



# Forever Run

April 2021

## From the President

by Steve Viegas

Friends,

Happy Spring! It is April Fools Day but today I will be straight with you.

We are old enough that I assume that we have all received the coronavirus vaccine, have had a vaccine date scheduled or are between shots. I will take advantage of my fully protected status to attend the annual convention of Road Runners Club of America in two weeks in Orlando, FL.

We still need to wear masks and practice good COVID precautions. The RRCA convention will follow the current COVID protocols. New England 65+ is a race organizer member of RRCA. I am the Massachusetts RRCA State Representative. The state reps are allowed to set up state championships as of today. I intend to give the 5K championship again to Jerry's Run for All Ages once all the paperwork is in order.

Since the last *Forever Run*, the BAA has announced that the Boston Marathon will be held on October 11, 2021. The field will be limited to 20,000 runners, 6,000 of which will be club and charity runners. I received a request from the BAA for a letter of intent. I submitted one and we will see if we receive any waived applications. Because the event will be smaller, I assume that we will not receive as many bibs as we did for the cancelled 2020 race. We will set up a procedure for distributing any bibs we receive. Stay tuned.

I was hopeful that we would have some news about the reopening of road racing in Massachusetts. Road racing is covered by Phase IV which starts today as step 1. Road racing will be part of step 2. Stay tuned.

The board will meet on April 28.

Enjoy the spring weather and stay safe.

Steve Viegas

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**Editor's Note:** The news last month of the death of Dick Hoyt saddened members of NE 65+ as well as runners and people everywhere. The story of the man who pushed his paralyzed son, Rick, in 32 Boston Marathons, 6 Iron Man Triathlons and more than 1000 races was carried by television networks and reported in news media around the nation. Even in Alabama on a radio sports show where the year-round talk is about football, the host mentioned how much Dick Hoyt will be missed. His good friend and fellow NE 65+ member, Dave McGillivray, was kind to send us a photo and moving tribute to Dick (see below.) Dave observed that Dick "will never be forgotten." A statue of Dick pushing Rick is in front of a school near the start of the Boston Marathon and will remind runners for generations to come of the special bond between Dick Hoyt and his son. (The photo at the end of Dave's article showing Dick and Rick by the statue is courtesy of Phyllis Mays.)



## Dick Hoyt - Invincible Warrior

by Dave McGillivray

I first met Dick Hoyt in the early 80's. I was running in the Falmouth Road Race and this guy runs up beside me "pushing a wheelchair" with a young boy in it. I had to do a double take. I had NEVER seen anything quite like that before. Maybe a baby jogger but not an actual wheelchair. I was first inspired by what I was seeing but then determined not to let him (them) beat me. We raced and we raced. The son-of-a-gun beat me! I hunted him down and asked who he was. We got to talking and I asked him if he had ever thought about doing a triathlon? I had just started my business and created the Bay State Triathlon in my hometown of Medford, MA (1-mile swim, 40-mile bike, 10-mile run). Dick said to me sure as long as I can do it with Rick. I rolled my eyes a bit and asked him how he planned to do that. He said he didn't know but that he and I were just going to have to figure it out. And we did and they competed. Folks were amazed at seeing what they were seeing. This father pulling his son in a rubber dingy in the water, pulling him along in a cart behind the bike and pushing him in a wheelchair. Thus began 40 years of our relationship.

A short time after that Dick called me. He said Rick had a question for me. He said Rick wanted to ask me if I could get them into the Ironman Triathlon in Hawaii! Holy cow! I had already done the race a few times so they knew I had "connections". I remember asking Dick, are you sure...Rick wants to do Ironman...yes...what about you Dick, do you...he said whatever Rick wants he'll do! I made a few calls and got them in! We went to Hawaii together as I was doing it again, too. I did the swim and was on the return loop on the bike and the last finisher came by me going in the opposite direction. No Hoyts. What happened to the Hoyts? As it turned out, they did not make the swim cut off time. Dick got sick during the swim. I thought, well, that is the end of their triathlon career. WRONG.

