



Forever Run

April 2020

From the President

by Steve Viegas

Friends,

I hope you all are staying safe from COVID-19 and following social distancing and sanitation procedures recommended by the CDC. Even with a stay at home order, we are allowed out to shop for groceries and necessities, to walk our dogs and importantly, exercise.

From the time of the Massachusetts Governor's order to practice social distancing, I had been running about 5 miles a day. On several occasions, I ran into tight groups of people walking and not exercising social distance. I swung to the outside of these social scofflaws, sometimes having to share the street with oncoming traffic. The weather on these days was warm and perfect. The venue was the very popular Lake Quannapowitt in Wakefield, MA. I altered my route on similarly warm and nice days to avoid the crowds that might be attracted to the lake.

That was until a week ago when I took a header on the sidewalk yards from my home while returning from my run. I got pretty scuffed up and got a large bump on my head. I sustained no serious injury. I brushed myself off, went home, cleaned and bandaged up. Determined not to give into fear, I went out the next day but somehow fell two miles into my run. I knocked my wind out and gave myself a bloody nose. I was able to complete my run and was fortunate not to sustain a serious injury this time either.

On each occasion, a good Samaritan stopped to ask if I needed help. I said I was OK and told them we need to practice social distance. Each time I thought that I don't want to end up being taken to a hospital while this pandemic was going on. I realized that I needed a breather from running if I didn't want to end up being a patient. I took last week off. I'll start running again tomorrow with a lot more care. I'm hoping for better karma. While this is an embarrassing story, I think it is worth sharing as a statement of the times we are in.

Much has happened since my March letter. All athletic competition, including the Boston Marathon, has been cancelled or postponed. As I write this, the Massachusetts Governor has extended the stay-at-home advisory to May 4. It is unlikely that we will see a resumption of races for some months. This is a tough time for race directors and organizations. The New Bedford Half Marathon had to cancel a week before it was scheduled. The race is organized by the Friendly Sons of St. Patrick, a charitable group. The race director is pessimistic about being able to put the race on in 2021. When an event is cancelled for reasons outside the control of the organizer, the organizer is strapped with expenses already paid. We should all understand that on these occasions, we should not expect a refund. When things get back to normal, we should reach out to our providers to see what we can do to get them back in the game and to make their events viable again.

Phil Pierce has proposed that we create an award called "The Lou Peters Longevity Award", to be awarded to those rare individuals who can run and/or compete beyond the age of ninety. Phil and Phyllis Mays inform me that we have 115 members over the age of

90. Club members who have other suggestions on ways to honor Lou should contact any board member: <http://www.ne65plus.org/index.php?page=officers>. The board will take up recommendations at the April board meeting. Jan Holmquist advises that the club has received donations totaling \$600 in memory of Lou Peters. If you wish to make a gift in memory of Lou, you may send a check payable to the New England 65+ Runners Club, care of Jan Holmquist, 32 Paulson Drive, Burlington, MA 01803.

With everything shut down in Massachusetts through May 4, our board of directors meeting on April 23rd will be a teleconference. I have access to a high-quality teleconferencing service that we will use. I will be providing a detailed agenda and any needed documentation to make our first virtual meeting productive. A sampling of the topics includes:

Nominations for all officer and director positions, especially current vacancies. Every office is up for renewal in 2020, per our bylaws. Carrie Parsi, Mary Harada and Dan Dodson have resigned their positions. Mary resigned because she moved from Massachusetts to New Hampshire.

Our Fall Luncheon. We have booked Spinelli's. However, with public health experts suggesting that the virus may return in the fall, we will discuss contingencies. We will monitor the situation closely, but we should have a Plan B just in case.

Awards. We have several nominations for the Shea Award. We have one nomination for Race Director of the Year. If you have a nomination for either of these, direct it to me. Phil Pierce is managing the Hall of Fame Awards. If you wish to nominate someone to the Hall of Fame contact Phil.

Fall mailing. Social distancing may not allow a group of us to get together to produce the mailing. If the annual luncheon cannot be held, we would still want to reach out to our members for our annual fund drive. We will discuss those contingencies.

If you have any other suggestions for our board's agenda, please forward them to me.

