



Forever Run

February 2021

From the President

by Steve Viegas

Friends,

A year ago, coronavirus was in the news as an epidemic in China, but we had no idea what role it would play in our lives. My newsletter message a year ago was about the Boston Marathon, our waived and qualified runners and the USATF New England Long Distance Running Grand Prix in which the M70 men have been very competitive. What a difference a year makes!

In 2020, the BAA postponed the Boston Marathon to September and then canceled due to the pandemic. Many of us are currently eligible, soon to be eligible or have received the coronavirus vaccine. The running community has been very hopeful that we can return to large gathering competitive events by the late third quarter or fourth quarter of this year. The Boston Marathon has set a date of October 11 for its 2021 edition. Presumably, when the BAA is more certain, it will issue its waivers. Those of us who were qualified for 2020 will be considered qualified for 2021. There is hope in the air! I will notify the club when any waivers come in.

If the BAA can imagine a Boston Marathon in October, we can imagine our newly renamed club race, Jerry's Run for All Ages, to run at its usual time, the first Saturday in November. The baton is currently being passed from race director Jan Holmquist to her successor and new race director Bob Kennedy. Bob is many things, a great age group competitor, an accomplished race director and a well-known ornithologist. He has conducted one organizational meeting for Jerry's Run for All Ages (JRFAA) and he has one on tap for this week. We are very fortunate to have Bob taking over this position. Our ad hoc finance committee has met. Jan Holmquist will refine our possible investments/projects. We will soon report on our recommendations. I am in receipt of a very interesting proposal from Bob Kennedy for advancing our mission of getting race organizers to recognize older athletes in their awards. More on this after the finance committee meets again.

If you have not yet done so, check out the club's new website which Bill Cotter has created for the club.

I continue to record my mileage for 2021 as I did in 2020. I am hopeful that I will be able to record some racing mileage in 2021 as well. I do so for my own records but also for the two awards which Ken Houle quarterbacks, recognizing total running miles and total racing miles of our members. If you have not already done so, let Ken (hoolks@metrocast.net) know your running miles for 2020 if you exceeded 1000 miles. Speaking of running miles, the pandemic has had a therapeutic effect for me. Without sharpening track workouts or a schedule of highly competitive events, my body has healed tremendously. It is just plain great fun to go out every day and run without feeling the cranky pains and stiffness I associate with my competitive life. Of course, that will end when we get back to normal and I resume my competitive life. That's OK too. My newsletter article next month is destined to bring more than a breath of spring.

Stay tuned and stay safe.

Steve Viegas, President

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Looking Ahead to Real Races in 2021

Last month we received an email from Lloyd Hansen, USATF Masters Long Distance Chair, who gave us a reason for some optimism for 2021 when he announced several national masters races, one in New England and one close to New England. On Oct 17, the USATF masters 5K cross country championships will be held "near Boston," with the exact location to be announced at a later date. A tentative date of Nov 14 has been set for the USATF half marathon championship that will take place in Syracuse, NY. And while we are looking at 2021 race dates, don't forget to mark November 6 on your calendars. That's the date for Jerry's Run For All Ages, a race you won't want to miss.

WHO Says Exercise Is Good For Us

by Rick Stetson

The above headline will most likely receive little argument from members of the NE 65+ Runners Club, but some might ask, "how much exercise?" Kate Kelland recently wrote an on-line article for Reuters titled, "The More Exercise, The Better." The writer reported that of 90,000 people studied over a five-year period, those in the top 25% who engaged in vigorous-intensity activity had an average reduction in heart disease between 54% and 63%. Those engaging in moderate to vigorous activity reduced heart disease from 48% to 57%.

The study is an endorsement of World Health Organization (WHO) advice that people "should do 150-300 minutes of moderate to vigorous activity each week."

