by the death of Ed Whitlock today. In 2006 I traveled to my home town Schenectady, NY to run the Stockade-Athon 15K. The course begins in Central Park about one mile from the house that I grew up in and the park that I played in. The course travels to downtown Schenectady and thru the Stockade area. An area so very familiar to me growing up and where I worked and lived until leaving for a job in Williamsville, NY.

While my wife and I got out of our car we saw Ed Whitlock who at that time was 75 and already a legend in the running community. We struck up a conversation and he was very friendly and not at all averse to talking to us. He graciously posed for this photo which I cherish. I don't remember his time nor mine but will never forget meeting such a wonderful man and fellow runner.

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## **Northeast Snowshoe Champs!**

**by Robert Knight**

It is great to try new things, even when (or especially when) you are 72. With that thought in mind I decided to compete in the USATF All Terrain series this year. Plus, I thought it would be way less competitive than the Grand Prix series. That decision led to my debut snowshoe race on the very chilly morning of March 12.

The snowshoe leg of the All Terrain series was the Northeast Snowshoe Federation Championship 10K race at Mt Prospect in Vermont. It was my first snowshoe race and just about the first time I've run on snowshoes which made me a little apprehensive about the 10K distance and the "Mountain" in the locale's name. To further stoke my concerns, it was zero at the start with a stiff breeze blowing. Fortunately my New England 65+

teammate, Rich Paulsen, was there. Rich is a comparatively old hand, having raced on snowshoes once before (and having won the All Terrain Series at least once). Rich had his own good reason for having driven two and a half hours on a bitterly cold morning to race on snowshoes - he had a free entry to the race. That seemed a curious rationale as we bundled up and discussed how to avoid frost bite.

Dion Snowshoes had a table at registration where they rented their racing snowshoes which are the standard for snowshoe racing. They are quite small and light, with an aggressive metal cleat on the bottom which was reassuringly grippy on the ice. I'd been warned that the effort of running on snow pushes your heart rate up to the max almost immediately. But with the recent freeze-thaw cycle and the frigid temperature, the course was rock solid which made it easy to run, but also made catching a cleat and crashing headfirst onto the ice a constant possibility. There were 51 competitors, most of whom quickly disappeared down the course. The course was a very pleasant run through the woods, twice around. I quickly learned to run with a wide stance after several very painful collisions between the snowshoe and my ankle bone. The second time around I was starting to get into a decent stride when I caught the tip of a snowshoe in a patch of soft snow which immediately led to a face plant on the ice. That was scary. I had visions of a bleeding if not broken nose and smashed glasses, but no serious damage was done. Rich went down a couple of times as well, but was also lucky in his landings. After about 1:20 the finish line appeared, the timer poked his head out of his heated timing hut and we were finished.

This is a long preamble to avoiding sounding boastful when I announce important NE 65+ club news: club members are now #2 and #3 Super Vets in snowshoe racing in the northeast (at least that's what the plaques say). Number one was snagged by a very speedy trail runner from Vermont, Fred Ross, who is only 70 and looked like he had run on snowshoes before which gave him a decided advantage. He also beat Rich and me on the indoor track 5k in Providence (that's another All Terrain story), so he may just be faster than us. So much for less competition!

Did we love snowshoe racing? Well, this may give you a clue. Rich won a pair of expensive racing snowshoes in the raffle and declined to accept them. Said he was all done with snowshoe racing. I'm waiting for my ankle bone to heal up, but I think I'm with Rich.

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## **Return to New Bedford**

**by Stephen Viegas**



photo by Global Click Photography

**Editor's Note: Steve Viegas (above) was joined at the 2017 New Bedford Half Marathon by 14 other members of NE 65+ Runners including Rob Knight who finished second in the M70+ age group. Not far behind Rob in that age group were the following 65+ members: Harry Carter (4), Denny Leblanc (5), Rich Paulsen (6), Gerald Porricelli (7) and Phillip Pierce (8). Congratulations also go out to Linda Dewing who placed second in her 70+ age group. For a complete listing of club member's performances at New Bedford, check out the race results on the club's web site.**

I ran the New Bedford Half Marathon for the first time since 1986. Boy, was it windy! My father grew up in New Bedford and graduated from New Bedford High School prior to heading off to Harvard. He was part of a generation which didn't return after college. After Harvard, my father settled the family on the Northshore. That is where I grew up and still live.

