



Forever Run

January, 2019

From the President

Steve Viegas

Friends,

Happy New Year! I hope that you all have had a happy and memorable holiday season.

I wish that I could report on Boston Marathon time-waived applications. The BAA has made some fundamental changes. The most major is that entries will be done online. There will be no paper entries. We will be happy to assist any members who have difficulty with online transactions. I had received an email saying that the entries would be sent to the clubs from the end of 2018 into the new year. I will send out a special message when I have received the applications. Two of our applications will go to members over age 80. We will also want to know if you have come close to qualifying. Entering a new age group is a significant event we will consider. Of course, we want to know what you have contributed to the club in terms of time, treasure and talent. More on the details later.

I hope that our editor will profile our Boston Marathon runners as he and Byron did last year. If you are entered to run in the 2019 Boston Marathon, please let our editor know. I am entered and have also qualified for 2020. I am currently in training. I'm working out with the Tufts Marathon Team, the university's fundraising group. I am almost 50 years older than most of the other athletes. In interval workouts, I trail the group by a bit but I don't slow them down. The coach thinks that I am setting a good example for the younger athletes. They seem to be amused by my presence. Setting an example is what we older runners do just by showing up.

Our treasurer, Gary Circosta, reports that we have raised \$9,021 in this year's annual fund drive. We are able to do what we do with such generous support. Thank you all for your contributions.

A new year means new beginnings, even for older runners like us. This year, a new year is a new decade for me. My birthday is five days before the new year. Like many of our members, I will celebrate the new year with a race, in my case in Salisbury. I hope to make the best of being 70. As we all know, recognition of runners older than 70 is sparse in road racing outside of USATF championships which has 5 year age groups. It remains our mission to push race directors to expand recognition for older age groups.

Let's get out there in 2019 and show the world what we older runners are capable of.

Happy New Year!

Steve Viegas

World Record Holders



photo courtesy of Jerry LeVasseur

The above four NE 65+ members met at Boston University last month to compete in Lou's 4 x 1600 relay race at the USATF-NE indoor track meet. When the dust had settled, not only did they set a new meet record, but they earned early Christmas presents by setting both United States 4 x 1600 and WORLD 4 x 1600 80+ records. The four record setters and their splits (L-R): Ram Satyaprasad, 9:00.7; Joe Cordero, 9:19.6; Larry Cole, 11:48.1; Jerry LeVasseur, 12:01.

At the Races



photo by Tee Stock

Happy New Year from Needham, MA. Ted and Mary Tyler are often out on the course taking photos but on the first day of 2019, they were race participants. (L-R): Mary Tyler, Phyllis Mays, Barry Singer, Ted Tyler. Not pictured: Tom Abbott and Jan Holmquist who also started 2019 in Needham with a race.



photo by William Peters

Jingle Run or Walk 5K, Newton, NH. Daniel Dodson (L), taking time from his runs on the roads of New England to pose with fellow Mystic runners, Kathy Denoncour (overall female winner) and Dan McCormack (first place 50+).

Entering A New Year

The USATF reminds runners the deadline for the annual Phidippides Award is Jan 31, 2019. To learn more about the award and to submit an application, check out the website at:

<http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

Registration is now open for the 2019 USATF East Region Masters Indoor Championship, Jan 27 in Providence, RI. Deadline to register is Jan 23. And registration is also open for the 2019 USATF Masters Indoor Track and Field Championships, March 1-3, Winston-Salem, NC. The registration deadline for that meet is Feb 1, 2019. To learn more about the masters indoor championship meets go to: <https://usatfmasters.org/wp/>

And looking ahead to next spring, the James Joyce Ramble in Dedham MA on April 28 will once again serve as the USATF national 10K championship. Congratulations to the JJR race director, Martin Hanley, who received the USATF Otto Essig Award for meritorious service to masters long distance running.

New Members

Paul Lindsay, Northwood, NH

Sponsor: David Ritchie

Has been running since summer of 1996 averaging 8 races per year. In 2018, ran 12 races, mostly 5Ks but had one 10 miler and one 7 mile race.

Chester Tumidajewicz, Amsterdam, NY

Sponsor: Regina Tumidajewicz.

Chester has a 40-year running streak. He completed 1364 races including marathons. His mother, Regina, is one of the club's oldest members and turned 90 last month.

Peter Rearick, Hebron, Maine

Sponsor: Jerry LeVasseur

Been running and racing in Maine for forty years. Finished 20 marathons and one ultra. Current team memberships are with Maine Track Club and PR Racing Team.