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

For those of us in NE 65+, who are fast walkers or runners, that would translate to around 14-27 miles a week, a goal that members listed in the 1000+ club are achieving. Kelland writes the study "debunks the myth that high levels of physical activity might not always be beneficial" and that according to the World Health Organization, "cardiovascular disease is the world's number one cause of death."

We need to "keep on keeping on" as we head into 2021. Let's see if we can follow the example set by club members who ran or walked 1000 or more miles last year. Studies have shown the exercise will be good for us.



The above photo by Ted Tyler shows Tom Abbott running hard in the 2010 Run For All Ages race. Abbott was trying to break 24:00 for the 5K race and came close with a time of 24:03.

Tom Abbott Profile

by Byron Petrakis

Growing up tall and skinny, Tom Abbot wanted to do something about his legs. The NE 65+Runners Club Board member from Natick, MA began running high school track and playing on the tennis team to strengthen his legs. After graduation he enrolled at Norwich University in Vermont because it had a track program. There, he ran the 880, mile and 2-mile events during his four years. He modestly downplays his status as the track team's fastest miler by saying that the "faster guys kept leaving or getting kicked out" for one reason or another. (Remember the good old days of sex, drugs, and rock and roll?)

For the next 17 years, Tom played singles tennis, skied and did some light jogging "to stay in shape for Boston night club dancing." (Some more leg exercises!) He returned to the road racing scene in 1981 after a workplace supervisor recruited his whole department of Programmer Analysts to compete in the Inaugural Corporate Challenge 5 miler. One year later, he trained much harder for the race by going to nearby Fresh Pond in Cambridge for the free, weekly Saturday morning 2 ½ and 5 mile races. There, he encountered current NE 65+ members John Babbington and Bob Reagan. Tom's training paid off as he clocked a 38:30 at the Corporate Challenge.

Describing himself as a "born chronicler," Tom grew up with golf where scores are all-important and once he started running track, he kept track (so to speak) of his race times. "To me," he says, "numbers mean a lot...and the faster the better." His love of numbers would come in handy decades later when he volunteered to do race results for NE 65+ members on the club website, a position he still keeps today as a member of the Board of Directors.

After Tom and his wife moved from Brookline to Natick in 1984, he joined the Greater Framingham Track Club and began competing in countless races and the Plymouth-to-

Provincetown Relay put on by Fred Brown of the North Medford Club. After a few years, the Relay was reborn as The Fred Brown Lake Winnepesaukee Relay in New Hampshire, where he usually ran the 8.5 mile 7th leg and the 4.5 mile last leg.

During the years from 1984-1990, Tom would spend Saturdays running the 2.5 milers in Medford at 9:00 a.m. and then the 2.5 or 5-miler at 10:00 a.m. at Fresh Pond, Cambridge. After doing both races, he would typically do a few 200's and 400's and end up with 12 miles on those summer Saturdays. His 3 years of racing about 140 2 ½ milers at Fresh Pond translated into some impressive PR's during a 4-month period: 63.6 for 400 meters, an 800 in 2:24, a 5:46 pace in the 2 ½ miler, a 30:34 in the 5-miler, a 38:37 10K, a 24.01 in Boston's 4-mile Corporate Cup, and a 6:31 pace in the Freedom Trail 8-Miler. The next spring at the Greater Framingham Track Club's annual hilly 10-Miler he averaged a 6:42 pace. Tom says he can still do that pace now—but for only 100 meters!

While Tom racked up some notable times on the track and short to mid-range distance on the roads, he did not compete in many long-distance races. It wasn't until he was 45 that he ran a half marathon, the New Bedford Half, which he did in 1:34:39 (his best was later in 1:31:10) on the way to his first Boston as a "bandit" in 3:39:17.

Tom's fifties and sixties saw racing times that followed a trajectory similar to that experienced by many age-group senior and veteran runners. By the seventh decade, some of our fellow competitors have stopped running because of injuries, disease, or sadly, death. During his 60's Tom ran 276 races, finishing first in his age group 96 times and second 43 times. From ages 63 to 67, he strung together a couple dozen 5K's in the 22's or better.

