



# Forever Run

March 2020

## From the President

by Steve Viegas

Friends,

This past month, we lost our oldest active member, Lou Peters, age 95. I want to thank Rick Stetson and Byron Petrakis for their work in producing a special newsletter on short notice. A founding member and an active runner until recently, Lou ran his last race this past December. For his numerous contributions to the club, he was recognized with the Rev. Joseph Shea award. Because of his ubiquitous racing, Lou was probably the best known and most beloved member of the club. He will continue to be a role model for me and other older runners. I will miss his quiet and gentle presence and friendship. If you wish to honor Lou's memory, you may send a check payable to the New England 65+ Runners Club, care of Jan Holmquist, 32 Paulson Drive, Burlington, MA 01803.

Just like that we are turning the corner on winter. Winter, at least in southern New England, has been mild this year and has afforded us many fine days to run outdoors. I hesitate to say that winter is in the rear view, remembering March 2018 when we received a record amount of snow.

The board of directors are meeting on April 23 at the Nevins Memorial Library in Methuen. I mention this a month early because an important piece of our business will be to fill vacancies in our board and in our officers. We will vote on Zeke Zucker for vice president. Bob Kennedy from New Hampshire has volunteered to join the board as well. That will leave us with a vacancy for secretary, Vermont director and two at-large directors. Please help us fill these positions by nomination or self-nomination.

In the process of figuring how to fill our vacancies, I studied our bylaws. They are very scant and would benefit from review. If you have any suggestions or wish to assist the board and officers in a review of the bylaws, please email me. I plan to brainstorm them briefly with the board in April and to start redrafting them after the board meeting.

The USATF New England LDR series is underway. We were well represented at the 5-mile championship earlier this month in Cambridge, MA. The next event will be the New Bedford Half Marathon on March 15. <https://newbedfordhalfmarathon.com/>  
The next race after that will be the Nealon 15K April 5 in Upton: <https://www.active.com/upton-ma/running/distance-running-races/40th-frank-nealon-boston-tune-up-15k-2020> The race is free to runners 70 years of age or older.

As many of you know, the website, “coolrunning” is no more. To facilitate collection of club members’ results, Bill Cotter has set up our own site to self-report our results. Go to [www.savemyresults.com](http://www.savemyresults.com) If you go there and click to join, you will be able to report results and it will keep track of your racing miles. I thank Bill for doing this. I know it will make life easier for Tom Abbott in gathering results for our website.

The Boston Marathon is next month. Starting March 1, it will be accepting competitive teams. Although we won’t be “competitive”, I plan to enter our team(s). I will need to know the names of all of our members who will be running. Please drop me an email if you are not one of our “waiver” runners. Forming a team was the idea of John Puleo last year.

With fingers crossed for continued mild winter running, I am

Sincerely,

Steve Viegas

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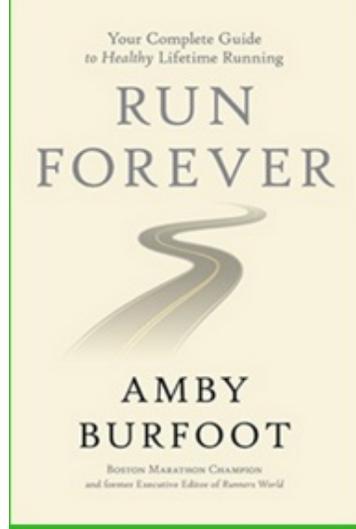
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## Boston Prep 16 Miler

While photographers from around the country were in New Hampshire taking pictures of candidates running for president, Eldon Burkinshaw was out on the course in Derry for the 25th annual Boston Prep taking hundreds of photos of men and women running for health, fitness and fun. Below are photos Eldon took of some of our club members during the race. Jim Burnett also ran the 16-mile Boston Prep and Dick Kuhl ran the 5-mile race. Helping put on the race as course monitors were club members Lucian Trudeau, Roger Gosselin and Eldon Burkinshaw.

Photos below: Top (L) Ed Mahoney (5 mile) (R) Phil Pierce. Middle (L) JoAnn McCalister (R) Steve Kanaracus. Bottom (L) Skip Morganson (5 m) (R) Harry Carter.





