



Forever Run

January, 2018

Keeping Communication Current

with Jan Holmquist

Dear 65+ members,

Happy New Year! I hope everyone had an enjoyable holiday season with family and friends! For those of us who do not get away to warmer climates in the winter and live in the New England area all year round...brrrr. The cold weather has likely influenced your outdoor plans, whether running, walking, skiing...these temperatures and wind chills can be really uncomfortable...and then there is the snow and ice...did I say brrrrr!

I usually run a New Year's Day race with my daughter, Kara, but not this year. We can check race results to see who was brave enough to run a race in this weather! And then there are those who are planning to run the 2018 Boston Marathon on April 16th and want to start - or continue - their training...consider indoor treadmills until we can get out of the single digits and below zero wind chill temperatures?

Regarding the Boston Marathon: This year our club was very fortunate to again receive 7 waivers. We could not accommodate all who applied for a waiver and your selection committee - comprised of Tom Abbott, John Gibbons, Marj Radin, Tom Wylie, Zeke Zucker, and myself- chose the members based on age (we reserve 2 waivers for members 80+), participation in club activity (including Board members, Run For All Ages, attendance at the annual luncheon, length of years being a member, etc.). For the next 4 months, Byron Petrakis, co-editor of this e-news, will profile 4 of the participants. This month begins with Gary Circosta, our new club treasurer, since Andy Lewis asked to step down as treasurer after 8 years of excellent service.

Upcoming profiles will be getting to know Lynn Nill, Alan Hagyard, and Don Jewell. Three of the members who received a waiver this year were also recipients last year, (Phil Pierce, Rick Collette and Tony Cellucci) so you can read about them on our website under: <http://www.ne65plus.org/index.php?page=newsletter>

I want to thank again all those members who contributed to our annual appeal. 2017 participation exceeded all prior years both in the number of members who donated and also the total which exceeded \$9,200! At our November Board meeting, we discussed ideas to use your donations to further support our members. Please feel free to email me with your thoughts at jholmquist@mspca.org.

Just FYI, the deficit with the 2017 Run For All Ages (RFAA) was \$3,120. Our goal is to break even in 2018. We had a productive post-race and planning meeting on December 16th with several new members interested in joining the RFAA committee. Our efforts are focused on finding sponsors, recruiting more runners, and slightly raising entry fees.

We welcome more members to help with the 2018 race. Although a future meeting date has not yet been determined, please let me know if you would like to be involved and I'll add you to the email committee: jholmquist@mspca.org
Carpe diem and Happy New Year!

Meet Your New Treasurer

by Dr. Gary Circosta

I would like to introduce myself to our membership. My name is Gary Circosta. As many of you know, Andy Lewis has decided that he wanted to step down as treasurer, a position that he has worked diligently on for the past 8 years. The Board of Directors accepted my request to be considered to fill the position.

I met with Andy to begin to learn the responsibilities and the best way to fulfill the duties. It took me about 5 minutes to figure out that I had "big shoes to fill"!! Andy has done a phenomenal job; he is so well organized, dedicated, and detail-oriented. I assured Andy that this was not our "last" meeting, but it was in fact our "first" meeting! I will be reaching out to him for guidance constantly. I am not sure if he was glad or sad to hear that, but his wealth of knowledge needs to be carried forward.

At any rate, a little about myself. I have been a runner for 45 years, a member of our club since I turned 64 ½ years of age. I have raced primarily on the roads from 5K-marathon. My focus now is on half and full marathons. Unfortunately, 3 years ago I suffered a very serious accident that the ER surgeons did not think I would survive. They told my wife that I had a 90% chance of NOT surviving surgery. Obviously I did. Then they told me I would never be able to return to work, and certainly never be able to run again. I was back to work full time in 5 weeks, and jogging in 3 months. However, I must admit, my running is only recently beginning to resemble actual "running" again. I look forward to representing our club in 2018 at the races.

Professionally, I am a General Dentist. I have been active in professional and civic committees my whole career, serving in multiple capacities in the Chamber of Commerce, Rotary International, our School Committee, and many state and local dental society committees.

