



# Forever Run

June, 2019

## From the President

by Steve Viegas

Friends,

In May we had another USATF New England Grand Prix championship. On May 18, 2019, we were well represented at the 5K championships held at the Westfield Fast 5K by Rick Bayko, me, Rob Knight, Rich Paulsen and Larry Cole. Our team won the M70 championship, bringing home the prize money.

Jan Holmquist, running for Whirlaway on her 75th birthday, ran an amazing 23:15.8, age graded at 95.51%. Hers was the highest age graded performance in the field of men and women. Also running was Janit Romayko with whom I had a chance to chat before and after the race.

It is so much fun having a club presence at these GP races! The GP series takes a break in the month of June and July. It picks up again at Bridge of Flowers which is the 8K championship in Shelburne Falls, MA on August 10, 2019. Entry is free to athletes 70 years of age or older. The following link is to information on the GP series,

<http://newengland.usatf.org/Sports/Road-Running.aspx>

Our next NE65+RC Banner Race is in Vermont at the Stowe 8 miler and 5K on July 7, 2019. For more information see, <http://stowe8miler.com/>

The USATF-NE Relays will be at Merrimac College on July 29, 2019, starting at 4:00 PM. We had a 4x800 meter relay team last year. Check out the USATF NE webpage and let's enter a team or teams.

Massachusetts Senior Games will have a track meet on July 13, 2019 at Springfield College. (They haven't listed any road races yet and they will not be a partner in our 5K race.) For more information see,

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<https://www.maseniorgames.org/summer-games.org/>

Maine Senior Games has a track meet on July 27 in Scarborough, ME as well as a 10K (July, 21, 2019) and 5K road race (September 12, 2019) Jerry LeVasseur and Bob Randall have helped in the past with these activities. More information on that meet will be provided next month.

I want to thank those who have started using our Facebook page. It's a great way to stay in touch. I hope we will continue filling it with interesting content. If you are not a member of our page, visit it and request to join the group. I will let you in. The URL is <https://www.facebook.com/groups/275688456197203/>

We will be providing you information on our annual luncheon (and fund drive) by a separate mailing this summer and in the next newsletter. The date is September 23, 2019. Save the date!

The club continues to need a vice-president and several board members. Please contact me if you are willing to step forward to help the club.

With an occasional step back into early Spring we are getting more beautiful warm days for our outdoor activities. Let's all get out there and show our neighbors that running is for all ages.

Happy Running,

Steve Viegas

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## At the Races

### Sea Dogs Mother's Day 5K, Portland, ME



photo courtesy of Jerry LeVasseur

Above are some of the 17 club members who took part in Maine's Banner Race, many holding trophies for placing in their age groups. (L-R) Sandy Utterstrom,

Polly Kenniston (1st), Charlie Farrington, Cathy Burnie (3rd), Dan Dodson, Pat Buckley (3rd), Terry Clark (2nd), Jerry LeVasseur, Lou Peters (1st), Robert Randall (1st), Harry White (1st). Not pictured: Joan Tremberth (1st), John Blake (2nd), Robert McGuire, Jim Tyrrell, William Vickerson, Mike Brooks, William Morgan, Raymond Neveu. The club's next Banner Race is the Stowe 8 Miler & 5K on July 7 in Stowe, VT, two races that are scenic and fun. (It's where runners are served beer and ice cream at the finish.)

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## Run Westfield 5K



photo courtesy of Robert Knight

Scoring points for NE 65+ Runners Club in the 70-79 division of the 2019 USATF-NE grand prix were (L-R): Rob Knight (26:06, 6th place); Steve Viegas (23:55, 5th); and Rick Bayko (23:09, 3rd). Also running, but not pictured, was Richard Paulsen, (10th). After 3 races, the men's 70+ team leads in the grand prix standings with 15 points followed by Green Mountain, 5; CSU, 4; and North Shore Striders, 3. Club member Harry Carter, running for another team, placed first in the 80+ division with a fast clocking of 26:14. Jan Holmquist was the top

age graded runner with an impressive time of 23:15. Also running for the club at Westfield were Janit Romayko and Larry Cole.

