



Forever Run

April, 2019

From the President

by Steve Viegas

Friends,

April is a magical month for New England runners. The running weather improves as we leave winter behind. Our thoughts turn to the Boston Marathon. Member John Puleo suggested that our club enter teams in the Boston Marathon. There are four divisions: open and masters, for men and women. To qualify as a team, you need at least three and no more than fifteen athletes. The rosters I filed for our teams are: Elie Gentile, Donna Sarasin and Jo An McCalister for women and John Puleo, Tom Wylie, Rick Collette, Larry Cole, Way Hedding, Phil Pierce, Joe Noonan and me for men. We are probably too old to score very high but it's important to show what older athletes are capable of.

The James Joyce Ramble will be the USATF 10K National Championships again on April 28 in Dedham, Mass. We will have an M70 team entered. We have had great success in this event over the years that it has been the national championship.

While I am discussing competition, our M70 team won the USATF-NE club championship at the New Bedford Half Marathon. Rick Bayko was third, I was fourth and Rob Knight was fifth. We also scored downward in third place in M60. This was the first event of the 2019 USATF-NE LDR Grand Prix Championship series.

At the next championship in the series this past Saturday at the Nealon 15K in Upton, Mass., our M70 team took second. Rick Bayko was third in the division. A very speedy GMAA team took first place. The next race will be the Run Westfield 5K on Saturday, May 18.

This past weekend, Rick Stetson and I attended the Road Runners Club of America Annual Convention in New Orleans, networking and learning more about our sport from fellow runners and clubs. We have had two days of educational programs and social events culminating in the awards and hall of fame dinner Saturday night.

Our finance committee met recently to tweak and establish our 2019 budget. The RFAA committee had its first meeting. The race date is November 2, 2019. The permit has been obtained. For the second year, our race will be the Massachusetts RRCA 5K State Championship.

We donated \$2,000 to our partner, the Wakefield Educational Foundation, from our 2018 race. I represented the club at the check presentation photo op.

Your board will meet on April 25th. We still need a vice president and have vacancies for 6 board members. If we move our two at large members to the Massachusetts vacancies,

we have three at-large and two Rhode Island vacancies and a VT spot as well. Please consider serving your club and please contact me if you are interested in filling any of these vacancies.

Enjoy these longer warmer days.

Happy Running,

Steve Viegas

stephenviegas@hotmail.com



photo courtesy of Philadelphia Marathon

A Presidential Run: Stephen Viegas Profile by Byron Petrakis

Don't worry. Steve Viegas is not jumping into the race for president of the United States. Instead, the current NE 65+ Runners Club President will be joining two former club

presidents, Phil Pierce and Tom Wylie, respectively, on the starting line of the 2019 Boston Marathon on April 15. In the democratic (small "d") sport of running, this qualifies as a smooth transition of power.

No marathon newbie, Steve joined the 26.2 club at the 1985 Peace Marathon. GI stress turned his 2:50 pace at mile 20 into a 3:08 finish, however. Similar GI problems hampered his training for the 1986 edition of the Peace Marathon, preventing him from ever making it to the starting line. Other physical problems related to long-distance running caused him to swear off marathons, so he returned to the track, which was his favorite pursuit in both high school and college. For the next 30 years, Steve competed in the 800 meters at local, regional and national competition, often appearing near the top of national rankings.

Many years later, in 2015, Steve staffed the RRCA booth at the Boston Marathon Expo. In his words, "I got the long distance bug talking to all the eager athletes. I watched the race in damp weather at Cleveland Circle. Later that year I received a waiver for the 2016 Boston Marathon. I've been a marathoner since but my start wasn't easy."

Flu-like symptoms plagued him all the way from the three mile mark of the Marathon. He barely held himself together by walking in the Newton Hills and on Beacon Street. He finished in 4:12, just missing a Boston 2017 qualifying spot by a little over two minutes.

His fortunes improved, however, when he was invited to run the Marine Corps Marathon. With just 8 weeks of training and only one long run of 20 miles, he surprised himself with a Boston Qualifying time of 4:06, placing 7th in his age group.

He waited a year to run another marathon. At the 2017 Baystate Marathon, "I had my best finishing time to date, 3:55, qualifying for this year's Boston by almost one half hour. It was also my last race the USATF New England series, in which I was second in my age group and in which I was an Iron Runner for having run all six races."

