



Forever Run

October, 2018

From the President by Steve Viegas

Thank you, fellow New England 65+ Runners Club members, for the honor and opportunity to be your president.

I came to our sport 56 years ago as a freshman member of the Woburn, Massachusetts high school cross-country team. My plan was to try out for the high school football team but my father had lost his front teeth in a sandlot football game. He refused to sign my permission slip. Running became my "backup" sport. I ran cross-country throughout high school, continuing at Reading High after I moved to my hometown in 10th grade. I ran track and cross-country at Tufts University until fall of my junior year when I sustained an acute case of plantar fasciitis which resisted treatment and ended my college running career. My injury became chronic. I tried from time to time to return to running but my heel always flared up. I finally returned full time to the sport 16 years later at age 35.

That was a half of a lifetime ago, as I am about to turn 70 in December. I've spent most of the past 35 years as an age-group track runner, running the 800 meters. It was in track that I became aware of our club. In particular I got to know Jerry Levasseur and Bill Spencer who are top age-group competitors and who represent our age cohort and club with great dignity and accomplishment. Speaking of which, our world class immediate past president, Jan Holmquist, recruited me at a USATF New England annual meeting where she was on hand to be recognized as one of the athletes of the month in the past year and which I was running as its president. I was some years away from being eligible but there she was persistent and when I turned 64-1/2 she sent me a membership application. Thank you, Jan. I will try to follow your strong lead as president.

I was recently elected masters LDR chair of USATF New England, a position Jan also held until a year ago. How I became involved in long distance running at age 67 after decades of track competition is a story for another day. However, I will be running the Philadelphia Marathon on November 18 and the Boston Marathon next April, having qualified last October at the Baystate Marathon. I have represented Road Runners Club of America in Massachusetts since 2014.

Our race, The Run for All Ages, is an event member of Road Runners Club of America which handles the insurance for our race. I persuaded the club to bid the race to become the Massachusetts RRCA 5K State Championship. With its accurate flat course around Lake Quannapowitt (which I run daily), its age-graded results and prize money, it is a prize for me to have in the Massachusetts Championship series. It will be on Saturday, November 3, please come and run and help or both. Jan Holmquist is our race director. In addition to our medals, I will be awarding RRCA championship medals to the winners of the ten year age groups from open through 80+. Jan and I persuaded RRCA to add medals for 70+ and 80+ since they normally end at 60+.

For our board members, our next board meeting will be at a new location on November 15th at the Nevins Memorial Library in Methuen, Massachusetts in the Garden Room at

11:00 AM.

I look forward to seeing many of you personally at our race on November 3.

2018 Annual Luncheon

by Jan Holmquist

This past Monday on October 1st we had the largest group ever attending the annual luncheon. This is always an enjoyable event including prestigious guest speakers and the presentation of our Hall of Fame, Reverend Joseph Shea, and Race Director of the Award recognizing worthy recipients.

As you are aware, Amby Burfoot was our guest speaker this year. Truth be told, I have been a fan of his for many, many years and even finally confessed to Amby that I named one of my cats after him. He was very kind to autograph lots of his books, especially his newest - *Run Forever*. For those who were unable to attend, you can purchase one of Amby's books by going to this website:

<http://www.ambyburfoot.com/p/welcome.html>

Although I offered Amby a complimentary membership in our club, he preferred to join officially with the regular one-time membership fee and so you will see his name listed as a new member. Amby and I (and perhaps many of you) plan to collaborate on an endeavor related to older runners - again with the goal to keep older people active and healthy and happy - stay tuned for more details as this idea evolves!

As I said at the luncheon, I truly enjoyed being your president for the past 4 years and appreciate your trust and confidence in me. Steve Viegas, your new president, will continue to lead and support the mission and members of our club. He is well-qualified: a past president of USATF-NE, a member of the national USATF Law and Legislation Committee (related to LDR), recently elected USATF-NE Master's LDR Chair (the position I held for 3 years), and is the State RRCA representative. Steve will be 70 at the end of December and looks forward to joining the amazing 70's team!