A few months later Dick calls me again. Rick has another question to ask you. What's that? He wants to try the Ironman again....can you get us in...what???? Yikes. OK, I'll try. Got them in. Went back to Hawaii and they finished it!! The rest is history. They eventually did hundreds of triathlons around the world including all of DMSE's. Rick and Dick were inducted into the Ironman Triathlon Hall of Fame. Only a few years ago, I

personally inducted them into the USA Triathlon Hall of Fame at their function in Arizona. Dick was there but Rick couldn't travel so we just did a facetime live with him so he got to experience it all, too.

After a few years, I became the Hoyts business manager, securing sponsorship for them, getting them into races, setting up speaking appearances. Then, the next call comes in from Dick...Rick wants to ask you another question...dear Lord...kiddingly, now what Rick...Rick wants to run across the country like you did. What? He wants to do what?? Well, run and bike. Yikes...still that's a long way. I asked Dick what he wanted me to do. Dick said he needed me to manage the whole thing. Well, okay, I think. I designed the course, helped put it all together and off they went. They would often call and update me. About two weeks out from finishing, Dick calls me again. Rick has another question to ask you. Another question!!!! OK, what is it this time? Rick wants us to finish our run/bike in Fenway Park just like you did, can you make that happen? At first I was like, ah, I'm not sure I want to do that...then I thought, this is the Hoyts, how can I not? I called the Sox and we were in. The Hoyts asked me to run in with them so I did keeping about 50 yards behind them though...this was all about THEM.

Another Hoyt moment for me was during the 2006 Boston Marathon. I believe it was the Hoyts 25<sup>th</sup> Boston. I was asked to hold a break tape at the finish line for the Hoyts. To my recollection, there had never been a break tape for anyone other than the winners of the race...until now. I held the tape with Guy Morse, former race director. The cheering at the finish line was deafening.

A few years ago, the Hoyts came to my home to run some birthday miles with me. I turned 60 but it was then that I was diagnosed with coronary artery disease. I wasn't feeling too great emotionally but they came all the way from their home in Holland, MA to be with me for some miles as did many other dear friends. When we were done, Dick handed me an envelope - my "birthday present". It was a gift certificate saying I could push Rick in any future race I wanted to. What? I could push Rick? That thought never entered my mind...until then. BGE - Best Gift Ever. I decided to do so at the Harvard Pilgrim Finish at the Fifty 10K. I was so nervous. I've known the Hoyts for 40 years but, I'VE NEVER BEEN ALONE WITH RICK, BY MYSELF, EVER. What do I do, what do I say? I'll be with him for over an hour. Gun fires. Off we go. I had no clue what I was doing. I hope this chair doesn't tip over. How do you make it turn? How do you stop a run-a-way wheelchair going down a steep hill? I remember saying to myself, seize the moment, this may never happen again in my life. I said let's just go down memory lane and talk about all the good times we have shared so I started and went on and on. Well, I could tell he was loving it, smiling and moving his head and arms. We had a blast. The look on his face when we finished was priceless. This athletic moment, sharing a mutually respectful friendship with Rick, went right to the top of my all-time memorable moments of my life. And, I have Dick to thank for giving me the opportunity of being only one of three people (that I am aware of) that at that time had pushed Rick. And, it is so sad to think that other person was another dear friend, Bryan Lyons, who sadly also passed away in his sleep last year. Dick, too, passed in his sleep.

Just last week I was on a zoom call with Dick. It was the annual MetroWest YMCA Inspirational Award Breakfast. Dick and I were presenting the 2021 awards to Doug Flutie and Joan Samuelson. Over 150 folks were logged on and probably saw Dick for the last time that evening, myself included. I still can't believe it.

Dick and Rick were studs. Amazing athletes, both of them. What they both endured together is a story of legends. I witnessed so much of it personally. Imagine pushing your son in a wheelchair in the Boston Marathon and going UNDER 3-hours! Dick wasn't a slouch...he was fast...even pushing a chair. I always kidded him by saying to him that he had an advantage over the rest of us. He asked me, how so? I said, well, you have your secret weapon with you all the time, right in front of you, your inspiration and motivation...he is like a magnet, pulling and pulling you forward. If and when you get tired, there he is, inspiring you, pushing you, cheering you on! That's just not fair...ha, ha of course. After pushing Rick myself, I don't ever think I brought that subject up again!

