



Forever Run

September, 2019

From the President

by Steve Viegas

Friends,

Our luncheon is coming up on Monday, September 23rd. You should have received a mailing containing the reservation form. If you are planning to attend, please let us know by mailing your check (\$35 per person) and reservation to Phil Pierce, 79 Waites Landing Road, Falmouth, ME 04105 with your choice of vegetarian, chicken or salmon. The luncheon will begin at 11:00 AM and will be at Spinelli's on Route 1 Southbound in Lynnfield.

Our speaker will be Sara Mae Berman who will talk to us about the early days of women's running. We will also honor our Bob Randall as Race Director of the Year and will be inducting Newton Baker into the Hall of Fame. I hope to see many of you on the 23rd. If you are recipients of the 1000-mile running or 100-mile racing award, please wear your pin(s). Recipients of those awards may deduct a one-time discount of \$5 from their luncheon reservation and will be recognized at the luncheon.

Jan Holmquist is also collecting our annual fund donations. If you would like to send a check, her address is 32 Paulsen Drive, Burlington, MA 01803.

Our M70 team competed in the last two USATF New England LDR Grand Prix races. It took first place at Bridge of Flowers 8K and second place at the Allen Mello New Hampshire 10 Mile Race. Rick Bayko, Steve Viegas, Rich Paulsen have run in the M70 team division and Larry Cole and Ram Satyaprasad have run in M80 but have needed a third to score as a team.

The next championship race is the beautiful Lone Gull 10K in Gloucester on Sunday, September 22, 2019. It runs out of Good Harbor Beach and along the beautiful coastline to Eastern Point and back. Come on out and wear your NE65+RC racing kit. Looking ahead a month, the Connecticut banner race is the Great Pumpkin 5K on October 20, 2-19 in Trumbull, CT. The sign-up website is:

<https://runsignup.com/Race/CT/Trumbull/GreatPumpkinClassic>

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. The website is: <https://greatbay5k.org/>

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?

Looking ahead two months, The Run for All Ages will take place on Saturday, November 2, 2019, at Lake Quannapowitt in Wakefield, MA. The race committee will meet at my law office on Saturday, September 7, 2019 at 4:00 PM. My office is located at 2 Haven Street, Suite 306, Reading, MA 014867. If you are planning to run, you can download a paper application or sign up online at our website at <https://www.ne65plus.org/index.php?page=run-for-all-ages>

Keep posting on our Facebook page. It has been much more vital this year. If you are not already in our group go to <https://www.facebook.com/groups/275688456197203/> and I will approve your request.

Happy Running,

Steve Viegas

stephenviegas@hotmail.com

Remembering Florence Dagata (9/12/1926 - 8/6/2019)



In general, our club policy is to inform members of someone's passing and include a link to the obituary. However, when a prior Board President and/or Founder of the club passes away, we include additional comments as you will read below.

* Shortly after having joined the 65+ runners club, I recall having voice mail messages left for me on my home phone while I was at work. I didn't know at the time who Florence was or why she kept trying to reach me. We eventually connected and her personal outreach asking me join the Board as Secretary is a conversation I will always remember. Another memorable day was when then President Tom Wylie and I (then VP) met Florence and her husband Ross for a lunch meeting at Bertucci's in Waltham to plan for the Annual Luncheon. Florence loved the personal contact! Yet, as the years went by, we used email to communicate. She read Forever Run every month and kept up-to-date with this club that meant so much to her...an amazing lady who really got things done with kindness and grace. Florence received the Reverend

Joseph Shea Award in 2004...well deserved! Rest in peace, Florence...you will always be remembered. Jan Holmquist

*A great loss to our club and the running community at large. I remember her when I first joined NE65+ 10 years ago as the "nominator" of members to various positions and a person it was difficult to say "no" to!!!! May she rest comfortably after having crossed the finish line. Dan D.

