



# Forever Run

July 2020

## From the President

by Steve Viegas

Friends,

I hope you all are healthy and enjoying yourselves during the ongoing pandemic. Racing is now very limited for our members. New Hampshire has allowed some races with strict measures to combat the spread of COVID-19. For most of us, we await an end to the pandemic through vaccine or treatment. I continue to enjoy my daily runs which help me stay trim and feeling physically and mentally healthy.

The board of directors had a productive video conference meeting on June 18.

We voted to cancel the Run for All Ages until November 6, 2021 when it will be called Jerry's Run For All Ages in honor of Jerry Panarese.

· We voted to make a donation of \$2,000 to the Wakefield Educational Foundation, our partner in the RFAA, in recognition of its contributions to our race in terms of help and recruiting youth runners.

· We elected Way Hedding of Connecticut and Mary Harada, now of New Hampshire, as at-large members of the board.

We discussed our vacancies for candidates for the 2020-2022 board:

Zeke will reach out to a prospect for the Vermont vacancy.

With assistance from Bill Cotter providing a list of Rhode Island members, Way will try to locate two prospects.

I will reach out to try to fill two Massachusetts vacancies and the secretary's position.

We hope to have a full slate of officers and directors by our next meeting, scheduled for September 10.

After the meeting, Bob Kennedy contacted me to volunteer to be the assistant treasurer.

I have previously reported that our fall luncheon has been canceled and our reservation at Spinelli's has been moved to 2021. This time of year we send out annual mailing seeking reservations for the luncheon and donations for our annual fund.

Jan Holmquist has stepped up in a major way and has prepared and mailed the annual fund drive request. You should have or will be receiving it soon. Since we do not have annual dues, we depend on the annual fund drive to defray club overhead and donations such as our recent \$2,000 donation to the Wakefield Educational Foundation. Please consider donating to support them and our club.

Jan has also enclosed a questionnaire to help our board and officers assess the reach of *Forever Run* and member usage of our website.

Please complete and return the questionnaire to Jan whose address for the questionnaire and/or donation is 32 Paulson Drive, Burlington, MA 01803. Thank you, Jan, for undertaking the mailing which is normally handled by at least a half dozen club members. It is a very time consuming job.

Finally, almost as a postscript, the BAA has canceled the Boston Marathon since my last letter and has offered refunds or entry into the virtual Boston Marathon. The board intends to give preference to those who earned a club waiver in 2021.

So until August, stay safe,

Steve Viegas

[stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)  
(617) 240-3022



The above 65+ club members signed up for the Virtual Maine Running Hall of Fame 5K. (L-R) Bill Reilly, Jerry LeVasseur, Bob Payne, Bob Randall. Three of the above are members of the Maine Running HOF (Reilly, LeVasseur and Payne) while three are 80+ (LeVasseur, Payne and Randall.) The race was run virtually in Florida by Bob Randall while Bob Payne could not run it due to an injury. Running on the course were Bill Reilly, Jerry LeVasseur and Daniel Dodson (not pictured.)

## Virtual Races

by Jerry LeVasseur

Because of Covid-19, I was apprehensive on going to an area like back cove in Portland, Maine. I found less people on the trail in early morning and most were good about keeping a distance although most were not wearing masks. The 4 mile course in Gorham, Maine had very few people out early in the AM and was scenic and quiet. Most road races in small towns will be like that.

I recommend doing virtual races to help the race directors and the benefit the race is for. It is a solo run unless you do it with spouse or family that lives with you, but you are doing it for a purpose. You are helping others as well as staying fit. Forget about placing and competition and just do it. Remember runners are good people and don't take advantage of a situation by running shorter or turning in a faster time. You ran the course and are a winner and that is all that matters.

In Maine Tony Myatt directs a number of races that have gone virtual. Go to <https://www.runningintheusa.com/race/list/me/upcoming> for a list of races in Maine including Tony's.

Tony recognizes the 80 plus runners and even 90 if there is one at his race. He also has

team competition for clubs and open so put down a team when you sign up and get others to join you. There will be a map of the course on the race website. Since there is no start finish markers other than what is explained in the directions, the runner should have a watch or phone that has GPS to get an accurate distance and time.

Some races allow entrants to run a course other than the event course if they are out of state or can't get to the race. To be fair to all runners the alternate course should be equal to or harder than the original. Also, keep in mind terrain, weather and surface. Dirt, grass, hills and heat are slower, I feel that to place the runner should run the official course. However, it can be argued that allowing a runner who can't run the official course to run an alternate one will increase the entry and provide more money for the benefit. Whatever you believe, all that do it are winners and have benefited others as well as themselves.

