

From the President

Steve Viegas

Editor's Note: Your president has been busy traveling (when last heard from he was out in Ohio) but he will be back with us in January. In the meantime, Steve and the 65+ board of directors wish one and all a Happy Holidays and some enjoyable running (be safe when the streets are covered with snow and ice.)

At The Races



BIGGSteps Toward Cancer Prevention 5K, Needham, MA. (L-R) Tony Cellucci, Phyllis Mays, Barry Singer. Tony was 2nd in the 80+ age group, Phyllis 1st in the 80+ and Barry was 3rd in the 70-79 division. Not pictured was Ram Satyaprasad who was the 1st 80+ male with a time of 30:53.

New Members

John Puleo, Kittery Point, ME

No Sponsor

Has run 20 marathons the last 11 years including 6 as a Boston qualifier. The last 4 were: Sugarloaf '17, 3:43:30; Baystate '17, 3:46:48; Maine Coast '18, 3:44:44; and Baystate '18, 3:45:42, which was his first race as a member of USATF-NE.

A Letter From Connecticut

Editor's note: In *Forever Run* last month, an article listing six reasons to run a race on Thanksgiving mentioned that many club members already do so including Bill Billing and Amby Burfoot who have run Manchester in Connecticut for many years. After reading the article, we received the following email from Clem McGrath.

Reading your article on Thanksgiving Day races, I offer the following relative to the Manchester, Connecticut race.

This year will be my 62nd anniversary of my first one in 1956 where I finished 17th overall and was the first high school finisher. Although I took many years off from running in my 20's and 30's I returned to finish 37 of them over the past years.

According to the race archives no one goes back that far and is still running the race. Due to physical issues in recent years, I have left racing but am able to jog 5 miles to keep fit and also throw in some walking on off days.

Say hello to Jerry Levasseur for me as we competed many times in past years when he lived down here in Connecticut.

Clem

p.s. The race was 20 years old in 1956 and had about 100 runners. Today it is capped at 15,000 and has well over 100 entries each year who are over 70 years old. I have been fortunate to score in the top 3 in various age groups over the years.

Thanksgiving Day Races (Continued)

by Rick Stetson

In the November issue of *Forever Run* I mentioned entering a Thanksgiving race and watching a fast runner ahead of me dressed as a faux turkey receiving cheers and applause from spectators along the course. I was pleased to learn that the faux turkeys are still making their annual appearance on Thanksgiving Day. This year they "flew"

around the lake in Wakefield. (Photos below.)

Despite the frigid conditions, according to the 65+ web page we had club members participate in at least 15 races around New England on Thanksgiving Day. We say "at least" because not all race results are listed on Cool Running and it is often difficult to learn who ran where. But we know nine club members were in Portland, Maine to participate in the Thanksgiving Day 4 Mile while in Andover, MA, six members ran in the Feaster Five K. The other Thanksgiving Day races did not have as many club members, but all were held in record-setting low temperatures causing the runners to bundle up.

Two days after Thanksgiving club members continued to show the younger age divisions that a little cold weather is no reason to skip a race. In Gorham, Maine, eight members of NE 65+ ran a 5K to Burn Off The Turkey while down in Barrington, Rhode Island, seven club runners chose the Trot Off Your Turkey race. For results of club members running on Thanksgiving and the days after, be sure to check the listings on the 65+ web page maintained by Tom Abbott and his dedicated crew of volunteers.



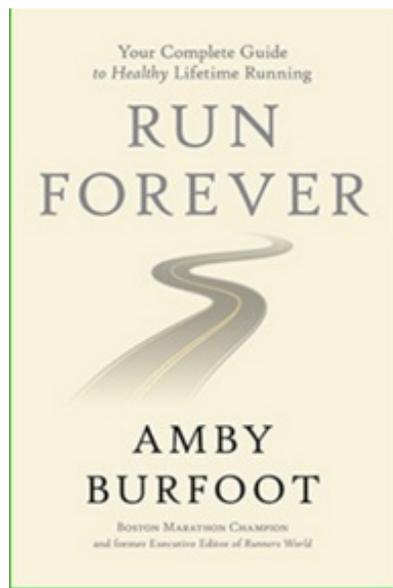
photos by a race volunteer

Any idea as to the identities of these two faux turkeys? They were last seen strutting at a fast clip around Lake Quannapowitt in Wakefield in the Earn Your Turkey 5K (or was it the Earn Your Faux Turkey 5K?)



