



Forever Run

January, 2020

From the President

by Stephen Viegas

Friends,

Happy New Year! I hope that you all have had a happy and memorable holiday season.

I anticipate receiving word from the BAA on the number of waivers we will receive this year. I received an email right after the new year last year. We have seven applicants. If we receive seven again, they will all be in. If not, I have cued up the selection committee. I've sent the individual requests to the committee and asked them to do a preliminary screening. If it is necessary to be selective, we will have a prompt telephone conference to decide who gets the waivers. Fingers crossed!

I have renewed our USATF club membership so that we will be legit in our competitions in the USATF New England LDR and other championships. If you are a USATF individual member, it would be a good idea to look at your membership to see if it lapses today. You can renew at www.usatf.org under the membership tab. I renew each time for next four years, so I won't have to worry about renewal most years.

Our oldest active member is Lou Peters, who recently broke his hip. He is convalescing and the following is an address to send him a card:

Mr. Louis Peters
Nevins Nursing & Rehabilitation Center
10 Ingalls Court
Methuen, MA 01844

The 2020 USATF New England LDR Championship series begins Super Bowl Sunday with the Super Sunday 5 Miler in Kendall Square on February 2.

I hope you are all well and your running is going great. I am slowly recovering from

plantar fasciitis and a painful shoulder which I injured in a fall while running in July. I am qualified for Boston and hope to be able to run. It is hard to increase my mileage from a negligible mileage level since I have had some setbacks with my foot. I haven't signed up for any races before the New Bedford Half Marathon on March 15th. I hope I will have enough mileage to run that race well.

I am hopeful to announce that we have filled one of our vacancies in our next newsletter. We have one or two candidates. I will take up this issue with my two predecessors and the board early this month.

We should be very proud of Jan Holmquist who was named national road runner of the year in the F75 age group and Harry Carter who earned his honor in M80. Congratulations to you both!

If you haven't already done so, please let Ken Houle know your mileage if you have raced 100 miles or run 1000 miles or both in 2019, in order to be recognized by the club.

Bill Cotter has been tasked with preparing a questionnaire on member's preference for our annual event. We will again have our luncheon at Spinelli's in Lynnfield, MA in September. It will be a buffet this year. However, we would like to take a pulse of the membership on its preferences for 2021 and going forward. Please participate in the survey when you receive it.

Happy New Years and Happy Running,

Steve Viegas

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photo by Nancy Deneau

65+ club members at the 25th running of the Santa Toy Trot in Merrimac, NH. (Top row, L-R) Tom Wylie, Steve Malynn, Daniel Dodson, Charlie Farrington, Ted Tyler. (Middle, L-R) Rick Bayko, Robert Randall, Mary Tyler. (Front) Mrs. Santa Claus. Not pictured: Lou Peters, Janet Parkinson, Dick Kuhl and Bob Howe. The race was founded by Bob Randall, a 65+ Maine board member and recipient of the club's 2019 Race Director of the Year Award. The Winners Circle Running Club puts on the race and runners can elect to go 2 miles, 4 miles or 6 miles, all with age group awards (plus, there is a kids run.) It is one of the few races where runners can select their distance during the race. Proceeds provide toys and cash to the Merrimac Holiday Helper Program.

Mileage Challenge Update

by Ken Houle

It is time to report your 2019 65+ mileage challenge totals. Please let me know your results by the end of Jan. 2020. Final results will be announced in the March issue of the Forever Run newsletter.

There are two challenges: 2019 racing mileage (100 or more race miles) and 2019 training mileage (1000 or more miles. Racing mileage can be included in this total.)

When sending mileage totals, please include your name and age. For the racing challenge, also include the number of races it took to reach 100 or more miles. And don't forget to include your mailing address when you send me your results.

You can take \$5.00 off for each challenge towards the cost of the Club banquet on Sept 28th 2020. You will be recognized for your achievement at the banquet.

Regards,

Ken Houle

hoolks@metrocast.net

p.s. Both challenges have been approved by the Board of Directors for 2020 so

if you plan to enter, don't forget to start the New Year off by recording your mileage totals, both training and race miles.

New Members

Julia C. Hsia, Andover, MA Referred by a friend.

"Started running in my 50's. Run about 15-20 miles per week. Do races from 5K to 1/2 marathon."