Sign up and please run with a mask and keep a physical distance of at least 6 feet from others. Remember there is no traffic control so run on the left facing traffic. A reminder to the New England 65 Plus Running Club members to sign up as the club team when running a race with team competition.

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## **Are We "Elderly?"**

**by Rick Stetson**

During a recent protest in Buffalo, a 75-year-old man standing in front of a police line was shoved to the ground resulting in a fractured skull. This newsletter is not the proper forum to discuss police tactics or the protest movements sweeping the country. The concern I want to express is with the media. Both newspapers and television stations reported the victim to be "an elderly 75-year-old man." And because I happen to be the same age, "elderly," in my opinion, is the wrong word to use to describe someone who is 75.

Perhaps because I can still run, I don't consider myself as "elderly." Many of our club members are older than 75 and I don't think of them as "elderly" either. We all are simply "runners." Even Lou Peters who entered races in his 90's, was never "elderly" to me. True, he was older than the other runners but the race announcer never said as Lou approached the finish line, "And here comes the elderly Lou Peters."

When I was in my 30's I served as a race director for a 10K. Back then, we gave out trophies to the winners and the highest age group was 55 and above. It was rare to have runners older than 55 enter the race and I did not want to order trophies for age groups that had no runners. One year, however, a 70-year-old runner entered the race. After the awards ceremony he told me it was not fair to have to compete against "those young 55-year-olds." Now that I have reached his age (and beyond), I must admit that he was absolutely right. But times have changed and we now have many more older runners. I'm proud to be a member of a runner's club that urges race directors to include age group awards for us older, but certainly not "elderly," runners.

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## **"Forever Run" Celebrates Its Fifth Year**

**by Rick Stetson**



**Phyllis Mays (L) and Barbara Robinson in one of the photos used five years ago in the club's first electronic newsletter. The two 65+ members were featured for finishing first (Barbara) and second (Phyllis) in their age groups at the Tufts 10K.**

In the June newsletter, Jan Holmquist's article, "From the Archives," gave some interesting facts about NE 65+ and the club's hard copy quarterly newsletter that was sent to members 20 years ago.

Five years ago the newsletter changed from a hard copy sent out three times a year to an electronic version that is emailed monthly. Jan was the club's president in 2015 and began looking at ways the newsletter could go from a costly print version to one that could be emailed on a more frequent basis. Steve Viegas, the club's vice president at the time, knew of a company called Constant Contact that was skilled in email marketing. He suggested the club investigate whether the company could assist in emailing the newsletter. Constant Contact could do so and the company has been emailing newsletters like the one you are reading to club members for the past five years.

When the electronic newsletter came out in February 2015, it was called "Intervals," (the name was changed to "Forever Run" two months later) and it was sent by email to 468 club members. Unfortunately, many of the email addresses were not good and 98 newsletters "bounced," never reaching their destination. Since then, the club has created a better listing of email addresses and when the newsletters go out now, only a handful will bounce. Only 62% of the newsletters, however, are opened and read by club members, a percentage we hope will increase in future years.

"Forever Run" is your newsletter. It is about your running club and its members so let us know if you have an article or photo you would like to submit. Later this summer you will receive a snail mail from the club that will include a survey with questions about this newsletter. Please take a moment to tell us what you like about "Forever Run," what you don't like and what you wish to see in future issues. Our goal is to have the next five years of your newsletter be as successful as the first five have been.

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## USATF Newsletter

Club members who belong to the USATF receive by email from time to time a copy of the USATF Masters Newsletter. For runners who do not belong to the USATF, a link to the newsletter is provided below as the newsletter contains information about a return to

training and event hosting in addition to a listing of the 2020 regional and national championship meets that have been cancelled.

<https://mailchi.mp/99914775983e/may-usatf-masters-newsletter-6071233?e=b397e4ed29>

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## **Richard R. Fedion**

**We were sad to learn that Richard Fedion passed away peacefully at his home on June 22 following a brief illness.**

**At the family's request all services will be private. Arrangements are under the direction of the Conroy-Tully Walker Funeral Home. To view Richard's memorial page, or to share an online condolence, please visit [www.ConroyTullyWalker.com](http://www.ConroyTullyWalker.com)**

**Those who wish may make donations in Richard's memory to the New England 65+ Running Club, c/o Jan Holmquist, 32 Paulson Dr, Burlington, MA 01803. The above photo is from when Richard was inducted in the NE 65+ Running Club Hall of Fame in 2007. The following narrative is from his induction ceremony.**