Amby's Book

by Rick Stetson



We have had club members disappointed they were unable to make the 65+ annual meeting in October and missed a chance to purchase an autographed copy of Amby Burfoot's latest book, "Run Forever," but there is no need to despair. Jan Holmquist introduced me to Amby's web site, www.lifetimerunning.net where I discovered I could order an autographed copy for \$25. Club member Jerry LeVasseur has read the book and said it is excellent. From the sample pages I was able to read on the web site, I realized it is a book I should add to my running library. Seldom can runners receive words of advice and inspiration from both a Boston Marathon champion and long-time editor of "Runner's World." We are delighted Amby has joined the NE 65+ Runners Club and his writing contains truths we can all relate to such as, "Running doesn't get easier with age, but the payoffs are greater."

Club members clicking on Amby's web site will see there is another book relating to us

that can be ordered for \$12.50 (just in time for Christmas.) It is "Running Past Fifty, Advice and Inspiration for Senior Runners" by Gail Waesche Kislevitz. And while on the web site, be sure to look at interesting profiles of senior runners including club members Mary Harada, Gary Circosta, Jan Holmquist and honorary club member, Dave McGillivray. Amby is looking for additional runners to profile and we have a number of great candidates in our club (must be over 60 and have been running for 25-30 years.) We are over 60 or we could not be in the club and a goal for many is to run forever making us Amby's kind of people, so be sure to check out his web site when you get a chance: www.lifetimerunning.net

Hall of Fame Nominations

by Phil Pierce

The 65 Plus New England Runners Hall of Fame is looking for candidates to be nominated to the 65 Plus New England Runners Hall of Fame. There are no special nomination forms, and candidates should submit a running vita highlighting their accomplishments. If you are nominating someone else, please ask their permission and/or cooperation in the endeavor. Candidates must have been a member of the club for two years and be at least 70 years old. Nominations should be received by March 1, 2019 to be considered for the 2019 election year:

philip.pierce79@yahoo.com

Age graded scores would greatly be appreciated. If you have questions about this nomination process, please contact Phil Pierce, Chair of Nominations, at 207-781-3769.

Ken Houle's 1000 Mile Challenge

Last month we reported that three club members had already reached 1000 miles running or walking this year in the Houle 65+ Challenge (Bob Murphy, Jay Diener as well as the challenger, Ken Houle.) With a month to go, we are pleased to report that five club members have been added to the list: Steve Viegas, 1308; Zeke Zucker, 1188; Bill Cotter, 1011; Neal McBain, 1000+ and Dave Pember, 1000+.

Ken also issued Challenge Number Two for runners who have totaled more than 100 miles in races this year. The leader in that challenge is Daniel Dodson who has an impressive figure of 306 race miles. At the end of October, Dan had run in 82 races. For an update on how he stands in his goal to run 100 races this year, read "Out on the Roads of New England" in this issue of the newsletter. Making a valiant effort to catch Dan is Richard Kuhl, age 83, who has accumulated 231 race miles. Richard is followed by club president Steve Viegas who has 147 miles and Jerry LeVasseur is next with 127 race miles. Also topping 100 miles in races are Dave Pember, 112; Neal McBain, 103; and Bill Cotter, 101.

Ken will give the 2018 mileage results in the January edition of "Forever Run." Club members who keep up with their training or race mileage and would like to be listed in the challenge if they exceed 1000 miles or 100 miles in races, should send their totals to Ken no later than December 31st: hoolks@metrocast.net

Out on the Roads of New England

by Dan D

Greetings to all NE65+ Runners Club members throughout our 6 - state region. We have

Thanksgiving Day behind us and the end of the year religious holidays and New Year's Eve & Day to come. Thanksgiving always seems special around these parts as the actual "event" with the Native Americans and Pilgrims occurred right here in Plymouth, MA. Speaking of Thanksgiving Day --- your columnist did something very special this year that he has never EVER done before. You'll just have to keep reading to find out what happened and why and where, etc.!!!!!!! We'll also wrap up the "Flag Race Challenge" for 2018, and I'll discuss my 10 races for the month of November. I'm presently at 95 races (2 miles or more) for the year with all of December left to go. My optimism on reaching the century mark yearly goal is now quite high.