Tom challenged himself in his 60's by competing in a 22-race series put on by "The Hockomock Swamp Rat," a semi-monthly magazine popular with runners. The series had only one 5K race, with the rest among the toughest courses in New England: the hilly Run Around Cape Ann 25K; the N.H. Marathon; the Marshfield 11.6 miler; the 10-milers in Amherst, MA, Norfolk, CT, and Montpelier, VT; the New London, CT 10.6-miler; the Northfield Mountain Trail 10K; the Mt. Monadnock 10-miler; Stu's 30K; and the Monson Half Marathon.

Another rewarding activity Tom took up in his mid-60's and continuing until this day was volunteering to do race results for NE 65+ members and then posting them onto the club website. Since joining our club, he has raced in Senior Games track meets in every New England state, competing in everything from the 3K to the 200m. Tom got his 800 meters time down to 3:11 at age 71. Now at 77, he says that time's just about unreachable for even 500 meters!

When Tom entered his 8th decade, his cousins warned: "Oh no; we're now in our 70's!" Like most runners, though, he was thrilled to join a new age group, where opportunities for placing in races grow, while the number of competitors shrinks. Disease, one reason for this shrinkage, hit Tom hard when at age 71 ½ he himself was diagnosed with two cancers. Not one to quit on himself or his sport, Tom took his doctors' words to heart: "During the chemo, vigorous exercise is recommended to circulate the antibodies in the blood faster." Heeding medical advice, Tom trained and raced all through chemotherapy and while one of the drugs he was taking resulted in a loss of muscle mass, he still saw the glass half full: "But everything is relative. At any race, good races can still come out of nowhere!"

In addition to his disciplined training regimen, Tom credits his racing diet for some of his success. Before races, he would eat pasta for dinner and 6 ounces of beet juice and a banana 2 to 2 ½ hours before the race, followed by a strong cup of coffee less than an hour before the start. After 38 years of training and racing, Tom has stayed remarkably injury free. His weight, 160 pounds over a 6'1" frame, has also stayed the same since college.

So, what did a lifetime of training and racing and sticking to a sensible runner's diet do for Tom's legs? Perhaps we should consider the words of a female NE65+ Runners Club member who looked at one of his postrace photos and said: "Tom, your legs are really skinny!"

30th Anniversary Celebration Year

(continued from last month)

by Jan Holmquist

Last month, you were introduced to the original 6 members of our club: Ray Cormier, Lou Peters, Bob Hunter, Ken Folsom, John Kane, and Jack Keefe...and now we continue the history noting some goals they set up that first year – 1991.

Quoting from the annual luncheon program of 2010, “The goals included having 50 members that first year, 100 by the second, getting race directors to add age-group categories of 60-and-over and 70-and-over, and gaining respect in general for older runners. All the goals set forth in an early club publication were triumphantly met other than the one to purchase a van to transport members to races. At the time the members were concentrated pretty much in the suburbs north of Boston, and the van made sense. Now with members representing the six New England states scattered throughout the region, it would take a fleet of vans to transport us all.”

As an ongoing issue, and with over 750 members now, our recent survey to members noted that distance was the primary factor that members did not attend the annual luncheon - and presumably banner races that involve a long distance – the exception being Dan Dodson who drove all over New England to attend races and encourage eligible runners to join the club! And while we are still not considering the purchase of vans, perhaps we can encourage car pooling once races resume and it is safe to participate.

To be continued...

New Members

Leslie Behan, Newton, NH.....Referred by Jim Lynch and Tom Wylie
“I did my first road race (Northern Haverhill Striders 5-miler) in 1981 and was hooked! I have competed in races every year since then, from one mile to marathons, 26 completed marathons with a PR of 3.28. I favor 5Ks these days. Lifetime mileage approaching 66,000 miles.”