Dick Fedion was an ultra marathoner with credentials of the highest order. His ultra race history requires no embellishment with races at distances run by normal human beings. A few examples: When he was 60 years old he won his age division 7 times in New England marathons and was third overall in a 24-hour run, covering 105 miles in that time. When he was 62 he bested that record running 108 miles, 65 in the first 12 hours to set a national record at the time. He has won the New England 50-mile championship 6 times in the 50- and 60-year old divisions, not to mention the 100K National Championship when he was 63. He developed a fondness for the Stone Cat 50-mile trail race in Topsfield, MA, placing first to finish in the allotted time at ages 69 and 70 and 57th overall of 195 finishers at age 72. He also had wins in the Disney Marathon, in the Holyoke and Fitchburg Marathons, the Sugarloaf Marathon (twice), not to mention the Clarence DeMar Marathon, and the New Hampshire and Mount Desert Marathons. This runner from New Hampshire is a mountain runner. He was first in the 70+ division in the White Face Mountain race in New York and first on Mount Washington the same year.

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**An "At Risk" Runner and COVID-19**



We are all included as being in an "at-risk" group for the pandemic simply by our age. (Technically, if someone only considers those 70 and over as being "at-risk" by age, then our "Kids Table" members sneak under that mark.) But many of us have other tickets to the designation of "at-risk," or live with people who are definitely "at-risk." I have three or four tickets to that party by the fact that I'm 73, my wife this year has had knee-replacement surgery, and my full-time job takes me to a couple 3 or 4 day conferences all over the world--the last one being in Baltimore at the end of February where we later learned that someone had tested positive for COVID among the 175 attendees I'd been arguing with, drinking with, and shaking hands with. And last October I had a stent inserted in one of the arteries in my heart which was found to have a 95% blockage.

I was in a cardio re-hab program at MGH which until around March 10th, had dozens of almost all 60+ men and women in one room, huffing and puffing and sweating over stationary bikes and treadmills. It's good they shut that down. But the rehab (and my desire to be a lifelong athlete, in any case) requires me to get my heart-rate to 130 - 150 every day.

Then the gyms all closed. And the gym and pool in our condo (on Revere Beach Blvd.) was shut-down. So now all my cardio was either run or bike outside. On really bad weather days I've taken to walking up and down the 12 stories to our condo and back (pretty boring if you want 45 minutes or an hour of cardio--but doable).

So, here are some things I've learned about intense cardio for an at-risk person in the midst of a respiratory pandemic.

### 1. Masks.

Remember we wear masks not so much to protect ourselves but to protect others. I've read that 89% of people who catch COVID, catch it from someone who did NOT KNOW they had it. Most of us are really fit. We could be one of those people who don't know they have it.

But fiddling with a mask each time you stop in a store for water, or when you pass a crowd along the boulevard, is clumsy. Since I run, bicycle, and motor cycle, I'm used to wearing balaclavas in the cool or cold weather, under my motorcycle helmet. In March, while I still needed such balaclavas for my motor-cycling, I thought I'll just buy half-a-dozen and use them for my bicycling and running as well.

They are very inexpensive. Here's a site that has 6 of them for \$15: [https://www.amazon.com/gp/product/B07H847HTW/ref=ppx\\_yo\\_dt\\_b\\_asin\\_image\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07H847HTW/ref=ppx_yo_dt_b_asin_image_o00_s00?ie=UTF8&psc=1). They are thin but windproof as well as breathable, so they can even be worn while running in the heat. But the best thing is that you can go from covered to uncovered in a quick pull down or up with one finger; no more fiddling with the straps in the back of your ears (which always tangle with my hearing aids).

### 2. Avoiding over-use injuries.

I imagine that most of us have had, throughout the years of running, various chronic injuries that we've had to figure out ways to avoid. It might have been shin splints before you learned about strength-training doing "paint can lifts" (or my favorite version which I call "Toddler Lifts:" you get a 2-year-old to stand on your toes and you push them up and down).

My wife and I have talked about an important objective we have for the next 6 months: **"Do whatever we can to have absolutely no hospital or emergency-room needs in the next 6 months."**

So I was worried about six weeks ago when one of the bones in my left foot decided to "leave the pack." 25% of the bones in our bodies are in our feet (26 in each foot), along with 107 ligaments and 19 muscles/tendons. This one in my left foot was about 2 inches down from the ankle bone toward the big toe. It was not yet anywhere near the point where in pre-COVID times I'd have sought an appointment with my orthopedist. But I thought, "What if this gets worse and worse in the next 2 to 3 months, to the point where I cannot run or even walk?"

