



Forever Run

October 2019

From the President

Steve Viegas

Friends,

I have officially “batted around”. I have finished the first year of my term. I wrote my first president’s article a year ago. I continue to be concerned that we need more members to step up to assist me, our officers and our board. We are currently in need of a vice-president. The vice-president would succeed me when I step down. I will be term limited to two terms should I seek a second term. We are also in need of three at-large board members, 2 Directors to represent Rhode Island and another VT Director. Our board meets twice a year, once in April and once in November. Our board members share their wisdom, help with the work of our club and represent us in their home states. Please email me or call me if you are willing to step up. My contact information is below.

We had a successful annual banquet. Jan Holmquist does so much to coordinate all the tasks needed to make this a success each year. Phil Pierce and his wife, Rae, collect our checks, conduct the head count and prepare our name tags. Carrie Parsi makes sure that our tables look great by bringing centerpieces and communicating with Spinelli’s. Charlie Farrington orders the awards and picks them up to bring to the luncheon. Gary Circosta and his wife, Donna, deposit all the checks. Bill Cotter updates the website with pictures and text. Jerry LeVasseur takes lots of pictures to share! Thank you one and all for making this an event we all look forward to.

I promised that Sara Mae Berman would be an interesting speaker and she delivered. Sara Mae and her husband, Larry, brought very interesting visual aids and Sara Mae’s humor-filled narrative of the early days of women’s running kept her audience very attentive. We were so fortunate to have her with us. See her email thanking us later in this newsletter.

We recognized our own Robert Randall as Race Director of the Year, who was

introduced by Dan Dodson, and we installed ultra-runner, Newton Baker into our Hall of Fame. Zeke Zucker introduced him with a play on his running numbers.

We were well represented at the Lone Gull 10K Race in Gloucester, MA, which is the penultimate race in the USATF New England Long Distance Running Grand Prix Championships. Rick Bayko, Jim Brehio, David Ritchie, Stephen Viegas, Rich Paulsen, Gerry Porricelli made up the M70 team. Ram Satyaprasad, Larry Cole and Jerry LeVasseur made up the M80 team. Each team won its division. I have been nursing a bad case of plantar fasciitis and wasn't looking forward to hammering out a top time. I was delighted to see Jim Brehio on hand to represent us, allowing me to finish out of the top 3 scoring. Jim turned 70 in April and is a welcome addition to our team. The next race in the grand prix series is the Cape Cod Marathon on October 27, 2019 in Falmouth. I'm not sure that we have any members running.

This month, there are two banner races: The Great Island 5K in New Castle, NH on Oct 13 and then our Connecticut banner race, the Great Pumpkin 5K on October 20, 2019 in Trumbull, CT. Links to both races are below.

Bob Kennedy, a NE65+RC member has taken over management of the Great Bay 5K Race from fellow NE65+RC member, Jay Diener, this year. The race is on Saturday, October 26, 2019, in Stratham, NH. See link below.

Bob says, "In a nutshell, we would like to invite the members of the New England 65+ Running Club to participate in our race as I feel that if planned well, our Club could win the overall male and female team competition based on age group place in 5-year age groups from 65-69 to 95-100. That is 7 age groups where our club could possibly win every category!!!!" This is quite a challenge for our club! What do you say?

The Run For All Ages will take place on Saturday, November 2, 2019, at Lake Quannapowitt in Wakefield, MA. This is an "all hands-on deck" event and signature running event. We can use you if you plan to run or volunteer or both. If you are planning to run, you can download a paper application or sign up online at our website (link is below.)

Because I am running the New York City Marathon the next day, I will be missing for the first time in the five years since I joined the club. I will also take advantage of this break to celebrate the anniversary of my daughter's restaurant in Philadelphia on November 1, which I have been unable to attend the past five years.

Happy Running,
Steve Viegas
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Email from Sara Mae

Dear Stephen,

Larry and I want to thank you and N.E. 65+ Runners for your gracious invitation to talk to your members about the early days of women doing long running. Thank you also for a delicious lunch (really special). Such compatible tablemates: Jerry Panarese who was sitting next to me and Jan Holmquist sitting next to Larry.

