



Forever Run

August 2020

From the President

by Steve Viegas

Friends,

I hope you are all doing well. I am still living in a family cocoon where I am only in personal contact with my wife, daughter and son-in-law, our grandson and my daughter's in-laws. I'm getting in a lot of running and for the most part avoiding injury. With no racing and track work, I feel as healthy as I have since I returned to running 36 years ago.

I'm not a frequent racer in the best of times. I run a handful of races every year. I have been doing the races in the USATF New England road series and one or two marathons. I managed to run one race this year, the Super Sunday 5 miler at the beginning of February. Otherwise, I have been simply waiting on cancellation of the three races that I had registered for. Eastern States canceled last month. It will provide a deferral to the next edition of the race and a discount on the entry fee. It will also provide the race swag on request. The Chicago Marathon also canceled. It offers either a deferral to the next edition or a refund. Like Boston, it will roll out a virtual race. I chose a refund from Boston and Chicago both. Who knows when we will have big city marathons again?

I do miss the competition but haven't gotten the virtual racing bug yet. I enjoy seeing posts from our members in connection with their virtual results. If you are racing virtually, please send the results along to Tom Abbott. We are aggregating these results on our website.

Bill Cotter has set up a club connection on Strava. If you run using a GPS and have an account on Strava, you can link your workout data to our website where your mileage will be aggregated. All you need to do is go to the club homepage and follow directions. I just signed up. My connection to Strava is through Garmin which is all screwed up due to a ransomware attack. However, the Garmin app does download the data and if you are set up to share it with Strava, it still transfers the

information to your account on Strava.

All USATF clubs are required to have its president have a current background check. I maintain one in connection with my coaching credential and recently renewed it. The club remains compliant with this requirement.

Our board meeting has been rescheduled to September 17, 2020 at 11:30 AM on Google Meet. We have filled one of our vacancies on the board. Ram Satyaprasad has accepted his nomination and will join the board as a Massachusetts director. We are still working on candidates for one Massachusetts, one Vermont and two Rhode Island vacancies. We also need a secretary. I hope we will have a full slate by next month. If you are a candidate for any of these or know of a member who should be, please email me.

Doing this letter reminded me to send in my gift to the annual fund drive. All members should have received the campaign letter last month. If not, you can simply mail your check to Jan Holmquist, 32 Paulson Drive, Burlington, MA 01803. My check will be in the mailbox when I leave my office tonight. Again, this month, stay safe,

Steve Viegas

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Larry Cole Featured in "Lifetime Running"



Larry Cole (above in the 2016 Manchester City Marathon) was recently interviewed by "Lifetime Running" and featured along with some excellent photos in an article titled, "Larry Cole has been running for 69 years." The following link is to the article where you can learn more about our club member from Harwich, MA:

<https://www.lifetimerunning.net/2020/06/profile-cole-been-running-69-years-for.html>

Advice Wanted

John Dove has asked if any 65+ runners know of a running coach who could advise him (for a modest fee) on use of Garmin or other runner's smart watches or other means to most effectively come back to racing after a successful completion of the MGH cardio rehab program.

Dove says "I've been given the 'go-ahead' from my cardiologist who works at the MGH Cardio Pulmonary Exercise Tolerance testing lab." He has asked the lab for recommendations of those who coach 73+ year-olds on the best practices to get in the top condition they are capable of.

"It would be great," said Dove, "if such a coach was familiar with 'CPET' tests which simultaneously test athletes for cardio and pulmonary functions under stress. He or she would then know what to make of my VO2-Max and other measures that come out of such a test." Dove can be contacted at: johngdove@gmail.com

Condolences

It is with sadness that we report the loss of the following club members. Links have been posted to their obituaries. Both Earl Sweeney and Ted Vogel were WWII Navy veterans.

Earl Sweeney, Cumberland, RI, April 2020 (age 98). Earl was active in the Senior Olympics until he was 87, achieving masters All America status in the 100, 200 and 400 meter runs.

<https://www.legacy.com/obituaries/name/earl-sweeney-obituary?pid=196053394>

Theodore "Ted" Vogel, Dover, NH, Sept 2019. Ted was a national 10K champion in 1945 and finished 3rd in the 1947 Boston Marathon and 2nd in 1948. He placed 1st at Yonkers in 1947.