## **Book Review: “Run Forever”**

**by Rick Stetson**

Since most members of our club have seemingly been running forever and many also read our newsletter, “Forever Run,” once a month, one might ask if a runner age 65 or older could learn anything new by reading Amby Burfoot’s book, “Run Forever, Your Complete Guide to Healthy Lifetime Running.” The answer is that it is never too late to learn and there is a good bit of new information in this helpful book.

The running community has long known Amby Burfoot. First as the winner of the 1968 Boston Marathon and then as the executive editor of “Runner’s World” and the author and co-author of six books about runners and running. Club members who attended our annual meeting in 2018 will remember Amby’s informative talk. He started running in high school where his coach was John J. Kelley, winner of the 1957 Boston Marathon. My first college coach was Nick Costes who was on the 1956 US Olympic team with Kelley where they both ran the marathon. Costes and Kelley would train and race together in the Boston area while working on their graduate degrees. Costes finished the 1955 Boston as the first American and third overall and because he and Kelley were good friends, I heard many John Kelley stories over the years and was anxious to read what Burfoot might say about his old coach. Turns out that he credits Kelley as being his mentor just as Costes was for me. Both coaches influenced their runners and Kelley’s wisdom is evident in Burfoot’s book which I would recommend to beginning runners as well as those age 65 and above.

“Run Forever” is an easy book to read, divided into six sections with each section containing 10 to 12 “chaplets” that are two or three pages in length. As Burfoot writes, “Running the easiest of sports. It deserves a simple book.” The first section, “Getting Started,” contains important information for beginners to include a sensible walk-run plan. Since I was beyond the getting started stage, I paid closer attention to the following section on nutrition with topics such as carbohydrates, healthy fats, protein and healthy grains.

In the “Going Farther” section, Burfoot explains the importance of something most runners have heard which is “you should increase your weekly training mileage by no more than 10 percent per week,” but he added some advice I was not familiar with. In preparing for a marathon, Burfoot writes that “cutback weeks are important where once a month you should run 40 to 50 percent less.” If I ever run another marathon, I might try cutback weeks in addition to something Burfoot advocates that I have always looked down on- the run-walk system. Burfoot reveals that he did not appreciate the value of a run-walk marathon until he reached the mid-fifties when he started leading 3:59 pace groups at major marathons. His group would do 9 minutes of running and 1 minute of walking and they would always finish a minute or two under their four-hour goal time.

A training technique I had not heard of but decided to try was something called Yasso 800’s. Burfoot and Bart Yasso had worked together at “Runner’s World” where Yasso talked about a favorite marathon workout, one where he would take his marathon goal and turn it into 800 meter repeats. If Yasso’s marathon goal was 3 hours and 10 minutes, he would run his 800 intervals in 3 minutes and 10 seconds. Yasso found if he could run 10

times 800 at that pace with a walk-jog recovery in the same 3 minutes and 10 seconds, he would cross a marathon finish line in 3 hours and 10 minutes. At first, Burfoot doubted there could be such a close correlation between 800 and marathon times but writes that "the workout has been successfully validated by thousands of runners around the globe." He notes, however, that you "can't just go to a track and knock out ten Yasso 800's." He recommends starting with 4 and working up to 10 by adding one Yasso a week.

My first attempt at a Yasso workout was more modest, just three 800's. I picked a marathon goal of four hours, good enough to qualify should I decide to attempt another Boston. That meant 4-minute 800's with a 4-minute recovery jog. My first two 800's were slightly over four minutes while the third was just under with the recovery right at four minutes. It was a start and afterwards I did not feel overly tired but there is a long way to go before I can work up to 10 Yassos.

Runners should find other parts of the book interesting to include: "Dealing with Injuries," "Stretching and Strengthening," "The Fartlek System," "Hill Training for Speed," and "Tempo Training," all written in an easy-to-understand style and not filled with scientific jargon. Burfoot even includes his "Lifetime Runner's Credo" which reads in part: "I run with family and friends because they enhance my life. I run alone for quiet time and to clarify my thoughts. I embrace clean air, clean water, healthy soil and simple foods. Earth is my home."