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photo by Evan Anderson

Savage Memorial 5K, Wellesley, MA. (L-R): Barry Singer, (3rd 70+); Phyllis Mays, (1st 80+); Tony Cellucci, (1st 80+); Tom Abbott (1st 70+).

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## Palmetto Dunes Turtle Trot 5K, Hilton Head, SC



L-R: Daniel Dodson, Palmetto Dunes Turtle, Riley Miller.

**Editor's note. Daniel Dodson not only runs on the "roads of New England" as you will read in the following story. Dan never heard if his interview made it on the air (it was during the time when the Masters golf tournament was getting a lot of coverage) but we were amused that TV reporters in Georgia found it amazing that Dan is still running at age 74 and that he completes 100 races a year. While many of us in the club are still running at age 74 or above, few enter 100 races in a year but we enjoy hearing Dan tell about them. This one is about a time when Dan "hit the beach."**

## **A New England Runner Gets the Celebrity Treatment** by Dan D.

On April 3rd I traveled down to Hilton Head Island, SC to do the "Palmetto Dunes Turtle Trot 5K." It was run on level roadways throughout this beautiful resort. While chatting with the race folks (they "loved" my New England accent) I told them about my 100 race goal try to reach each year. I was the oldest runner present by far and they were astounded that I could do that. They invited me back for the next Wednesday to do their 5K race directly on the beach at low tide. How could I resist???

When I arrived and signed in and got my t - shirt & bib, etc. they introduced me to WJCL TV - 22 sports reporter Riley Miller and the cameraman from this Savannah, Georgia television channel. She asked if they could interview me out on the beach about doing 100 races per year at age 74, etc. Wow -- of course I said "yes" and we walked out onto the beautiful beach at Hilton Head Island. After the interview we returned to the deck that

you see in the picture and the RD wanted a picture of Riley Miller & me with the "Palmetto Dunes Turtle" mascot. Ms. Miller kindly sent me these pictures taken by her Channel 22 photographer.

Goes to show --- you NEVER know what might happen at a race!!!!!!!!!!!!!!!!!!!!!!

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## Email to the President

Hello Steve,

I would just like to thank NE65+ Runners Club for affording me the opportunity to compete in the this year's Boston Marathon. Proudly wearing my 65+ singlet, receiving plenty of crowd recognition along the entire course, "you got this old timer." I dedicated my 65th marathon to the memory of a great friend and road racing legend Tommy Leonard. I first met him in the early seventies when he was bartending at the Eliot Lounge, where you could get a free beer by showing your Boston Bib, and we hit it off from the get go. He had an incredible memory always greeting me by name, remembering where I was from, and that I worked on submarines in Groton. He told me that to finish the marathon was more important than worrying about your time, but to make six pub stops under six hours was really an accomplishment! This year that was my goal, six plus pubs with a final finish time of 5:26, by far not my fastest, but one with a lot of meaning which I will always remember.

Thanks Again,

Way Hedding

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## New Members

**Thomas Hackney**, Orange, CT

Sponsor: Ram Satyaprasad

A casual runner for 40+ years. Since retirement in 2017, has run the Ipswich half marathon the Chicago full, both for the first time.

**Dave McGillivray**, North Andover, MA

Sponsor: Charlie Farrington

Dave is the renown director of the Boston Marathon. After everyone finishes, he starts from Hopkinton and runs the entire course. He offers to help the club with road race planning and organization.

**Mike Nixon**, Windham, ME

Sponsor: Bob Randall

Runs 5Ks, 10Ks, 1/2 marathons and some trails.

**Greg White**, Portland, ME

I stopped by the table set up at the Mother's Day 5k in Portland. My wife & I use races as activities for many of our travels. Some of my favorite races are the D.C. Cherry Blossom 10M, NYC half marathon, Vancouver 10K, and the BAA 5K.