Vickie Bush, Plaistow, NH Learned about the club from the late Louise Rosetti

"Became an avid runner in 1968. Lots of marathons, etc. First marathon in 1986. Last marathon in 2014 but then had severe health issues. Now recovered and walk a lot (but not enough.) Would like to get back to slow running in addition to my walking."

Bob Dunfey, Portland, ME.....Referred by many friends but Bob Kennedy gets credit

Has done 30 consecutive Boston marathons, 140 total marathons, 12 100-milers, over 125 ultras and snowshoe races. Volunteer race director of Maine Marathon, Half Marathons and Relay.

Michele Wolfe, Westerly, RI.....Referred by Rich Paulsen.

"Most active 1996 - 2005. Enjoyed longer distances."

Editor's Note: The following seven new members were all referred by Bob Kennedy who gets a "pat on the back" for helping our club grow.

Jan Brooks, Wolfboro, NH

"I have been running since I was in college when I began to include exercise in my daily routine and have continued to this day running 7-10 miles a day. It has become a positive addiction that helps start my day off on the right foot. I have run a few races in the past however having them available virtually this spring and summer I was involved in many more than I ever would have anticipated. In addition to running, I hike in the Whites, Ossipees and Belknap mountains on a weekly basis and are one of three Program

Coordinators for our Chapter of End 68 Hours of Hunger. I so enjoy being retired as of 1.5 years ago, however, as many people say, I am busier than ever."

Daniel Eckerson, Durham, NH

A recreational runner who does some races each year (except this past year) both road and trail. Average about 15-20 miles each week in training.

Sinthy Kounlasa, Dover, NH

Been running since 1998 (when he was 41 and a half) and has been running since. Has done 159 marathons and ultra marathons and many races. Does at least 30-40 races a year.

Ernst Linder, Durham, NH

Been running roads and trails regularly since 2007, local orienteering (running on and off trails) since 1988.

Curtis Lintvedt, Exeter, NH

Has done 324 marathons and ultras and marathons in all 50 states twice.

Charlie Nelson, Newmarket, NH

"I ran in races in my 20s and 30s at distances between 1 mile to 15.5 miles. In 1984 & 1993 I completed 2 Iron Man Triathlons. November 1993 at age 42 through March 2020 at age 68, I completed 219 races from 26.2 miles to a 100 mile race in Delaware. I completed a marathon in all 50 states in under 4 hours and I have run 116 marathons in under 4 hours."

Michael St. Laurent, Newmarket, NH

50 years running and racing. 7 Boston marathons with a PR of 2:25. Other PR's: 5 miles, 24:46; 10K, 32:12. Coaching high school for 10 years. 1:49 recent half marathon.

2020 Run/Walk Challenge Results

Ken Houle has tabulated results for club members who ran, walked or raced 1000 miles or more in 2020. Congratulations to everyone who participated in the challenge and were able to record enough miles to receive a unique 1000+ patch. Four club members are listed below who even though they fell short of 1000 miles, still should be commended for continuing their running during the Year of Covid-19, especially Dan Dodson who achieved an amazing total of 165 races (48 live and 117 virtual.) Great job by all. Note: some members did not list their age but we know they are at least 65.

NAME.....	AGE.....	MILES RUN...	PLACE...	MILES WALKED....	TOTAL
Joe Peruti.....		1002.....	1.....	2011.....	3013
Donna Sarasin.....	67.....	2519.....	2.....	2519... (71.5 L, 1447 V)
John Goldrosen.....		1206.....	3.....	1263.....	2469...(113.3 live racing)
Sharon Yu.....	67.....	1978.....	4.....	340.....	2318
Gerry Porricelli.....	77.....	2245.....	5.....	2245
Zeke Zucker.....	76.....	2032.....	6.....	207.....	2239.....(152.3 racing)
Jay Diener.....	72.....	7.....	2007.....	2007
Janet Romayko.....	75.....	2000.....	8.....	2000.....(114.8 racing miles)
David Martula.....		1935.....	9.....	1935
Phil Pierce.....	79.....	1894.....	10.....	1894(112 miles racing)
Leslie Behan.....	65.....	1718.....	11.....	160.....	1878
Ed Talbot.....	78.....	12.....	1600.....	1600
Carol Kelly.....	67.....	1585.....	13.....	1585.....(Barefoot)
Margaritt McNulty.....		1571.....	14.....	1571.....(100+ miles racing)
Tom Wylie.....	76.....	1078.....	15.....	491.....	1569
Jan Fuller.....		1285.....	16.....	188.....	1473
Bob Kennedy.....	72.....	1465.....	17.....	1465. (24 races 333.7 miles)