What I admired most about Dick (and, of course, Rick) wasn't as much about their athleticism. It was that when Rick was born, Dick didn't leave him behind, he embraced his son and included him in his life and all he was involved with. Dick was one of the very first

to participate in the Boston Marathon FOR A GREATER PURPOSE, not just for himself. He was one of the first to introduce this into our industry and pave the way for thousands to believe in themselves and participate by giving back. He helped crumble the walls of intimidation.

The Hoyts inspired scores of Team Hoyt chapters all over the country and the world. Because of them, many challenged athletes and kids are experiencing the thrill of participation and competition. That would never have happened if it weren't for Hoyts. I feel like I have hundreds of similar inspiring stories about the Hoyts too numerous to mention all of them here but it seemed like every time I was with them something inspiring occurred.

There aren't too many athletes on this planet I thought of in quite this way but I always thought Dick and Rick were invincible. They just had that kind of persona. Dick has left a legacy never to be matched. I worry about Rick, but I also know he is also the warrior that his Dad was and will persevere. It would be a great tribute to Dick if someday someone was able to push Rick again in honor of his Dad, our friend, our hero. Maybe someday.



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## New Members

**Cynthia (Cindy) Dickerman**, Northfield, MA.....Referred by a friend

Ran track in high school. Started to run again in her 40's doing 5Ks and 10Ks. Has run a half marathon, a sprint tri plus trail run.

**Richard Jardine**, New Boston State, NH.....Learned about the club from other members

Has been racing since 1978, with over 40 marathons and too many shorter races to remember. Loves running the Mt Washington Road Race which he's done a dozen times.

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**Above, 65+ board member, Carol Weeks, and her coach, Brian "Ziggy" Gillespie.**  
Photo courtesy of Carol Weeks.

## **Carol Weeks Profile**

**by Byron Petrakis**

Perhaps it's the tangy salt air. There's something about Maine that nurtures runners who are still active and competitive in their 60's, 70's and 80's. Polly Kenniston, Phil Pierce, and Bob Randall are names of three club members who come to mind. The state's most famous runner, 63-year old Joan Benoit Samuelson, is from Cape Elizabeth.

Add 72-year old Carol Weeks of Kennebunk to that list. One of three Directors at Large of the New England 65+ Runners Club, Carol began running in the late 1970's while living in Bangor, Maine when women runners were a rare species. She credits two women friends for introducing her to the sport and inspiring her to persevere.

At the time, Carol was a kindergarten and first grade teacher as well as a fitness instructor for women at the Bangor YMCA and Bangor Adult Education. While she felt that she was in decent physical shape, she discovered that running demanded a whole new level of fitness. Though she claims her introduction to running was initially difficult, she was motivated to continue as her fitness level improved.

Like many runners, she started as a casual jogger and quickly became interested in pursuing her chosen sport in local races. Her timing was right since the running boom really took off during the 1980's. Throughout that decade and into the next she focused on long distance running and racing. Marathons and half-marathons were her preferred distance and she benefitted from having a wonderful group of friends that she ran and trained with regularly.

As training became a daily part of her daily life, she fortunately experienced only a few injuries spanning her 40+ years of running. When she moved from Bangor to Southern Maine in 1983, she joined the Maine Track Club, which provided a large network of running friends, races and activities. She remained hooked on long distance races, competing in 28 marathons during this decade. Her marathon times range from her first finish of 3:31 to her fastest, an impressive 3:01.

Like her running biography, Carol's professional career took off. She transitioned from classroom teacher to Assistant Principal and then from Principal to Assistant Superintendent. Consequently, she had less time for training but used what time she had

to her best advantage. She joined the Run to Win team and later the Noreaster team which were coached by Brian Ziggy Gillespie whom she credits with helping her to get off the long distance habit and to focus on shorter race distances. Brian's influence on her training, running and racing goals has been enormous. The team training concept was extremely helpful for building friendships and for speed workouts that are much easier to do with other runners. Brian's philosophy was to follow a training schedule and to build in rest days.