Steve waited yet another year for his fifth and most recent marathon. As he puts it, "I chose Philadelphia, my daughter Laura's hometown. On November 18, 2018, I ran 3:59 while negatively splitting the last four miles and qualifying for Boston 2020 by 20 minutes. I was 9th in my age group and was 48 days from turning 70. I would have been second in my new age group." His finishing time also qualified him for the 2019 New York City Marathon, which he plans to enter this fall.

Steve reflects that "the marathon distance had been kinder to me than I would have guessed. My moderate successes have kept my marathon interest strong. I've had only minor training injuries throughout. I'm just coming out of an Achilles tendonitis injury which I sustained not in long distance running but on an indoor track. Go figure!" He's been running long runs on the Boston course with the Tufts Marathon Team with coaching from Donald R. Megerle. To those planning to watch the race on April 15, he says that he'll be "the tall elderly gentleman wearing the yellow TMT singlet."

Whether they head nations or organizations, good presidents lead by example. Along with his club's presidential predecessors, Steve personifies the mission of the NE 65+ Runners Club: encouraging people of all ages to commit to physical fitness. That's a platform we can all support, whatever our politics.

Jo Ann McCalister Profile
by Byron Petrakis



photo courtesy of Jo Ann McCalister

Jo Ann McCalister (right) and her daughter, Cathy Kuhn, before running the 2018 Boston Marathon. Let's hope this year's Boston will have more favorable weather.

If you're looking for a runner who embodies "New Hampshire Strong," look no further than Jo Ann McCalister. Last year, in a cold driving rain, she finished 2nd in her 75-79 age group at the Boston Marathon with a net time of 5:17:44. The previous year, in much better conditions, she ran 10 minutes faster, finishing 3rd with a net time of 5:05:46.

This year, she will have to deal with more than just the weather. On February 13, while participating in the last day of a skiing program which she loves, she fell and "couldn't get up," badly twisting her knee. She got a brace for her badly swollen knee, did the usual ice and rest therapy and got an MRI. The good news: no surgery required despite the damage to her knee. The bad news: her doctor said "Boston is probably not in the picture. Not enough time (to heal)." Her response: "I told my doctor to look for my name in the 76-80 female age group."

Until her skiing mishap, Jo Ann was training and racing well, finishing 1st in her age group at the 16 mile Boston Prep race in Derry, NH. Given her recent Boston Marathon age-group success, she was looking forward to placing well again. In light of her knee injury, though, her strategy for 2019 combines her characteristic grit with a strong dose of pragmatism. In her words, "Luckily the knee does not hurt if I keep it straight. Although the swelling is not completely gone I can do 'up' stairs without much difficulty." She hopes that with continued rest, therapy, and sensible training, she can run and finish in a reasonable time.

Regardless of what happens on April 15, the New Hampshire native will use her mental and physical toughness to cross the Boston Marathon finish line. As was said in a different context about another strong woman who successfully confronted obstacles, "And yet she persisted."



photo courtesy of Wakefield Education Foundation

Steve Viegas presents a check for \$2000 to officers of the Wakefield Education Foundation (WEF) in support of their organization. (L-R), Elizabeth Russell, chair WEF; Steve Viegas, president NE 65+ Runners Club; Violeta Yu and Nicole Jacob, WEF board. The proceeds were made possible by participants in the club's annual Run For All Ages. The WEF always lends a helping hand by arranging for post-race refreshments.

65+ Super Stars in the "New England Runner" by Rick Stetson



photo courtesy of Jerry LeVasseur

This photo appeared on page 50 of the March/April edition of the *New England*

Runner showing (L-R) Ram Satyaprasad, Joe Cordero, Larry Cole and Jerry LeVasseur after they had set a US 80+ best in the 4 x 1600 relay at a USATF-NE indoor meet in December.

Readers of the *NewEngland Runner* are always in for some smiles due to enjoyable writing by the magazine's editor/publisher, Bob Fitzgerald. An example is the lead for the above photo's caption which began, "A Round of Applause for the NE 65+ Club's Octogenarian Express that set a US 80+ best....." But the March/April issue has a lot more about club members than our Ram-Joe-Larry-Jerry record setting relay team.