I would ask for all recommendations, suggestions, advice that anyone wants to pass along. Also, any questions you may have can always be sent to me and I will follow up promptly. My best contacts are:

Email: gary.circosta@yahoo.com

Cell phone: 413-636-5993 (text or voicemail)

Hopefully this venture will be work AND play!!! I am always willing to join in group runs that our members are doing. Please "keep me in the loop"!!

I look forward to meeting everyone soon.

I hope everyone had pleasant Holidays, and I wish ALL a Happy and Healthy 2018 Year of Running!!!



photo by Julie Ryder

Boston Waiver Profile: Gary Circosta

by Byron Petrakis

Gary Circosta is a busy guy. For 45 years, he has practiced general dentistry, a profession he still continues full-time. Active in both his profession and his community, he has served in leadership capacities of his local chamber of commerce, school committee, and Rotary International. He is a member of the American Dental Association, Massachusetts Dental Society, and Valley District Dental Society. He has also volunteered to be Treasurer of the New England 65+ Runners Club.

In his spare time, Gary trains and runs marathons. In his 45 years of running, he has run about 160 marathons and hundreds of other races. He is looking forward to this April's Boston Marathon, which he hopes to finish in around 4 hours if he can maintain his current training schedule without complications. It seems almost a miracle, though, that he is even able to get to the starting line.

As newsletter readers of his introductory article, "Meet Your New Treasurer" know, Gary considers himself lucky to be alive, having bounced back from a life-threatening injury and high risk surgery in 2014. He not only was able to return to full-time work but he also resumed his running, as well. His indomitable spirit shone through in his experience running the 2015 Boston Marathon, just one year after his injury. In his words: "I ran the 2015 Boston on a total of 40 miles training from January-April. As you may recall, the weather was absolutely HORRIBLE, headwind all the way from Hopkinton to Boston, horizontal rain for wave 3 and 4 runners, 43 degree temperature. I was smiling all the way!!! "

Gary was always interested in physical fitness, but running did not interest him at all until one day at the gym when he looked out the window and saw a group of runners. Turning to his friends he said, ""Wow, that looks like such a waste of time"! But then, things changed. As Gary tells it, "A few years later, while I was in the Air Force, I decided I'd run down to the beach to meet up with my family. It was a half-mile away. I was panting and gasping for air after a quarter mile, and had to walk the rest of the way! How humbling that was!!! It also served as a challenge to me to improve. That is how my running career started. I remember how excited I was to run one mile non-stop. Eventually I worked up to 4 miles and felt like I had run around the world. I was "hooked"!

His early success led him to consider longer distances, though he never felt at the time that "ordinary humans could run marathons,' thinking they were only for "super-humans." When the B.A.A. opened up the lottery for the 1996 Boston Marathon, he had a change of heart. If the B.A.A. "thought that ordinary people could run a marathon, then maybe I could. The rest is history. I truly LOVE the challenge of the marathon." Gary considers his age-group peers like Bill Rodgers, Frank Shorter and Amby Burfoot his heroes and has "visited with each of them on several occasions. They are down-to-earth friendly guys, just like the rest of us."

His enthusiasm for running and for the NE 65+Runners Club is infectious. In his words, "I enjoy finishing!!! I cross the finish line, and by that evening I am planning my next marathon. I am grateful and honored to be running for our club! What a wonderful group of people! As your newly appointed Club Treasurer, I look forward to meeting as many members as possible. I am always willing to help and am always looking for people who want to run together"!

With his positive attitude and determination, Gary Circosta seems destined to succeed as a runner, club member and newly appointed club treasurer. You can bank on it.

Santa Out on the Road



photo by Austin Mandigo

65+ Individual Challenge

by Ken Houle

The first challenge involves keeping track of all your training miles. Once you have reached 1000 miles of training you have qualified. Send Ken Houle an email stating you have reached your goal at: hoolks@metrocast.net Your name will be entered on the list. Continue tracking your mileage until the end of the year. Send in your total mileage at the end of the year.