For us it was a kind of home-coming because we met with several runners from many years ago, whom we hadn't seen in ages. It was also terrific to be among runners over 65 who are fit and active---and look it. So different from the ordinary folks one often meets in every-day life, where 65+ means tired, heavy, and out of shape.

Is it possible for some of the photos taken of me and Larry to be emailed to us? We'd really appreciate it.

I emailed Amby Burfoot that your members bought all of his books, "First Ladies of Running...", that I brought with me. He was pleased and sends his regards.

Thank you and Sue again for your hospitality.

Sara Mae Berman

2019 Annual Meeting Luncheon



Guest speaker: Sara Mae Berman



Race Director of the Year: Bob Randall



Hall of Fame inductee Newton Baker (holding trophy) with Phil Pierce

New England 10K Championships, Lone Gull



Above are your USATF-NE 80+ champions (L-R): Ram Satyaprasad, Jerry LeVasseur, Larry Cole. The NE 65+ Mens Grand Veterans team of Jim Brehio, David Ritchie and Stephen Viegas captured first place when they finished ahead of the North Shore Striders by more than 30 minutes. Jim Brehio was first of 24 runners in the mens 70+ division while Carrie Parsi took first and Linda Usher second in the female 70+ division. Some 883 runners took part in the Lone Gull 10K with 20 being members of NE 65+, an excellent showing.

Saunders at Rye Harbor 10K (update). After our report in the September issue of Forever Run, we have learned this race included a competitive walking division in which two 65+ club members placed "in the money." They were Jay Diener, 1st,(1:08:11) and Peter Bresciano, 2nd, (1:18:44).

In the News

A photo on page 55 of the Sept/Oct issue of the New England Runner (NER) shows the "Indefatigable Dave Pember" running in his 24th straight Jim Kane Sugarbowl 5K in South Boston, a race where he placed first in his 70-79 age group. The same race also had Larry Cole finishing first in the 80+ age group and Irma Walat and Betsy Knapp taking first and second honors in the women's 70+ age division.

In the same issue of the NER, a report by editor Bob Fitzgerald titled, "Records in Bloom at Bridge of Flowers" shows in the results that two course records were set this year by 65+ club members: 80+ men, Ram Satyaprasad ((58:29) and 70+ women, Jan Holmquist (43:58). Congratulations Ram and Jan.

On September 28 in Lynn, MA, Carrie Parsi set a new American 80-84 record (pending) for the one hour run when she finished with 6.4 miles, one mile faster than the previous record of 5.4 miles set by Tami Graf.

A nice photo in the summer issue of his college alumni magazine showed Jim McLaughlin holding two impressive Croquet Club trophies won when he competed at the National Invitational Tournament in Palm Beach, Florida. Jim was tournament champion in second flight doubles and a finalist in third flight singles.

Oct a Banner Month for Banner Races

October will offer not one, but two banner races for club members. The first is the Great Island 5K in New Castle, NH on October 13.

<https://www.greatisland5k.org> As the race web site says:

"If Delicious Food, Great T-Shirts, a huge raffle, First Class Hospitality, and a Spectacular Course that winds along the water front of historic New Castle during peak foliage sound good to you, please join us for the Great Island Road Race!"

The other October banner race will take place the following week, Oct 20, in Trumbull, CT. It is the Great Pumpkin 5K and the race offers a \$5.00 discount to club members who register on line (use code: NERC5). The discount will expire at midnight on Oct 18 so be sure to register prior to that date:

<https://runsignup.com/race/ct/trumbull/greatpumpkinclassic>

While not a club banner race, we want to mention another "great race" for New Hampshire, The Great Bay 5K on Oct 26. The race was founded by 65+ club member, Jay Diener, who served as director from 1999 to 2018. The current race director, Bob Kennedy, certified our RFAA 5K course. He says that the Great Bay 5K is held on a "wicked fast course" and that all proceeds go to the Great Bay Stewards. There is team competition, including mixed teams, and all runners will earn either a free beer or hard cider.

<https://greatbay5K.org/>

And looking ahead to next month, don't forget that November 2 is the date for the Run For All Ages, the club's MA banner race and the final banner race of 2019:

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

The New York Times recently had an obituary by Anna Momigliano titled, "Ugo Sansonetti, 100, Recent Track Champion." While Ugo was not a member of NE 65+, we thought he might have been known by some of our club members as he "won numerous medals at World Masters Championship events and set several world records."

