



Forever Run

February, 2019

From the President by Steve Viegas

Friends,

Congratulations to our M80 4x400 and 4x800 teams, Jerry LeVasseur, Joe Cordero, Ram Satyaprasad and Bill Spencer, who set American records of 7:58.22 and 18:16.81 respectively at the USATF East Region and New England Masters Indoor Track & Field Championships in Providence, R.I on Sunday, January 27, 2019, a tremendous accomplishment. NE65+ Runners Club is proud of you!

Your president is on a learning curve. The procedure for receiving and applying Boston Marathon waivers changed this year. Previously we received a packet of paper forms in early December. Our lucky recipients would fill out the form and send it in with a check or credit card information.

This year we received an email on January 3, 2019, directing our waiver recipients to a website where they would register and pay online, and which contained seven sets of entry code numbers and passcodes. I sent out a special Forever Run detailing the criterion we would apply in issuing the waivers. We assumed that we would have more members requesting waivers than we received. When the deadline for requesting them came, we had only three applications for the seven waivers. The selection committee was concerned that none go unused. Not using them would give the BAA a reason to cut the number of applications we receive.

We decided with a week to go to open the application to whomever applied, first come, first served. We sent out another special Forever Run. Within two days we had eight applications for the four untaken waivers. One on-time applicant dropped out. So, we selected five from the eight applicants. The lucky club members are: Phil Pierce, Tom Wylie, Rick Collette, Way Hedding, Donna Sarasin, Elvira Gentile and Larry Cole.

We will be looking at the process for the 2020 Boston Marathon. We should probably start in November or December so that recipients will know sufficiently in advance in order to properly train for the race. I would hope that we would have more applicants and would be able to give out the waivers on a more objective basis. Feel free to communicate your thoughts on this matter to me. My email address is below.

Byron Petrakis will be profiling our Boston Marathon runners, those who qualified and who receive waivers. The race is less than three months away. I am a very excited qualified runner. This new marathon thing for me has been exciting. My 2018 Philadelphia Marathon time qualified me for Boston again in 2020 and I was just accepted as a qualified runner for the 2019 NYC Marathon. My days as an age group 800 meter track runner are now in the rear view mirror.

I wish you all well in your running and racing whether you are getting ready for Boston or not.

Happy Running,

Steve Viegas

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Tony Was In Needham



photo by Tee Stock

In our story last month of the race in Needham on New Years Day, it was overlooked that Tony Cellucci ran in that race. The above photo is proof that Tony (right) was there along with Barry Singer and Phyllis Mays. Also running in Needham (we regret no photo) was Charles Lynch who finished first in his 80-89 age group. A "well done" also goes out to Phyllis Mays who was first in the Needham, 80-89 group and Jan Holmquist who won the 70-79 division.

In checking results on our club's web page, we see that 65+ members took part in 13 different races on New Year's Day. The race with the most members, 9, was the Hangover Classic 5K in Salisbury, MA where Judy Moland and David Ritchie both won their age groups. A partial listing of some other races on the first day of the New Year includes the Bristol, RI Hangover Classic where 5 members ran 5 miles and where Linda Dewing took first in the 70-98 division. David Pember and Harry Carter both had good times as they finished 1-2 in the 70-99 age division at the New Year's Classic 5K in Norfolk, MA, Rich Paulsen, Fred Bollen and Ram Satyaprasad were 1-2-3 in the 70-99 division at Woburn's Run Your Hangover Off and Perry Seagroves (6:08) and Bill Spencer (7:25) had fast miles in Londonderry, NH at the Millennium Mile.

For a complete listing of New Year's Day race participants, check the race

results link on the 65+ web site. Congratulations to all who started the New Year off with a race. We hope everyone will keep their resolutions and continue with enjoyable running in 2019.