Bill Cotter has asked me to urge you to sign up for an account at his website, www.savemyresults.com While none of us are competing, now is a good time to ready your account. By having members enter their own results, our results coordinators will be able to compile club results more easily and efficiently.

Ken Houle has mailed out the 2019 distance award patches for running and racing. Thanks, Ken.

Stay safe, my friends,

Steve Viegas

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Phil Pierce, above, running in the 2014 Manchester City Marathon where he placed third in his age group. (Photo courtesy of Manchester City Marathon.)

Phil Pierce Profile

by Byron Petrakis

When it comes to races and training, 78-year-old Phil Pierce from Falmouth, Maine is well prepared. In 2019, he logged 2097.5 miles in 32 races totaling 254 miles. As reported in the February 2020 issue of "Forever Run," Phil ranked #1 among club members reporting their total mileage for 2019 in the "1000 mile challenge."

Phil's preparation for upcoming marathons, including his 32nd Boston, includes a challenging regimen combining long distance runs, hill work, and speed work:

"I am running about 40 miles a week- 20+ on Tuesdays; 10 miles of hills on Thursdays, and speed work on Saturdays (a seven mile ladder workout on the Falmouth High School Track track). The ladder workout is as follows: one mile warm-up; 400 meter sprint; 400 meter jog; 800 meter sprint; 400 meter jog; 1200 meter sprint; 400 meter jog; one mile at race pace and then some: then down the ladder. I will do this routine through May, and then change my format through the summer. I practice periodization year round, changing things as I feel the need to. I am running fewer miles than last year while doing needed whole body workouts at Planet Fitness."

A recent example of Phil's aggressive approach to training and racing was his performance at the challenging and hilly 16 mile Boston Prep race in Derry, NH, where he ran the course in 2:58:06, for a pace of 11:08 per mile.

Phil's commitment to rigorous training is not surprising given his long history of marathons and ultramarathons across the United States. Like other club members from northern New England like Jo Ann McAllister (New Hampshire), Zeke Zucker (Vermont), and Bob Randall (Maine), it almost seems that there is a correlation between the challenging climate and the toughness of runners from the region. Maybe the environment brings out the best from its residents because they have to work harder to take advantage of the fewer opportunities to train through the winter.

Phil brings the same level of commitment to his whole body workouts as he does his running. Three days a week (MWF), he works out at Planet Fitness strengthening his upper body to deal with the rigors of long-distance racing. While Phil says he does not know how his training regimen will affect his performance at Boston, we can be sure that

he has done everything within his power to maximize his efforts. Perhaps Phil was a Boy Scout in his youth, for he embodies the organization's motto: "be prepared."

(Co-editor's note: my previous profiles of Phil Pierce appeared in the March 2016 and March 2019 issues of "Forever Run," respectively).

2019 Challenge Award

by Ken Houle

Congratulations to our club members who entered one or both of our club challenges for 2019. The complete list of patch winners for both challenges can be found on the 65+ web site under "Awards." Click on the "Spirit of 65+ 2019 Challenge" and you will find our club members who achieved some impressive mileage totals last year. The patches are on order and will take 4 to 6 weeks to receive. Everyone on the list will receive a patch by mail. The leader in the 1000+ miles of running challenge was Phil Pierce with a total of 2098 miles. The leader of the 100+ race mileage was Bob Kennedy with 833 miles in 44 races. Those who accomplished both challenges will receive a patch for each challenge: 100+ racing miles and 1000+ running miles. Plus \$5.00 off for each challenge towards the cost of the banquet.

Congratulations again to everyone who took part in the 2019 challenges. Keep up with your running mileage this year so you can take part in our 2020 challenges.

Editor's Note: As we were about to "go to press," we received word from Ken that he has received the patches and is putting them in the mail. During a time when we are hearing distressing news about things like the coronavirus and Tom Brady going to Tampa Bay, it is good to know our challenge runners will be rewarded. Our thanks to Ken who developed the challenge and to the club members who recorded some impressive mileage last year. Keep up the good running.



Zeke Zucker (above) celebrated his birthday by winning a USATF 50K 75-79 age

group championship. The national champion also finished ahead of the winning times for age groups ranging from 60 to 74.