**Editor's note: Thanks go to the club members who set up the table at our Banner Race in Portland.**

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# In Memoriam

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## A Runner Remembered



photo by Judy Beresford

**The above photo was taken in 2015 after Mike's final race. (L-R) Mike Beresford, Nancy Wilson, Lou Peters, Daniel Dodson, Tim Cunningham.**

Editor's Note. When Dan Dodson ran in the Melody Miles 5K last month, he saw a poster honoring the late Mike Beresford for his "spirit and dedication" to the race designed by Mike's widow, Judy Beresford, who was at the race and remembered Dan from his previous Melody races. Interested in knowing Mike's connection to the race, Dan later emailed Judy who replied with the information below. Although Mike was not a member of NE 65+, he sounds like someone we would have enjoyed knowing, a "back-of-the-packer," who Dan says was his type of runner.

### From Judy Beresford

The connection with Melody Miles is this: years ago Michael had done a few Boston Marathons, before it became the mega-monster event it is now. We loosely knew Johnny Kelly and met him on the Cape a few times, where he lived. In the marathons and other local races, Johnny was always faster than Michael! But we really preferred the smaller local races and fundraisers. So he found a listing for this one, and we came, and just kept coming back every year.

We both like to chat with strangers, and we met more and more folks every year. I took photos of the runners and volunteers, then sent them to the organizers. As the award poster mentioned, a few years ago on a brutally hot day, a student, Mary Brao, stepped away from her acappella singing group to chat and run in with Michael for the last half-mile; then we met her friends, and I took pix and sent them. The next year we met up again, and it became a tradition.

Funny thing, Michael was always a back-of-the-pack runner, encouraging other slow runners: some first-timers, others recovering from ptsd or medical or rehab situations, but that hot-hot day he needed the encouragement, and Mary ran in with him!

Michael's last Melody race was in 2015. In October he felt really tired for a few days. When I took him in to be checked and rehydrated, they assured him he'd be running again in a week. But tests revealed he had viral encephalitis, and they couldn't find the right treatment, and a few days later he quietly slept into death. So in the spring, I contacted Mary and the race people, and explained all that, and I offered to bring a big poster with photos from previous years. It was their 20th year, and quite a surprise to me,

they announced that beginning the next year, they would be doing a Mike Beresford award! Then they added the Gina Bowler award for a female runner.

It was fun to go to many other Massachusetts and New Hampshire races and see familiar senior faces from Melody and elsewhere! That's what makes it fun, not just the miles and numbers. I have a few other photos of Lou Peters, one at the Lobster Dash in Ogunquit Maine,- early morning run on the sandy beach, lobster roll reward at the finish. And Lou came to Michael's memorial service.

Over the years Michael did a lot of really fun (and hard!) races, like Bridge of Flowers, Around Cape Ann, Sandown, the Tony Sapienza run, and other times just solo runs for the fun of it. In San Francisco he ran from our center city hotel, down through Fisherman's Wharf, across the Golden Gate Bridge and back to our hotel on those steep steep hills. And we enjoyed a lot of the small-town races in New Hampshire with their Old Home Days. And oh, the stack of T-shirts! I'm going to have them made into T-shirt quilts for our 3 children.

There's such a camaraderie among runners, isn't there? And sometimes deep friendships form. I explained before that he was a slow runner, and a few years ago in our daughter's town in Wyoming, the Rec Center always did a series of runs over the summer season. Michael signed up for the series, and so did a young woman who was overweight, and recovering from emotional devastation and suicidal depression. She had never run before so they slow-ran-walked together. By the end of the season we were all good friends, and she gave him a beautiful heart-felt note that she could not have done any of it without him, and how grateful she was.

When we came home we stayed in touch, and we sent stories and even a T-shirt from the Lobster Dash in Ogunquit, because out there, fresh lobster is not to be found! She sent him a shirt from out there. On my Wyoming visit this year we got together again, and she's now doing half-marathons and is herself an encourager, persuading others to join her in the fun of running!