It turns out that you can avoid lots of medical offices by getting a video appointment. I called the office of my orthopedist, Dr. Diane English at St. Elizabeth's. Dr. English is a real "Get back on the horse" kind of doctor. She has treated some of the top athletes in the Boston area (for years she was the lead orthopedist for the BC hockey team).

I say "my orthopedist" because for almost 40 years she has been my go-to person for treating ailments like plantar fasciitis, or to avoid treatment that others recommended for L1/S1 disc compression. She is an amazing diagnostician and once stood her ground saying that I needed an MRI of my neck and skull because she had yet to find the cause of a weakness in the muscle that runs my left foot inward. She'd started with MRIs of my hip and thorax and finding nothing requested MRIs of my neck and skull. My primary care physician refused to sign the order. She stood her ground and they ended up finding a bilateral hematoma requiring the drainage of 250cc of fluid from under my skull.

She agreed to a video consult over an app that runs on our iPhones. If you have good insurance and you're wondering about whether to bother an orthopedist at this time of COVID--just know that they are lonely. They are not called into service in respiratory units. They are hanging around covering only emergencies, and hoping you might call.

She looked at that protruding bone, knew exactly the 2 or 3 things it might be--each easily treated with things like a shot of cortisone or whatever, but not worth treating now. We then started talking about what was different in my routine over pre-COVID times. We explored several possibilities: doing more bicycling than usual; adding stair-climbing on steel stair-cases in our building, etc. Then she asked a question which got us on the right track. She'd treated me 35 years ago for plantar fasciitis. Ultimately it was orthotics which proved to be the cure. I have an extremely high arch. I discovered then that I was best off if I moved my orthotics from shoe to shoe so that I'd have them even in my dress shoes. I might even have bought two pairs at \$300 a pair. Then I discovered that Absorbane inserts from Walgreens for \$15 did the trick and so have them in every pair of shoes I buy ever since.

Aha! for three months now I've been spending most of my day walking around the apartment on hardwood floors in just my slippers (we don't wear shoes in our home). So now I put on my dress shoes or running shoes, even in the house. If you're having any problem with your feet these days, consider that as a possibility.

### **3. How do you avoid the emergency room?**

Of course, this means being extra careful on bicycles or even while running to avoid physical contact with automobiles, trucks, and such. I happen to be a "shuffle runner" and have been my whole running life. I'm told Alberto Salazar is a "shuffle runner"--that's where my similarity to Alberto Salazar ends. This means that I trip a lot--probably 2 or 3 times a year I'll end up doing a faceplant. I keep telling my wife, "Edelman falls like this five or six times every game." My knees (which internally are made of teflon) are a patchwork of scars over the years, as are my elbows and palms. As I've gotten older three things have noticeably changed:

1. My reaction times are slower (so tripping is more likely to result in a scrape or gash).
2. My recovery times are longer (so I can't get back to pushing myself as I like).
3. Doctors and health-care providers are asking me to fill out forms in which I'm asked to answer, "Have you ever fallen within the last n months?" and answering truthfully causes all kinds of check-boxes to be checked.

Add to this the fact that along with my cardio stent, I now take some anticoagulants. Now even a small cut causes unsightly bleeding that won't stop and is *'bad for my brand'* if they occur in public.

So I decided about a year ago (well before COVID) that on training runs (not in races) that I'd wear pads as they make for roller-bladers (knees, elbows, and wrists). Everyone looks at me like I'm a weirdo. But I'm sure for all you Emersonian non-conformists, why do we care about that?

I've only fallen once since starting this, and that was in Barcelona as the sun went down over the open book market that I was running through and I didn't see the pavement rise where one foot fell while lowering for the other foot.

But guess what? **I learned that wearing knee and elbow pads is dangerous.** I'm sure I'm not the only one of us who has come to realize that we are not as nimble and quick-of-foot as we think we are and still navigate Boston area traffic as a runner by looking for an opportunity to dash across a street in mid-block well ahead of any traffic coming either way. Even if we don't dash like we used to, I know that I will still look for those opportunities to slip across the street--but now I wait until the traffic is clear in both directions rather than relying on a quick burst of speed I used to have.

So one day last year I was running along from Deer Island back through Winthrop along Winthrop Shore Drive towards home in Revere. It's a moderately busy two lane street and in the part I was thinking I'd cross; there was a lane of parked cars on my side of the street, namely the side of traffic heading toward Revere. I decided that I'd cross the street mid-block so I could run along the other side of the street but against the traffic (for safety.) As I'd always done, I stepped between two parked cars to stand a couple feet short of stepping into the travel lane. There I watched for an opportunity to cross the street without danger.