A number of club members are featured in the magazine's letter to the editor section. The first is from Carrie Parsi who thanked Fitz and Co-Publisher Michelle LeBrun for their articles. Fitz responded by asking, "Did you know Coach Squires refers to Carrie as 'All World?' " Next was a letter from Jan Holmquist thanking Fitz and Michelle for the magazine's excellent coverage of the club's Run For All Ages 5K race. Jan also pointed out the club is proud of our 11 members who were recognized by the magazine as State Runners of the Year. One of the club's board members from Connecticut, Janit Romayko, sent a hand-written thank you note saying she appreciates the magazine's "every article, paragraph, word, etc." Long-time ace masters competitor, Rob Knight, wrote Fitz that "While renewing my favorite magazine (running or otherwise) I was thinking that I always look at all the photos first and then I read your Editor's Letter next. How sick is that?" Finally, there was a letter from Korean War veteran and Pub Series standout, Larry Cole who thanked "all the Publicans for their kindness and support over the past decade" and said he is "looking forward to running behind them in many more Pub Series races."

An article about the USATF annual meeting mentioned our distinguished 65+ athlete, Bill Riley, who was honored for being named the USATF 80-84 "Runner of the Year." It was pointed out that Bill has "won the award six times in the past 10 years."

Did you know there is a Quarter Century Club for runners who have finished 25 or more consecutive Boston Marathons? Fitz lets us know the club exists in an interesting article about Bennett Beach, the man who leads the "streakers" with 51 consecutive Bostons. The article includes a list of the 83 runners who have run 25 or more Bostons and one of the names on the list is our own Joe Noonan who has completed 29. We wish Joe well as he goes for number 30 in a couple of weeks and good running to all of our 65+ members who will be in the 2019 Boston Marathon.

The NER always has excellent articles and photos (check out the moving tributes to the late Tommy Leonard) and each issue will include results for selected races with names of club members frequently showing up in the age group placings. We would like to join those who have thanked Fitz and Michelle for publishing a magazine that is enjoyed by runners all around New England and beyond.

Letters to the Co-Editors

Hi All,

I thoroughly enjoy reading the monthly newsletter. Thank you Tom for the great job you do with the results for all of us! Sorry I never get around to sending you anything. I have been enjoying finally being in my new 70 year old division. In another year, Doug will be able to join the club!

Below is a recent article the Worcester Telegram & Gazette wrote about me, in case you are looking for more material for the newsletter.

Keep running,

Linda

Linda Usher
Whitin Five Race Director

Editor's note: The above link will take you to an excellent article about Linda written by the Telegram & Sun's John Conceison including a nice photo of Linda with some of her many awards. Linda added to her total of some 1250 races when she ran the New Bedford half marathon where she placed 2nd in her USATF-NE age group. She invites club members to join her in Whitinsville, MA on Thanksgiving morning for the 31st annual Whitin Five race.



photo by Robert Wilson

Terry Lee Harrington (L) and Nancy Wilson celebrate after finishing the 25th annual Louise Rossetti 5K last June in Beverly, MA.

Hi Rick,

Louise Rossetti was a good friend of mine and an amazing runner and I think of her often. Last December I realized that Terry Lee Harrington has the same love of running as Louise did. She would run two races in one day and perhaps three races in a week no matter what the weather and at the races end would fill up her bags with bananas and goodies and taught Terry to do likewise. When Louise was no longer able to drive, Terry would often come down from Salisbury and pick Louise up and take her to a race and back to Saugus. Louise ran for the joy of running and Terry the same.

Editor's note: Nancy Wilson wrote that since Florida races can't get picked up to be listed in the club's race report section of the web site and since she knew Terry Harrington had been busy racing while spending the winter in the Sunshine State, she asked Terry to send some of her race reports which you will find below. This is not all of her races; in January Terry also ran 5K's in Delray Beach and Boca Raton but her report lets readers know that while Dan D. was running races all around New England, Terry Harrington was doing the same in Florida but without quite as much snow and ice.

Terry's Florida Race Report

December 15. The 9th Annual It's A Wonderful Run 5K Saint John Paul II Academy, Boca Raton, 2nd 65-69. Race was on the streets and along canal, course was one big square, starting and ending at school, plenty of food.