His obit stated he "started running because he was bored in retirement...and by his 80s he had begun to make a name for himself in races. Mr. Sansonetti won 42 gold medals at World Masters Championships...and in 2009 he broke the 800 meter indoor record for athletes ages 90-94 with a time of 4 minutes 28.07 seconds." The next year he set the age 90-94 200 meter indoor record with a time of 40.34. In 2003 Ugo published a book about his sports career, "Never Stop! Keeping Young Into Your 80s and Beyond." Sounds as if he had a philosophy members of NE 65+ can relate to.

New Members

Charles "Skip" Morganson, Derry, NH Sponsor: Daniel Dodson

Member of GDTC. Likes 5K and 10K races. Has run 1/2 marathons and marathons.

Rebecca Tracy, Raymond, ME Sponsors: Jerry LeVasseur, Bill Vickerson

Been running since 2008. "I'm not a fast runner but I finish all my races (so far)." Loves the running community and is in the Maine Track Club, Winner's Circle and Central Maine Striders.

What Runners Don't Want to Hear

by Rick Stetson

In an August Active.com, Erica Schuckles had an article titled "12 Things You Should Never Say to Runners." I wonder if some of the following comments have been heard by members of NE 65+ Runners Club?

1. "Running is bad for knees, you know."

This is a sentiment I have heard quite a bit but it is usually expressed as "Don't your knees bother you?" I once had a torn meniscus repaired in my knee, but I was back running after taking a month off for rehab. True, knees can sometimes be bothered but it is not reason enough to stop running.

2. "Can't you just skip your run today?"

Sometimes I will ask myself this question and occasionally will skip a day if I am tired or ill but I would rather make that decision myself.

3. "You paid how much for those running shoes?"

Running shoes can be expensive but supporting the feet is essential for protecting the knees.

4. "I could never run a marathon"

To most people I would answer, "Yes you can but you have to want to and then put in the necessary amount of training."

5. "You're running on the wrong side of the road."

I usually try to run facing traffic but one time when running through a residential area in Duxbury, MA, I had just turned on a road and was about to cross over to run against traffic when a car pulled along side of me. The driver shouted out the passenger window, "Even a third grader knows you are supposed to run against traffic." His tone of voice irritated me so I just glared at him, kept running and waited until he pulled out of sight before crossing over.

6. "You don't look like a runner."

I can't recall ever hearing this but when you look at participants in a road race, they will come in all shapes and sizes. Even the heaviest are out there trying to run and I always think, "good for them."

7. "Did you win?"

A more appropriate question for our club members would be, "Did you win your age group?" There is so much more than winning or placing in an age group but it is difficult to explain that to non runners.

8. "Did you walk at all?"

When it comes to my last marathon, the answer would be, "Yes, many times after mile 20." Most runners can relate to the pain in the final miles of a marathon, but there is nothing like the pleasure of reaching the finish line.

9. "Wow, you have some appetite."

As Erica wrote in Active.com, ""We run, therefore we eat. Food is fuel."

10. "Those shorts are pretty short."

No problem. Most runners are proud to show off their legs.

11. "Don't you get bored while running?"

Not when there are a lot of things to think about and look at like leaves changing colors, ducks on a pond or sunlight reflecting off ice-covered tree limbs (as long as it is not reflecting off ice-covered roads.)

12. "Running sucks."

Just speak with any member of NE 65+ and you will find this is not true.

Annual Fund Drive Update

by Jan Holmquist

Dear Members,

Another huge THANK YOU to everyone who has already sent in a donation to

support the club and its activities! As noted in last month's e-news, I promised to provide an update toward our goal to match last year's successful fund drive.

As of September 29, we have raised \$8496.43. Our goal is \$9,021 so we are getting close. We are also hoping to match or exceed last year's number of donors and we are 28 donors short with 158 members contributing so far. Your contributions are so important since we have a one-time/life-time membership fee. Our major expenses relate to subsidizing the luncheon, the Run For All Ages, and the mailings. Other expenses include fees to Constant Contact (our *Forever Run* monthly email provider), web hosting service provider, limited travel reimbursement, and administrative expenses related to membership and Board meetings.