Margaritt McNulty, Windham, MA Referred by Joan Tremberth

Running since 2007. Has run four marathons and countless half marathons.



photo by John Gibbons

NE 65+ Connecticut board member, Janit Romayko, in her holiday attire after the Run For Toys race December 15 in Fairfield, CT. Janit is well known for running in races with her dog (not pictured.)

The Five Healthy Habits

by Rick Stetson

The January "American Legion" magazine had an article titled, "Healthy Habits Add Years." It cited findings by Harvard researchers that "Americans who engage in five key healthy habits can add more than a decade to their lives." The five healthy habits were listed as:

1. Not smoking.
2. Having a body mass index between 18.5 and 25
3. Engaging in at least 30 minutes of moderate exercise daily.
4. Having no more than one glass of wine per day for women and no more than two

per day for men.

5. Having a diet rich in fruits, vegetables and whole grains but low in red meat, saturated fats and sugars.

So how are you doing with the five healthy habits? I doubt many smokers belong to the NE 65+ Runners Club. If you do smoke, a good New Year's resolution would be to quit. As for the second healthy habit, I had no idea what my body mass index was. I googled BMI and found it was a "measure of body fat based on height and weight." There was even a calculator so I plugged in my height and weight and was given a BMI of 22.3, making me in the "normal range." I imagine most runners fall between a BMI of 18.5 and 25.

Another healthy habit where most club members excel is "engaging in 30 minutes of moderate exercise daily." When the results of the Ken Houle Mileage Challenge are published in the March issue of this newsletter, you will see and number of members who totaled well over 1000 miles of running and racing in 2019. A runner with 1000 miles in a year has averaged close to three miles a day giving them more than enough moderate exercise to meet the third healthy requirement.

I am not a daily wine drinker so I don't have to worry about healthy habit number four. In fact, my consumption of wine amounts to little more than an occasional sip during communion at church services, but I have always admired those who have a knowledge of wine, especially those who can easily remove a cork from a wine bottle. I had heard that wine can actually be beneficial and had no idea that more than two glasses a day, for men, or one glass of wine a day for women, was not healthy.

Finally, healthy habit number five is one I need to work on. I do pretty good when it comes to eating fruits, vegetables and whole grains, I try not to eat much red meat, but my downfall is sugar. Put a plate of chocolate chip cookies or brownies in front of me and I can not stop at just one. My reasoning is that I'll just run off the extra calories but I'm afraid I'm like a lot of Americans who have too much sugar in their diets. Maybe reducing my sugar intake is something I can work on in the New Year. Maybe.

Perhaps we can ask Ken to come up with a challenge to see how many club members follow the five healthy habits. The article reported that "just 8 percent of the population follow all five." The research found that women who adhere to the habits added an extra 14 years to their lives while men added 12 years. And if you need additional motivation, "people who follow the five identified healthy habits are 82 percent less likely to die of heart disease and 65 percent less likely to die of cancer." To me, that's a good reason to make healthier living a New Year's resolution for 2020.

Year-end Annual Fund Report

by Jan Holmquist

Great, wonderful, awesome news!!! As 2019 came to an end, we exceeded all prior years of fundraising with a total of \$11,836.43! We are extremely grateful to everyone who contributed with any amount that was comfortable within your resources.

We are especially thankful to three of our very generous members who used their IRA required minimum distribution to share with us, thus helping the club and avoid their being taxed on the funds.

Due to the success of our fund drive, we have the resources to expand or initiate new programs to benefit our unique club. All members are encouraged to submit ideas that will further our mission and create more opportunities for club members to get together (beyond meeting at races). You may contact me or any board member with your thoughts...emails are on the website at <http://www.ne65plus.org/index.php?page=officers> ...and thanks again to everyone!



photo by Leslie Behan

Our "Out on the Roads" correspondent, Daniel Dodson, wishing everyone a Happy New Year. (Just imagine his hat reads 2020.) Photo was taken after Dan ran the Santa's Toy Trot race in Merrimac, NH. Later that day he went to Loudon, NH to run in the Yule Light Up The Night, making it his 101st race in 2019.

Out on the Roads of New England

by Dan D.