Dec 16. The 7th Annual Wellington Holiday Run 5K at Village Park. Ran through the park, Christmas theme, honors presented for best Christmas costumes.

Dec 22. Jingle Bell Jog, Sunset Park, Plantation, FL, 3rd Place, 65-69. Got nice snow globe trophy.

Dec 30. Boca 5K/10K, Spanish River Park, Boca Raton. Did the 5K. Nice park opposite the beach. Many spots with grills to BBQ. We grilled hamburgers and hot dogs

Jan 1. GFLRC Resolution 5K, Ty Park Hollywood, not timed. A fun race by Fort Lauderdale Runners Club

Jan 12 Brandon's Run for Autism 5K, Quiet Waters Park, Deerfield Beach, 2nd place 65-69. The park was down the street from us, BBQed again.

Jan 13 Rainbow 5K, Wilton Manors. 3rd 65-69. Race is through the beautiful tree-lined streets. Entertainment along the route and post-race music, food and beverages. Proceeds of this event support the vital services and programs of The Pride Center at Equality Park. For 3rd place, I received a free membership in the Frontrunners, Fort Lauderdale; a group of people who enjoy running and walking. The group creates a positive atmosphere through planned activities where gays and lesbians can be themselves.

Jan 21. 36th Annual Martin Luther King Jr. 5K, Liberty City, 2nd place age group 65-69. They always have a great raffle, didn't win, but previous year won \$50 gas card. Fantastic parade after race.

Jan 26. AVERAGE JOE RUN 5K "The World's Easiest 5K," Tradewinds Park, Coconut Creek

We give out awards to the people with the most average run time

rather than to the first finished. The difference between the time of the first place runner and the last place runner determines the 'average' joe or jane time. The participant closest to that time is our winner of the Average Joe Run.

Feb 2. Pirate Invasion 5K and 10K, Spanish River Park, Boca Raton. 1st place age 65-69 in the 5K, of course. Prizes for best dressed pirates, Arhh, Arhh.

Feb 2. Pines Light Up The Night with Peace, Love & Sole 5K, Pembroke Pines City Center, Pembroke Pines, 3rd 65-59. Night race, runners given glow stick necklaces, festivities after the race, much swag and food available

Feb 3. Cooper City Richardson 5K, Cooper City Sports Complex, Cooper City. Nice run through suburbia, canals, and ponds.

Feb 9. Heart N Sole 5K/12K Run/Walk, Coral Springs Tennis Center, Coral Springs. Raising funds for people traumatized by the school shooting at Parkland last year.

Feb 10. 14th Annual Run Through Central Park, Plantation, FL. Always a nice run and course. Last year I spotted a Burrowing Owl, cute little critter, tried to get him to hold for a photo after the race but he must have been deep in his burrow.

Feb 11-15. Havana, Cuba. Morning run on the Malecon in Old Havana. Wasn't able to book races for return to American soil, internet access very limited.

Feb 24. Cancer Can't Stop Me 5K, Vista View Park, Davie. 2nd place 60 & older, actual hills for running. Park is old refuse landfill re-purposed as park. Amazing how many people were up early to mountain bike and have a run on actual hills. Florida is mostly flat as a pancake and you welcome a hill.

Club Leaders;

Just wanted to give you a heads up that the Bridge of Flowers 8k race registration is open, with information and registration link at <https://www.shelburnefalls.com/index.php/upcoming-events/bridge-of-flowers-road-race>

The discount code for all USATF-NE members, good for \$5 off of entry (at the time that you sign up) is: NEUSATF2019GP

Scott Mindel
USATF-NE Men's LDR Chair

Editor's note: If using the above link, click on "Upcoming events" and then on "Bridge of Flowers" which will take place on Sat. August 10, 2019.



photo courtesy John Gibbons

NE 65+ board members John Gibbons and Janit Romayko, were age group winners at the St Pats 4 Miler in Fairfield, CT. John informed us that the legendary Bill Borla was honored by race officials for running 23 of the 24 St Pat races and holding records in the 50, 60 and 70 year age groups. Gibbons said Borla skipped the race this year "leaving gold to one who has watched his back in so many races, me."