The first race in November was our own "Run For All Ages - 17th Annual" in Wakefield, MA. 126 runners braved the terrible weather and flooded course conditions -- 34 of them members of NE65+. Race Director Jan Holmquist and all the volunteers (including many from the Mystic Runners) did an admirable job in a truly tough situation. The cost was \$27 online in advance (\$30 by mail) and \$35 on race day. The technical t-shirts were great and the chip timing by Yankee Timing went well. Phyllis Mays won the F85-89 age group while Jim Lynch topped the M85-89 division, followed by Tim Cunningham 2nd, Anthony Cellucci 3rd, and Ronald Sanville 4th. Harry Carter won M80-84 with Dick Kuhl 4th, Bill Masterston 5th, Charles Murphy 6th, Richard Snyder 7th, and Henry Wolstat 8th. Anne Marie McDonald was 2nd in F80-84. Jan Holmquist (top age-graded) was 1st in F70-79, followed by Susan Gustafson 2nd, Adrienne Gordon 3rd, Patricia Ryan 5th, Mary Tyler 7th, and Harriet Snyder 8th. David Pember was "numero uno" in the large M70-79 field with Richard Paulsen 3rd, John Boness 4th, Tom Abbott 5th, Charlie Farrington 6th, John Grant 7th, Hank Pangione 8th, John Parker 9th, Lucien Trudeau 10th, Peter Bradley 12th, Barry Singer 14th, and Daniel Dodson 16th. Bill Cotter was 2nd in M65-69 (best time for any NE65+ member) with John Mahoney 5th. Donna Sarasin topped the F65-69 age division with Rita Labella 4th.

The "Manchester City Marathon Relay" took place the next day - Sunday, Nov. 4th in Manchester, NH. This Millennium Running event included the "Manchester City Marathon", a half marathon, and both half marathon and marathon relays. All finishers received huge medals, free beer and pizza, welcoming address by Gov. Chris Sununu, live coverage of the start on WMUR - TV Channel #9, roads closed to traffic, and chip timing with instant results. "The Squirrel Apocalypse" marathon relay team had 2 NE65+ runners with Daniel Dodson doing the 4.6 mile 1st leg and Richard St. Hilaire running the 8.5 mile 2nd leg. This COED team finished 67th overall out of 87 marathon relay teams.

Nov. 7 - Wed. was "The D5K" in Danvers, MA. This totally free low-key event takes place every Wednesday evening at 7:00pm from the Osborn Tavern at 49 Maple Street. There are no age groups but Daniel Dodson was the only NE65+ member out of the 32 finishers. Reflectors, light colored shirts, and headlamps are a requirement during the late Fall and Winter months. The course is pretty gentle with 3 or 4 small hills.

Saturday, Nov. 10 was the "Jamaica Pond parkrun #33" in Boston, MA. This new event for your columnist was founded in England several years ago and now takes place in various public parks all around the world. There is no race fee, but an entrant must register online once in order to get a computer ticket which is scanned after you cross the finish line. The ticket is good at any "parkrun" in any location worldwide. No ticket no official time. Volunteers are present to record the times, meet with all new runners prior to the race, course marshals, etc. The course goes around beautiful Jamaica Pond once in a clockwise direction and then after the turnaround circle point in the counter-clockwise direction. The race is run on asphalt pathways with no vehicular traffic. The races at all worldwide venues are on Saturdays at 9:00am year-round. Results are posted quickly on the parkrun website. Daniel Dodson was the only NE65+ member as well as the only 70+ runner amongst the 69 finishers.

November 11 - Sunday was the "Run to Overcome 5K Walk/Run - 6th Annual" in

Haverhill, MA. This red, white, and blue Veterans Day race benefits students with special challenges in Haverhill at the former St. James School. The \$25 fee earned the 100 finishers a nice t-shirt with a terrific saying on the back (see the end of the column), awards ceremony with delicious deli sandwiches and an Irish band INSIDE the school cafeteria on Primrose Street. The race director (school principal) is a great motivational speaker and is the master of ceremonies for the awards. The age group awards (medals) are 3 - deep and go up to 80 - 99. Stavros Kanaracus won the M70-79 division with Daniel Dodson 2nd. Timing was by 5K Sports Race Management.

Saturday, Nov. 17th was the "Barron School 5K Turkey Trot - 17th Annual" in Salem, NH. The \$20 race fee earned the 274 finishers a nice long - sleeve shirt, chip timing by North Star Timing, refreshments and awards ceremony inside the school gym on Butler Street, age group awards up to 70 and Over, and a rolling course on local neighborhood streets with little traffic. Daniel Dodson was 3rd in the M70 and Over age division.

November 18 - Sunday was the "Essex Turkey Trot - 41st Annual" in Essex, MA. This long-time staple of North Shore racing in Massachusetts was shortened from a 5 - miler to a 5K event a couple of years ago. The race headquarters and parking is at Woodman's Restaurant -- the birthplace of the fried clam! The Essex Lions Club sponsors the race with a \$20 fee (\$25 race day) which includes a nice tech t-shirt, chip timing by Granite State Race Services, hot clam chowder, and age group awards up to 80 and Over (free turkeys). The 84 finishers ran an extra 0.2 mile making the official distance 3.3 miles for 2018. Daniel Dodson was 5th in the M70-79 division.