My grandfather's family immigrated to the New Bedford area from Olhao, Portugal when he was 6 years old. When he was 13 or so, his family pulled him from school to work in

the mills to support his family. When he was in his late teens, his oldest sister paid for him to complete high school at Huntington Prep, part of the Boston YMCA on Huntington Avenue in Boston. He spent a year or two studying at BU and briefly studied at Suffolk Law School.

My grandmother's family emigrated from Glasgow, Scotland to Boston when she was 16. They were originally from Ireland. She was born in County Mayo. In Boston she was put "in service" as a governess to the Minot family. One of her mother's relatives married Mr. Minot so the child she cared for was actually family.

Through her brothers, my grandmother met my grandfather. My grandfather quit law school and they moved to New York City where they lived for about 4 years. My great-grandmother lured them back to New Bedford. She turned over the Viegas grocery store on Hemlock Street at the corner of Osborne Avenue in South Dartmouth on the New Bedford line to my grandfather. It became the Viegas Red & White. I have many fond memories of the place. I could see the building as I ran down Rockdale Avenue.

In 1974 in my first job out of law school, I was a VISTA lawyer in the local legal services office in the building across the street from the New Bedford YMCA where we picked up numbers. The office was above where the Moby Dick Brewing Company is now located. I lived at 163 William Street in an apartment behind a barber shop. I visited the building today. It has been gutted and remodeled and is a law office. How nice!

During my year in New Bedford, I met Susan who was teaching special needs students in the New Bedford Public Schools. She knew my Aunt Min who was a Portuguese language specialist helping immigrants learn English. I had considered staying permanently in New Bedford after my VISTA assignment was complete. The country's economy was in recession and the New Bedford area as well as Rhode Island were hit harder than other places. It wasn't an ideal time or place to set up a law office. Sue and I decided that we wanted to get married and relocate back to the Northshore. I had a wonderful year spending quality time with my grandmother and my father's aunts and uncles. I introduced them to Sue right off. They have all passed away and I have just one second cousin living in Acushnet, the only one in the Greater New Bedford area.

I passed many locations with great meaning for me. I passed Lake Street. My grandparents lived there in the Buttonwood Park neighborhood. On that windy portion of Rodney French Boulevard was a restaurant known as the Boathouse. I passed the building which is now derelict. There in late August 1974, I met Susan. I passed Allen Street which leads to St. John's Cemetery where my grandparents, great grandparents, a great, great-grandmother and many uncles and aunts are buried.

Very moving for me was when I approached Division Street on County Street near the homestretch of the race. That is the site in February 1973 where my Aunt Barbara died in an automobile crash with a drunken driver. She was only 40 years old, she left three kids. One was in college, one in high school but the youngest was only 9 years old. This was an unspeakable tragedy for all of us. I was extremely close to her and still hold her close in my memory. I became emotional as I approached, so I stopped and said a brief prayer to her on the corner.

I believe that the last times I ran this race in 1985 and 1986, it was organized by the Greater New Bedford Track Club. Management has been by the Friendly Sons of St. Patrick for many years. The race always falls on the Sunday closest to St. Patrick's Day.

Sue and I got a bite to eat at Whaler's Tavern. I ordered a Whales Tale, a fine pale ale

made by the Cisco Brewing Company over in Nantucket. I then indulged myself with Portuguese comfort food. I had a great bowl of kale soup and I had a stuffed quahog. Stuffed quahogs were my grandfather's favorite food item among all of New Bedford's and Portugal's offerings.

So, my next half-marathon is the Horseneck Beach Half Marathon. Sue was living in Westport on Highland Avenue when I met her. Horseneck Beach was a favorite place for us to walk when we were courting. I seem to be on a half-marathon memory tour.

Oh yeh, I did also race New Bedford. I haven't run track workouts since October and this was the longest run I have had since the Marine Corps Marathon. I'm still a wee few pounds over my fighting weight. And there was wind down in the cove! So I didn't think I'd match my half times from last year which ranged from 1:46-1:49. I planned to run at 8:20 to 8:40 pace and pick it up at the end hoping to average around 8:30 per mile and come in a little over 1:50. I met that discounted standard. I finished at 1:52:07, 8:34 pace. I was 923 of 2293 finishers and was 34 of 86 in the M60-69 age group. I did a search for my place among the M65-69 and I was 4th which should earn me some points in the USATF New England LDR Grand Prix.

Even with the wind, it was a great day to be a runner, to be Portuguese-American, to be Irish-American and to be with my sweetheart.