Puleo and Dodson Capture Ken's Challenge by Rick Stetson

When Ken Houle issued a 1000 mile challenge to club members in 2018, there was no idea so many runners and walkers would exceed that goal. We had 20 members of NE 65+ Runners Club enter the challenge and report that last year they had totaled 1000 miles or more. They were led by one of the newest club members, John Puleo of Kittery Point, Maine with 2001 miles, many of them run in marathon training (he had a 3:44 marathon in 2018.) John was followed by veteran distance runner and past club president, Philip Pierce, who logged 1572 miles last year.

Ken also issued a second challenge to see if club members could achieve 100 or more miles in races for the year. That challenge was not close as Daniel Dodson jumped out to an early lead and averaging two races a week, finished 107 races for a total of 335 miles. Turning in a nice effort to catch Dodson was Larry Cole who finished second in the 100 mile race challenge with 255 miles.

Congratulations to all our club members who met or exceeded Ken's challenges. May you continue logging those miles in 2019.

Name	Age	Miles run/walk	Place 1000+	Miles Raced	#of Races	Place
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Robert Murphy	72	1000+	19			
Richard Paulsen	75	1000+	16	190		5
Jay Diener	70	1338	3	68		15
Dan Dodson	73			335	107	1
Ken Houle	71	1242	8	44	12	17
Neal McBain	71	1000+	18	103		11
Dave Pember	76	1000+	17	112		9
Bill Cotter	68	1011	13	101	8	11
Zeke Zucker	74	1188	10			
Jerry LeVasseur	80			127		8
Richard Kuhl	83			231	55	3
Steve Viegas	70	1308	5	147.5	21	7
Bob Randall	81			158	81	6
Larry Cole				255		2
Joe Peruti		1101	12		99	12
Tom Wylie		1269.2	7	60		16
David Juhlin		1001	14			
Tom Abbott				104.7	33	9
Lynn Nill		1322.55	4	94.1		13
Bill Gaa		1227	9		12	18
Maurice Bourque		1304	6			
John Puleo	65	2001	1	91	5	14
Paul Lindsay		1136	11			
Philip Pierce		1572	2	201.5	31	4
Linda Usher	69	1116.5	12	100+	42	10
Jayne Wilson		1001	15			

Identities Revealed

Last month readers were asked if they could identify the two faux turkeys who ran a Thanksgiving race together - side by side flapping their wings in very windy and cold weather! We will hold you in suspense no longer. The runners were your former club president, Jan Holmquist, with her son-in-law, Kiko Bracker, who designed and made the turkey outfits. Despite running in paper bags with "feathers" attached to their arms, the two had a wonderful and memorable time.

Out on the Roads of New England

by Dan D.

A sincere Happy New Year to all our NE 65+ members as we head into 2019. The end of one year and the start of another always gives us an opportunity to reflect on all (good and bad) that happened in the previous year as well as the chance to set goals and plans for the new year. We usually plan to run more, work out more, eat less, race more often, etc. etc. etc. If you are like me most of these plans are "in trouble" by the end of January as we tend to fall back into our normal patterns. Still it feels good to "start over" and have a new beginning. Like playing a mega millions or power ball ticket the new year gives us hope and possibilities. My hope is that we succeed in reaching our goals and keep our good health so that we can continue in our journey along the pathways & roadways of New England.

In this column I will take you through my 10 races in December, choose a "race of the year" from my 2018 races, and give an overview on what 2019 looks like for my running life as well as the sport in general. I ended up surpassing my yearly goal of running 100+ races in 2018. The final tally was 105 races (2 miles or longer) plus 2 shorter races (a 3K and a 1 mile). It looked unlikely back in September that the century mark could be reached ... but we raced a lot in October (15), November (10), and December (10) in order to cross that 100 - race finish line. There's much to do so let's get started.

Saturday, Dec. 1st was the "Reindeer Run - 13th Annual" in Beverly, MA. This final event in the 10 - race "YMCA of the North Shore Road Race Series" brought out 379 runners to the Cabot YMCA. The \$28 fee included long-sleeve tech t-shirts, refreshments INSIDE the YMCA, awards for best holiday costumes, announcing by Announcers on the Run Andy Schachat (outside) and Michael (inside), and chip timing by North Shore Timing Company. Daniel McClorey was 2nd in the M70-99 age group, followed by Daniel Dodson in 5th.