For those who haven't sent a donation yet, it is never too late! Any amount is greatly appreciated.

If you lost the appeal letter and envelope, please mail your donation of any amount made out to "New England 65+ Runners Club" and send to:

Jan Holmquist
32 Paulson Drive
Burlington, MA 01803

Another option to those with an IRA and required minimum distribution rules: you can avoid any taxes if you donate directly to the NE65Plus RC from your IRA. We are fortunate to have 2 members who already use this option. The contribution should be sent to my address above.

On behalf of the entire Board- we had 100% Board participation in the fund drive setting a wonderful example for all- **thank you** for your support! I hope to see many of you at the 18th Annual Run For All Ages on Saturday, November 2nd.

In Memoriam

Hugh MacMahon <https://www.athutchins.com/notices/Hugh-MacMahon>

Out on the Roads of New England

by Dan D.

Good day fellow NE65+ members and welcome to our little column about running & walking in the greatest place in the world at exactly the right time of the year. With the N.E. Patriots undefeated and the Bruins & Celtics about to begin playing we are surrounded by spectator sports excitement to coincide with our running in this nearly perfect weather. This month's column will include a description of my races for the month; the future "Banner Races" in NH, CT, and MA; the annual luncheon banquet at Spinelli's, and my planned races for October.

Familiar with the expression "life got in the way"?? Well that's what happened

to Dan D. in September as I only managed to participate in 4 races. A two - week vacation to Acadia National Park (Bar Harbor, Maine) and many medical appointments with my wife were the main "culprits." My race total is now at 80 for the first nine months of 2019. This works out to an average of 8.88 races per month or just about 107 for the year. I'll need to keep active and healthy during these next 3 months in order to reach that 100+ race goal again this year.

Sept. 2nd - Monday (Labor Day) was the "St. Charles 5K - 23rd Annual" at the Pease International Tradeport in Portsmouth, NH. This popular race with the "running nuns" drew 455 participants who paid \$20 for chip net timing by Granite State Race Services; tech t - shirts; announcing by Andy Schachat; terrific hot refreshments including hot dogs, hamburgers, donuts, pizza, bagels, etc.; 3 - deep 5 - year age groups up to 90+; cash prizes for the top 4 male & female finishers; a huge runners raffle, and a generally level course with only a few gentle upgrades. NE65+ had 13 participants led by Mary Harada 2nd in F80-84; and Robert Murphy 2nd in the 16 - runner M70-74 division, followed by Ken Houle 3rd, Jim Durgin 11th, and Daniel Dodson 12th. Peter Bresciano was 3rd in the M75-79 age group, with John O'Donnell 4th, Roger Gosselin 5th, William Morgan 6th, and Lucien Trudeau 7th. Mike Nixon finished 3rd in the 16 - runner M65-69 grouping, with Bill Vickerson in 10th. The race proceeds go to the St. Charles Children's Home.

Sept. 14 - Saturday was the "Wellspring Race for Recovery 5K - 4th Annual" in Bangor, Maine. The 94 finishers paid \$20 for timing by sparkflashgap, pizza and bagels, 1 - deep 10 - year age groups up to 70+, beautiful location in Bangor Waterfront Park on the Penobscot River, a cotton t - shirt, and a hilly course on asphalt streets and walkways. Daniel Dodson was 3rd in the M70+ age group. The race helps Wellspring provide a range of treatment services to Bangor area people recovering from substance use disorder.

The "Hellenic American Academy 5K Run/Walk" took place on Sept. 28 - Saturday at Lowell Heritage State Park along the Merrimack River on Pawtucket Boulevard in Lowell, MA. The \$25 race fee included a nice tech t - shirt, light refreshments, and a back & forth level course on asphalt sidewalks & pathways along the river. There was no professional timing for race results and accordingly no age group awards. The race proceeds went to the Hellenic American Academy in Lowell.

Sept. 29 - Sunday was the "Northeast ARC 5K for Inclusion - 1st Annual" at Market Street in Lynnfield, MA. There were 217 participants in this inaugural event. The \$25 race fee included 1 - deep 10 - year age groups up to 60+, cotton t - shirts, chip net timing by North Shore Timing Company, and hot refreshments (tacos, pasta, Starbuck's coffee, etc.). The course was rolling along community streets. Daniel Dodson was the sole NE65+ runner.