Training for shorter race distances meant less mileage but more quality running, stressing intensity and the importance of taking days off from training for recovery. Carol admits that this was not an easy transition for her: "To this day I have to talk myself into taking days off and it is only afterwards that I experience the benefit of rest days. I have experienced the same difficulty when tapering for a race."

Another benefit of competing in shorter race distances is the amount of recovery time needed following a race. "This appeals to me," Carol says, "as you can participate in more races if you are training for 5K's and 10K's."

While she was working and raising her daughters, running had to be squeezed in very early in the morning or at night after work. She had a very rigorous schedule until her retirement in July, 2014. With retirement came the luxury and flexibility of being able to run during daylight hours.

That very same year she was diagnosed with breast cancer, which sidelined her from racing for a short time. During her cancer treatments, running was a great stress reducer, helping her regain strength and energy. One of her cancer doctors introduced her to the Falmouth Road Race which has become one of her all-time favorites.

Retirement also gave Carol the flexibility to run with people that she had known for years that were part of the Maine running community. Before COVID struck in 2020, she met several friends, including New England 65+ Runners Club Hall of Famer Bob Randall, every Thursday at the Kennebunk Senior Center to run together followed by breakfast at All Day Breakfast. Carol treasures the time that she spent together with her friends running along the Maine Coast, no doubt enjoying the changing Atlantic hues from brilliant blue to pewter gray.

She is especially grateful for two female friendships she's made throughout her 40+years of running. Their shared passion for running initially brought the three friends together and enhanced their friendship over the years.

As a 72 year old, Carol trains differently today than in the past. She has incorporated cross training by adding swimming, weight lifting, bicycling, snow shoeing, tennis and pickle ball to her weekly exercise routine. She runs fewer miles with more days off from running, while paying more attention to nutritional health and the importance of hydration and getting plenty of sleep. By following this regimen, she hopes to be able to continue running and racing for many years to come.

Since ancient times, salt has been used as a preservative. Perhaps Maine's salty air helps "preserve" hardy souls like Carol who brave the state's challenging climate to pursue their sport. As we all get older, we should be so lucky.

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## Message From Jerry LeVasseur

Club members, please put the club's name as the team you are running for when you enter a race. We have a number of live races coming up in Maine put on by Tony M where he has team awards. We would need 4 for the club team.

Also, USATF is running a virtual road race series from a 5K to a Half Marathon. You don't have to be a USATF member but it is cheaper if you are. Larry Cole and I did the 15K.

**Editor's Note:** Jerry tells us that NE 65 Plus won first place in the Portland, Maine 2021 Virtual Irish Road Rover 5K, Team members were: Ram Satyaprasad, 38:08 (Ram was also first in the 80-99 age group); Robert Randall, 41:02; Bill Vickerson 48:44; and Jerry

LeVasseur, 49:26. They combined to form a winning time of 2:57:30. Also running for NE 65+ was Billy Morgan, 1:02:56. Congratulations to all.

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**Above, 65+ member Dave McGillivray with the late Dick Hoyt. As the following press release indicates, Dave will be honored by Boston's Old North Church at a virtual lantern ceremony on April 18. Dave is well known for his promotion of running and most recently for establishing various Covid-19 vaccination sites in Massachusetts. As organizations like Dave's DMSE Sports help citizens get vaccinated, the hope is that one day virtual races will be a thing of the past.**

## **Lantern Ceremony to Honor Dave McGillivray**

Dave McGillivray, President of DMSE Sports, Inc. and long-time Race Director of the B.A.A. Boston Marathon will be honored at the Old North Church's Lantern Ceremony on Sunday, April 18<sup>th</sup> and will deliver the keynote address. The annual ceremony commemorates the night two lanterns were hung in the church's steeple launching the American Revolution. This one-of-a-kind experience is an uplifting and enduring event that supports the advancement of Old North's mission and celebrates their legacy of courage, liberty and civic engagement.