A World Mark Was Set

Last month above a photo of Ram Satyaprasad, Joe Cordero, Larry Cole and Jerry LeVasseur was the headline, "World Record Holders." Later we received word from Jerry that what the four relay team members set in the 4 x 1600 indoor race was a national and world **mark** and not a world record. That is because the race is no longer held at national and world meets. At one time the 4 x 1600 was run and world records listed for the event but not today. No matter if they set a world record or a world mark, we are still proud of our 80 plus relay team members.

And the Records Continue to Fall



photo courtesy Jerry LeVasseur

The above 65+ relay team set two new National, Region and Association records at the 2019 USATF East Region and NE Association Masters Indoor Championships in Providence, RI. (L-R): Jerry LeVasseur, Joe Cordero, Ram Satyaprasad, Bill Spencer. The team's 80-89 Club Relay Record for the 4 x 400 was 7:58.22, almost a minute better than the old record of 8:52.59. In the 4 x 800, their time of 18:18.81 was over two minutes better than the old record of

Couples Who Run Together Stay Together Profile of John Hussey and Kimberly Fletcher

by Byron Petrakis



photo courtesy of John Hussey

John Hussey and Kimberly Fletcher after finishing the 2010 Boston Marathon.

John Hussey and Kimberly Fletcher ran their first marathon together in 1980, the Ocean State Marathon in Newport, RI. Since then, 71-year-old John has completed 20 marathons, most recently the Beantown Marathon last September in a time of 4:13, easily qualifying for Boston. His wife, Kimberly, age 68, has completed 48 marathons, including the past 24 Boston marathons in a row, raising over \$300,000 for Dana-Farber Cancer Institute. They have run four international marathons: Berlin, Stockholm, Prague and the first marathon of the new millennium in Hamilton, New Zealand.

Their most memorable marathon was the 1997 Berlin Marathon. Kim had lived in Berlin in 1967 when it was a divided city and she appreciated the opportunity to run through a united Berlin, including the open Brandenburg Gate. That same race also enabled John to qualify for Boston for the first time at age 50.

Not all of their marathon experiences have been as uplifting as Berlin. While all of their marathons have been memorable, some were more so than others because of challenging conditions. In Kim's case, last year's Boston Marathon was the toughest because of the cold, rain, and headwind. In John's case, his 1996 Huntsville Alabama Marathon was his toughest. He had flown in from Japan the day before suffering from a very bad cold and had to endure 30 degree weather with heavy winds during the race.

Not all the obstacles this marathoning couple faces are behind them. Kim has been struggling with Achilles tendinitis and John had a heart procedure in December so their training has been off to a slow start. Kim's goal is to finish in 5 ½ hours to complete 25 consecutive marathons for Dana-Farber and John's is to run with her. If their past mutual marathon experience is any indication of the future, Kim and John will cross the finish line in Boston together, united in their commitment to raising funds for Dana-Farber and to supporting one another in their noble efforts.

Prepping for Boston

by Rick Stetson

It was a beautiful day for running the 24th annual Boston Prep 16 Miler and BP Lite 5 Mile races in Derry, NH. A bit chilly but no snow. Some dedicated 65+ club members turned out to cover the "moderately challenging" (hilly) course. Eldon Burkinshaw, one of the Greater Derry Track Club's workhorses (also a member of NE 65+) is always busy during the Boston Prep races out on the course taking hundreds of photos of race participants (316 ran the 16 miler while there were 102 in the 5 mile.) Eldon said he was amazed he was able to take pictures of all the 65+ club members who ran (plus he got some of the race volunteers) because singlets were not visible on most of the runners as they were covered in layers of clothing. Eldon was stationed just before the 10-mile mark for the photos of the 16 mile runners. We want to thank him for contributing some of his excellent photography to "Forever Run."



Above. Jo Ann McCalister and Stavros Kanaracus both took first place in their 70+ age groups at the 2019 Boston Prep 16 miler.



Above. Harry Carter and Barbara Grandberg in the 16 miler.



Left. Phil Pierce getting in marathon shape at the Boston Prep 16 Miler.

Above. Lucien Trudeau (L) and Roger Gosselin two of the many volunteers who work each year to make the race such a good tune-up for Boston. Lucien and Roger are members of both NE 65+ and the Greater Derry Track Club.