I hope to see many of you at the 17th Annual Run For All Ages on November 3rd:

<http://www.ne65plus.org/index.php?page=2017-rfaa>



photo by Steve Viegas

Guest speaker Amby Burfoot and outgoing 65+ president, Jan Holmquist

NE 65+ Annual Meeting



photo by Jerry LaVasseur

2018 Award Recipients (L-R): Mike Brooks, 65+ Hall of Fame; Daniel Dodson, Rev. Shea Award; Joe Riccio, Race Director of the Year.



photo by Mary Jo Dodson

Dan Dodson (L), recipient of the 2018 Reverend Joseph Shea Award for exhibiting "exemplary service to the NE 65+ Runners Club" and Amby Burfoot, 1968 winner of the Boston Marathon and annual meeting guest speaker.

Great Day at Ogunquit Beach, Maine

by Lou Peters

The race started at 9 am on the beach, 5 miles on the hard sand (2.5 miles out and 2.5 miles back.) As we get ready to run the beach, a voice was heard singing the National Anthem. The voice sounded like a young girl's voice. I couldn't believe it! A young girl about 4-5 years old was the singer!!! I had tears in my eyes! When she got through, she received a great ovation from all the runners. Now it was time to run the race, 5 miles on nice HARD SAND.

The Race Director shot the gun and all the runners took off. I started in the back of the pack as I wasn't feeling very good. It turned out to be okay. There was no wind, so I just trotted along all by myself. I have run this race several times. I caught up to two young females and they asked if they could go with me! (When there are two beautiful ladies, I never refuse - you old dog!) Now they wanted to pick it up so I left them which made my run be all by myself and very lonely. I went to see the girls and noticed they were coming back, so now I had some company and it felt good!

Finally, I could see the finish line ahead. That picked me up. I started to jog a little. I felt much better because I was near the finish line. I got quite an ovation even though I was last! What a relief to get to the finish line. I hope to come back next year (if I am still here)!

God bless the females that stayed with me and God bless the Race Director - Charlie Farrington - for putting on a great race. And last but not least, God bless the young girl who sang the National Anthem.

p.s. If you have a chance, take a ride to this beautiful beach - you will love it!



photo courtesy of Phyllis Mays

Jog Your Memory 5K, Needham, MA. (L-R): Phyllis Mays, Tony Cellucci, Barry Singer. Phyllis was first in her division while Tony and Barry placed 2nd in theirs. This was the first year for an 80+ age division thanks to a suggestion by Tony last year to the race director.

New Members

Amby Burfoot, Mystic, CT

Sponsor: Jan Holmquist

Running journalist and author. Former editor-in-chief of "Runner's World." Winner of 1968 Boston Marathon.

David Juhlin, Brunswick, ME

Sponsor: Jerry LaVasseur

Ran the 440 in college, first marathon at 63. Qualified for Boston. Coached track and cross country in Kansas.

In Memoriam

We were saddened to learn of the death of club member Dr. Yildizalp M. Naci. To read his obit, go to legacy.com and type in "Naci" for the name, CT for the state, and 6 months for the obit's time period.

Dave Pember, Athlete of the Month

by Rick Stetson



photo by Ted Lilly

Dave Pember taking it to the finish at the 2017 Run For All Ages 5K.

65+ club members reading the Sept/Oct issue of the *NewEngland Runner* were pleased to see on page 45 that Dave Pember had been named a Marathon Sports Athlete of the Month. When Dave was 70, he was quoted as saying "I don't know how much longer I can continue doing this," but as the magazine points out, "Like the energizer Bunny...." Dave is still going, winning his age division at the Jim Kane Sugarbowl 5K (for the 23rd straight year), the Dedham 4 on the 4th, the Barrel House 5K and the Francis Farm Brewfest 5K. He was the M70 Pub Series champion last year and leads the division this year. It is always nice to see a club member receive some well-deserved recognition. Dave certainly makes it to his share of New England races and we expect to see him at the Run for all Ages 5K in Wakefield on November 3rd.

Londonderry Old Home Days, 5K

by Lou Peters

A 5K race that was my favorite for about 35 years. Located at Londonderry High School, this is a great race to run because it is CHALLENGING!