WHAT I DID ON MY BIRTHDAY

by Zeke Zucker

Most folks look forward to cake and ice cream, and hopefully at least a couple of birthday presents. Well, this year things were just a bit different for me. For the third time in four years, I signed up for the USATF National 50K Road Championship on Long Island. Clearly it's not an ideal time of the year for such an event, what with a good chance of late winter chilly and windy conditions. Even so, I signed up for the event which fell on the 1st of March – MY BIRTHDAY! Of course, this year I had to wait an extra day, since it was Leap Year. As a matter of fact, I was born in a Leap Year, and missed the 29th by only ten hours. Had I not, I'd have been celebrating my 19th Birthday this time.

Back in February of 2016 I learned about this 50K which was being staged at Caumsett State Park on Sunday the 6th of March, and decided to sign up. The Park sits about a third of the way out on Long Island, on the North shore, near the town of Lloyd Harbor. I found the time of year and location to be a bit baffling, but part of the reason was obviously because the very active Greater Long Island Running Club (GLIRC) stepped up to host it. They did, and still do, put on an excellent event.

The race route was a meandering 5K counter-clockwise paved course that circled the park, and included a couple of moderate undulating hills. GLIRC folks had set up a large heated tent to serve as the Race HQ, which proved to be immensely useful because the temp's were in the low 40's, with gusty winds off of Long Island Sound. After the event I told friends that I went out to Long Island and, on a cold and windy day, ran a 5K on pavement....., but that wasn't quite enough, so I decided to do it nine more times. Thus, foolish became foolhardy. A unique aspect of this race is that one can qualify for the Boston Marathon because they provide your 26.2 mile split. That point is reached about a third of the way around on the 8th lap.

On Saturday the 5th we drove out to Plainview and stayed in a nearby hotel overnight. Then early in the morning, we drove up to the Park. To make a long story short, I ran the 50K in 4 hrs. 52 Minutes, coming in ahead of the other gents in the 70-74 Division. My Marathon split was 4:03, which allowed me to sign up on the first registration day for the 2017 Boston Marathon.

Two years later, for some bizarre reason, I decided to take it on again. Early on the morning of March 4th I boarded a Long Island Railroad train at Penn Station in New York, and rode an hour to Lloyd Harbor where a race committee member met a bunch of us and shuttled us to the race site. Once again it was cold, again in the low 40's, and again with gusty winds. I had vivid memories of my first time on the course, and could still remember almost every crack in the pavement and landmark around the loop. This time, however, I ran the full Monty, somewhat slower, in 5:16:53, with a marathon split of 4:23:35, which I used to sign up for Boston 2019 on the 2nd day of registration. Even though I was slower, I still won my Division, which made me the National Champion for the 70-74's...again.

And here I was back again in 2020 for yet a third attempt. It's really not difficult to enter the event, unlike most other races these days. All you have to do, aside from being a current member of USATF, is sign up and pay the entry fee. There's little chance that it will reach capacity, and one can sign up until the day before the event. I attribute this to the fact that there aren't a whole lot of people who desire to run a 31 mile race at any time of the year, let alone in the cold conditions which prevail in the Northeast. To my surprise, the venue for the event was changed from Caumsett State Park to Heckscher State Park, which is about halfway out on Long Island, and on the south shore. This move was necessary due to major renovation being done at Caumsett. For training purposes, I wanted to know the new course, and thus contacted the RD for his description. His answer: "The south shore of Long Island is totally flat, and thus so is our course." I was training in Southwest Florida at the time, and searching for anything resembling a hill. The closest I got was a man-made 23' hill in Baxter City Park in Naples, where I was staying. Other than that, I'd get my hill running by visiting the Briggs Fitness Center, and crank up the elevation on a treadmill. As soon as I learned about the flat course, I

immediately switched to doing all of my training runs on the ubiquitous flat terrain.

The weather. The reader may recall that in the last week of February this year, the temperatures dropped continuously and bottomed out on the 1st of March. Happy Birthday Zeke! Although not as cold as at my home in Vermont, it was still rather brisk. At the 8:30 start time it stood at 23 degrees, with a real feel somewhere in the teens, because, you bet, once again there were gusty winds. At least this time it was sunny with totally clear blue skies. I'm no fool, so I'd been keeping a close eye on the advance forecast, and thus the cold temperature didn't catch me by surprise. In Northern Vermont cold conditions are the norm, so I planned my training runs for the times when afternoon temperatures equated to what I was expecting to experience at the 50K. I tested various apparel mixes that would keep me comfortable, regardless of the temperature.