Perry Seagrove.....	67.....	1420.....	18.....	1420
Kevin Colby.....	68.....	1324.....	19.....	1324
Ram Satyaprasad..	82.....	1308.....	20.....	1308.....(65 miles racing)
Steve Viegas	71.....	1297.....	21.....	1297
Robert Knight.....		1110.....	22.....	144..... 1254
Mike Lozan.....	78.....	459.....	23.....	756..... 1215
Maurice Bourque.....		1150.....	24.....	25..... 1175
Chuck Arnold.....	73.....	1165.....	25.....	1165
Lynn Hill.....		1164.....	26.....	1164
David Pember.....	78.....	1148.....	27.....	1148
Bill Cotter.....	70	1124.....	28.....	1124 ..(as of 12/1/20)
Jerry LeVasseur....	83.....	1120.....	29.....	1120 ..(24 races 333.7 miles)
Rich Paulsen.....	77.....	1103.....	30.....	1103...(as of 11/1/20)
Bill GAA.....	69.....	1086.....	31.....	1086
Neal McBain.....	73.....	1064.....	32.....	1064
Jayne Wilson.....		1054.....	33.....	1054
Ken Houle.....	73.....	802.....	34.....	240..... 1042
Linda Usher.....	71.....	1039.....	35.....	1039.... (16 L, 50 V races)
Joan Tremberth.....		1000+.....	36.....	1000+...(25 miles a week)
Anne Marie McDonald..	81.....	1000+.....	37.....	1000+
Paul Lindsay.....	72.....	808.....	38.....	808
Tom Abbott.....	77.....	650.....	39.....	650
John Boness.....	80.....	563.....	40.....	563
Dan Dodson.....	75.....	523.....	41.....	523 (165 races, 48 L, 117 V)

Amby's New Newsletter

by Rick Stetson

Just as Co-Editor Byron Petrakis has compiled interesting profiles on a number of NE 65+ runners for this newsletter, so too has Amby Burfoot profiled amazing senior runners from around the country for his newsletter, "Lifetime Running." Amby, winner of the 1968 Boston Marathon and a former editor of "Runners World," is still competing and still writing. He maintains an interest in the benefits of exercise as we age and has started a newsletter called, "Run Long, Run Healthy." The newsletter will include topics such as how to train and fuel more efficiently, understanding running shoes and the best ways to prevent injuries.

Burfoot says that now that he is retired, he has time to search the Internet every week to locate news stories. He writes, "I'll invest hours so you can review the best content in minutes." In the latest newsletter, Amby states, "The more you move, the lower your risk of developing heart disease or stroke." If that should catch your attention and you are interested in learning more, there is a link to Amby's full article on Podium Runner with the title, "New Research Says More Activity is Better and There's No Upper Limit."

The great thing about "Run Long, Run Healthy," is that like "Lifetime Running," the newsletter is free. For those wishing to subscribe, go to: runlongrunhealthy.blogspot.com

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

by Bob Kennedy

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

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

Race Location: 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

We are pleased to announce that the 19th Annual Jerry's Run For All Ages 5K (Jerry's Run), the flagship race of the New England 65 Plus Runners Club, will

take place this year. The Race Committee unanimously agreed to offer both an In-Person Version of the race and a Virtual Version to guarantee that we will continue the tradition of offering a quality race for our members. Although we are moving full speed ahead on the In-Person Race, we realize that the Covid-19 Pandemic may not be under check by November or that Wakefield or Massachusetts may have guidelines in effect that would limit a live event. If so, all registrants automatically will be transferred to the Virtual Race.

