



Forever Run

August 2021

From the President

by Steve Viegas

Friends,

Here we are at mid-summer. Although our annual luncheon will be later this year, we plan to send out our annual member mailing this month. It will have reservation details for the annual luncheon to be held at Spinelli's in Peabody, MA on November 8, and it will contain our annual fund appeal. It will be good to be able to meet in person again after missing the luncheon last year due to the pandemic. Your generous support of the annual fund allows us the resources to carry out our mission.

Our annual race, now titled Jerry's Run for All Ages in honor of Jerry Panarese, will return as well. It will run around Lake Quannapowitt, Wakefield, MA on November 6, 2021. Jan Holmquist and Bob Kennedy are co-directing this year. Bob has held regular meetings of the committee. The race webpage is live. Tom Wiley has obtained our permit from the Town of Wakefield and is seeking to confirm our use of the parking lot. We will have a virtual option for those who can't be with us in Wakefield.

We would like volunteers to help with the envelope stuffing which will take place at my law office in Reading, MA on August 17. Please contact me if you can spare several hours that day. Many hands will make light work.

We also need volunteers and runners to support Jerry's Run for All Ages. Please let Jan or Bob know of your availability to help. If you plan to run, please sign up. We want to make this annual event a great show of support from our members.

I will be convening a nominating committee to look at current vacancies and to look forward to filling board member and leadership positions for the new terms which will begin in 2022.

Our able Secretary and Vice-President, Zeke Zucker is captaining our teams for the USA Track & Field New England Long Distance Running Grand Prix. The first event is Sunday, August 8 at the Bobby Doyle 5 Miler in Narragansett, RI. Also, this month on the 28th will be the Allen Mello 10 Miler in Auburn, NH. Two more races are scheduled for September: the Lone Gull 10K on the 19th and the Frank Nealon Boston Tune-Up 15K a week later on the 26th. See <https://newengland.usatf.org/sports/road-running> for details.

Speaking of championships, our club will again be the Massachusetts RRCA 5K Championship.

Please stay safe and have fun this summer.

I hope to see many of you on the roads.

Steve Viegas

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Our Nutmeg State reporter traveled far from Connecticut recently to run a race in Anchorage, Alaska where a female black bear caused a delay as she did not want marathoners running near her cub.

A Connecticut Yankee in Alaska

by John Gibbons

The Mayor's Midnight Marathon/half/5k falls on the summer solstice which is the longest daylight day of the year in Alaska. Instead of darkness at midnight, there is only twilight. Last year it was virtual but this year attracted numerous runners from all states, particularly those trying to run marathons in every state. Member Zeke Zucker came and ran a couple years back and did very well. As I have aged, I have focused on the 5K (which for years was a five miler but the distance has been reduced to 5K). The half and 5K run over similar routes along the Coastal Trail which borders Cook Inlet and fronts Anchorage. Both end up a sharp hill and finish at Anchorage Mall as does the marathon which runs east into woods where bears and even moose can be encountered. (The moose usually appear at the turn around for the half). Weather is usually cooperative but often cold. It was 48 and sprinkling this June. I medaled again which must be at least fifteen years of this misbehavior. Oddly, this summer I won both 70s and 75s but took a medal only for latter. They are all beautiful courses but bears on the marathon route can throw off time if one is qualifying for Boston. A mother bear and her cub in a tree held up some of the marathoners for 30 minutes while the race director figured out a way around. (See above article). I did not see the bears on the 5K course but one year we were stopped by a moose. When you see the race director carrying a water station towards the runners you know something is wrong. There was great finish hospitality and a beer garden. And now, for some Connecticut news.

The Run for the Rock 5K included two club members in the 70 and over: Way Hedding was 2nd (31:45) and I was third (37:25.) Way is 71 and I am 79.

I also did a back-to-back, running the first leg of the Westport summer series (2nd in 70s) and then a 5K way up in Beacon Falls (I was 2nd or 3rd in 70s) which was about 30 minutes from Westport. Also ran in Jim Gerweck's 4 on the 5th that weekend. Last two weekends have featured additional races (3.1 and 3.8) in the Westport series....but no 65+ers that I could find. About to head north to Maine and run some races there in August. I have room in our house if anyone wants to fulfill their state requirements for marathons.