*Very sad. Florence was the strength of the club. When we needed new board members she found them as well as keeping the club going and growing. We will miss her. Jerry LeVasseur

*Sorry to hear of Florence's death. She recruited me for the membership job and got me started with lots of helpful advice. I will pray for her. Phyllis Mays

*Florence Dagata was an outstanding club president. She and her husband Ross worked so well together to make sure all bases were covered. She and Ben Fudge made it a point to participate in all six club flag races each year. Florence was initially a dedicated runner who later became a dedicated power walker. She worked hard to make sure that all club positions were filled and actively recruited potential club sponsors. When you thought of the Rhode Island running scene you thought of Florence. Jim McLaughlin

* Very sad. I was not happy when she left the board of directors. Phil Pierce

*I too remember Florence very well; I worked in RI 2004-2014, and somewhere about 2011 she called to ask if I'd accept a nomination to be Club VP. Well, wasn't sure I wanted to do that - as a very new member. Like Dan said, one can't say no to Florence! I attended several RI 65+ member annual luncheons, and then went on to assist Phil Pierce when he was Club president. Florence, to me, was the "grand lady" of the Club and may her memory remain close to all of us. Tom Wylie

*Florence kept the club together for years. I use to marvel as how she could track down folks and find new members and officers. She was indeed the "grand woman" of the club. We should come up with some way to keep her memory alive for the club and as a reminder of how it takes the work of a few to keep the club alive. Mary Harada

*Sad news indeed! Florence was a classy lady who was dedicated to the club and runners. Carrie Parsi

*Florence was the best,..Florence was one of the early members of the club and was a great help in making the club grow to where it is today... She was my friend. She will be missed, I will miss her. Jerry Panarese

At The Races

Blue Lobster 4-Mile, Kennebunk, Maine August 4, 2019



photo courtesy Jerry LeVasseur

Senior Team Champions, NE 65+ (l-r): Zeke Zucker, Yuen Na Chun, Daniel Dodson, Jerry LeVasseur. Not pictured: Carol Weeks, 1st place 70-79 women with a time of 36:23, Cathy Burnie and Bill Vickerson.

Beach to Beacon 10K, Cape Elizabeth, Maine August 3, 2019



photo courtesy of Beach to Beacon photography

Still going strong at age 81. Club members Bob Payne and Jerry LeVasseur celebrate after completing the Beach to Beacon 10K. Some 27 club members ran the race with 4 winning their age groups: Zeke Zucker, Carol Weeks, Faye Lowery and Polly Kenniston. Rudy Kelly placed second out of 56 runners in his age group. For a complete list of B2B runners, check the race results tab on the club's web site page maintained by Tom Abbott and his crew of volunteers.

Epsom Old Home Day 4 Mile, Epsom, NH August 11



photo courtesy of Daniel Dodson

(L-R) Don Yeaton, Dick Kuhl, Mary Ulinski, Daniel Dodson. Don has been the race director for the past 10 years. Proceeds go to the upkeep of Webster Park.

Saunders at Rye Harbor 10K, Rye, NH August 15, 2019

by Rick Stetson

It was August which meant it was time for my annual trip to a family gathering in Massachusetts. A tight schedule would prevent me from running the number of races I took part in last year, but I was able to find a 10K in New Hampshire that was a great experience.

Several years ago I had taken a ferry to visit Star Island off the coast of New Hampshire but I did not realize it passed right by Odiorne State Park where the Saunders at Rye Harbor race was located. When I pulled up to the park's entrance, I was waved through (no admission charge for the race participants) and young ladies with flags directed me to a parking spot. The park is located next to the ocean and as soon as I got out of the car, I was greeted by the much-missed smell of saltwater air. I knew I was back in New England!

Entering the pavilion to pick up my race number, I saw signs announcing there would be cash awards for the top three finishers in each age division: \$50 for first, \$25 second and \$15 third. In addition, each would receive a book written by K.D. Mason, a local "lifelong runner and sailor" who has written a series of mystery novels. I was not familiar with Mason but had heard of some other notable Rye residents including Dan Brown, author of "The DaVinci Code" and Red Sox announcer Dave O'Brien. Also in the pavilion was a table set up by the New Hampshire SPCA, a charitable partner of the race, where a pleasant woman handed out brochures. It is always nice when race entry fees go to a worthwhile cause like an organization that helps find good homes for animals.

My warm-up jog took me around the park which was once Fort Dearborn, part of the Portsmouth harbor defenses during WWII. Remains of the circular 155 mm gun mount platforms were still visible as were some of the bunkers used to store ammunition. My legs were tired from the many miles of driving and because my longest training runs in the summer heat had been four miles, I reminded myself to go out slow in the 10K race and just try to finish.

While warming up, I noticed a number of runners wearing blue Winner's Circle Running Club singlets. One was our 65+ past-president, Tom Wylie, and we had a quick chat before the race. When I mentioned the many runners with the Winner's Circle tops, he said the Saunders at Rye 10K was part of the club's grand prix race circuit. Tom had run the race before so I asked him about the course. He replied it was gently rolling but had "no boomers," meaning steep hills.