All of a sudden a very nice driver of a car heading towards Winthrop on the opposite side of the street sees "this old man trying to cross the street" and slams on her brakes to let me cross in front of her. And then the pick-up truck behind her slams on his brakes but not in time and slams into her rear-end, damaging both cars. It wasn't a lot of damage, but you can imagine that the pick-up truck driver was NOT pleased. I'm pretty sure traffic law would say that he's responsible for having failed to stop. But I don't want to be the cause of 'road rage' in any case. And if he was any sort of violent personality--I am a REALLY easy runner to recognize, up and down Revere Beach Boulevard.

So now, when I'm running with my pads I do not go anywhere near the road except at well-marked pedestrian crossing. I don't even approach the curb until I have a light or traffic has cleared.

I look forward to a time when we can race again and for our annual luncheon. If not this year, then definitely next.

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## New Member

**Charles "Chuck" Arnold**, Burlington, VT.... Sponsored by: Zeke Zucker, Carol Weeks

Ran track at Longmeadow, MA High School, xc at DePauw University and Univ. Vermont  
Runs GMAA and CVR races in Vermont and USATF-NE grand prix.

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## Maine Senior Games

by Jerry LeVasseur

We just found out that SMAAA has made cuts and one was Maine Senior Games. This means MSG does not have a home and that Jo Dill the coordinator will no longer have a salary.

Martin's Point is our main sponsor but we can not survive on that alone. We need a home and more sponsors.

Senior Games is about Seniors 50 and over staying fit through sport. There are many senior athletes that have overcome challenges because of senior games. Many of these stories can be found at [NSGA.com](http://NSGA.com) under Personal Best as well as my story. I have been active on local and the National board as well as a competitor for over 25 years.

Any help we can get to keep the MSG going is welcome. We get many competitors from out of state and it has been said that Maine puts on one of the best games.

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## Preserving New England Long Distance Running History

By Jan Holmquist



Dear members,

You may be able to help with the project described below! I received the information from Fitz (Bob Fitzgerald, owner of *New England Runner*, along with his wife Michelle LeBrun), guest speakers more than once at our annual luncheon, and great people who keep our running community up-to-date. Fitz was insightful to pass this endeavor along as we have many of you who may be able to help...please read on...and please share anything with *Forever Run* that may be of interest to our readers as well. Thank so much!

### **To: New England Long Distance Running Community**

I met virtually with members of the BAA staff last week. My goal was to provide an update on my mission with the Ted Corbitt Archives: Preserve the great history of our sport.

As a result, Gloria Ratti has already put me in touch with several new names. I'm thankful now to be connected with you.

New England was the hub for road racing on the east coast. The New York runners regularly traveled to the region for racing opportunities.

In December I started a group called "Running Pioneers Support Group." The primary goal is to build a community of people (now ages 50-70) whose parents were part of the generation of runners and race officials who invented the modern day sport of long distance running. We have a unique opportunity to complete an important task of ensuring that their pioneering efforts are preserved in a manner that inspire future generations of athletes and sports scholars. I'm positioning this as a support group because we share these common issues:

- \*Unorganized running collections
- \*Deterioration of items
- \*Overwhelming task – Finding the time to organize
- \*Varying levels of interest within the family
- \*Parent slow to act
- \*Photos unlabeled
- \*Determining what's important to keep?
- \*Finding a permanent home and places to donate to the collection.

Here are my questions:

\*Who has photos and videos from the traditional historic races during the era of the 1940s, 1950s, and 1960s?

Races like Needham, Cathedral, Hyde Shoe, BAA Marathon, and any other New England race traditions.

\*Are there scrapbooks still around from runners alive or deceased from this era?

\*What family members from this Running Pioneers Generation would you suggest for this support group?

\*Who's the historian for the North Medford Club. Is it Frank Niro?

I welcome your input and please circulate this message to others.

Best Wishes!

Gary Corbitt

Curator: Ted Corbitt Archives

[www.tedcorbitt.com](http://www.tedcorbitt.com)

Historian: National Black Marathoners Association (NBMA)

[corbittg@comcast.net](mailto:corbittg@comcast.net)

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## **Quote of the Month**

**"The older I get, the faster I was."**

## Mark Courtney

President: Steve Viegas  
stephenviegas@hotmail.com

Vice President: Zeke Zucker  
zekezucker@gmail.com

Treasurer: Gary Circosta  
gary.circosta@yahoo.com

Secretary:

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

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

Results: Bill Cotter  
savemyresults.com



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"