New Members

Martin Donlon, Portland, ME.....Referred by Jerry LeVasseur

Likes to run all distances up to 50 miles. Competitive in his age group.

Kevin Durkin, Lawrence, MA.....Met some club members at Amesbury Days 5K

Been running and racing for around 20 years. Is a member of MV Striders.

Mary Durkin, Lawrence, MA.....Met some club members at Amesbury Days 5K

Been running for 40 years. Always happy running 5Ks and 10Ks. Says Covid pushed her. Ran her first half marathon in March.

Floyd Lavery, Sebago, Maine.....Recommended by a friend

Has run 3 Boston marathons and 3 NYC marathons. Is a member of the Maine TC and Winners Circle with 15 years of local races.

Bob MacKinnon, Yarmouth, MA.....Recommended by Jerry LeVasseur

Started running five years ago. Has done 7 marathons and 4 Matterhorn Ultras in the Swiss Alps (three 15Ks and one 32K.)

James (Jim) McSweeney, Peabody, MA.....Recommended by Paul Huyffer

Started running in the mid-70's with friends at the Cambridge Y. Did 2:57 at Boston in 1981. Had a hip replaced in 2010 and walks in some 5K races now. Moved back to MA from FL last March. Has heard positive things about the club.

Tom Raffio, Bow, NH.....Recommended by Bob Kennedy

Ran cross country in high school. Has completed over 1,000 races since 2004 including Mt. Washington. His company financially supports many community races in NH, ME, VT.

OLD CRAZY RUNNERS

JERRY LEVASSEUR

US SENIOR GAMES RECORD HOLDER

THE #1 LIFELONG RUNNING PODCAST

Relay Team Captain Featured on Podcast

Former 65+ club president and well-known senior games participant, Jerry LeVasseur, was interviewed recently on the Old Crazy Runners podcast. Jerry, who believes running

is about "fitness, fun and friends," said in the podcast that he likes to compete in a number of different senior games events to include the 800, 1500, 5K, 10K and triple jump. He told the interviewer that he enjoys setting new world records with his 65+ relay team friends.

Looking for a Neurologist

Editor's note: We received the following from 65+ member John Dove who asks if anyone knows a neurologist. If so, you can contact John at his address below.

I want to find a comprehensive neurologist who treats older patients and has personally been at some point in their lives endurance athletes. I need advice about the role that dehydration can have in the inflammation related to brain-shrinkage [which we all have, to some extent]. I suspect that my daily running and biking habits have left me dehydrated every day and that fixing that may be a better approach to treatment of chronic subdural hematomas than the surgical technique of injecting epoxy or nano-billiard balls into arteries that serve the dural layer of my skull. JOHNDOVE@gmail.com



In Memoriam

From Jerry LeVasseur

I am sad to report that our team member Bill Morgan (above) passed away peacefully in his sleep on July 3rd. The link below is to Bill's obituary:

<https://www.bibberfuneral.com/memorials/william-morgan/4663302/index.php>

Banner Races: Upcoming 2021 New England 65 Plus Runners Club Banner Races – We encourage all of our members to run as many of these races as possible. Wear your Club shirt and plan to visit the NE 65+ Runners Club table to meet current members and to help recruit new members!

RI - Bobby Doyle Summer Classic 5M/5K August 8, 2021

<https://www.raceentry.com/bobby-doyle-5-mile-summer-classic/race-information>

ME - Randall's Run for the Gym 5K September 4, 2021

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K>

CT – Bigelow Tea 5K September 26, 2021

<https://runsignup.com/Race/CT/Southport/BigelowTeaCommunityChallenge>

NH - Great Bay 5K | Race for a Healthy Estuary October 30, 2021

<https://greatbay5k.org/>

MA - Jerry's Run For All Ages November 6, 2021 (Link is in flyer below)



Doubles partners. Dan Dodson (R) and the late Lou Peters at one of the many races they ran together.

More Recent 65+ "history"

by Jan Holmquist

Dan Dodson gave me permission to share the following with all of our readers.