Our second challenge involves keeping track of your racing miles. To qualify for this list you need to have raced 100 miles plus for the year. At the end of the year send the list of your races to Ken Houle at: hoolks@metrocast.net Include the race distances, your times, and how you placed in your division.

Awards will be determined by the board of directors.

What To Do With Race T-shirts

by Rick Stetson



photo courtesy of Rick Stetson

The author holding a portion of a quilt made up of 25 race t-shirts.

Have you ever wondered what to do with your collection of race T-shirts? I would often see small ads near the back of running magazines for T-shirt quilts ("We make your T-shirts into a quilt") which seemed like a neat idea but I never investigated the cost even though I was running out of space to keep my many shirts. Some I would wear on training runs until they became faded and frayed to the point where I used them for dusting and

polishing the car until I finally had to throw them away. But there were many from special races I hated to toss out; races like Milt Schumacher's Run the Reservoir 15K with T-shirts designed by North Scituate, RI school kids, or the Reach the Beach relays I had run in New Hampshire or the club's Run For All Ages in Wakefield. Those races and others held special memories for me and the more races I ran, the more T-shirts I accumulated.

Not long ago a friend told me how she had made quilts out of fabric scraps for her grandchildren. When I mentioned how a quilt might be a good way to preserve some of my old running T-shirts, she asked if I had 25 cotton T-shirts (the newer high-tech material could be more difficult to sew.) I told her I had drawers full of cotton T-shirts that I could not bear to part with. She said if I purchased the backing and the batting (the material that goes inside a quilt), she would turn my shirts into a quilt. I agreed to get the requested items but I had never visited a fabric store and was amazed at the various colors and designs. But after a lot of searching I found something good for the backing and had it cut into the proper length and width. Several days after giving up some of my favorite T-shirts, I received them back made into a beautiful quilt, part of which can be seen in the above photo. Now when I pull my quilt around me on a cold winter's night, I'll be covered by fond memories of races run long ago.

Director on the Run

by Rick Stetson

We received word recently from 65+ Connecticut State Director John Gibbons that he has been busy racing in Greenwich, CT. On Thanksgiving weekend John took part in the Beachfront Bushwack 5 Mile after wearing himself out chasing his grandsons, ages 6 and 4, in the kid's one mile run. Then he was joined by 65+ Secretary Zeke Zucker in the GAE Thanksgiving Turkey Trot, placing second in the 70-79 age group while Zeke was third. And the first week in December, John was third in his age division at the Greenwich Jingle Bell 5K with a time of 30:02. It is always nice to see our club officers setting a good example by taking part in races in their community.

Santa Meets 65+ Runners



photo by Judy Graham-Garcia

Santa welcomes 65+ members to his Toy Trot in Merrimack, MA. (L-R): Bob Randall, Tom Wylie, Rick Bayko, Lou Peters, Santa Claus, Daniel Dodson, Dick Kuhl, Terry Lee Harrington, Bob Aucoin. Not pictured: Charlie Farrington, Steve Malyn and race volunteers Kathy Clark, Byron Petrakis.



photo by Judy Graham-Garcia

Above is another club member, Janet Parkinson, who took part in Santa's Toy Trot races. Janet placed first in her age group in the 4-mile race. Also finishing first in their 4-mile age divisions were Rick Bayko and Lou Peters while Dick Kuhl and Tom Wylie won divisions in the 6-mile race. In the 2-mile race, Bob Randall took first in his age group, making it a good day for 65+ runners.

New Members

Bruce Drewett, Sun City, Arizona. Bruce and his wife, Donah, lived in Vermont 14 years. They were running in the Anthem Turkey Trot in Phoenix on Thanksgiving and spotted a runner (name not known) wearing a NE 65+ shirt who told them about the club. Bruce was a sprinter in high school and took up distance running in 2006. Has completed 28 half marathons, 107 bib runs and the Bermuda Triangle.

Donah Drewett, Sun City, Arizona. Started running in 2006 to join her husband, Bruce.

Has run 14 half marathons, 110 bib runs and the Bermuda Triangle. In December, Donah and Bruce ran the 12K's of Christmas in Gilbert, AZ which benefited 20 animal rescue groups that belong to Santa's Pet Village (Donah ran the 6K while Bruce did the 12K.)