In all the years, Michael was never injured! No wrenched knees or hamstring issues ever. But slow-running and yakking with people, he was really good at that! Well, all this is way more answer than you expected from your simple question! And I'm sure so many other runners have their extended background stories; we only see them briefly at races but there's so much more to it.

Thanks for your continuing interest in all the local runs. You and other faithful runners keep a lot of traditions going!

Best regards,

Judy

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## **Out on the Roads of New England**

by Dan D.

Welcome fellow members of our NE 65+ Runners Club. Sure doesn't feel like summer or even spring lately. It would be nice to be able to run again outside in shorts and a t-shirt and without a raincoat!!! Yet even under these circumstances we're still looking good compared to those awful tornado pictures from out in the Midwest. And happily we have our Boston Bruins to keep us excited as they continue on their journey to win the Stanley Cup.

I was fortunate in the month of May to complete 13 races which brings my 2019 total of long-distance races (2 miles or longer) up to 44. That figures out to be an average of 8.8 races per month which computes to about 105 for the year. My optimism for reaching that "century mark" again is pretty hopeful right now. I just hope I can remain injury free. Thanks to Tom Abbott and company for getting all my races on our NE65+ website while searching through the increasing number of websites that carry running/walking results from our 6 - state area. We have a lot to tell you so lets get "the game" underway!!!

May 3 - Friday was the "New Hampshire State Police D.A.R.E. Classic 5K Classic Road Race - 29th Annual" in Loudon, NH. This unique Friday evening 5K is run on the actual 1 - mile race course (The Magic Mile) of the NH Motor Speedway ... the same course utilized by the NASCAR Cup Series with the NH race on July 21st this year. The runners do 3 complete laps of the speedway course plus an extra 0.1 mile to equal 5K. The \$30 fee earned participants parking in the "pit area" inside the enormous 88,000 seat stadium, a tech t-shirt, timing by Millennium Running, pizza & yogurt and other refreshments served under a permanent roof, and a huge raffle. There were 104 finishers this year with Daniel Dodson placing 2nd in the M70-UP field.

The next day -- May 4 - Saturday featured another unusual race location as the "BC Race to Educate - 9th Annual" took place at Boston College's famous Alumni Stadium in Chestnut Hill, MA with the start and finish on the 50 - yard-line of this 44,500 seat football stadium. The \$30 race fee gave the 641 finishers a tech t-shirt, music by a BC pep band, pizza and ice cream next to the famous Doug Flutie "Immaculate Reception" statue at the stadium entrance, instant chip net results by Millennium Running, announcing by Announcers on the Run's Andy Schachat, 3 shorter races for younger children, and the opportunity to run up and down the Boston side of Heartbreak Hill as well as throughout the Boston College campus. The only negatives this year were the parking fees in the BC garage (free last year), the 60+ top age group (70+ last year), and the runners being stopped in mid-race by a Police Officer to let cars go by!!! Daniel Dodson was 6th in the M60-UP age division.

Sunday - May 5th was the "Members First Cinco de Miles 5K" on the campus of Bedford High School in Bedford, NH. This hugely popular 5K race is part of the Elliot-Millennium Race Series (18 races) that feature distances from 26.2 miles down to the Millennium Mile. The \$30 race fee earned the 1809 finishers a neat 1/4 zip pullover; race announcing by Jamie Staton (Ch. #9) and Andy Schachat; traffic free 3.1 mile course; free margaritas, cervezas, and nachos; Millennium Running timing with instant chip results to all devices; free race photos and finishing videos; and 5-year three-deep age groups up to 70-UP. Janet Parkinson was 4th in F65-69 and Daniel Dodson finished 7th in M70-UP.

May 9 - Thursday was the "Salomon Spring Trail Running/Walking Series - Week 1" at the Great Glen Trails near the start of the Auto Road at Mount Washington in NH. This trail series is held on Thursdays for 8 weeks from May 9th through June 27th. The \$49 (entire series) or \$15 (single race) entry fee entitles the runner to a choice of distances at either 3.7 miles (long course), 2.5 miles (short course), or 1 mile (MINI course); with 5 different age groups as well as a walking division. The views of the snow up on the mountain with nearly 70 degree temperatures at the bottom made for a spectacular setting. Daniel Dodson finished 2nd in the Men's Grand Master - Short (2.5 mile) Course division. There were 56 participants for the long course (6 walkers), 22 for the short course (5 walkers), and 4 for the MINI course (1 walker) for a grand total of 82 runners/walkers in the opening week. The race course remains open from 3:30pm to 7:00pm.