"Doubles have happened plenty of times. Almost every year we would do the "Reindeer Run" in Beverly followed by Millennium's "Santa Claus Shuffle" in Manchester (wearing a full Santa suit) on one Saturday, followed the next week-end by "Santa's Toy Trot" in Merrimac, MA (founded by Randall) and a charge up to Loudon, NH for the "Yule Light Up the Night" (Millennium) 2.1 miler running thru the Christmas decorations on the actual NH Motor Speedway course in the dark. Those were 2 daily-doubles on consecutive week-ends. Fun events with even "funnier" people!!!!

Lou Peters at age 85 or so and Dan D. about age 66 did a TRIPLE one day. We did a 5K in Chelmsford at 8:00am, followed by the Jack Kerouac 5K in Lowell at 11:00am, followed by the 5K at the Littleton Road Races. And a couple of years later David Audet and I did a triple of 5K's in the Concord/Nashua, NH area with David even squeezing in a 4th!!!! And David WON 2 of them outright and was way ahead in a 3rd when he took a wrong turn and ended up 3rd. Dan D. was just happy to finish!!"

Let's hear about more multiples! Please email your memories to Rick Stetson for submission to a future edition of *Forever Run*. rickstetson@aol.com



Maine News

by Jerry LeVasseur

There were 2 races attended by club members on Sunday, July 11. The club won the team award at the Windham Center 5K with Bob MacKinnon, Marla Keefe and Bob Randall winning their age groups.

The group photo above honors the late Bill Morgan with the missing person space between Mike and Rebecca. Bill would have won his age group.

Photo (L-R): Mike Nixon, Spirit of Bill Morgan, Rebecca Tracy, Marla Keefe, Bob MacKinnon, Bob Randall, Margaritt McNulty.

The other race was a 1st in the Bradbury trail series with Jerry LeVasseur winning the 80 age group and soon-to-be new member, Martin Donlon, winning the 70. Zeke Zucker was 2nd in the 70 age group.



Artistic rendering of the author celebrating his 67th birthday a month early by running and biking a total of 67 miles at his annual Birthday Run Challenge. Dave has challenged 65+ members to do the same: run or bike their age on their next birthday. (Can we just say we will be 10?)

ANNUAL BIRTHDAY RUN: MY GAME, MY RULES

by Dave McGillivray

I decided to do my annual “birthday run” in July. My birthday is one month from today but I’m going out to the West Coast to visit my son Max, then the Falmouth Road Race is happening in-person (yeah) on August 15 and with the Boston Marathon in October, I just wanted to get this done sooner than later. As I have been doing since my open heart surgery in 2018, I ran a marathon distance (26.2) early this morning and then biked the remaining 41-miles, equaling my age which will be 67. I am hoping to someday soon get clearance from my heart doctors to be able to run my full age again at least one more time, hopefully sooner than later as the distance now is getting really long!! Maybe when I am 70.

I started this morning in the dark at 3:38am. I usually do a 3.6-mile loop 7+ times from my house to the North Andover Town Common and back. It was a perfect day to do the birthday run (and bike). Perfect weather – sunny and in the 60’s most of the day. It is amazing to experience how things change throughout the morning. Real early – quiet, dark, no cars, just me and the road. Then by 7am, it’s like someone opened the flood gates....cars, people running or walking their dogs, cyclists. It gets real busy and real noisy. I felt very good during the marathon run. No issues from my triple bypass surgery. I didn’t listen to any music all day as I just wanted to be deep in my thoughts about all that is happening now, the pandemic, my business, my health, my future, my family. I saw a few friends along the way – Steve Cooper was biking and rode next to me for a few miles. Glenn Johnson who was Secretary of State John Kerry’s right hand man for years and lives on my run course saw me and immediately yelled out “is today your birthday?”. He must have seen me multiple times and figure I was doing my birthday run! Pretty cool.

When I woke up I immediately checked out my bike and I couldn’t believe what I saw. I had a flat tire with no spares and no patch kit. I immediately inflated the tire and prayed that it would hold. I didn’t want to run a full marathon and then find out I couldn’t ride my bike to finish it up. The tire held the air somewhat but there was a slow leak so I was really nervous while doing the 41-miles but survived any possible disaster. My son, Luke, actually biked almost 30-miles with me, a PR for him! And I didn’t lose one pound for the effort – ugh.