Spencer and Cordero Shine At Indoor Masters

by Rick Stetson

At the National Masters Indoor Track Meet in Winston Salem, NC, club members Bill Spencer and Joe Cordero turned in some good performances as they teamed up with two non-club members to set a national record in the 80-84 men's 4 x 400 relay with a time of 7:07.88. Spencer went on to win the mile in 8:01.9 placed second in the 800 with a time of 3:38.13. Cordero took part in three other events and was 6th in the mile ((9:23.17), 5th in the 800 (4:08.61) and 3rd in the 3000 (18:36.86.)

New Bedford Half Marathon

by Rick Stetson

Members of NE 65+ were off and running at the first USATF-NE grand prix race of the year, the New Bedford Half Marathon. Team results were not available at press time but the club had some individuals who did well. In the 70-75 age group, Gordon Macfarland and Alan Bates, both of the Green Mountain Athletic Club, finished 1st and 2nd. They were followed by 65+ members Rick Bayko, 3rd, Steve Viegas, 4th and Rob Knight, 5th. Since it usually takes more than two runners to make a team, 65+ should get the nod when it comes to the team competition. Richard Paulsen placed 2nd in the 75-79 age group and in the 80+ division, Harry Carter was 1st with Larry Cole, 2nd.

News flash: We just learned that NE 65+ finished "in the money" at New Bedford. See the column by Steve Viegas (above) for more information.

Looking At Future Races

Here are just some of the many fine races coming up:

April 7: Doyle's Emerald Necklace 5 Miler, Jamaica Plain, MA (the 2019 Pub Series begins.)

April 15: The 123rd Boston Marathon.

April 28: USATF Masters 10K National Championship, Dedham, MA

May 12: The Sea Dogs Mother's Day 5K, Portland, ME. The first NE 65+ flag race of the year.

Looking Way Ahead

July 7: Vermont Flag Race, Stowe 8 Miler, Stowe, VT. Registration will increase this Friday (April 5th.) Right now it is \$39 for the 8-mile and \$25 for the 5K.

Sept 28: One Hour Run, Lynn, MA. See if you can set a national record. Jan Holmquist holds it for 70-74 women with 7.53 miles and Lou Peters has the men's 90-94 mark with 3.88 miles.

Oct 13: New Hampshire Flag Race, The Great Island 5K, New Castle, NH

Oct 20: Connecticut Flag Race, Great Pumpkin 5K, Trumbull, CT

Nov 2: The 18th Annual Run For All Ages 5K. Massachusetts NE 65+ Flag Race and RRCA state 5K championship.

New Members

Jeanne Boisseau, Melrose, MA

Sponsor: Rick Collette

I started running at age 58 just to improve my fitness level. (I was very active already but just wanted to try something new.) With Rick's help, I ran my first half the first year running, then my first marathon at age 60, followed a few months later with my 2nd, - Boston! Mostly

Out on the Roads of New England

by Dan D.



photo courtesy of Kathy Denoncour

Our fearless *Forever Run* contributor out on a New England road, this one in Nashua, NH at the Freeze Your Buns 5K.

Out on the Roads of New England

by Dan D.

Greeting to all from Fripp Island, South Carolina. We are here for our annual late March/April vacation on a barrier island in the low country of South Carolina across the bridge from Hunting Island State Park and about 20 miles east of Beaufort, SC. My goal is to run about 5 races while we are here on Fripp Island, SC in Hilton Head Island, North Charleston, and Sullivan's Island. We'll see how all that turns out.

My column this month is pretty short vs. last month as I was only able to complete 5 races in March. I did 4 races in New Hampshire and 1 in South Carolina. I am only at 21 races so far in 2019 and should be at 25 or 26 in order to be on pace for my annual goal of 100 races or more per year. Hopefully an increased energy level and the multitude of races occurring from now on will help inspire me to "get out there" more often. In any case lets

get started on the 5 March races.

March 3 - Sunday was the "Freeze Your Buns 5K Series - 25th Annual - Week 4" in Nashua, NH. This low key every other Sunday 5 - race series began on January 6th and ends in March. The race fee is \$5 per race or \$20 in advance for all 5 races. The Gate City Striders provide all the volunteers as well as the timing. Awards are given after the 5th race for the top series finisher in each 10 - year age group up to 80+. Dick Kuhl was victorious in the M80-99 division with Bob Welts in 2nd. Perry Seagroves topped the M60-69 age group, while Daniel Dodson was 5th in M70-79. There were 141 finishers in this 4th race of the series.