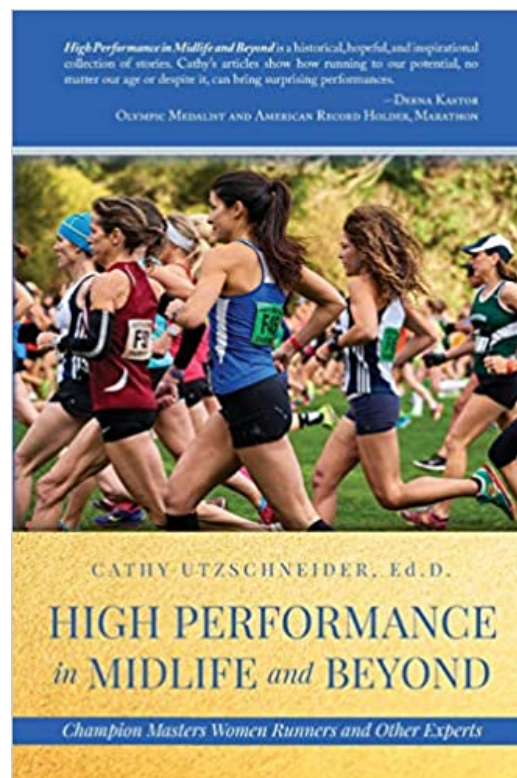
Why a Virtual Option? We hope that many of our members who have migrated elsewhere for the winter will further the Club's Mission and stay in-touch by taking advantage of this option and still get a long-sleeve tech race shirt to "show off" our Race and Club in warmer climes!

As many of you already know, Jerry's Run is named to honor its founder and race director from 2001 to 2011, Jerry Panarese. Jerry was an active runner and 3rd President of the New England 65 Plus Runners Club that bestowed him with several awards including the Shea Award in 2003 and Race Director of the Year in 2012. Jerry was considered by his 65 Plus friends to be the Heart & Soul of the Club and was often referred to as "the Kindest Gentleman" that they had ever known. Sadly, Jerry (92) and his wife (of 66 years) Virginia both passed away from COVID-19 this past April 2020.

Traditionally, RFAA supports the Wakefield Educational Foundation and will continue to do so. However, this year the Committee is looking into other options that would benefit the health of Lake Quannapowitt and further promote the efforts of older runners in New England.

Mark Your Calendars now for the 1st week of November and especially for the In-Person Race on November 6th!

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



High Performance in Midlife and Beyond

From time-to-time, we have noted various books that may be of interest to our members. Cathy Utzschneider's most recent book, *High Performance in Midlife and Beyond* features women who have excelled in running. Three of our 65+ club members are profiled in the book: Mary Harada, Carrie Parsi, and Jan Holmquist. Cathy's book is both inspirational and educational.

<https://www.amazon.com/High-Performance-Midlife-Beyond-Champion/dp/1649900600>

Some of you may have been at the Annual Luncheon in 2014 when Cathy was our key note speaker. She is an adjunct professor of high performance at Boston College and has done extension research into sports performance. She is a former coach of the Liberty Athletic Club and an accomplished athlete in her own right.

Cathy Utzschneider began running competitively at age 40. She has been ranked fifth in the world in her age group and won seven USA Track and Field age-group titles and a silver medal at the Nike World Masters Games. She also won the 8K race at the North, Central American, and Caribbean World Masters Athletics.

Other books of interest by Cathy are "Move" and "Mastering Running".

Quote of the Month

" If you don't know where you are going, you might wind up somewhere else."

Yogi Berra...

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