So, I've never expected anyone to ever do anything that I wouldn't do. This year, DMSE Sports created the Virtual Birthday Run Challenge. Folks have been signing up and doing their own version of their birthday run. It's been amazing to follow. So, now it is time for all of you to log on to the birthday run site and commit to doing your birthday run challenge around your birthday. You get a cool medal and a note from me, too...I just sent myself one, too! Three folks from the DMSE family now have done the birthday run – Christina, Luke and me. We need more to join the team! Remember, it's your game (birthday), your rules! Good luck! And, I'm glad that is done and over with!

Breaking News

From the US National Masters Track and Field Meet, Ames, Iowa. The NE 65+ relay team (80+) of Joe Cordero, Ram Satyaprasad, Chuck Keating and Jerry LeVasseur took home gold medals by winning the 4x100, 4x400 and 4x800 meter relays while setting new national records in the 4x400 and 4x800. The four club members also won medals and ribbons in other events that will be highlighted in the September issue of this newsletter, so stay tuned. In the meantime, congratulations Joe, Ram Chuck and Jerry.

19th Annual Jerry's Run For All Ages 5K

Flagship Race of the New England 65 Plus Runners Club

Registration is now open: <https://jerrysrunforallages.ne65plus.org/>

SAVE THE DATES – In-Person Race: Saturday, November 6, 2021

Start Time: 10:00 am with Sunshine start at 9:40 am

Race Location: Lake Quannapowitt, Wakefield, MA on our USATF Certified Course MA13037JK

Virtual Option: Run the 5K distance anytime, anywhere from Sunday, November 1 through Saturday, November 6, 2021

Jerry's Run is dedicated to providing a quality race for athletes of all ages and especially our NE 65+ Runners Club Members. The Course is blistering fast, flat, and a scenic run around Lake Quannapowitt. Offers 32 cash awards totaling **\$2,800!** Race gives back to the Wakefield Community providing support for education, for active lifestyles and for a healthy environment.

Race Features important to NE 65+ Runners Club members:

1. 5-year age groups for 65+ (unique race hat): 3 deep
2. Discount for 65+: \$5.00.
3. Age Graded Awards for 40+: Top10 male & female **cash awards**.
4. Race Walk/Power Walk Competition: **cash awards**.
5. Awards for Youngest and Oldest male & female participants.
6. Free entry for 80 and above athletes

Sign Up now for the In-Person Race on November 6th! Or Run Virtually from November 1 to 6 so you support the Club and still get the long-sleeve race shirt.

Bob Kennedy, Co-Race Director
Jan Holmquist, Co-Race Director



The New England 65 Plus Runners Club Race Endorsement Program
https://www.ne65plus.org/races_1/ne65-race-endorsement-program

We now have 9 races in our Club's Endorsement Program. We encourage all of our members to participate in these races as they offer 5-year Age Groups for 65+ through 90+ and they welcome all athletes of all abilities!

Help recruit your favorite races to this program. We offer a \$100 honorarium to those races that apply and meet the minimum requirements – 5-year age groups and place our endorsement logo on their webpage.

Call for Action: Register for NE 65 Plus Runners Club Team at the

Great Bay 5K | Race for a Healthy Estuary

We hope to field both Men's and Women's teams at this New Hampshire NE 65+ Runners Club Banner Race! In-person race date: October 30, 2021

Scoring is based on points allocated for how each of the top 5 team members finish in their gender/5-year age groups (up to 100+): A 1st place age group finisher earns 1 point; 2nd place earns 2 points, etc. The lowest total score wins.

We could WIN both Men's & Women's Competition with an athlete in each age group above 65+!

And the race offers long-sleeve tech shirts with our Club logo on it if we have 10 or more members participating!

When registering be sure to add our team name: **NE 65 Plus Runners Club**. If you have already registered under a different team or did not list a team, the race director can change or add our Club name.

Team Captain: NE 65 Plus Runners Club Vice President - Zeke Zucker.

Quote of the Month

"Racing is an escape from society, from symbols of status and self-perception. A chance to just be. For everyone to just be with each other."

Erin Beresini

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