Happy New Year to all NE65+ members and loved ones from your columnist here in Newton, NH. Let's hope that 2020 brings us good health and the time & energy to meet our individual running goals. My personal yearly goal of obtaining a minimum of 100 races of 2 miles or longer was reached again in 2019 with a final total of 104 races (plus a couple others under 2 miles). December produced 8 races ... all within Massachusetts and New Hampshire.

Before I begin detailing these December events I have some very important information and a special request to share with you -- please pay attention to this. Hall of Fame member Lou Peters (age 95) had a serious fall that apparently resulted in a broken hip. He had successfully completed running/walking the "WCRC Santa's Toy Trot" in Merrimac, MA on December 15th with about 7 other NE65+ members. Running friends began sending me emails several days later about Lou's fall, followed by surgery at Methuen's Holy Family Hospital, and placement in the Nevins Home in Methuen. I went to visit Lou on Dec. 26th (Thursday) and determined that this was too soon for anybody else to see him. What to do???? I decided to urge all my running friends to begin sending get - well cards to Lou. I hope all our readers will join in this campaign to bring some joy to a true running icon and a founding member of NE65+ Runners Club. Spread the word!!!!!!!!!!!!!! And THANK YOU.

Please send your cards and best wishes to:

Mr. Louis Peters
Nevins Nursing & Rehabilitation Center
10 Ingalls Court
Methuen, MA 01844

December 7 - Saturday morning was the "Reindeer Run 5K - 14th Annual" in Beverly, MA. This was the 4th and final race for 2019 in the YMCA of the North Shore Road Race Series. The \$40 fee earned the 243 finishers a neat travel blanket, free beer (Channel

Marker Brewing) and hot refreshments inside the Cabot Street YMCA, professional race announcing by Andy Schachat, a scenic rolling course partly along the ocean, 10 - year 3 - deep age group awards up to 70-99, and chip net timing by North Shore Timing Company. Daniel Dodson finished 3rd in M70-99.

December 7 - Saturday afternoon was the very popular "BASC Santa Claus Shuffle" at Veterans Park on Elm Street in Manchester, NH. The \$30 race fee included a complete Santa Claus outfit (hat, beard, jacket, belt, pants), chip net timing by Millennium Running, professional race announcing by Andy Schachat and Channel #9 sports director Jamie Staton, Manchester West High School cheerleaders along the route, free digital race photos and race finish-line videos, traffic-free running out and back along Manchester's busiest street (Elm Street), free Sam Adams 26.2 beer at various Manchester pubs, pre-race warming tent, 3 - deep 5 - year age group awards up to 80+, and points in both the Elliot-Millennium Race Series (18 events) and the 5 - event Holiday Hat Trick (jacket/hoodies and awards party for both series). The sight of 1335 runners charging up Elm Street in red Santa Claus outfits is something not soon forgotten! Daniel Dodson finished 3rd in M75-79.

Sunday - December 8th was "Walter's Run 5K - 25th Annual" in West Roxbury, MA. The \$28/\$30 fee included running gloves, post-race celebration at the Irish Social Club, 3 - deep 10 - year age groups up to 70+, chip net timing by Second Wind Race Timing, and a rolling Boston neighborhood course with a long half-mile upgrade at the beginning of the 3rd mile. There were 281 finishers for this 25th anniversary race. David Pember won the M70-99 age division with Daniel Dodson in 6th place. The race was hosted by the Parkway Running Club in memory of Walter D. Burgess (1963-2003), with the start and finish outside of the Parkway Community YMCA.

December 15 - Sunday morning was the "WCRC Santa's Toy Trot - 25th Annual" at the Sweetsir School in Merrimac, MA. The \$30 race fee earned runners a nice tech t-shirt, post-race hot chocolate and other refreshments (and bathrooms) INSIDE the Sweetsir School, age groups up to 90+ in all 3 races, chip timing by RaceWire, and a rolling fairly gentle 2 - mile race course. The unique feature of this race (begun by our own Robert Randall 25 years ago) is the choice DURING THE RACE of whether to run 2 or 4 or 6 miles. There were 165 finishers with 63 doing 2 miles, 59 running 4 miles, and 43 opting for 6 miles (3 laps). Thomas Wylie finished 1st in M75-79 in the 6 mile event, with Vermont's Bob Howe also 1st in M70-74. In the 4 - miler Dick Kuhl topped the M80-84 division, while Charlie Farrington did likewise in M75-79, with Janet Parkinson 2nd in F60-69. In the 2 - mile event Robert Randall won the M80-84 age group, while Daniel Dodson was 2nd in M75-79. The highlight of the race was the 1st place finish by 95 - year - old Lou Peters in M90-99 with the thunderous chants of "Lou Lou Lou" as he came into the finishing chute.