Saturday, March 9th was the "Spring Ahead 5K Road Race - 13th Annual" at New Hampshire Technical Institute in Concord, NH. This annual event always coincides with the change from Eastern Standard Time to Eastern Daylight Saving Time and the unofficial beginning of Spring in New England. The race fee is a donation to the NHTI Cross Country Team to help the team travel to the USCAA Cross Country Championship at Virginia Beach, VA in November, 2019. Refreshments and a large runners raffle happen INSIDE the college immediately following the 5K race. Age group awards are 3 - deep in 10 - year age divisions up to 80+. Timing is performed by 3C Race Productions and the mostly level course is run on NHTI driveways throughout the campus. NE65+ swept the M70-79 age group with Bob Howe 1st, Daniel Dodson 2nd, Lucien Trudeau 3rd, and Roger Gosselin 4th. There were 54 finishers for this year's event.

March 10 - Sunday was the "Freeze Your Buns 5K Series - 25th Annual - Week 5" in Nashua, NH. This final week of the 5 - race series sponsored by the Gate City Striders had 104 finishers with a threatened snowstorm lowering the total participants somewhat. Bob Welts won the M80-99 division, with Daniel Dodson finishing 4th in M70-79. For the entire series standings ... Dick Kuhl was 1st in M80-99 with Bob Welts 2nd. Daniel Dodson finished 3rd in M70-79, while Perry Seagroves was 5th in M60-69. There were 172 women and 178 men who participated in at least one race in the 2019 series.

The "Easing Heartbreak Hill 5K: Don't Forget Your Wings - 8th Annual" took place on Saturday, March 16th in Concord, NH. Boston Marathoner Beth Connolly was race director and founder. Her husband Joel (also a terrific runner) served as the official timer. The post race awards and refreshments took place INSIDE Delta Dental headquarters (compliments of CEO and area runner Tom Raffio) and the announcing was done by WMUR-TV Channel #9 sport's director Jamie Staton (also a runner). Age group awards were 3 - deep in 10 - year age groups up to 70+. The \$25 race fee benefitted Dana - Farber cancer research and included a nice t - shirt. The gentle course looped through the campuses of Delta Dental and New Hampshire Technical Institute. There were 57 finishers with Daniel Dodson 1st in the M70+ age category.

The final March race took place on March 30 - Saturday on Hilton Head Island, SC at historic Mitchelville Park and was called the "Sandalwood Run for Hunger - 4th Annual". The course was a mostly level combination of paved roads, wooded trails, and a rugged 0.4 mile stretch on loose beach sand along the ocean. There was a 10K or 5K option with the 41 10K participants paying \$40 to run the course twice, while the 123 finishers in the 5K paid \$30 to do it once. Timing was by the Palmetto Running Company and benefits included a t - shirt, pizza, and either a mimosa or beer. The proceeds went to the Sandalwood Community Food Pantry which feeds over 700 families in need. Daniel Dodson was 8th in the 12 - man M70+ division.

That's "all she wrote" for March. Thanks AGAIN to Tom Abbott and our NE65+ "results" crew for all their efforts. In April I plan to run in 2 or 3 Wednesday morning races on Hilton Head Island, SC; the huge "iFIVE K - 13th Annual" in North Charleston, SC; the "Run for Adela 5K on the Beach - 10th Annual" (final time) on beautiful Sullivan's Island, SC; the "Stonyfield Organic Earth Day 5K" in Londonderry, NH; and the "Not a Walk in the Park

5K - 8th Annual" in Saugus, MA. Hopefully there will be more. Until then it's "Let's Go Red Sox" and hopefully the Bruins and Celtics in the playoffs, and of course best wishes to all our runners in the Boston Marathon. Let's take advantage of the warmer weather, the longer daylight hours, and the increasing number of race choices to join me in South Carolina or "Out on the Roads of New England".

Quote of the Month

Wishing all Boston Marathon participants 26 miles of good running.

The editors of "Forever Run"

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