Tom was accurate with his description because the course was a good one, winding through pleasant sections of Rye with excellent traffic control, volunteers at every turn and plenty of water stops. My only suggestion would be to add more mile markers. I did not see my first sign until mile four, but it is possible I missed the others. After finishing, runners could go to computer terminals, type in their name or race number and receive a print-out with finish time and age group place. I thought there must have been a mistake as a "1" appeared next to my age group but it was verified at the awards table where in addition to a cash prize, I was asked which of the many K.D. Mason books I wanted. When I told the woman I had not read any of his books, she suggested I start with the first novel, "Harbor Ice," which I selected.

I was proud to see that two fellow club members, Richard Paulsen, 2nd and Tom Wylie, 3rd, enabled NE 65+ to sweep the 75-79 age division. The club also did in the same in the 80+ group with Bob Randall, 1st, Jim Lynch, 2nd and Dick Kuhl, 3rd. Placing in the 70-74 division were David Ritchie, 1st and Rick Bayko, 2nd. And the club had two ladies finish "in the money" with Donna Sarasin 2nd and Mary Ulinski, 3rd in their age groups.

NE 65+ had 16 runners complete the 10K race and while not all went home with cash and a book, everyone was entitled to a free beer and a chance to smell some salt air along the beautiful New Hampshire coast. If you are looking for a good summertime race, I would recommend the Saunders at Rye Harbor 10K. And to all NE 65+ ers,

Happy Labor Day!

New Hampshire 10 Miler, Auburn, NH August 24, 2019



photo by Kathy Denoncour

(L-R) Ram Satyaprasad, Richard Paulsen, Stephen Viegas, Daniel Dodson, Rick Bayko, Donna Sarasin. (Not pictured: Jan Holmquist, Harry Carter, Larry Cole.) The club had the following members place in their age groups: 1st, Jan Holmquist, Harry Carter and Richard Paulsen; 2nd, Ram Satyaprasad; 3rd, Rick Bayko, Larry Cole and Donna Sarasin. Congrats to all who ran the race along the beautiful shores of Lake Massabesic (shown in the background.)

Almost Half-Way to St. Patrick's Day 5K, Portland, ME August 31st

First Place: NE 65+ Runners Club, 2:32:32

Zeke Zucker (32:34), Rober Randall (37:21), Jerry LeVasseur (41:13), Bill Vickerson (41:24).

Also: Polly Kenniston (36:39)

New Member

Jan Fuller, Woburn, MA

Sponsor: Ram Satyaprasad

Been running since age 17. Has run Boston 24 consecutive times and 10 other marathons. Prefers half marathons.

One Hour Run - This is really fun! by Jan Holmquist

See the information below from the event director, Joe Abelon. I participated in this event in 2014 and had a great experience...very different event, lots of volunteer

support, and something I am planning to do again on September 28...it would be fun to have a great 65+ turnout!

Lynn Massachusetts Park & Recreation Department and USATF New England will be hosting their 5th "1 Hour Run" on Saturday, September 28, 2019.

Lynn is the only city in the USA offering this event on an annual basis. The goal is to offer an opportunity for athletes to attempt to break the American record in their age divisions. Many of the former records were established in the late 1970's and early 1980's.

The Lynn event has had nine American records set since 2014 (event not held in 2016).

Most runners are unaware of this opportunity. Many have no idea of how the event is structured and one does not have to have record breaking ambitions to compete in this event.

The website www.lwrun.org provides information relative to the event...scroll down to the One Hour Run link.

Thank you,

Joe Abelon
781-709-7135
Jsa777@verizon.net

In Memoriam

We are saddened to learn of the passing of the following club members:

Howard Burling
Robert Mahoney
Raymond Maloney
Richard McElvery
John Shane
Ralph Stevens

Annual Fund Drive

by Jan Holmquist

Dear Members,

First, a huge THANK YOU to everyone who has already sent in a donation to support the club and its activities!

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

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.

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.

An update will be provided at the luncheon and in the October issue of Forever Run with the amount donated so far and the number of donors contributing. We hope to match or exceed past year's data.

Thank you and enjoy running, walking, power walking, swimming, biking, hiking, tennis, yoga...any way you stay active, healthy, and happy!

Carpe diem!