The Race Director shot the gun and the runners took off! It starts out on a pretty good downhill. Runners thought it was a "piece of cake." It makes everyone think that they might get a "record." Now, don't get too cocky! If you do you will have a personal worst. Once you turn the second time you feel it's a different "ball game".

Your legs feel a little heavier - "why are my legs feeling so heavy?" Now you say to yourself, "when we get to the next turn we will be back to normal" - think again!

It starts out on a slight upgrade. For some reason, your legs are heavier but as you start up the hill, they get heavier and heavier. I thought I should slow down and that felt better! Now you are coming to "Mack's Apples" and your legs are even heavier. When I look up, I could see the top of the hill. I decided to walk!

I kept walking and I was breathing a lot heavier as I could see the people at the finish line. I started walking faster until I reached the finish line. I was glad I walked as otherwise I would have to "call for a cab" so to speak. I don't think I will be running this one anymore.

God Bless all the kids! God Bless all the volunteers and course directors.

New England Tour (Part Two)

by Rick Stetson

My New England tour of races this summer continued with the Bridge of Flowers 8K and 3K in Shelburne Falls, MA. I had run the course when it was a 10K and was glad to see it had been shortened a bit, however, THE HILL remained. The race site claims it is "one of the toughest 8Ks in New England" and that's not brag, just fact.

Race morning it was overcast in Shelburne Falls, 74 degrees and humid but no rain like Vermont was having. The parking and race registration at the elementary school were well organized and instead of handing participants goody bags filled with coupons and race flyers they did not need, the Bridge of Flowers let runners pick up a bag and insert what they wanted. I selected a Marathon Sports 15% discount coupon and a voucher for an all-day free pass to the Shelburne Falls Trolley Museum. And runners 18 and over received a ticket good for a free beer at a local pub.

The start was on a bridge in the center of town several blocks from the school and the race could have used better signage to direct runners not familiar with the location of the starting line. I followed a group of runners only to discover they were heading to the 3K start. Once I got lined up on the bridge there was some apprehension because I knew THE HILL lurked around the two-mile mark like a wild beast hiding in the woods.

Crittenden Hill is over a half mile long, steep and can not be seen in its entirety. Instead, runners go for a block and then the road takes sharp left or right turns that continue until the top is reached, only it seems as if the top will never be reached. Sometimes a bystander would shout the familiar words, "You are almost there," only it was far from true. A woman yelled to the runners with great enthusiasm, "You can do it. You can make it to the top of this hill." During my previous run up Crittenden, I attacked the hill vowing it would not get the best of me. I passed walkers going up and was proud of myself until I hit the top and started down with my legs feeling dead. That's when some of the walkers I passed started to fly by me. I promised myself that this time I would go up at a more sensible pace, one that turned out to be little more than a crawl. But after reaching the top my legs felt better than before and the rest of the course was mostly downhill with some musicians along the way to make the run more enjoyable. One man played a flute, another a set of bagpipes, there was a bongo drummer and then a group of about 16 men and women in a semicircle all beating on drums.

After crossing the bridge to the finish line, runners were handed a large, attractive medal. I was standing around wondering where to go next when Richard Paulsen walked up and gave me some helpful information pointing out where the results would be posted and the side street where refreshments were located to include pizza, grapes, apples, bananas, and plums. Family Farms had a tent set up where a representative handed out cups of chocolate and white milk. Rich was the only member of NE 65+ that I saw but our web site shows that Joseph Peruti, David Martula, Donna Sarasin, Janit Romayko and Kathleen Scott finished the 8K race while Ray Willis ran the 3K. Even with the difficult hill, the Bridge of Flowers was an enjoyable race, especially considering there was no entry fee for runners age 70 and above. Now that's a good deal.

The final race of my New England tour was the Berlin Pond (Vermont) 5 Miler, part of a series put on by the Central Vermont Runners. Berlin Corners is a very small town located just south of Montpelier. Berlin Pond is an easy ½ mile jog from the town clerk's office where the race registration took place.