The church is a mission of the [Episcopal Diocese of Massachusetts](#). It was built in 1723 and is the oldest standing church building in Boston and a [National Historic Landmark](#). The ceremony also honors other local leaders and changemakers and includes performances from the Middlesex Volunteer Fife & Drum Corps and the Old North Church choir; readings of Longfellow's renowned poem, "Paul Revere's Ride" and Revere's first-person account of the night of April 18, 1775; and concludes with the ceremonial lighting and hanging of the two lanterns in our iconic steeple as a beacon of freedom and justice. "I've received a few awards in my lifetime but this one is really special," stated McGillivray. "Knowing all those who have been a recipient of the award or who have spoken at the ceremony in the past, I am humbled and touched by this true honor." Previous recipients have included Senator Ed Markey, Governor Charlie Baker, Mayor Marty Walsh and Representative Lori Trahan, among other luminaries. Even President Gerald Ford spoke here in 1975 for the U.S. Bicentennial Celebration.

"Dave's tenacious commitment to community building and his lifelong drive to create positive change embody the values of the Old North Church & Historic Site and light the way for others to actively engage in their communities," said Nikki Stewart, Executive Director of the Old North Church. This year's ceremony which will be held virtually because of the pandemic, will commemorate the 246<sup>th</sup> anniversary of when the two lanterns were hung.

Although McGillivray is best known as the Race Director of the B.A.A. Boston Marathon, he and his company, DMSE Sports, inc., have directed many of the country's most

prestigious races. Recently, his unique set of skills have experience led to his appointment managing logistics for mass vaccination sites at Gillette Stadium, Fenway Park, the Reggie Lewis Center and the Hynes Convention Center. Dave is an athlete, businessman and philanthropist who embodies Old North's core value of active citizenship. At Lantern2021, Dave will share his personal journey and inspire us to "hang a lantern" in our communities.

Lantern2021 is a virtual family-friendly event which will celebrate the heroic actions of April 18, 1775 and Old North's legacy of active citizenship. Proceeds from Lantern2021 will support the Old North Foundation's virtual and on-site programs which aim to inspire children and adults alike to consider the ways they can build a more just and equitable world.

McGillivray will be introduced as the keynote speaker by Governor Charlie Baker. To register for the event, go to:

<https://www.eventbrite.com/e/lantern2021-tickets-142136541221>

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## **The 30-year history of the New England 65+ Runners Club (Continued)** by Jan Holmquist

As a refresher (from the January edition of *Forever Run*), I "inherited" 5 boxes of club history in 2014 when I became president of this amazing club. Since our 30<sup>th</sup> anniversary is June 2021, I am hoping to give members snippets of the origins of the founding throughout this year and appreciation as to how far we have come.

The first printed newsletter that we have in our archives is dated Fall 1997. Apparently from the beginning of the club's formation, the founders sent out handwritten newsletters, but none were in the boxes. With just a few members early on, we can imagine that this was feasible. Now, however, with over 762 members, our primary mode of communication is this monthly e-news.

As this year progresses and we are hopeful to see each other again at Banner Races, one of the articles seems particularly as pertinent today as it was in 1997. The article as it appeared is recounted below:

### ***WEAR YOUR SINGLET!***

*We realize that a number of our members belong to more than one runner's club, and on certain occasions will wear their other club's singlet in road races. We understand and appreciate this.*

*The membership in most other running clubs is confined to a smaller area than our club, and most hold regular of monthly meetings. Because of the large territory covered by our club this is not practical. Most of us meet each other at road races or track and field events. Wearing your New England 65+ club singlet makes it possible for us to recognize and greet members that we do not see too frequently. Therefore, we would appreciate our members wearing their singlet whenever possible.*

With so many more members now than then, the above message is even more timely today! Our 65+ clothing helps us recognize each other at races. Other clothing items that identify our members can be found on our website: <https://www.ne65plus.org/member-info/store>

If you have a personal story to tell as to how you met someone while wearing club clothing, we would love to hear from you! We always enjoy hearing from more members through articles in the e-news.

To be continued.

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## **Quote of the Month**

**"If you can fill the unforgiving minute with 60 seconds worth of distance run, yours is the earth and everything that's in it."**

**Rudyard Kipling**

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