



Forever Run

December 2020

From the President

by Steve Viegas

Friends,

I hope you all had a happy and safe Thanksgiving. The news on vaccine development has been uplifting. On the other hand, the forecasts of surges of coronavirus because of holiday get-togethers is very concerning.

It is looking more and more like road racing will return in 2021. At USATF New England we are lining up Grand Prix races, recognizing that races, if they return, will probably not happen until after the middle of the year.

Even if racing is limited during the pandemic, we all can still run. If you have run more than 1000 miles this year, drop a note to Ken Houle who will formally recognize your accomplishment on behalf of the club. Also, at the end of the year, please provide Ken your yearly total for accurate recognition on our website.

We formed a finance committee which will meet next month to review possible club expenditures and investments.

Bill Cotter has reworked our website and will roll it out on January 1, 2021. There is a preview link on our homepage if you would like to see it ahead of time. He is using the Google platform provided with our G Suite subscription from Google. Bill deserves praise for the hard work he has put into maintaining our website and now in upgrading it.

We had raised our club membership fee a couple of years ago (\$35 to \$50). Our membership fee is a one-time payment. Our club is sustained by our annual voluntary giving drive. Considering the pandemic and our need to better market ourselves, Bob Kennedy proposed and we voted that we lower it from its current \$50 to \$25. We hope that this fee decrease will not cause buyer's remorse for more recent members. We think this is the right move for our times and club needs.

I am looking for volunteers for a nominating committee to assist in staffing our committees and filling any vacancies. If you have an interest, drop me an email.

Our next board meeting will be February 17, 2021.

Have a happy and safe holiday season! See you in this space next year!

Steve Viegas
stephenviegas@hotmail.com
617-240-3022



photo by Gregory Lull

65+ Maine Speedsters Win Team Title

(Above L-R) Mike Brooks, Jerry LeVasseur, Bill Vickerson and Billy Morgan after completing the Kickout Mesothelioma 5 Mile (a real race) in Portland, Maine. The team won \$50 which they donated to the cause to defeat mesothelioma cancer. As you can see, all four runners wore masks and Jerry reports he even had on some protective goggles but they fogged up. We appreciate the above runners who are all from Maine for demonstrating that it is possible to race during a pandemic.

Report Your Running and Walking Miles

Ken Houle reminds us that the end of this month is the deadline to add up your mileage for the 2020 Running and Walking Challenge. The total can be all running to include race mileage, all walking or a combination of the two. Ken will recognize mileage covered by club members who run less than 1000 miles but only those who reach 1000 miles or more will receive a patch. When sending in your results, keep the running and walking mileage separate. Then you can add the two totals together for your grand total which should be sent to Ken in January 2021. hoolks@metrocast.net



photo courtesy of the Wakefield Education Foundation

In a previous year's presentation, NE 65+ President Steve Viegas and RFAA Race Director Jan Holmquist hold a \$2000 check made out to the Wakefield Education Association while surrounded by members of the 65+ RFAA Race Committee, Wakefield Education Association officers and youngsters from area schools.

The Wakefield Education Foundation and NE 65+

**by Elizabeth Russell
President, WEF**

The Run for All Ages (RFAA), sponsored by the New England 65+ Runners Club was scheduled to take place in November. It would have been the 19th annual RFAA around Lake Quannapowitt. In 2012, the RFAA Committee selected the Wakefield Educational Foundation as a nonprofit to partner with for this annual event. For 8 years, WEF and RFAA have worked together to plan, manage and promote the event, from preparing post race snacks, running water stations, and encouraging participation by all ages to support fitness across generations. In 2019, the ages of the runners spanned from 6 to 90-years old! The New England 65+ Runners Club has generously donated the proceeds from the race each of the past 8 years to WEF. Donations from the annual RFAA have become an integral part of public scholastic grants enhancing the educational experience for all Wakefield students.

Sadly, the event has been canceled this year, but while the pandemic prevented this year's RFAA from taking place, it did not stop our friends at the Runners Club from making their annual donation. WEF is grateful for the relationship with RFAA and is honored to, once again, be the recipient of a \$2000 donation- even though the race is not happening. WEF thanks the RFAA for their commitment to WEF and its mission to improve the educational experience for all students in the Wakefield Public Schools.

The New England 65+ Runners Club lost a friend and race founder Jerry Panarese to COVID-19 in April. This has had a huge impact on the organization and his loss is felt by many in the running community. The RFAA committee is renaming the race in Jerry's honor and they plan to be back as usual on November 6th, 2021 (mark your calendars!) for Jerry's Run for All Ages. Hope to see you there!



photo courtesy of Jo Ann McCalister

Jo Ann McCalister with daughter, Cathy Kuhn, after completing their Virtual Boston Marathon in Kentucky.