Burfoot's credo is one that can be embraced by members of NE 65+ Runners Club and his book echoes the club's philosophy. His website, [LifetimeRunning.net](http://LifetimeRunning.net), has profiles of runners who have achieved thousands of miles over a lifetime of running including a great one a year or so ago on our own Jan Holmquist. "Run Forever" can be ordered on Amazon but what I preferred to do was to email Amby at: [amburf@gmail.com](mailto:amburf@gmail.com). He will tell you that for \$25 (includes shipping), he will send you a signed copy of the book. You can let him know who it should be signed to (yourself or it makes a nice gift to a running friend.) I asked Amby to sign it to myself because it is not often one can find a book signed by a winner of the Boston marathon. The book was received with a perfect inscription where Amby asked me to "run long, happy, and healthy," something I intend to do for as long as I can.



**Jo Ann McCalister (R) and daughter, Cathy Kuhn, after the 2017 Boston Marathon where she placed third in her age group in 5:05.46. Cathy's time was 3:42:19 and Jo Ann had printed on her singlet, "Chasing my daughter."**

# Jo Ann McCalister Profile

By Byron Petrakis

Jo Ann McCalister is tired. She is also tough and persistent. As one of the top finishers in her 75-79 age group over the past three years, she describes both the difficulties of training for Boston during a New Hampshire winter and her motivation for doing so:

"I'm tired. Tired of getting up at 5 AM to start out on the six day a week training program, layering to brunt the cold, deciding on trax or no trax shoes, starting the watch, and GO! Then I think of why I'm doing this and am so proud and happy and thankful to New England 65+ Runners for being allowed to do so." Jo Ann remembers the first year she had on her 65 Plus Runner singlet: someone yelled, 'Hey 65+ Runner! Stop. Let me take your picture.' I was so proud. It was a 'moment of joy' to be a 65 Plus Runner."

"It is the people along the route, cheering each and every runner to the very end of 26.2 miles – no matter how SLOW is the runner that makes the Boston Marathon so phenomenal. Each of the past three years I have experienced a personal interaction with someone in the crowd. That is why I am writing and why I am running."

The New Hampshire resident is as tough as the granite that gives the state its name. Her description of her experience from the 2018 Boston Marathon reads more like an odyssey over frozen Siberian tundra than an April road race in Massachusetts:

"The snowy, freezing rain, gale-wind Marathon year was another moment. I was having bowel issues which required five porta potty stops on the way. It was a real struggle to strip down in that little box and then to put myself back together again with freezing hands. That was the worst. I could not get my mittens back on my freezing hands. The last stop I almost fell out of the dirty, smelly box still struggling with my mittens. I asked a woman if she could help me. Imagine, I looked and probably smelled like a rabid animal. But she immediately dropped her own gear and helped put on my mittens, one at a time, wished me well, and helped me jump the small barrier to get on my way. I was eternally grateful. That year the volunteers were holding out water and Gatorade standing in water up to their ankles, wishing us well."

Despite all of these challenges, Jo Ann finished 2<sup>nd</sup> in her 75-79 age group with a time of 5:17:44. The year before, in much better conditions, she finished 3<sup>rd</sup> with a time of 5:05:46.

In 2019 (6<sup>th</sup> place in 5:09:74), she "experienced the most wonderful moment of all. It was towards the end of the run and the folks on the side were offering wet cloths for your face or items of food or just a shout of encouragement. I looked and felt beaten. Then from the middle of the crowd stepped a very large young black boy. He looked straight at me, walked straight towards me, holding out a tray. I hesitated and he kept walking, holding out his tray. There in front of me was a lovely tray of carefully sliced oranges. I took one and thanked him graciously. It was like manna from heaven. He turned quickly and melted back into the crowd. I started off with an added shot of strength and then heard out of the crowd a man shout, 'Now that was an inspiration.' He was right. I was terribly grateful. The young man's desire to help another was an inspiration to me. I shall never forget the feeling. It is the people shouting encouragement and good wishes and love that make it all worthwhile."

Jo Ann writes that her goal for Boston 2020 is to qualify for 2021. Beyond that, she hopes that Rick Stetson will be waiting at the top of Heartbreak Hill so she can give him "a great big hug."