Driving to Berlin meant passing through some beautiful countryside past the Green Mountains. I like to stop at one of Vermont's impressive rest areas found shortly after heading up I-89. It is dedicated to Vermont citizens who gave their lives in Vietnam and their names are engraved on a large monument in a park outside the visitor center. Inside are panels with names of everyone from Vermont who served in Viet Nam. After paying my respects I continued to Berlin. I did not know it at the time but the interstate passes right by Berlin Pond and part of the course is visible from the highway.

I pulled into the parking lot and paid the \$5.00 registration fee. Soon a man got out of a pick-up truck wearing a green t-shirt with a map of Vermont of it along with the number 251. He was Dave DeVaryne and he told me he was a member of the 251 Club. An article in "Vermont Life" stated the club was started by Arthur Peach in 1954 so that people could show they had visited each of Vermont's 251 towns instead of "merely driving through them." DeVarney, who lives in Rhode Island but grew up in Winooski VT, thought he would take it a step further and run through each of the 251 towns. After retiring from the Navy, he wanted to pull a Forest Gump and run across the United States but said his finances and physical condition would not allow that, plus his wife did not like the idea. When she agreed to his running in all the Vermont towns, he started on his quest and ran through his final town in 2017.

There were 72 runners assembling when I jogged to the starting line by the pond and one of them looked familiar. He was John Hackney, a runner I used to see back in the day when I competed in NE USATF Grand Prix races and we talked about old times. I told John, who is 73, that he needs to join the NE 65+ Runners. He introduced me to his wife, Sue, who is also a good runner but at 61, still has several more years before she could join the club. The course was on hard-packed dirt roads with some hills the first two miles. John took off and finished the 5 miles in 39:18, some six minutes in front of me. Sue was even farther ahead finishing in 36:31.

After the race, we gathered in the parking lot where popsicles were handed out, very much welcomed on a warm evening. The awards ceremony featured loaves of bread from a local bakery given to the age group winners. It was a fitting conclusion to my tour of beautiful places to run around New England.

Update. When I checked the results for last month's Providence, RI Downtown 5K, I saw where John Hackney finished with a time of 22:59 and wondered if he met our club president, Jan, who was less than a minute behind in 23:47. Then I looked at the results for the men's 70+ teams and was delighted to see that our 65+ entry of Rich Paulsen, Gerald Porricelli and Robert Sullivan placed first some 6 minutes ahead of the second place team, North Shore Striders. Nice going guys. Proud to see our club bringing home the gold.

The 42nd Annual Saunders at Rye Harbor 10

by Lou Peters

This race has been moved to its new home at Rye Harbor State Park located in New Hampshire. The race starts at 6pm with better facilities. This move is a winner! A lot larger than the old place, a huge tent has been set up right near the ocean...lots of benches to sit on and the food was outstanding. The most popular food was the watermelon and there was a lot of it!

But now was the time for the race. Everyone lined up at the starting line and the Race Director said that there were only 2 small hills to go over and the rest was "flat as a pancake." The gun went off and the runners flew out, all led by the leader, Ruben Sanca, a former Olympian. He won the race easily with no one near him. I had a chance to talk with him - an outstanding person!

As the runners were coming in, they all went to the big tent to get some food and the food was excellent and there was plenty of it. The person who put this race on should be commended. The kids with their mothers all had a great time. I was very impressed. Now it was time for me to leave. I took one long look at the big tent and all the runners having a great time. I am looking forward to next year (if I am still here!) as I plan to come back.

God Bless the volunteers and the mothers and children. God Bless the kids - they had a great time!

Out on the Roads of New England

by Dan D.