BP Lite 5 Miler, Derry, NH



Above. Donna Sarasin and Dick Kuhl placed second in the 70+ age groups.

Message From Jo Ann

Hi 65+ Runners,

An FYI. I am running again this year. I'll wear the singlet and proudly be representing the club. Tell me where you'll be standing so I can stop to say hello. I'm very excited. I squeezed in because I was second in the category last year even though 7 minutes past qualifying time. So I'm fortunate too. See you soon.

Jo Ann McCalister

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In Praise of the NER by Rick Stetson

Just as we believe that New England runners age 65 or older should belong to our club, we are also convinced that besides reading our club newsletter, runners will benefit by reading "The New England Runner" (NER), an informative magazine published seven times a year by Bob Fitzgerald and Michelle LeBrun.

Runners attending our club's annual meeting in 2015 still remember the humorous remarks delivered by our guest speakers, Bob (also known as Fitz) and Michelle during the luncheon. They had words of praise for what we are doing in the club and their magazine has spotlighted our club runners and races many times in past issues. For example in the most recent issue, (Jan/Feb 2019), a full-page article with photos by Fitz gave excellent coverage to our Run For All Ages with the title "Lake Quannapowitt Soaker One for the Ages." A Fitz photo showed a group of runners splashing through puddles, many with smiles on their faces proving that despite the wet conditions, they were having fun running. Another photo was of a senior runner, Jeff Gould, who was also

going through a puddle but he wasn't smiling. Jeff was running hard and finished 8th overall in 20:57. Then on page 10, there was a Fitz photo from the race but this one did not feature any runners. Instead, it showed a gaggle of four geese marching in file across the wet race course before any runners arrived on the scene.

Many readers eagerly look through the Jan/Feb issue of the NER to read the magazine's State by State Review for the previous year. That's where outstanding male and female runners are named for various age groups in each New England state to include 70+, 80+ and even 90+. Our club had eleven runners honored. Massachusetts led the way with four standouts: Jan Holmquist, 70+; Bill Riley and Mary Harada, 80+ and Lou Peters, 90+. New Hampshire had three club members: David Ritchie and Elizabeth Gonnerman, 70+ and Jim Lynch, 80+. Two club members made it from Maine: Bill Reilly, 70+ and Polly Kensington, 80+. Rhode Island had a club member honored: Frances Branham, 80+, and so did Connecticut: Tom Butterfield, 80+.

The NER provides a popular service to runners by sponsoring the annual Pub Series races. Now in its 21st year, the series consists of six races held from April to October with each race starting or finishing by a local pub. Runners who subscribe to the NER and complete all six races earn a coveted New Balance Pub Series jacket. Those who finish five of the races receive a pair of New Balance running shoes. Points are awarded for age group placing and awards are presented in December at a well-attended event held, where else, at Doyle's pub. In 2018, six club members made it to top spots in the final standings with Annmarie McDonald winning the women's 80+ division. In the men's final standings, Dave Pember, Rich Paulsen and Joe Noonan went 1-2-3 in the 70-79 while in the 80+, Bill Riley led the way with Larry Cole second.

We expect that as we run through 2019, there will be other members of NE 65+ to see their names appear in the NER. Thank you Michelle and Fitz for publishing a magazine that spotlights runners young and old throughout New England. From cover to cover, the NER always makes for enjoyable reading.

Out on the Roads of New England

by Dan D.



photo courtesy Tufts Freedom Health Plan

Daniel Dodson (above) in one of the two races he ran on New Year's

Day, the Millennium Mile in Londonderry, NH.

Editor's note. Dan D. won't be with us this month sharing his races "out on the roads of New England." Unfortunately, in the past two weeks there have been four deaths in the family of Dan's wife, Mary Jo. The New England 65+ Runners Club sends our sincere condolences to Dan and Mary Jo.

Quote of the Month

"The marathon. Nothing hurts more but is so rewarding at the same time."

Sandy Zanchi

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