Though she has since learned that Rick won't be in Boston this year, maybe she can find some consolation at the mile 16 marker in Newton Lower Falls where former club president Tom Wylie will be volunteering. Perhaps stopping briefly there for a hug and encouragement will propel her toward Boylston Street and the finish line!

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**New Members**

Patricia Everett, West Bridgewater, MA..... Sponsored by Mike Lozan

"I have been running for 40 years. I still attend race events. I am a member of Colonial Road Runners."

Burnie Lincoln, Blackstone, MA.....Sponsored by Harry Carter

"I run about 20 road races per year including 1 half marathon last year and 2 half marathons in 2018."

Thomas McMahon, Lynn, MA..... Saw club members at races

Been running and racing about 20 years, 5Ks to marathons and a few 1 milers. Runs local and USATF-NE races.

Tom Miller, Vicki Miller, Durham, NH..... Referred by friends

Tom and Vicki are long time runners from 5Ks to marathons.

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## Runner Profile of Donna Sarasin

by Byron Petrakis



Sixty-seven-year-old Donna Sarasin from Nashua, NH was never very active in sports growing up as a child in a small Massachusetts town. Nor did she consider herself a “real runner” when she started running back in the early 1970’s. She was fascinated by stories in “Runners World” magazine and dreamed of being able to run a race. Like many women of her generation, though, she was too busy working full-time, raising two children and caring for her elderly parents. Her dreams about running and racing would have to wait.

Fast forward to 2011 when at age 59 she saw a roadside sign promoting a local 5k. She

decided this was the time to turn her dream into reality, recruiting her sister from out of state to run with her. The two sisters supported each other's efforts as they trained for their first race and were pleasantly surprised when they both placed in their age groups. As a result, Donna soon caught the running bug.

Over the next year she ran a few more 5ks and never thought she could ever run anything longer than 3 miles. But one day a much younger co-worker mentioned that she would be running her first half marathon, the Smuttynose Half Marathon at Hampton Beach. She signed up along with a couple of other women from her office, despite believing with "absolute certainty that she would never be able to complete a distance that was equivalent to four 5ks in a row"! Even as she trained, she remained convinced that it was impossible. "I didn't start to believe it until the first time I ran 10 miles," she writes. "We all finished the race in around 2 ½ hours."

Although Donna intended to run the same race the following year, she was unable to do so because of an injury. She overcame her disappointment a year later by running two half marathons, adding more and more every year. "Fast forward to 2020: I have now completed 95 half marathons in addition to almost 200 smaller races, and 6 marathons."

She has generally remained injury free, thanks in part to a modest training average of 30 miles per week. After experiencing some IT band problems in 2016, she "joined a strength training program for runners class at a local gym" which she continues to attend twice a week.

Last fall Donna ran 3 marathons over 42 days (Clarence DeMar, Baystate, and Manchester City). "I am now officially a 'Marathon Maniac'," she says, "and I also belong to the 100 Half Marathon Club (open to those working towards their 100<sup>th</sup> half), the Half Fanatics, and the Gate City Striders."

Her most memorable race was the Clarence DeMar Marathon, which she hopes will become a yearly tradition. Her favorite half marathons are those in the "Rhode Races" series in Rhode Island. This year, in addition to Boston, she will be running the Vermont City Marathon in May. Boston 2020 will be her second, following her inaugural Boston the year before.

"Through running," she says, "I have met so many people who inspire me to keep going, many of whom are the members of our club! I hope I can keep on running for the next decade if not more. In addition to running, I enjoy doing yoga and biking during the summer months. I love being outside, especially near the ocean. I also like to cook and spend time with my family and my cats. I have 5 grandchildren ranging in age from 8 to 26."

Donna's story illustrates a narrative familiar to many runners who—for a variety of reasons—did not run their first marathon until their 50's or 60's. Her story also shows that some of our most meaningful experiences are those that come when we can most appreciate them.

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## **Lou Peters 1924 - 2020**

Our "Remembering Lou" special edition newsletter resulted in club members sending nice tributes to the long-time runner, some of which are included below along with a few additional photos of Lou with his friends. The next-to-the-last photo, taken in 2012 by Mary Jo Dodson, shows Lou picking up his t-shirt at the Backshore 5 Miler in Gloucester. It is a nice way to remember Lou as he prepared to do what he enjoyed most: run until he crossed a finish line with the crowd shouting, "Lou, Lou, Lou."