So, on race morning we drove 15 minutes from the nearby Marriott, arriving at the big parking lot next to the start/finish area at 7:30. I got my bib and T-shirt, began the preparation ritual, and then placed my gear bag in a corner of the heated tent. I mentioned that there were a limited number of participants in the National Championship 50K (about 66 in all), but the start field was augmented by an almost equal number of 'citizen' runners who were doing the non-championship 50K. A larger crowd of 25K runners lined up behind all of us, preparing to start five minutes later. I had on a warm winter knit cap, gloves, three layers on top, and medium-weight warmup pants over my running shorts. I had activated a pair of the chemical handwarmers, and tucked them neatly into the palm of each glove.

At "Go" we were off and running, obviously nowhere near a short race pace, but, rather at a meandering 10:30 to 11:00 minute clip. I wasn't halfway around the course the first time before I knew that I had over-dressed, so I removed my heaviest top layer and ditched it on my first time through the start-finish zone. My plan was to try to maintain a 10 minute pace, based on what I was able to do on my long training runs, mostly in the warm Florida sunshine. Much to my delight, I finished the first 5k in 30:25, which worked out to a 9:47 pace. I could describe all ten laps, but will spare you that agony. In a nutshell I ran the next 7 laps at between 30:11 and 29:50, averaging 9:40's up until the time I reached the marathon mark in the 9th lap. I admit that I pushed it a little in order to nail a decent marathon split of 4:12:45, good enough for first day registration for Boston 2021. Thereafter, I was feeling just a bit fatigued and hindered by the west wind which had increased to nearly 30 mph. It was directly in our faces in the wide open stretch from the 1.7 to 2.8 mark on every lap. I struggled against the wind in lap 8 for a 31:08 time, and REALLY struggled the 10th time giving me my slowest lap of 32:55. I thus averaged 9:48's overall, with a finishing time of 5:04:48, and boy was I tired. I know my training had been better than two years ago, because I beat that time by 12 minutes.

This was my first Ultra in nearly two years, mainly because I spent much of 2018 and early 2019 nursing a strained Achilles tendon and a couple of tendon tears. By early 2019 I was able to start bringing my mileage back up, and get back into racing shape. I ran Boston on April 15th, followed by a scheduled prostate operation 4 days later. Not surprisingly, that slowed me down for about a month, but then I started cranking out the miles again. Since then I've been doing both road and trail races, and feeling quite fortunate to be running comfortably.

Little did I, or anyone else for that matter, ever think that a virus problem way off in China would ever present a problem for any of us on this side of the world. I had resumed my training back in Vermont at the end of the first week of March, and signed up for a 10K on the 22nd and a Half Marathon on April 11th. I think you know where I'm going with this. Only 3 weeks after my 50K, I am staying at home practicing the all-too-familiar sanitizing drills, and abiding by the social-distancing rules when making an occasional trip to the grocery store, drugstore or post office. The races were obviously canceled, along with the New Bedford Half Marathon and Boston. These were the first of many race cancellations, and we all know about the school closings and cancellations of tournaments, concerts, major league and spring sports seasons, meetings and shows, among other events. I'm most thankful that I live in a low-density area where I can safely go out for a run, get fresh air and rarely have to keep my distance from another person. I am otherwise hunkered down, and finding lots of time to take care of oft-contemplated home improvement projects, work on my taxes, catch up on filing new items and purge old ones, and write this "Forever Run" article. The word "unprecedented" is being over-

worked, but that's just what this situation is. We are in the midst of something none of us have ever experienced. Therefore we simply do not know how it's going to turn out, but are finding that communicating electronically with family and friends is an essential way to keep informed and reduce our anxiety. We can be truly thankful that we are committed to an activity that requires only an open road, sidewalk or trail to do it. Stay safe, think of others, and perform an act of kindness whenever possible.



Coping With the Virus

by Rick Stetson

The above is the first and probably the last time a photo of a cat will appear in "Forever Run." What is a cat doing in the newsletter of a running club? Well, this space had been set aside for a report on the annual meeting of the Road Runners Club of America (RRCA) that was to take place in Portland, Oregon last month. I had my plane tickets, hotel reservation, the convention fee had been paid and I had even entered a race when the week prior, I received an email from the RRCA executive director saying that like many events these days, the RRCA convention had been cancelled.