The afternoon of Dec. 1 - Saturday was the "BASC Santa Claus Shuffle" in Manchester, NH. This Millennium Running production drew 1608 runners to downtown Manchester to run out and back on Elm Street wearing complete Santa Claus suits. The \$30 fee included the Santa suits, a traffic free course, professional announcing from Channel #9 sports director Jamie Staton and Announcers on the Run Andy Schachat, greetings from the new female Mayor of Manchester, free hot pizza and yogurt, cheerleaders from Manchester West High School, free beer tickets to be utilized at any of 4 different area pubs, chip timing with instant results to all electronic devices by Millennium Running, and the use of a large function hall INSIDE the Hilton Double Tree Hotel. Long-sleeve tech t-shirts were offered for \$15 extra. Shu Minami topped the M70-UP age division with Daniel Dodson in 5th.

"The D5K - Danvers 5K Fun Run" took place on December 5th - Wed. at the Osborn Tavern on Maple Street in Danvers, MA. at 7:00pm. This totally free low-key 5K occurs year-round on Wednesday evenings. The use of reflective vests and headlamps, etc. is a must as there is traffic on the course and it is quite dark in places. Daniel Dodson was the only NE 65+ member in the 25 finishers.

December 8 - Sat. was the "Newton 5K Jingle Run or Walk" at the new fire station on Merrimac Road in Newton, NH. The \$20 fee included a tech t-shirt, awards INSIDE the new fire station, an out & back course on quiet rural streets in Newton, NH and Merrimac, MA, and results on Active. Daniel Dodson was the only NE 65+'er out of the 34 finishers.

Sunday - Dec. 9th was the "WCRC Santa's Toy Trot - 24th Annual" at the Sweetsir School in Merrimac, MA. The \$30 fee included hot chocolate, nice refreshments INSIDE the school, age group awards up to 85 to 99, timing by Yankee Timing, and a nice 2 - mile course with the unique feature of allowing the runner to choose DURING THE RACE to do 2 miles, or 4 miles, or 6 miles. NE 65+ Hall of Famer Bob Randall was introduced as the race founder 25 years ago for the Winners Circle Running Club. There were 157 finishers with 81 choosing 2 miles, 47 doing 4 miles, and 29 running the full 6 miles. There were 12 runners from NE 65+ with Tom Wylie finishing 2nd in M70-79 for the 6 - miler. In the 4 - mile race Dick Kuhl was 1st in M80-84, Rick Bayko topped M70-79, Mary Tyler was #1 in F70-79, and Rita Labella was 2nd in F60-69. The 2 - miler had Janet Parkinson winning in F60-69, race - founder Robert Randall 1st in M80-84, Edwin Laverty 5th in M60-69, and Charlie Farrington topping M70-79 with Daniel Dodson 3rd, Ted Tyler 4th, and Robert Aucoin 5th. There was a large runners raffle following the race. Announcing was by Andy Schachat outside and Dave Labrode inside the school.

The late afternoon of Dec. 9 - Sunday was the "Yule Light Up the Night" 2.1 miler at the NH Speedway in Loudon, NH. This hugely popular Millennium Running event drew 1448

runners to run through the beautiful Christmas lights inside and around the enormous car - racing venue. The \$25 fee earned runners a neat running hat with lights, a hot cup of soup, a heating tent, chip timing by Millennium Running with instant results, professional announcing by Announcers on the Run Andy Schachat, and the opportunity to run through the entire "Gift of Lights" display. Awards were 3 - deep up to 70-UP. The race was part of the 19 - race yearlong Elliot Millennium Series as well as the 4th race in the 5 - race Holiday Hat Trick series. Daniel Dodson was 3rd in the M70-UP age group.

Dec. 12 - Wednesday was "The D5K - Danvers 5K Fun Run" at the Osborn Tavern in Danvers, MA. The free weekly 5K race had 21 finishers with Daniel Dodson the only NE 65+ representative.

December 15 - Sat. was the "Jamaica Pond parkrun #39" at Jamaica Pond in Boston, MA. This totally free race is part of the "parkrun" races which are held throughout the world in traffic-free parks at no charge with non - paid volunteers directing each race. The program began in England and a good number of British runners participate each Saturday morning. The course winds around beautiful Jamaica Pond twice (once in each direction) on asphalt pathways. It is necessary to register online once in order to print out a ticket with a barcode on it. This barcode is scanned at the finish line to give you your finishing time and can be used at any parkrun event around the world. The overall results are on the Jamaica Pond parkrun website and individual results are sent out to electronic devices promptly. Daniel Dodson was 1st in the VM70-74 age division and there were 82 finishers.

Saturday - Dec. 22nd was the "Jamaica Pond parkrun #40" in Boston, MA. There were 65 finishers this week with Tom Abbott topping the VM75-79 age group and Daniel Dodson finishing 2nd in VM70-74. Overall results are on the Jamaica Pond parkrun website.