### **Remembrances**

**Terry Lee Harrington:** "I miss Lou. His mark was indelible. His memory lives on. Thanks, Lou."

**Bill Springer:** "Once you met Lou, he became an unforgettable character. A real devoted runner that I will try to follow. I will miss him!"

**Wendy Burbank:** "I feel fortunate to have known Lou and to have considered him as a friend for so many years, through so many miles."

**John Gibbons:** "Famous New England 65+ director Lew Peters passed away late last week at 95! A legend in North Shore and southern Maine and New Hampshire races he was probably the driving force to recognize older runners expanding awards from 60 up to five year categories where he usually won 80-84, 85-89, 90-94 and 95-100. A kind and gentle soul he always received loud applause as he finished races. Pleasure to watch him these last twelve years."

**Jo Anne Fedion:** "Rest In Peace. Richard remembers many races with this gentle man."

**Jim McLaughlin:** "Lou Peters was one of the nicest persons I ever met. A couple of years ago he wrote me a three page letter thanking me for our friendship over the years. I should have been the one to write a three page letter to him. Lou was blessed to have Dan Dodson to make sure he could get to races in various states. Thus he finished his life as he was meant to, running up to a couple of months before his passing."



Lou Peters (yellow hat) with some of his NE 65+ running friends after the 2019 Sea Dogs Mother's Day 5K in Portland, Maine. Runners holding a baseball and trophy on marble base all placed in their age groups. Lou always enjoyed the Sea Dogs race and a number of other photos of Lou and club members taken by Jerry LeVasseur can be found at:

<https://www.flickr.com/photos/photosbyjerry/albums/72157680370197248>

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This photo of a younger Lou, back when he would run in shorts (date unknown) was displayed at his wake in the Methuen funeral home. When Tom Abbott saw the photo, he thought it would make a nice addition to the March newsletter. A number of runners from NE 65+ plus members of other clubs, friends and family were at the wake to pay their respects to Lou.



# National Record Holders

The records keep coming for (L-R) Bill Spenser, Jerry LeVasseur, Ram Satyaprasad and Joe Cordero. Their latest was a national 80+ indoor record for the 800 meter relay which the four speedsters did in a time of 18:25.33. Way to go NE 65+!!

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**Editor's Note:** We were saddened to learn this will be the final monthly column by Dan D. for the "Forever Run" newsletter. We can appreciate his decision to focus on his wife's health and our thoughts and prayers will be with Mary Jo as she goes through dialysis. Dan D's presence on the club's board of directors will be missed (he has represented both MA and NH) but we expect to see his name continue to be listed as a sponsor of new club members. When he received the Rev. Joseph Shea Award, his citation noted that he has "recruited more club members than any other member."

Dan D. is not ready, however, to hang up his running shoes. As this is being written Saturday morning, he is in Boston at the Jamaica Pond Parkrun. We feel he is on his way to reach another annual goal of running 100 or more races so if you see him "out on the roads," be sure to thank Dan D. for the many enjoyable columns he contributed to this newsletter.

## Out on the Roads of New England

by Dan D.

Good day to all my brothers & sisters in the NE65+ Runners Club. Welcome to my final column for "Forever Run". More about that at the end of the column. In this issue I will discuss the new race results situation, my race total thus far in 2020, my personally emotional thoughts on the loss of my longtime running partner Lou Peters, and where I see my running and life in general going forward from here. Please stay tuned -- this will be our final opportunity to connect in this column.

My total long distance race total in 2020 is now at 18 (plus the "Millennium Mile" on January 1st). That's an average of 9 races per month which would project to 108 races for the year. As always we'll see what happens as injuries, illnesses, and life in general can readily interrupt the best of plans. These were the races I ran in February of 2020.