Joe Durgin, Lebanon, Maine. Joe stopped by the club's tent at the Portland Mother's Day Race and picked up an application. He started running 4 years ago and takes part in 10-12 races a year.

Kevin Greene, York, Maine. Sponsored by: Tom Abbott
Has run a number of road races including 5K, 10K and several half marathons. The past 8 years Kevin has run 10 marathons including Boston. Has run Falmouth 5 times.

Harry Parsekian, South Boston, MA Sponsored by: Wanda Kiely
Has run 20 consecutive Boston Marathons.

Out on the Roads of New England by Dan D.

Happy New Year everybody!!!! Let's hope that 2018 is a marvelous year for our country, the world, our NE65+ Runners Club, and the amazing sport that all of us share together. This time of year always gives us that unique opportunity to "begin again" or "start over" and attempt to correct any mistakes and hit new heights. My 2018 wish is that you may run longer & faster & do more races, etc. and more importantly that you have continued good health and the courage and tenacity to continue "pounding the pavement" whether walking or running throughout our 6 - state New England region.

Personally ... my annual goal of participating in 100+ races of 2 - miles or longer has been achieved once again in 2017. I am grateful for having decent health and a supportive wife and friends that allowed that to happen. My final total for 2017 was 102 races, including the final 6 of those in December. Let's begin by reviewing those 6 December events.

December 2 - Saturday morning was the "Reindeer Run 5K - 11th Annual" in Beverly, MA. The pre-race registration fee was \$25 and included a nice t-shirt, chip timing by North Shore Timing Company, light refreshments INSIDE the Cabot Street YMCA, and a rolling course with several nice views of the Atlantic Ocean. This was the 10th and final race in the "YMCA of the North Shore Road Race Series" ... now finishing its 11th year. Ann Marie Costa topped a large 15 - member field in F60-69, followed closely by Janet Parkinson in 2nd and Terry Lee Harrington in 12th. Daniel McClorey was 2nd in M70-99 with Daniel Dodson 3rd. There were 442 finishers in this 3.1 mile race.

The "BASC Santa Claus Shuffle" took place on Saturday afternoon - December 2nd in downtown Manchester, NH. This race is part of the 5 - race New Hampshire Orthopaedic Center Holiday Hat Trick series that is directed by Millennium Running. Runners who complete a minimum of 3 races receive a neat quarter zip jacket with thumb holes. Instead of a free t-shirt, all runners get a complete Santa Claus suit which most everybody wears during the 3.0 mile race. The pictures and video of the 1439 finishers charging down Elm Street in Manchester is quite a sight. The race course is traffic-free with high school cheerleaders and police officers at major intersections. There was free pizza and yogurt for all finishers and beer tickets that could be utilized at 5 local taverns in the area. Millennium Running did the chip - timing and announcing was provided by channel 9 sports director Jamie Staton and Announcers on the Run Andy Schachat. Mary Minami finished 2nd in the F70-UP age group; while Janet Parkinson was 13th in the huge 49 - member F60-69 age division. In M70-UP Shu Minami was 3rd, Daniel Dodson 5th, and James H. Stafursky 6th.

The morning of Sunday, Dec. 10th in Merrimac, MA was the "WCRC Santa's Toy Trot - 23rd Annual". Sponsored by the Winner's Circle Running Club and begun in the 1990's by our own Robert Randall ... this unique course is a 2 - mile loop starting and ending at the Sweetsir School with the option of choosing DURING THE RACE whether to run 2 miles or 4 miles or 6 miles. The \$30 fee included a nice long - sleeve shirt and hot chocolate and plenty of refreshments INSIDE the school. There is also a huge raffle with announcer Dave Labrode. 140 runners participated with 76 doing 2 miles, 36 running 4 miles, and 28 completing 3 loops for 6 miles. Ten - year age groups go up to 90-99 with awards for 1st and 2nd in each age group in all 3 races. In the 2 - miler race founder Robert Randall was 1st in M80-89; Terry Lee Harrington 2nd in F60-69; Steve Malynn (2nd), Charlie Farrington (3rd) and Daniel Dodson (4th) in M70-79. In the 4 - mile event Rick Bayko was 1st in M70-79; Janet Parkinson was 1st in F60-69; and the indomitable Lou Peters was tops in M90-99. In the 6 - mile race Tom Wylie won in M70-79 and Richard Kuhl did likewise in M80-89.