Oregon was not going to be added to the list of states where I had raced and I was left with space in the newsletter that had to be filled. Those, however, were insignificant problems compared to Americans who had been laid off from work, for the children who could not attend school or for the runners who had trained long and hard to prepare for the Boston Marathon and would not be able to run it in April. I did not want to write about my frustration trying to get a refund for my airline tickets (another insignificant problem), but then I remembered an article that appeared in the December edition of our newsletter that said one of 26 ways to actually stick to a workout was to "adopt a dog."

There is no doubt that a dog can be a runner's best friend. Everyone has times when we think, "It won't hurt if I skip today's workout." But if you have a dog and it cocks its head and looks at you with pleading eyes, there is no way you are going to remain inside. Your dog will show its appreciation with excited wags of the tail as you fetch a leash and afterwards, you will be grateful you got some exercise even if it was just a walk around the block.

We had a large poodle when I was growing up who really was my best friend. It was my job to feed him every night and he appreciated my efforts. That was before I did road races but we would run around the yard together and take walks through the fields and woods. I would love to have a dog to keep me company now, but frequent trips make it difficult to own one, however, I do have a cat. As pet owners know, cats can be left alone in a house for a day or two with food and water and because they know what a kitty litter box is for, they don't have to be taken for walks. But you never see people working out with their cat on a leash so why, you might ask, would a runner want to own a cat?

Cats can actually be good companions. I adopted Rosie (above) from a local animal

shelter and she likes to run, but not with me. Rosie is an indoor cat yet sometimes she will race wide open through the den and down the hall in my house, kind of like an interval workout. Perhaps she wants to stay in shape so if she ever gets outside, she can sneak up on a bird and run it down. Her entertainment is to sit beside a window and watch birds at a feeder as her tail switches back and forth.

Like all cats, Rosie likes to take naps and like many runners, so do I. When sitting in my recliner, Rosie wants to be with me, but she has a routine to go through before napping. First, she will jump on my stomach and start working her front legs, pushing one down and then the other as she purrs. This will continue for a minute or so before she makes a couple of turns and curls up on me, but it is not nap time yet. First, she has to wash, wash, wash. It is interesting to watch her groom herself as she cleans from head to toe. Even the back of her head is cleaned which she gets to by licking the side of her lower leg and then reaching behind her ears. Finally, the cleaning process has been completed and we can both get on with our naps.

Rosie can be in another room but when she hears the sound of crushed ice dropping into a glass as I hold it under the dispenser on my refrigerator door, she will run full speed into the kitchen in the hope a piece of ice will bounce out of the glass and fall on the floor. When that happens, she will pounce on the ice and swat it with her paw to send it sailing across the kitchen floor until it bounces off a baseboard with the sound of a hockey puck hitting the boards in a skating rink. When a piece of ice is not available, Rosie likes to hit her favorite little catnip mouse and then run after it. Seeing my cat get some exercise reminds me that I need to do the same.

Hopefully, you have not been bored with my writing about Rosie but considering what has been happening around the world, we need to reflect on things other than just the coronavirus. As we are instructed to "shelter in place," people are finding pets can help when there is no interaction with friends and co-workers. Animal adoptions around the country have increased during the pandemic. My local humane society has waived the \$100 adoption fee making it easier to add a pet to a household. A dog will encourage you to go for a run or a walk and in their own way, cats can remind you to do the same. While many of our favorite races have been cancelled, we don't need a crowd or a gym to get in our workouts. Just head out the door and enjoy the scenery. We need the exercise as much as our dogs and cats. And should another runner be headed your way, you can wave but remember to keep your social distance.

New Members

Anita Hadlock, Sharon, MA

When asked how she heard about NE 65+ Runners Club, Anita replied, "Everyone knows about the club." She went on, "I have been running since 1997. Running and most specifically racing, are my moving meditations. I am married to John Martino and together we have enjoyed many road trips to strange and wonderful races."

James and Susan Lovering, Franklin, NH.....Recommended by: Donna Sarasin.