December 29 - Sat. was the "Jamaica Pond parkrun #41" in Boston, MA. There were 97 runners this week with Daniel Dodson 2nd in VM70-74.

My running year of 2018 included 107 races for a total of 334.9 racing miles. I raced in all 6 New England states plus South Carolina. I won the "YMCA of the North Shore" M70-79 age division this year, finished 2nd in the "Elliot Millennium Series" M70-UP division, won the NE 65+ "Flag Race Challenge" (all 6 races), and completed the "Gate City Series" and the "Fudgcicle 5K Series" (all 8 races). Despite seeing my finishing times "grow" into the 14 minute category the turtle won out over the hare by persistence alone. I rarely won any Elliot Millennium races, but was successful by doing more of them. I say this in hopes of inspiring those of you who think that slower times mean the end of your racing career. Not so!!!! You just have to toughen up and make up for the loss of speed by trying to do more. It works. Far more importantly ... I truly had a fun year out there seeing many long - time running friends and many new ones.

I want to thank Tom Abbott and the "results" team for doing the thankless task of finding all our races on the growing number of race websites that have results. Their task appears to be getting more complex each year. Thank You folks for being the glue that holds us together!!!

I like to select a "Race of the Year" from my 100+ races I run each year. It is often based on emotion -- races for a terrific cause, etc. This year I made a different choice. I selected a race that I have run perhaps 15 times in a town located between my native Methuen, MA and my home in Newton, NH. It's a late August Thursday evening 5K with a fantastic longtime race director (and former female 3 - time overall winner), the lowest fee I know of in a regular once a year race, and a very popular race for NE 65+ members. My 2018 "Race of the Year" is (drumroll please) the "Atkinson Road Race - 41st Annual". The race starts & finishes at the Woodlock Recreation Area, goes through

some mostly uphill neighborhood streets, then back downhill until the final uphill 0.1 mile charge to the finish. There are 10 - year 3 - deep age group awards up to 80+ (90+ when Lou Peters is present), famous hot dogs on the grill, a table of homemade pastries, and one of the largest runners raffles I have seen (most everybody wins something). There are nice tech t - shirts and the race benefits the running & field hockey teams (scholarships) at the local Timberlane High School. Now for the amazing part --- the race fee for ALL this is a paltry \$10!!!!!!!!!!!!!!!!!!!!!! Not bad for 2018 - huh?? I don't know how RD Sandy Cannon and husband do it but somehow they do.

Some of you know how big I am into "race results" and keeping a photocopy of overall results for every race I run. About a dozen years ago I ran the "Atkinson Road Race" as usual and saw my name on the posted results in the bottom 30 runners. When I looked the results up on Cool Running the timers had only included the top 100 runners in the online results. I "not so calmly" called up Mrs. Cannon expressing my displeasure. Within a day the results were modified to include us excluded finishers. When I found out HOW Sandy Cannon rectified the problem I vowed to run this race every year. She literally went down to the park and found the posted race results that had been ripped up and thrown into the trash barrels. Ms. Cannon taped the ripped up results together like a jigsaw puzzle and had the timers fix the results. Like wow -- who would do that?? So for \$10 a runner has a mostly traffic-free course on local streets, hot dogs & pastry, huge raffle, nice tech t - shirt, age group awards up to Lou Peters, a large delegation of NE65+ runners, and a truly fantastic race director. I rest my case.

As we head into 2019 I hope to change a few things. I'd like to reduce my "series" a bit so I can try some different races. I want to try one of those 7 states in 7 days race events sometime to see what they are like. This is what I get from reading Mike Brooks' terrific book "Badwater and Beyond" (except I'll be running 5K's ... NOT marathons and ultras like Mike). I see our sport losing attendance at many races as people diversify their exercise choices. Like a stock market correction ... the weaker racers are fading away. I think races need to be "unique" in order to be successful. They have to be downhill, or have a weird distance, or honor a little known holiday, or run on a beach at low tide, or be part of a series with a terrific award and party for completing a certain % of the races, etc. Maybe free races like the parkrun races will become the "new thing". All I know is that change seems apparent. Younger runners seem more interested in finishing than in winning. Folks like a destination race -- like Disney World for instance. Many younger runners now run with cell phones talking to people, or listening to music, or gossiping as they trot along with their friends. These are my thoughts as I head into another year running & walking along "Out on the Roads of New England."

Quote of the Month

"The will to win is nothing without the will to prepare."

Juma Ikangaa



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