A "Thank You" to New England 65+ Runners Club by Jo Ann McCalister

This note of thanks is to the members of New England 65+Runners Club, the dedicated board members, President Steve Viegas and my personal cheer leaders, Rick Stetson and Jan Holmquist for sponsoring me in the 2020 Boston Marathon..

Boston marathons are absolutely thrilling, primarily because of the crowds. The fans' willingness to "help" every runner, no matter how slow, or how long on the field, the cheering, clapping, yelling enthusiastically from beginning til end every year are amazing. It is exhilarating and spectacular.

This year was completely different. Training in New England's dark and cold early mornings, a foot fracture in late February and Covid's dire warnings in spring led to sporadic training. Then news of the Boston postponement, auto accident with broken wrist on June 30, and a family move to Kentucky in August all combined to set back any thought of any real training headway.

However, the proposed 2020 Virtual Boston was indeed good news and a "race" not to be forgotten....not because of the cheering crowds this time but because of the 17,945 runners from all 50 states and 97 countries around the world who were hanging on by their teeth to the idea of being a part of a Virtual 2020 Boston Marathon to be run between September 7-15, the day and place of your choice.

My run was a family affair in a part of the country we did not know. However, Kentucky is a beautiful state and has many many parks to choose from. Together, my daughter, Cathy Kuhn, who had qualified in 2019, my son-in-law, Tommy, and I decided September 13 at The Parklands of Floyd Park, about 30 minutes from Louisville KY, was the day and place to run the Marathon.

It was a beautiful day, with lots of excitement inside, Tommy, on his bike raced up and down the paths, 26.2 miles and many more, back-and-forth between Cathy and me. There were lots and lots of families and individuals biking and walking and running on all of the many well maintained paths in the park. There were washrooms at various spots but of course, no water at the fountains. Tommy brought us water, energy snacks, and battery mophies to keep our phones running.

Tracking helped so when Cathy finished, she and Tommy cheered me on at different stations til Cathy then came out to meet me and run those last many feet to complete 26.2 miles. We then passed our "time" to the marathon headquarters by cell and collapsed. It took 6 hours,42 minutes with miles of walking but I finished and was very very happy.

Thank you for this once in a lifetime experience.

New NE65 Plus Website Coming in January 2021

by Bill Cotter

First I want to thank all the members that responded to the survey that was sent out along with the annual mailing. The survey included questions about our website and how it could be improved. We also asked for general comments about the club. Based on your responses, we have redesigned our website to hopefully make it easier for members to navigate. We have also added new content.

Here are some of the changes:

Calendar: A calendar has been added to list upcoming events such as Club Meetings, Races, Annual Luncheon....

State Specific News: Each State now has a page for publishing State specific news.

Quiz: We plan to post a new quiz to the website each month

Buttons: The new site will make use of large buttons to help navigate to content

Contact Form: We have added a new contact page that members can use to send in questions or comments. These can be website related or any club related questions. I would like to encourage our members to use this form to send us suggestions for improving your website.

The new website was built using Google's G-Suite Site application. As a nonprofit, the NE65Plus running club qualified for a free license for using G-Suite. After the new site is launched in January, we will use additional features of Google's G-Suite to add enhancements to the site.

We have added a link to the new site on our existing ne65plus.org site that will let you preview the new site. Just click on "Preview New Site" under "Upcoming Events" or click here: <https://sites.google.com/ne65plus.org/ne65public>

New Member

Ralph Viger, Peabody, MA.....sponsored by:Ram Satyaprasad

Member of Shamrock Running Club. Runs 5K's, marathons and weekly races at Lynn Woods.

Jerry's Run For All Ages

Dear 65+ members,

We are very optimistic that Jerry's Run For All Ages 5K will take place in person on November 6, 2021. And on this note, we will have a new primary Race Director – Bob Kennedy. As you will see from his race resume below, he is highly qualified to fill this position. Tom Wylie and I will both continue to help and several members of the race committee are staying engaged as well. Never-the-less, we really need more of you to assist with the planning and on the day of activities.

Bob's email is: osprey02554@yahoo.com. Please let him know if you will be on the committee and/or will volunteer on race day.

I hope this holiday season finds you well and that you are staying active while avoiding COVID-19!

On a personal note, for those of you who know me and use my MSPCA email, after 20+ years at the MSPCA-Angell, I am officially retiring later this month, so please feel free to contact me at: j.holmquist@comcast.net.

Happy Holidays!