Well happiness has arrived here in New England. The Red Sox are in the playoffs, the Patriots seem to be turning a bad start around, the Bruins and Celtics are just about to play REAL games, that awful hot & humid summer is behind us, and there are zillions of road races to choose from every week-end in October!!!!!!! The fall foliage display is now underway which only heightens our external senses as we walk & run in this most unique area of the world. This month I will be discussing the "NE 65+ Runners Club Flag Race Challenge," my paltry 7 races for the month that make reaching the century mark a tough challenge, and a few words about the Rev. Joseph Shea Award that I received at our October 1st annual luncheon. Let us begin

The "NE 65+ Runners Club Flag Race Challenge" is now at the halfway point 3 races complete and 3 more coming up in the next 5 weeks. Thus far Daniel Dodson is the only runner to have completed more than one state event ... and he has run all three. A total of 25 members have finished 1 of the 3 races. Overall, 22 runners did the Maine event in Portland on May 13; 4 ran either the 5K or 8 - miler in Stowe, Vermont on July 8; and only 2 completed the 5 - miler in Narragansett, Rhode Island on August 12. The 25 members with 1 completion are: David Barnard, Cynthia Barnard, John Blake, Mike Brooks, Cathy Burnie, Kathy Clark, Jim Durgin, Charlie Farrington, Susan Filene, John Howe, Polly Kenniston, Dick Lajoie, William J. Morgan, Raymond Neveu, Lou Peters, Bob Randall, Joan Tremberth, Jim Tyrrell, Sandy Utterstrom, William Vickerson, Harry White, Robert Howe, Zeke Zucker, Paul Jarvis, and Hal Bennett. Hopefully the New Hampshire entry ("Great Island 5K - 25th Annual") on October 7 - Sunday at 10:00am will bring out a whole host of NE65+'ers. Then comes Connecticut ("Great Pumpkin Classic" in Trumbull) at 9:15am on October 21 - Saturday; followed by our own "Run For All Ages" in Wakefield,

Massachusetts on November 3 - Saturday. The idea behind the Challenge is to give our members opportunities to travel to new areas and try different races while getting to meet other NE65+ members (and potential new members). Hopefully we'll get to see some new faces at the final 3 Flag Races.

September 1 - Sat. was the "Run Your Buns Off 4.2 Miler - 9th Annual" in Bristol & Bridgewater, NH. The \$22 entry fee gave the 276 entrants a free raffle, sticky buns from the host bakery, a tech t - shirt (if entered by Aug. 18), and chip/net timing by Granite State Race Services. The course had 1 difficult uphill in the 2nd mile and very few truly flat areas. The race ran alongside beautiful Newfound Lake and was entirely on pavement with light traffic. Jacqueline St. Hilaire was 9th in F60-69, while husband Richard St. Hilaire did likewise (9th) in M60-69. Daniel Dodson finished 7th in M70-99, followed by Armand Auger in 8th.

Labor Day - Sept. 3 - Monday was the "St. Charles Children's Home 5K - 22nd Annual" in the Pease International Tradeport area of Portsmouth, NH. The \$20 race fee (\$30 on race day) earned the 493 finishers (17 from NE65+) a certified flat course, hot refreshments (hot dogs, hamburgers, pizza), tech t - shirt for the first 300 entrants, chip/net timing by Granite State Race Services, and the unique opportunity to race with nuns wearing habits while escorting their "charges" along the 5K course. There were 5 - year age groups up to 90+!!! Bob Welts was 1st in M85-89; while Bob Randall finished 2nd and George Tosatti 3rd in M80-84. The M75-79 division had Lucien Trudeau 3rd, Peter Bresciano 4th, Roger Gosselin 6th, and James Stafursky 8th. Bill Reilly topped the M70-74 age group, followed by Robert Murphy 2nd, Ken Houle 3rd, Jim Durgin 10th, Daniel Dodson 12th, William J. Morgan 13th, and Mike Brooks 14th. Bill Vickerson was 13th in M65-69. On the female side ... Carol Weeks finished 2nd in F65-69 with Terry Lee Harrington 20th. Over \$200,000 has gone to the St. Charles Childrens Home over the 22 years of 5K Labor Day races.

September 5 - Wednesday evening at 6:45pm was "The Mystic Runners Lake Q 5K" in Wakefield, MA. This no frills weekly race goes year-round on Wednesday nights with a \$2 entry fee. The Mystic Runners time the race manually. The course goes around lovely Lake Quannapowitt and is mostly level with 2 gentle "climbs". The temperature was a warm 84 degrees and the 40 finishers had Daniel Dodson as the only NE65+ runner.