December 15 - Sunday late afternoon was the equally unique "Yule Light Up the Night" 2.1 mile race at the NH Speedway in Loudon, NH. The \$25 fee gave the 405 finishers a brilliant headlamp, free pictures and finishers video, race announcing by Announcers on the Run Andy Schachat, free parking in the huge speedway parking lots, 3 - deep 5 - year age groups up to 80+, Eastern Propane warming tent, hot soup and other refreshments, and the opportunity to run on the NH Speedway through awesome Christmas light displays used in the month long Gift of Lights program. This race is part of both the year-long 18-race Elliot-Millennium Race Series and the October to January five - race Holiday Hat Trick. Daniel Dodson finished 1st in M75-79.

Saturday - December 21st was the "Jamaica Pond parkrun #94" in Boston, MA (Jamaica Plain) near the Brookline, MA border. The parkrun series is worldwide at various public park areas on Saturday mornings at 9:00am. The idea originated in England and there were about 20 runners/walkers present from outside the USA.

There often is a large contingent of UK residents who are employed or students or vacationers in the United States. The races are always free and have volunteers from the "regulars" who do this 5K run most every week. Race results for all races can be found on the Jamaica Pond parkrun website. It is necessary to download a barcode (free) to bring to each race in order to have your time included in the results. This barcode can be used over & over at any parkrun 5K in the world. There were 18 race volunteers on Dec. 21st and 80 finishers including 3 from NE65+. Henry Wolstat topped VM85-89, while Daniel Dodson won in VM75-79, with Marj Radin winning the VM70-74 age group.

Sunday - December 22nd was the "Chanukah Run-A-Latke Family Fun 5K - 9th Annual" on Burrill Street in Swampscott, MA. The \$30 race fee included a long sleeve shirt, delicious buffet INSIDE Chabad Lubavitch of the North Shore, a rolling 5K circular course with some sections directly along the ocean, 1 - deep 5 - year age groups up to 80-84, chip timing by North Shore Timing Company, and the unusual start of a race with the Rabbi blowing the shofar (ram's horn). The 124 finishers also enjoyed hearing a traditional Jewish band with many people dancing to the music. Richard Snyder won the M80-84 age group, with Harriet Snyder doing likewise in F75-79, while Perry Seagroves topped the M65-69 division. Michael Pelletier finished 2nd in M75-79, followed by Daniel Dodson in 4th. Paul Hennessey was 2nd in M70-74.

"Jamaica Pond parkrun #95" took place on Saturday, December 28th in the Jamaica Plain section of Boston, MA. This free weekly 9:00am 5K race had 20 race volunteers and 77 race participants. Daniel Dodson took part in his 8th lifetime Jamaica Pond parkrun and his 3rd in 2019, and was victorious in the VM75-79 age division.

That's pretty much "a wrap" for this edition. I plan to provide 2019 "statistics" in the February column including races, miles, states, distances, etc. In January your columnist hopes to run each Saturday in Tewksbury, MA at the "Fudgcicle 5K Series" at Tewksbury High School; the "Jamaica Pond parkrun" special event on New Year's Day at 10:00am; the "Millennium Mile" on the afternoon of the 1st in Londonderry, NH; the "Freeze Your Buns 5K" race on Jan. 5th in Nashua, NH; the wildly popular "HPM Insurance Snowflake Shuffle" on the 12th in Bedford, NH; RD Tony Myatt's "Jimmy the Greek's Frozen 4 Miler" at Old Orchard Beach, ME on Sunday the 19th; and the "CRR Winter Fun Run Series - Abington" at 1:00pm on the 26th (Sunday). All this is subject to good health here at home and with close friends and of course our "infamous" New England winter weather. In any case I hope to see YOU somewhere this January "Out on the Roads of New England."

Quote of the Month

"A football season is like a marathon. There's moments where it is very challenging whether it's physically, emotionally, or mentally- you need somebody to push you through the hard parts because it's not all easy."

Tom Brady

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