On The Roads of New England

by Dan D.

Greetings to all members and friends of the New England 65 Plus Runners Club. September brings us the very best of running weather here in New England with warm days and cool evenings and beautiful clear & crisp air to run or walk in. In this month's column I will discuss the 7 races I ran in August, talk about the upcoming Banner Races as well as our annual luncheon banquet, and then tell you about the very biggest surprise and happiest moment in my entire running career!!!! You just HAVE to keep reading to hear about this amazing heart-warming story. It is a real life situation that thankfully has a happy ending.

August 1st - Thursday evening was the "Run United 5K - 6th Annual" in Concord, New Hampshire. The \$25/\$30 race fee earned the 101 runners a cotton t-shirt, chip timing by Millennium Running, post-race refreshments and awards, and a traffic-free course on the driveways of Northeast Delta Dental and New Hampshire Technical Institute. The proceeds benefitted the Granite United Way. Perry Seagroves finished 2nd in M60-69, while Daniel Dodson won the M70-79 age group.

August 4 - Sunday was the "Blue Lobster 4 - Miler - 1st Annual" in Kennebunk, Maine. The \$20/\$25 race fee earned the 111 finishers a nice tech t-shirt, non-chip timing by Pine Tree Race Services, a level out & back course on the gravel Eastern Trail (including the pedestrian bridge over I - 95), 1 - deep 10 - year age group

awards up to 80-99, and a terrific brunch at Duffy's Tavern on Main Street. The proceeds went to The Barbara Bush Children's Hospital at Maine Medical Center. Carol Weeks topped the F70-79 division with Cathy Burnie 2nd. Jerry Levasseur won M80-89, while Zeke Zucker and Daniel Dodson were 2nd and 3rd in M70-79. Bill Vickerson was in the M60-69 age group. NE65+ won the Running Club Team division with Yuen Na Chun, Zeke Zucker, Jerry Levasseur, and Daniel Dodson leading the way. The Race Director was well-respected Mainer Tony Myatt.

Thursday evening, August 8th was the "Cigna/Elliot Corporate 5K Road Race - 27th Annual" in downtown Manchester, NH. The \$25 fee earned the 4276 finishers (largest race in NH) a tech t-shirt, chip timing by Millennium Running, live TV coverage of the 6:20pm start on WMUR - TV (channel #9), 3 - deep 5 - year age group awards up to 80+, professional announcing by Jamie Staton and Andy Schachat, free pizza & yogurt, and a traffic-free course right on Elm Street. Barry Pearson won in M75-79, Donna Sarasin finished 2nd in the 31 member F65-69 field, Daniel Dodson and Armand Auger were 10 & 11 in the 21 - runner M70-74 group, and Don Yeaton (in his 26th Cigna/Elliot race) was 34th in the huge 54 member M65-69 field.

August 11 - Sunday was the "Epsom Old Home Day 4 Mile Road Race - 10th Annual" at Webster Park in Epsom, NH. The 40 finishers paid \$20/\$25 for timing by Granite State Race Services, a tech t-shirt, professional announcing by Andy Schachat, 3 - deep 10 - year age group awards up to 70 and over, and a rolling course in a rural small-town setting. The proceeds are used for improvements to 30 - acre Webster Park. Mary Ulinski was 1st in F70-99, while Daniel Dodson and Dick Kuhl were 2nd & 3rd in M70-99.

Saturday, August 24th was the "Allen Mello NH 10 Miler" at Lake Massabesic in Auburn, NH. This Millennium Running production served as the USATF - NE 10 - mile event. There was also a 2 - person relay (5 miles each runner). The 10 mile event also had 5 - runner team competition for official USATF teams. There were 1209 finishers in the 10 miler and 76 relay teams (2 people). NE65+ swept the M80-99 division with Harry Carter 1st, Ram Satyaprasad 2nd, and Lawrence Cole 3rd. Jan Holmquist topped the F75-79 age group, while Richard Paulsen did likewise in M75-79. Donna Sarasin was 3rd in F65-69, while Rick Bayko and Stephen Viegas were 3rd and 5th in M70-74. The NE65+ men's team finished 17th in open competition, 9th in M40+, and 7th in M50+. The 3 - member NE65+ men's team was 2nd in M70+ competition. Daniel Dodson and partner Kathy Denoncour (Faster Than Snails) were 57th overall out of 76 relay teams and 20th in COED relay competition. All runners received beautiful tech t-shirts, large finishers medals, free pizza & yogurt, beer tickets to the post-race party at Bonsai Restaurant, etc.