The NE65+ annual luncheon banquet took place this year on September 23rd (Monday) at Spinelli's. There were over 110 people in attendance. The featured speaker was female marathon pioneer Sara Mae Berman who traced the history of women's efforts to be included in the Olympics and in the Boston Marathon. Newton Baker received the Hall of Fame Award via presenter Dr. Phil Pierce. Zeke Zucker reported a "by the numbers" summary of Newton's running accomplishments. Newton then gave a tremendous oration about never giving up and conquering obstacles through perseverance in ultra

running. Robert Randall was presented the Race Director of the Year Award by Daniel Dodson. Consequently it was my honor to give the speech about Bob Randall. I was happy to quote Hall-of-Famer John Parker from NH and thank him for his remarkable epistle about Bob Randall. Basically Bob has been RD for the "Run For the Gym" in Springvale, Maine since the inception of the 5K race in 2003 (17 years). In 2011 the race was renamed "Randall's 5K Run For the Gym" and a granite stone was added at the finish line to honor Bob & Mary Ann Randall. Congratulations to Bob & Mary Ann and to Newton Baker too. And by the way --- the food at Spinelli's was tremendous!!!

The 2019 Banner Race Challenge is reaching its conclusion as there are 3 state races coming up in the next 5 weeks. The New Hampshire edition is the "Great Island 5K - 26th Annual" on Sunday, October 13 at 10:00am on the seacoast in New Castle, NH. The fee is \$30 for a fabulous runners raffle, hot refreshments, a winter hat, and 10 - year 3 - deep age group awards up to 90+. The Connecticut entry follows on October 20 - Sunday at 9:00am with the "Great Pumpkin Classic - 29th Annual" at Trumbull High School in Trumbull, CT. The entry fees are \$30 by Oct. 13, \$32 by Oct. 18, and \$35 thereafter. This 5K has 3 - deep 10 - year age divisions up to 90+ and terrific refreshments served inside the high school cafeteria. The end of the Banner Race Challenge comes on Saturday, November 2nd at 10:00am (9:40am sunshine start) with our own NE65+ "Run For All Ages - 18th Annual" at Lake Quannapowitt in Wakefield, MA. The race fee is \$27 now and \$35 on race day with hot & cold refreshments, and 3 - deep 10 - year age group awards up to 60 and then 5 - year divisions up to 90+. All 3 races are excellent with age groups up to 90+, terrific long-time Race Directors, Chip net timing, etc.

October looks like a busy running month for your columnist ... who by the way begins a new "age division" on October 19th. I'll be at the "Campus Classic 5K - 7th Annual" on Oct. 5 (Sat.) at Northern Essex Community College in Haverhill, MA; the "Footrace For the Fallen - 13th Annual" at Gill Stadium in Manchester, NH on Sunday, Oct. 6th; the "Coolidge 5K - 2nd Annual" in Plymouth Notch, VT on Oct. 12 (Sat.); the "Great Island 5K - 26th Annual" in New Castle, NH on Sunday, Oct. 13; the "Kelly Ledoux - Walsh 5K - 3rd Annual" in Wakefield, MA on Columbus Day, Monday (Oct. 14); the "Monster Dash 5K" in Nashua, NH on Oct. 19 (Sat.); the "Great Pumpkin Classic - 29th Annual" in Trumbull, CT on Oct. 20 (Sun.); the "Spooky Sprint 5K" at the YMCA in Melrose, MA on Sat. - Oct. 26th; and most likely several more races if the knees can handle it!!

Well ... I guess that's it for another month. Thank you for reading and supporting our little column. John Parker -- your letter and supportive comments meant more to me than you could possibly realize thank YOU. I hope to see many of you this month at our NH and CT "Banner Races" and elsewhere. I hope you'll come over and say "hello" as we enjoy this most remarkable sport of running/walking at the very best season of the year "Out on the Roads of New England".

Quote of the Month

"No marathon gets easier later. The half way point only marks the end of the beginning."

Joe Henderson

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