The "Children's Dyslexia Centers Run to Read 5K - 7th Annual" took place on Saturday, May 11th in Rochester, NH. A total of 54 runners paid \$22 (pre) or \$25 (race day) for a

cotton t-shirt, timing by 5K Sports Race Management, age group awards up to 56 - 99, greetings from Miss New Hampshire Teen, and the use of indoor facilities at the Rochester Ice Arena. Daniel Dodson was 1st in M70-99. Seth Ulinski (son of NE65+ member Mary Ulinski and a published writer) finished 3rd overall.

Mother's Day - May 12 - Sunday was the "Portland Sea Dogs Mother's Day 5K - 19th Annual" in Portland, Maine. The race features a finish inside Hadlock Field ... the home base for the Boston Red Sox minor league affiliate Portland Sea Dogs. The \$15 race fee for seniors aged 62 and older entitles runners to a tech t-shirt, light refreshments, a ticket for a future Sea Dogs home game, chip net timing, 10-year 3 - deep age group awards up to 90-99, and carnations on Mother's Day to all female finishers. This race serves as our NE65+ "banner" race for Maine and 17 club members ran the 5K while several others served at our club table and/or as race volunteers. Lou Peters was number one in M90+ with Polly Kenniston doing the same in F80-89 with Pat Buckley in 3rd. Joan Tremberth topped F70-74 followed by Cathy Burnie in 3rd. Harry White led the M75-79 grouping with John Blake in 2nd. Robert Randall won the M80-89 division followed by Jerry LeVasseur 4th and Raymond Neveu in 6th. Robert McGuire was 4th in the large M70-74 age group followed by Charlie Farrington 5th, Jim Tyrrell 6th, Daniel Dodson 13th, Mike Brooks 16th, and William Morgan 17th. William Vickerson was 20th in the even bigger M65-69 division. It was terrific socializing with so many of our NE65+ members before and after the race.

May 16 - Thursday began a tough 4 races on 4 straight days with the huge "Payson Center for Cancer Care Rock 'n Race - 17th Annual" at the State Capitol grounds in Concord, NH. The 2043 finishers paid \$30 for a t-shirt, hot food served by various restaurants outside on the State Capitol lawn, announcing by Andy Schachat, music by various bands all along the 5K traffic-free course, 10 - year age groups up to 80+, and chip net timing by Granite State Race Services. Daniel Dodson was 6th in the M70-79 age group.

Friday evening - May 17th was the "Flatbread Fiery 5K - 3rd Annual" at the Black Swan Country Club on Route #133 in Georgetown, MA. The 133 finishers paid \$35 for a tech t-shirt, free beer or wine, free pizza from the Flatbread Pizza Co., ten - year age groups up to 70+, and timing by csteverun. This race is part of the High5EM Series of Events. The race benefitted the Erie Fire Association No. 4, Inc --- the oldest privately owned fire company in the United States. The 5K course features a difficult hill at the beginning of the 3rd mile. Daniel Dodson won the M70+ age division. The male and female overall winners each earned free pizza from Flatbread Pizza Company for an entire year!!

May 18 - Saturday was the "Stride Along the Tide 5K" in Nahant, MA. This race was sponsored by the Lynn YMCA and is part of the 4 - race "YMCA of the Metro North Road Race Series". The 219 finishers paid \$30 (\$90 for the entire 4 - race series) for a t-shirt, light refreshments, chip timing by North Shore Timing Company, 3 - deep ten - year age group awards up to 70-99, and a rolling course on a beautiful spring day. Ladene Dowell was 2nd in the F70-99 division, while husband Art Dowell and Daniel Dodson basically tied for 3rd place in M70-99. Terry Lee Harrington finished 5th in the F60-69 age group. Long-time NE65+ member Nancy Wilson was present to cheer her teammates along during the race.