Carpe diem,

Jan

Bob Kennedy's race directing experience:

2016 to 2018 - Founder and Race Director:

Dances with Wolves Marathon (name changed in 2017 to Sundance to Spearfish Marathon)

Sundance, Wyoming to Spearfish, South Dakota

2016 to 2017 – Founder and Race Director:

Pecos River Challenge Marathon & Half Marathon (2017 only)

Carlsbad, New Mexico

2016 – Founder and Race Director:

Cache La Poudre Canyon Marathon

Fort Collins, Colorado

2017 to 2018 – Founder and Race Director:

Hawaii Bird Conservation Marathon

Volcano to Hilo, Hawaii Island, Hawaii

2017 – Founder and Race Director

Santa Fe Trail Marathon

Holly, Colorado to Syracuse, Kansas

2018 – Co-Race Director

Great Bay 5K

Stratham/Greenland, New Hampshire

2019 to 2020 – Race Director

Great Bay 5K | Race for a Healthy Estuary

Stratham/Greenland, New Hampshire

2020 – Race Director

Great Bay 55K Challenge – Race around Great Bay

Greenland, Stratham, Newfields, Newmarket, Durham, Madbury, Dover, Newington,

Greenland, New Hampshire

NE 65+ Runners Club Survey Results

by Bill Cotter

Editor's Note. Earlier this year a survey was sent by snail mail to members of NE 65+. We thank the 190 club members who returned the survey, many with thoughtful comments and suggestions. Bill Cotter compiled the survey results and due to space limitations, not all questions and comments are included here. However, all were read by Bill and Jan Holmquist who designed the survey.

Do you wish to remain on our mailing list? 189 responses with 89% answering YES. 14 members answered NO with most saying they are no longer running.

Do you read "Forever Run" monthly? 181 responses with 85% saying YES. Reasons for not reading it included "no email" or "no computer" while others never received it.

Suggestions to improve "Forever Run." 23 suggestions including: "compile names and times of races"; "more articles from more runners", "some articles are very long"; and "more results from Connecticut."

Do you visit the club's web site? 186 responses with 53% YES. **Approximately how often?** 11% occasionally, 13% once a year.

If you don't visit the web site, why? 53 responses including, "never think of it"; "no web"; "try to limit my time on the internet"; and "the newsletter works for me."

Do you usually attend the annual luncheon? 182 responses with 65% NO. **If not, why not?** 80 responses with "distance" or "too far away" as the most frequent.

Are you still active? 188 responses with 90% still active.

If not active, why? 16 responses with "health reasons" as the most common answer.

Do you visit the club's Facebook page? 182 responses with 73% saying NO.

If not, why not? Answers included: "not on Facebook," "no computer," "too busy."

Would you attend a virtual meeting on Zoom? 179 responses with 55% NO. **Topics for virtual meetings included:** "training for older runners," "member updates," and "coaches who are familiar with cardio rehab."

Do you participate in virtual races? 157 responses with 71% NO.

Would you like to get more involved and serve on a committee? 17 responses ranging from "I'm all set now," to "Sure, give me a job."



photos courtesy Jerry LeVasseur

USA Virtual Road Race National Champs by Rick Stetson

Three club members (above L-R: Bill Borla, Jerry LeVasseur, Ram Satyaprasad) enabled NE 65+ to place first in the 80+ division of the USA Virtual Road Race Series. The series consisted of three virtual races: a 5K in September, a 10K in October and a 12K last month. Bill Borla won all three races with Ram taking second. Jerry recently sent his teammates an email congratulating them on the win and saying the results should be in the next issue of the "National Masters News." It prompted the following emails between Bill, Ram and Jerry that we wanted to share with club members.

Bill responded saying he made the 12K but doesn't know how because he had "no legs left at the finish." He then wrote, "Ram, do you think we should ask Jerry to keep future races no longer than 5K? I was okay for the first 4 miles but I was cussing Jerry up, down and inside out the last 3.5."

Ram then suggested keeping future races to 5K and Bill replied, "Ram, you're my kind of man. We've got to get Jerry into your camp or he's going to be the death of us yet." Bill then sent the following: "Jerry, even the Energizer Bunny is nothing compared to you! I'm hurtin' for certain sore today after getting beat up by that 12K yesterday. Even if you offered me a million bucks to run 1 mile tomorrow, I wouldn't be able to do it."

Jerry's response was that he would run two Thanksgiving races: a virtual 5K the Saturday before that is part of the Maine Track Club's grand prix and on Thanksgiving, a virtual Portland 4-miler. Both races are to feed the homeless and hungry. Jerry said he enjoys doing virtual races that are for good causes. Sounds like the Energizer Bunny continues to set a good example for us to follow.

Quote of the Month

"Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic."

Tim Noakes

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