Feb. 1 -- Sat. -- 5K -- Tewksbury, MA -- "Fudgcicle 5K Series - Week 5"

Feb. 2 -- Sun. -- 4Mi. -- Bedford, NH -- "Primary Bank Super Sunday 4 Miler"

Feb. 2 -- Sun. -- 5K -- Lowell, MA -- "Super 5K Road Race"

Feb. 8 -- Sat. -- 5K -- Tewksbury, MA -- "Fudgcicle 5K Series - Week 6"

Feb. 15 -- Sat. -- 5K -- Tewksbury, MA -- "Fudgcicle 5K Series - Week 7"

Feb. 16 -- Sun. -- 5K -- Nashua, NH -- "Freeze Your Buns 5K Series"

Feb. 22 -- Sat. -- 5K -- Tewksbury, MA -- "Fudgcicle 5K Series - TwoSome Race"

Feb. 23 -- Sun. -- 3Mi. -- Haverhill, MA -- "Maria's Frozen Shamrock 3 Miler"

Feb. 29 -- Sat. -- 5K -- Boston, MA -- "Jamaica Pond parkrun #105"

We lost a "giant" in our sport with the death of Lou Peters at age 95. I've known Lou since the early 1980's and we traveled "all over" to races during the 21st Century.

When you are driving to & from races alone in an automobile for long periods of time you get to know someone more than just superficially. Lou and I discussed everything from all the folks in our beloved sport of running (Lou loved everyone in our sport), as well as books we were reading and life in general. He lived in his own house in Methuen -- having been born near the Claddagh Pub in our neighboring city of Lawrence, MA. Lou had no television, usually no air-conditioning, listened mostly to classical music on his radio, and chose to live on the 2nd floor. Lou was exceedingly loyal -- he worked for Sears & Roebuck for about 70 years!!!

Lou was a very gentle man ... non-confrontational almost to a fault. He loved our NE65+ Runners Club and all the members he served with on the Board of Directors and ran with in races. Wherever we raced Lou was always looked upon as an inspiration to younger runners. Often younger women wanted to take a selfie with Lou and we in turn would

accuse him of being a "sex symbol!!!" That always brought a smile to his face and a chuckle from his voice. In summary he was a unique individual who truly loved this sport and everybody in it. The running community is far poorer without Lou Peters in it.

The loss of [coolrunning.com](http://coolrunning.com) has caused major changes in the reporting of race results in our running world. This has caused race directors to reach out to many diverse websites to report their races online. Many of them have even put the results on their own websites. Tom Abbott and our results crew used coolrunning with their computer race program to determine which finishers were members of NE65+. Now they can no longer do that. Our website "guru" Bill Cotter has started utilizing "savemyresults.com" for each member to post their own race results for each individual race. I'm the most technologically challenged person in the world and have no problem using this new program. Yet not having all club members listed together by each race makes it extremely difficult to continue listing all the runners from NE65+ who run in each race I participate in. This was also a factor in ending our long-running column.

The major factor in my decision to end the column was the health of my wife of 47+ years ... Mary Jo Dodson. She has been battling a terrible disease called primary amyloid for about 15 years. Recently the amyloid has attacked her kidneys and she now has stage 4 kidney disease. Our visit to the Lahey Hospital on Thursday brought the bad news that we had to start preparation for dialysis ASAP. We also were forced to cancel our annual 3 - week vacation to the low country of South Carolina. I have regretfully decided to leave my civic and running responsibilities in order to focus on my wife's health. I am retiring as a member of the Board of Trustees of the Methuen Memorial Music Hall after 51+ years (1968 - 2020) of service, and as a 10 - year member of the Board of Directors of the NE65+ Runners Club.

What the future will hold????? ---- I have absolutely no idea. I plan to continue running road races for as long as I can as well as walking rail - trails everywhere possible. I want to thank Jan Holmquist for initiating the idea for my little column, Rick Stetson for editing my writing, Tom Abbott and the results crew for giving me the names of the club finishers to talk about, Bill Cotter for starting the new results program, my fellow Directors for putting up with my suggestions and ideas, and mostly ..... YOU ..... who read the column and often stopped by to tell me you read it. Believe me -- your nice comments and emails and letters really made me feel good. So that's it!!! I still hope you will look for the tall slow guy with the white hat and come by and say hello as we continue our participation in this fairest and most democratic of sports "Out on the Roads of New England."

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## Quote of the Month

"Most people never run far enough on their first wind to find out if they've got a second."

William James

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