The late afternoon of Sunday, Dec. 10th was also a very unusual event the "Yule Light Up the Night" 2.1 miler on and around the NH Motor Speedway in Loudon, NH. The 1412 participants run through the tremendous "Gift of Lights" Christmas light displays that thousands of cars drive through for several weeks for a \$20 fee that goes to charity in New Hampshire. Millennium Running does the chip-timing as this race is part of the 5 - race New Hampshire Orthopaedic Holiday Hat Trick series. Millennium Running gives each runner a LED running tech lighted hat instead of the usual t - shirt. Runners use these lighted hats on the somewhat dark course as they charge through the light displays (the largest holiday light display in New Hampshire). Janet Parkinson was 3rd in the 51 - member F60-69 age group, while Mary Minami was 6th in F70-UP. Shu Minami and Daniel Dodson finished 2nd and 3rd in M70-UP with James H. Stafursky in 7th.

Sunday afternoon, December 17, was the "Colonial Winter Series" 4 mile race in Abington, MA. This event is put on by the Colonial Road Runners every Sunday afternoon at 1:00pm from November 26 to February 4. They sponsor a similar 4 mile race in Raynham, MA on the same dates at 9:00am. The no frills event costs only \$2.00 with timing by the Colonial Road Runners and registration INSIDE the Abington Police Station. The course is 2 miles long and quite gentle with the first 0.85 mile of each loop going through a cemetery. Runners have the option of stopping after 1 loop for a total of 2 miles if they wish. The 4 miler drew 25 participants with Irma Walat the top NE65+'er, followed by Daniel Dodson, Ann Marie McDonald, and Betsy Knapp (walker). Ellen Litt ran the 2 miler with 5 other finishers. There are no age groups divisions.

The next Sunday, December 24th, was a repeat of the "Colonial Winter Series" in Abington, MA. The 4 mile race again drew 25 finishers with Irma Walat our top runner, followed by Daniel Dodson and Betsy Knapp. Ann Marie McDonald was one of the three participants doing 2 miles. This was my final race in 2017 -- mission accomplished!

My thanks to our fabulous NE65+ website "results" crew for all their efforts throughout the year. I utilize the "results" of that effort each month as I check out our NE65+ members in each race I do. I try hard on each event not to leave anybody out ... but if it happens the fault is totally mine and not our tremendous results crew. Their task has been made more difficult in recent years with the addition of various other website result locations and not exclusively coolrunning.com. Still they persevere and do an amazing job that I suspect is somewhat under - appreciated. Thank You

My January, 2018 schedule includes the "Fudgcicle" 5K in Tewksbury, MA on all 4 Saturday mornings; the "Freeze Your Buns 5K Series" on January 7 and 21 (Sundays) in Nashua, NH; the "HPM Snowflake Shuffle" on January 14 (Sunday) in Bedford, NH; and the "Colonial Winter Series" 4 - miler in Abington, MA on January 28 (Sunday afternoon).

I also hope to perhaps catch one of the Wednesday evening weekly 5K's in Danvers, MA or Wakefield, MA depending on available time and the unpredictable January weather.

Well that's "all she wrote" for another month and another complete year. My sincere thanks to President Jan Holmquist and my editor Rick Stetson for their advice, encouragement, and understanding. A special thanks to all the other writers in "Forever Run" who help to inspire me to keep taking that next step when it sometimes seems easier to stop and become "a slacker!!" I want to especially thank all of you for reading the column and many of you for your kind comments at races and at NE65+ functions. It has been an interesting journey both writing this column and running the many races "Out on the Roads of New England".

Quote of the Month

"Run often. Run long. But never outrun your joy of running."

Julie Isphording

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