Susan started running in 2011 with the Couch to 5K program. Has completed over 60 half marathons, 7 marathons and numerous shorter races.

Kimberly Williams, Flagler Beach, FL ...Learned about the club from Joan Tremberth, Steve Viegas, Jerry LeVasseur, and Mary Harada.

"I have been a runner since 1990. Did distance running til 2005 then masters track for 5 yrs. Now in FL just doing road races. 4 marathons (PR 3:55), 5K PR (22:05), 200 meters PR 32:16, Now I probably will return to New England"

HOW TO POST YOUR OWN RACE RESULT ON OUR WEBSITE

by Tom Abbott

As far as NE65+ race-results-gathering goes, there's been a huge fly in the ointment - beyond the fact that there are no races right now!! We have used, through the years, our

software program, CMS Admin System, which in turn used the now-defunct [Coolrunning.com](#)'s url's for club volunteers to gather and post members' race results on our website's banner's Race Results. Suddenly, Coolrunning was deep-sixed by its ownership company, Active.com, to "ensure compliance with data laws," and "the Cool Running's platform was no longer compliant with data laws in the United States and abroad. The legacy infrastructure brought up potential risks that we did not want to leave exposed on the web." Laws "abroad"?!? Has anyone ever seen a foreign country's race on Coolrunning? But, consequently, none of our results volunteers now have *any* way to post NE65+ race results to our website. Even non-Coolrunning results can't be posted, because we've relied for years on using Coolrunning's url format to post other website's results we've copied and pasted into our own results site. However, here's the solution:

Now, on our own website, [www.NE65plus.org](#), you can click on savemyresults.com on the left side (in smallish white lettering). Then click on ADD RESULTS. This is to register so that once you do it, you won't have to type in your name whenever posting a result. You initially might have to wait a few hours for your name to be "registered". But once it is, you're off to the races! Well, okay, you've already "been" (and will be!) off to the races, but then after registering you can *post* any of your results that you want. For that day *or earlier!* For *all* fields, it takes only just over a minute. *I've timed it.* The only *required* fields are Race Name, Race Date (and you can directly type in the day-month-year fields, no need to scroll), Event Type (marathon, 5K, etc), Net Time (directly type the minutes and seconds; again, no need to scroll) and Age. You can - if you want - type in Race Location, Place Overall, Age Division Group, and Age Div Place. But those last four are not required, and you'll save 30 seconds off that minute!).

Before you post your result and want to know where your race posted it and what your exact time and age group place was, here are some of the usual results sites: [Racewire.com_results](#), [Millennium.com](#), [iresultslive.com](#), [elitefeats.com](#), [secondwindtiming.com](#), [Northshoretimming.com](#), [3CProductions.com](#), [Yankeetiming.com](#), [RunRhody.com](#), etc., etc. & etc.

Board member Bill Cotter has provided the program to post your result, and he is very quick to make any needed improvement. We were in beta-testing for a few weeks, and almost 20 members have now posted results. Here's the history of NE65+ Results Gathering: For the first 15 years or so, we transcribed results into the [monthly/quarterly] newsletter, then for the next 10 years, we posted them on our website. Now we're *in the beginning of a new era*. One thing we've never known is how many members are very, very interested in having their results posted, how many are happy enough with what gets posted, but could take it or leave it, and then how many there are who don't care at all ("Ah, I never look at those," said one past president). But we've never done a survey on that. Our club could *do* more with results, admittedly. Now we have the opportunity to accurately collect age group places, etc., so that we can *eventually* tell race directors of races with only "60+" "50+" or the really anti-senior-runner "40 and up" that runners age 65-90 are already *avoiding* their races because of their stingy policies!

So, **register on our website to be able to post your own results NOW.** And you can post results from years ago too! When you do, Bill's program will arrange yours in 5-year age groups, so you can tell which were your best times over different distances for every five years of your racing life. But for the club's list that we'll all see, they'll just appear chronologically. But, for yourself, there are four other groupings - purely chronologically, by race distance, PR's by distances, and two others (check 'em out after you're signed up). Thanks in advance for registering for this. It's for the good of the club. So, it's a good deed! Thanks in advance for doing this.

Quote of the Month

"The marathon will humble you. But the truth is, sometimes it will do more than humble you. Sometimes it will break your heart."

Bill Rodgers

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