The "Bar Harbor Bank & Trust Half Marathon and Fall 5K - 41st Annual" took place on Saturday, September 15th, at the YMCA in Bar Harbor, Maine. The half - marathon is the big draw with the 400 allowed entries (limited by the National Parks Service) generally snapped up in short order. About 9 - miles of the 13.1 mile "halfer" runs on the Acadia National Park carriage roads around scenic Eagle Lake (I've run it 3 times). The \$20 entry fee for the "Fall 5K" included t - shirts, unique wooden finishers medals, ice cream and other cold refreshments, chip timing by a local Maine company, and a run through quaint downtown Bar Harbor and next to the ocean and the national park. The 5K course has an extremely steep 3/4ths of a mile section from 0.85 mile UP to the 1.6 mile mark. The remainder of the course is fairly level or steeply down-hill. There were 2 - deep 10 - year age group awards up to 70+. Out of the 76 finishers Daniel Dodson was 6th in M70+, followed by Mike Brooks in 7th.

September 16 - Sunday was the "Wellspring 5K Race for Recovery - 3rd Annual" on the Bangor Waterfront along the Penobscot River in Bangor, Maine. The 130 finishers paid \$20 for a t - shirt, hot pizza and pastry, 1 - deep 10 - year age groups up to 70+, and chip timing by Spark Flash Gap. The race proceeds benefitted the recovery of local people from drugs, alcohol, etc. Daniel Dodson was 3rd in M70+.

The "AFCEA Run for Stem" took place on September 29 - Saturday in the Minuteman National Park in Lexington, MA along a gravel road where British troops and colonists fought in the Revolutionary War. Parking and race headquarters were across the street at

Minuteman Regional High School. The entry fee was \$20 pre and \$30 on race day. There was a large raffle and cookies and other cold refreshments. The race proceeds went to scholarships for students majoring in Science, Technology, Engineering, and Mathematics -- thus the "STEM". Ten - year age groups went up to 60+. The course was rolling out & back along the historic gravel road totally car-free inside the National Park. The race had B - tag chip timing. Daniel Dodson was 5th in M60+. There were a total of 87 finishers.

September 30 - Sunday was the "GNOCA 5K Run/Walk" at Michael's Harborside Restaurant along the Merrimack River in Newburyport, MA. The 177 participants paid \$25 pre (\$30 on race day) for light refreshments, chip timing by Yankee Timing, t - shirt (first 100), and a 5k course with a steep uphill section along the way. The race benefitted treatment for ovarian cancer. Maureen Farren was 5th in F60-99; while Dick Kuhl was 10th and Daniel Dodson 11th in M60-99.

The 7 races in September brought my 2018 total up to 72 races completed (2 miles or longer). That figures out to an average of 8 races per month. I will need to do better during the final 3 months of the year in order to reach my annual century goal of 100 races. This month did have a wide variety -- 3 states (MA, ME, NH) -- trail (Lexington) -- big hills (Bar Harbor, Bangor, Bristol, Newburyport) -- flat & gentle (Wakefield, Portsmouth) -- many runners (Portsmouth, Bristol) -- few runners (Wakefield, Lexington, Bar Harbor) -- in other words just what we love about New England!!

I can't conclude the column without saying a few words about the "Rev. Joseph Shea Award" presented to your columnist on October 1st at our annual luncheon at Spinelli's on Route #1. My thanks to presenter and new NE65+ President Steve Viegas, and to past president Jan Holmquist and the 9 surviving former Shea Award winners. I truthfully was totally stunned when Jan called with the news of my selection. It was not anywhere near "my radar" and I am totally grateful to have my name listed with the 13 former recipients who represent the very best of NE65+. Thank YOU so very much

With that said I hope to run this month in MA, NH, CT, and maybe VT. I'll be at our flag races in New Castle, NH on the 7th and in Trumbull, CT on the 21st. I hope to increase the quantity this month in order to have a chance to reach that "century mark". Please stop by and say "hello" when you see the tall guy in the white safari hat plodding his way along the trails & roadways "Out on the Roads of New England".

Quote of the Month

"Running has taught me, perhaps more than anything else, that there's no reason to fear starting lines...or other new beginnings."

Amby Burfoot

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