Thanksgiving Day - Nov. 22 was the "Fisher Cats Thanksgiving 5K" in Manchester, NH. The dangerously cold and windy conditions caused snow and ice inside the baseball minor league Northeast Delta Dental Stadium (home of the Fisher Cats) forcing race officials to shorten the course to a 4K. Millennium Running brought in heating tents sponsored by Eastern Heating & Oil. The \$30 race fee included typical Millennium Running features like traffic - free roads, announcing by channel 9 sports director Jamie Staton, personalized bibs with the runners name included, instant results with videos of all finishers, tech t-shirts, free online photos, etc. Age group awards are 3 - deep up to 70-UP. This race is part of the year - long Elliot Millennium Race Series. Shu Minami topped the M70-UP age group with Daniel Dodson 3rd and Armand Auger 4th. Mary Minami finished 3rd in F70-UP.

The "AJWC Trot Off Your Turkey 5K" took place on Nov. 23 - Friday at the common in picturesque Amherst, NH. This race is part of the five 5K "Gate City Series" with all races in the Greater Nashua, NH area. Completing 3 out of the 5 races gets a runner a series jacket presented at a Nashua restaurant in January. The course is slightly rolling with lovely New England landscapes throughout. Most runners paid \$100 to cover the entry costs for all 5 series 5K races. The age groups went to 80+ and all finishers received hot chowder and a nice souvenir "Trot Off Your Turkey" mug. Announcing was by Announcers on the Run's Andy Schachat and chip timing was by Millennium Running. Bob Welts won the M80+ age group while Daniel Dodson was 6th in M70-79.

The "Jamaica Pond parkrun #36" was run on Saturday, Nov. 24th at Jamaica Pond in Boston, MA. This free race drew 68 finishers with Daniel Dodson the sole NE65+ member. A large percentage of the runners are British nationals or tourists as the parkrun program originated in England.

The "Flag Race Challenge" is now complete for 2018. Daniel Dodson completed all six races held in each of the New England states. Charlie Farrington did three of the races to finish in 2nd place. I have decided that this is my final year to direct the "challenge". I hope someone else will volunteer to take on the "Flag Race Challenge" in 2019. It truthfully has been a lot of fun for me.

The "unique" thing that I asked you to look for at the end of the column was simply the fact that your columnist ran his first EVER road race on Thanksgiving Day. How can it be that the person who does perhaps more races each year than most anyone has NEVER run a race on one of the busiest racing days of the year??? Well ... here is (as Paul Harvey used to say) "the rest of the story." Since 1963 I have attended every one of the 56 Thanksgiving Day high school football games between the Dracut "Middies" and my alma mater, the Methuen "Rangers". Since the 1960's I have had the honor of presenting the huge "Methuen Jaycees Memorial Trophy" to the winning team at the 50 - yard line at the conclusion of each game. I have never missed a single game beginning with the inaugural game in 1963 at the time of the assassination of President John F, Kennedy. So what happened this year???? Well the weather forecast for dangerously cold temperatures combined with 40mph winds caused the Methuen & Dracut athletic directors to move the game up to Wednesday evening. So ... I immediately registered for the "Fisher Cats Thanksgiving 5K" and had the thrill of FINALLY taking part in a Thanksgiving Day race. And "yes" I did the trophy presentation as usual on Wednesday evening and the Methuen "Rangers" won 26 to 20.

In December I'll be doing two "doubles" on December 1st and 9th. On the 1st is the "Reindeer Run" in Beverly, MA in the morning and the "BASC Santa Claus Shuffle" in Manchester, NH in the afternoon. Then on the 9th it's the "WCRC Santa's Toy Trot" in Merrimac, MA in the a.m. followed by the "Yule Light Up the Night" at the NH Speedway in Loudon, NH. There will be a few more races too as I cross that century mark again this year.

I'd like to conclude this month's column with a beautiful quote that was on the back of the race t-shirt from the Nov. 11th "Run to Overcome" in Haverhill, MA. It said: "Dwell on the beauty of life. Watch the stars, and see yourself running with them!" I'd love to discover the author of that beautiful and appropriate message, and I hope you will join me wherever you are by watching and running with those stars "Out on the Roads of New England".

Quote of the Month

"Keep running, enjoy every moment, live life the best you can and take care of those around you."

Gary Circosta

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