The "Friends of Hathorne 5K Run/Walk - 2nd Annual" took place on Sunday, May 19 on the site of the former village within the town of Danvers, MA. The 105 finishers braved a rainy day to pay \$35 which benefitted the Hogan Center program for adults with intellectual disabilities. The runners earned a nice tech t-shirt, excellent hot refreshments, chip timing by North Shore Timing Company, 3 - deep ten - year age group awards up to 70 - 99, and a beautiful rolling course through the Hathorne countryside. Rick Bayko led a NE65+ sweep of the M70-99 age division followed by Charlie Farrington 2nd, Tom

Wylie 3rd, and Daniel Dodson 4th.

Thursday evening, May 23rd was the "Step Up! Meals on Wheels 5K Run/Walk - 1st Annual" at Southern New Hampshire University in Hooksett and Manchester, New Hampshire. The 43 finishers paid \$30 for a cotton t - shirt, timing by North Star Timing, 1 - deep awards at 10 - year intervals up to 70+, a hilly rolling course on the SNHU campus, and a fantastic post-race BBQ with hamburgers, hot dogs, ice cream, etc. The proceeds benefit the St. Joseph Meals on Wheels program which gives out over 400,000 free meals to needy residents in Hillsborough County, NH. Daniel Dodson finished 2nd in M70-99 followed by Dick Kuhl in 3rd.

The "Melody Miles 5M/5K Road Race - 24th Annual" took place at the Winthrop School on Bay Road in Hamilton, MA on Saturday, May 25th. The 158 finishers in the 5K and the 50 runners in the 5 miler (208 total) paid \$25 (pre) or \$30 (race day) for a tech t - shirt, light post - race refreshments, 3 - deep medal awards at 10 - year intervals up to 70-99, timing by North Shore Timing Company, and an opportunity to win the Bowler or Beresford Awards for the fastest 60+ female and male respectively. The widow of longtime runner Michael Beresford was there to present the award to future NE65+ member Bob Strout of Salisbury, MA (see separate story and picture regarding Michael Beresford). Terry Lee Harrington was 3rd in F60-69, while Daniel Dodson and Tim Cunningham were 3rd and 4th in M70-99.

The out-and-back 5K course had musical groups all along the race course as the money raised benefits the arts education programs of the Hamilton-Wenham Regional School District.

May 29 - Wednesday was "The Mystic Runners Lake Q 5K" in Wakefield, MA. This year-round weekly 5K race starts every Wednesday evening at 6:45pm and travels around the circumference of beautiful Lake Quannapowitt. The "no-frills" event costs only \$2 and the timing and light refreshments are provided by the host Mystic Runners. Daniel Dodson was the only NE65+ runner, with club members Patricia Ryan and Steve Viegas serving as race volunteers.

That's a wrap to a very busy month of May. June should see me running "Hoofbeats" in Concord, NH on the 1st; "Cassidy's Run" in Salisbury, MA on the 2nd; "NE Dog Jog" in Nashua, NH on the 8th; "Flag Day 5K" in Amherst, NH on the 14th; "Hines Flag Day 5K" in Newburyport, MA on the 15th; "Ribfest 5 Miler" in Merrimack, NH on the 16th; "Lahey Health Cancer Institute 5K" in Burlington, MA on the 22nd; and a "POSSIBLE" 6 states in a week event at the end of the month. Don't forget the 2nd event in our NE65+ "Banner Race Challenge" takes place in beautiful Stowe, Vermont on July 7th at 8:30am - "Stowe 8 Miler & 5K - 38th Annual". I hope to do a trail race or two at Mt. Washington in NH in June and perhaps another race or two somewhere "Out on the Roads of New England"!!

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## Quote of the Month

**"The obsession with running is really an obsession with the potential for more and more life."**

George Sheehan



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