The "Atkinson Road Race - 42nd Annual" took place on Thursday evening, August 29th at Woodlock Recreation Area in Atkinson, NH. Race Directors Sandy & Andy Cannon somehow manage to charge only \$12 for a timed race (Joppa Flats) with lovely tech shirts, hot dogs and pastries, 3 - deep 10 - year age group awards up to 80+, and a large runners raffle. There were 212 finishers this year including 7 from NE65+. Our club swept the M80-99 division with Robert Randall 1st, Dick Kuhl 2nd, and Jim Lynch 3rd. Barry Pearson was 2nd in M70-79 with Daniel Dodson in 4th. In F60-69 Rita Labella finished 7th and Terry Lee Harrington 11th. The proceeds benefit the athletic team scholarships at Timberlane Regional High School.

August 31st - Saturday was the "Run Your Buns Off 4.2 Miler - 10th Annual" in Bristol, NH. The \$20 fee earned the 314 finishers chip timing by Granite State Race Services, t - shirts if registered by August 17th, sticky buns from the host bakery, and

a rolling course with one tough hill and occasional views of beautiful Newfound Lake. Daniel Dodson was 5th in the 11 - person M70 and over division with Armand Auger 7th.

These 7 races bring my 2019 total up to 76 races. That averages out to 9.5 races per month, which would figure out to be 114 races for the year. Thus I feel good about reaching that 100 - race plateau again this year (barring injury, etc.).

I want to encourage everyone to make a sincere effort to attend our annual banquet luncheon at Spinelli's on Rte. #1 on Sept. 23rd - Monday. It is always a terrific event with great food and even greater people!!! The awards and speakers are uplifting and always "re-charge my batteries" when it comes to running.

The next Banner Race is for my state of New Hampshire and will take place on Sunday, October 13 in New Castle, NH. It is the "Great Island 5K" -- great views right along the ocean. My fellow NH Director Ken Houle and I strongly encourage you to attend. Connecticut's Banner Race will occur the following Sunday on October 20 in Trumbull, CT and is called the "Great Pumpkin Classic 5K".

Before I conclude the column I need to sincerely thank results coordinator Tom Abbott and team member Dan Donovan and the rest of the guys for all the help they give to make this little column possible. Tom & Dan really stepped up to the plate and helped get my last 3 races on the website so I could be sure not to leave any NE65+ runner out of the column. Thank YOU so much.

Now for the amazing story that I told you about at the beginning of the column. About 4 months ago I received an email from a running bud that one of our members (and a running friend of mine) Armand Auger had passed away. I immediately contacted the appropriate people at NE65+ to put a little notice in "Forever Run", remove Armand's name from the mailing list, etc. Keep in mind that Mr. Auger was a resident of Manchester, NH when he joined NE65+. Earlier this month I noticed a man named Armand Auger in the "Cigna/Elliot Corporate 5K Road Race" results with approximately the same finishing time --- but this man lived in Bristol, NH. Fast forward to August 31st at the "Run Your Buns Off 4.2 Miler" in Bristol, NH. As I arrive to pick up my packet I see some of my running friends and head over to join them. I look ahead to the right and there is standing right in front of me my running colleague Armand Auger!!! I charge over to him, grab his shoulder and say "you're alive!!!!!!". Like WOW. He then tells me how he sold his Manchester home and moved permanently into his vacation house in Bristol, NH. I have never EVER been so pleased to have made a mistake in my life!!!! So Armand Auger of Bristol, NH is fully with us and continues as a member of NE65+ .

After that story I have absolutely nothing to say and truly cannot wait to get back "Out on the Roads of New England"!!!!!!!

Quote of the Month

"Running is alone time that lets my brain unspool the tangles that build up over days."

Rob Hanseisen

New England 65 Plus Runners Club



President: Steve Viegas
stephenviegas@hotmail.com

Treasurer: Gary Circosta
gary.circosta@yahoo.com

Secretary: Zeke Zucker
zekezucker@yahoo.com

Newsletter Co-Editor: Rick Stetson
rickstetson@aol.com

Newsletter Co-Editor: Byron Petrakis
Byronpetrakis@yahoo.com

Contributor: Dan Dodson
mjudand7@msn.com

Results: Tom Abbott
tomabbott8@gmail.com