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## 65+ Newsmakers

by Rick Stetson

The names of several NE 65+ board members were spotted in the latest issue of the *New England Runner*. Phil Pierce was pictured with six other of the latest inductees into the Maine Running Hall of Fame. The magazine noted that Phil, an "ultra ace," did not start running until he was 42 and that he enjoys 100-mile races (he has completed 25 of them.) And in a listing of the top 2017 Boston qualifiers from New England, Zeke Zucker was mentioned as one of the best Vermont 70+ runners as a result of his 4:03:19 finish at the Caumsett Park Marathon. We are proud of Phil and Zeke and wish them good runs at Boston.

Club members who will be along the course on April 17 cheering on 65+ marathoners should look for and then give encouragement and thanks to a woman who, while not a member of our club, certainly is a runner who contributed much to the history of Boston. This 70-year old runner will be wearing bib 261, the same number she wore 50 years ago when Jock Semple tried to push her off the course while yelling, "Get the hell out of my race." Her name? Kathrine Switzer.

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## New Members

**Joan Lavin**, Gorham, Maine    Sponsor: Joan Tremberth

Has been running for over 40 years and running corporate track for 19 years. A member of the Maine Track Club since 1981.

Been a runner for over 40 years. Usually does a minimum of 30 races a year. Member of Rochester Runners Club for 15 years. Club Runner of the Year for past two years.

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## Out on the Roads of New England

by Dan D.



photo courtesy Dan Dodson

### **Two Chicks and A Dude (Dan D. with Ann Tassinari (L) and Eryn Kenney) in a Manchester, NH half marathon relay.**

And then it all came crashing down!!!!!! That's what happened to me in March. I guess the St. Patrick's "luck of the Irish" didn't reach out to me. Let me explain .....

January went terrific – 12 races successfully completed (and my pace began to improve a bit too!!). February continued the good - looking 2017 year with another 11 races in the record-books. That's 23 races in two months (11.5 races X 2 months = 23). You can guess where my mind is heading. Turn back the clock 4 or 5 years ago – just maybe 130 or 140 or even my old yearly goal of 150 races. Maybe my pace gets back down into the 11's again – wow, life is good. March started out fine with races in Marshfield, Mass. on the 4th and Lawrence, Mass. on the 5th. And then ..... the flu!!!! Three weeks later and I'm somewhat better, but still constantly coughing. Pre-paid races in Epping, NH on the 11th; Lowell, MA. on the 12th; Salisbury, MA. on the 18th; and Lunenburg, MA. on the 19th all missed (over \$100 wasted) – I never do that. Finally I rally and do the 2 Millennium Running races in Manchester, NH. on the 25th and 26th ..... but at a pace about 1 minute + slower than what I had been normally accomplishing for the past year.

I'll bet some of you have had similar experiences. We have a great 2 or 3 months and our eternal optimism kicks in and we truly think we're 10 - years younger, feel like we are totally invincible, etc. etc. etc. etc. — and then BANG. I know ... it was my own fault. Too much racing, too many late nights and not enough sleep, etc. I'm kinda down in the dumps right now. I'm going to attempt to rebound, but I don't know how everything will turn out. Will I now be running 13+ minute miles forever????? Am I limited to 1 race per week??? Sitting around for 20 days without much exercise at all truly sets you back quickly. These 2 Millennium Running Shamrock races in Manchester, NH. made me feel like I'm totally starting over. I ran terribly, felt awful, and couldn't even fully enjoy the company of my

terrific running friends on the second day anyway. I realize I'm sounding like a "whiner" – and I know this is all minor stuff compared to folks with serious health issues, etc., but a "writer" should share true feelings with his readers and this is honestly "where I'm at" as the month of March draws to a close. Enough of this ..... let's get on to the four races I did complete in March, 2017.

On Saturday, March 4th, I traveled south to Marshfield, MA. to do the "Marshfield March 5K - 2nd Annual". This was a new race for me and benefitted the Martin Richard Foundation (the little boy who was killed in the marathon bombing in Boston). The race was directed and timed by the South Shore Race Management company and had one - deep age groups up to 70+. The \$25 (\$30 race-day) fee was good for a nice shirt and post-race awards and light refreshments inside (yay) the nearby Cask & Flagon Restaurant. The brutally cold and windy day kept the race size down to 43 finishers. This made it possible to score a "strange double" – finishing both 1st and last in the same race. Yup ... I was 43rd overall and still #1 in the 70+ age division. Try that one on for size!! Perhaps this extremely cold & windy day was the beginning of "my downfall" – can't tell for sure.