<https://www.legacy.com/obituaries/name/theodore-vogel-obituary?pid=194035569>

Carl F. Humphreys, Burlington, MA, June 8, 2020

<https://www.legacy.com/obituaries/bostonglobe/obituary.aspx?n=carl-f-humphreys&pid=193105045&fhid=25330>

Jack Blake, Lynn, MA, June 14, 2020

<https://www.legacy.com/obituaries/bostonglobe/obituary.aspx?n=john-j-blake-jack&pid=196345009&fhid=3736>



In the above photo by Phil Petschek, our virtual correspondent, Daniel Dodson, gives a virtual hug as he crosses the finish line in a virtual race, the Anytime 5K in Bedford, NH where he placed first in the 75-79 age group. For a number of years "Dan D" wrote a popular column, "Out on the Roads of New England," that appeared in this newsletter. However, due to his wife's health problems and the need for him to take her to treatments many times each week, he was unable to continue his column on a monthly basis. We left the door open and asked Dan to check in from time to time and let us know if he is still out "on the roads of New England" which he has done with his article below about a virtual race that can be run anytime.

ALMOST Out on the Roads of New England

by Dan D.

This worldwide pandemic has thrown a curveball into all of our lives in general, including our shared passion for running long - distance races in New England. I have continued towards my goal of 100+ races per year with a combination of "live" and "virtual" races with the total now at 94 races in 2020 (as of July 27th). Do you remember back in early March -- less than 5 full months ago -- you & I wouldn't have had a clue as to what a

"virtual" race was all about. Now there are a proliferation of virtual races with different rules and goals as well as some "hybrid" models that fall between the two categories.

Up here in New Hampshire, Millennium Running has taken the lead in initiating a hybrid race called the "Anytime 5K" that was featured on the state's major television outlet WMUR-TV #9 in Manchester, NH. Millennium Running designed a 5K course starting and ending in the parking lot of their running store on route #101 in Bedford, NH. They installed separate starting and finishing computerized mats that record the runner's time 24 hours per day and 7 days per week. On Monday morning before noon results are published just as in a "live" race with 5 - year age groups up to 80+. This "Anytime 5K" series began on May 16 and will run until August 23rd.

Thus far there have been just under 1000 entries for the first 10 weeks with a high of 193 participants (after missing the first week I have completed the last 9 races). The cost for the one-time useable computerized bib is only \$10 which can be ordered online with "covid safe" delivery at home or purchased during business hours at the Millennium Running store. Restroom facilities are available inside the store.

The "Anytime 5K - Week 8" on July 6th - Monday, that can be seen in the accompanying picture, had 47 finishers (Dan D. was 34th and M75-79 age group winner). Could this type of "hybrid" race represent what racing might look like in the "new normal???" It has a defined course using chip - timing with both results and age groups, etc. Perhaps not all that different from "pre - pandemic" races that had separate "wave" starts on the exact same course such as the Boston Marathon with chip - timing allowing the results to be integrated as a single race.

On a final personal note in response to questions from some of our loyal readers my wife Mary Jo has been doing 4-hour dialysis treatments on Tuesdays, Thursdays and Saturdays in our old hometown of Methuen, MA since March 19th. Your former "columnist" is her chauffeur!!!!

Thanks for reading and sincere best wishes to all.

It's Never Too Late

by Jan Holmquist

I hope everyone is doing as well as can be expected during the continuing pandemic and all the related restrictions.

The club's annual letter was mailed to all members at the end of June. We are so pleased that so many of you have sent in contributions AND the survey...THANK YOU!

It is never too late to send in a donation and your survey or one or the other. I enjoy going to the mail box at this time of year to receive your envelopes and kind notes.

Our wonderful webmaster, Bill Cotter, is entering the survey information into a spreadsheet and will tabulate and share the results with everyone this fall...stay tuned!

Our reliable treasurer, Gary Circosta, along with his wife Donna, have been taking care of depositing your generous donations and keeping track of our finances...thank you to them!

In the meantime, let's stay safe and hopefully get in some exercise most days! Carpe diem!

Share A Running Memory

Are you a runner? The answer is probably "YES" or you would not be a member of this club. (Walkers are also included.) If so, do you have a favorite race? It might be a race where you are inspired by the scenery, by the quality of the awards or refreshments, by

the thoughtfulness of the race volunteers or the kindness of a race director who gives recognition to participants age 65 and above. Or it could be a race that holds a special memory for you because it is where you set a PR. Most readers have many races to consider and we would like to hear about them in this newsletter. Races enjoyed by our female members are especially interesting because there was a time when the runners were mostly men. Now when you go to a race, at least half the field will be women and their memories need to be told just as much as what the male runners experience.

If you have a favorite race or running experience you would like to share, please put it in an email (no more than 1,000 words) and send to: rickstetson@aol.com for publication in this newsletter. We look forward to hearing from you.

Quote of the Month

"Long may you run, although these changes have come."

Neil Young

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