The next day – Sunday, March 5th – I travelled over to nearby Lawrence, MA. to run the "Claddagh Pub 4 - Mile Classic Road Race - 24th Annual". This was the 2nd race in the 3 - race "Wild Rover Series" directed by Yankee Timing. This popular series features a 3 - miler in Haverhill, MA. on the last Sunday in February; followed the next Sunday by this 4 - miler in Lawrence, MA.; and then a 5 - miler the following Sunday in Lowell, MA. In addition to the nice tech t - shirt, the race in Lawrence features a hot pasta meal, salad, and beer inside the huge Claddagh Pub with terrific entertainment by an Irish rock band. This is the same venue used at the finish of the Mill Cities Relay. The awards went 3 - deep up to 80+ with 754 runners completing this race. Dick Kuhl won the M80-99 age group; while Barry Pearson topped M70-79, followed by Richard Paulsen (2nd) and Daniel Dodson (4th). The series features a large unique medal with the 3 - pieces from each race joining together to form this terrific medal. Can you guess who ended up with 2/3rds of the medal??????????

After a 3 - week hiatus I traveled northward up to Manchester, NH. on Saturday, March 25, for the "Shamrock Half Marathon & Relay". There were 724 people completing the 13.1 mile half-marathon and another 546 competing in the 182 relay teams of 3 runners per team. The relay teams ran legs of 4.5 miles, 3.7 miles, and 4.9 miles = 13.1 miles. Daniel Dodson ran the 2nd leg for the "Two Chicks and a Dude" team. All participants in either the half marathon or the relay received a beautiful "Sham Rock Hoodie" and a large finishers medal. The main streets in downtown Manchester were totally blocked to vehicular traffic as is normal with Millennium Running sponsored races. There were Manchester high school cheerleaders at various intersections, race announcing by WMUR - TV channel 9 sports director Jamie Staton at the start & finish line, Announcers on the Run's Andy Schachat at the relay transfer stations, National Anthem sung by Miss Gate City (Nashua), free pizza, yogurt, etc. at the finish line, instant results at the finish and on all electronic devices immediately after the race finish, tv coverage on channel #9 and NBC - Boston, and redeemable beer tickets at 5 neighborhood pubs & taverns.

The next day it was back to Manchester again for the "Northeast Delta Dental Shamrock Shuffle". This 2 - mile event coincided with the city's huge noon-time St. Patrick's Day parade which began 45 minutes after the start of the race at 11:15am. There were 1972 finishers for the "Shamrock Shuffle" which is part of the 13-race Elliot Millennium Running Series that goes from January 1st until mid-November. In typical Millennium form the items from the half marathon the day before were repeated with an additional medal for all who completed the full 13.1 mile half marathon and the 2 mile "Shamrock Shuffle"; greetings

from Manchester Mayor and official race-starter Ted Gatsas, and the National Anthem sung by Miss New Hampshire. Shu Minami was #2 in the M70-UP division with Daniel Dodson #5. Mildred Rhoades (the pride of Bethel, Vermont) finished 7th in F70-UP.

Well I guess this wraps it up for a very short racing month of March. I'll be reporting on my races from South Carolina for the first 3 - weeks in April and HOPEFULLY a few back in New England the last week of the month. If my health is okay I plan to run two 5K races in Bluffton, SC. in early April with NE65+ Hall of Famer Wendy Burbank. Wendy has graciously offered a tour of her new home in Bluffton which we certainly plan to do. I have also pre-registered for a mid-week race in Charleston, SC. on the 13th and on the 8th a repeat visit to the "Run for Adela" on the beach of Sullivan's Island, SC. By the way – the 2nd race in Bluffton with Wendy Burbank is scheduled for a Sunday – quite possibly a historical first in South Carolina. We have been traveling to South Carolina each April for about 15 years now and have never seen a race scheduled for a Sunday before. Stay tuned .....

Until we meet again .... I hope to maybe see you in South Carolina or after April 23rd "Out on the Roads of New England".

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## Have You Heard?

**Tom Brady plans to play for the Patriots until he is eligible to join NE 65+.**

April Fool

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## Quote of the Month

**"I'm on a strict running program. I started yesterday. I've only missed one day so far."**

Kevin Nealon

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