



Forever Run

July 2021

From the President

by Steve Viegas

Friends,

Thank you all who sent me information about your volunteer activity on behalf of the BAA. It may be helpful in the Fall when we apply for waivers. For this year, I can report that Phil Pierce is fully registered to run with our waiver on October 11.

We will be sending out our annual mailing this summer about our annual luncheon and fund drive. Stay tuned.

USATF New England will commence its Long Distance Running Grand Prix series, starting with the Bobby Doyle 5 Miler on August 5 in Narragansett, RI. For details of the series see: <https://newengland.usatf.org/sports/road-running>

USATF New England's Open and Masters Track and Field Championships will be at Gordon College, Wenham, MA on July 31. The following link has details under "Upcoming Events" after clicking on "Open & Masters Track & Field Championships (lower bottom right of page): <https://newengland.usatf.org/>

While we have been experiencing some extreme weather, I hope you all will be able to get out and run when conditions improve.

I will have more things to write about in next month's newsletter.

Until then,
Stay safe and have fun!

Steve Viegas

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The above NE 65+ runners took part in the Trail Festival at Pineland Farms 5K in New Gloucester, Maine. L-R: Rebecca Tracey, Bill Morgan, Mike Nixon, Jerry LeVasseur. (Photo by Ted Britt.) Billed as the "premier trail running festival in Maine," races of various lengths are held over two days. The longer races take place on Saturday: 50 miles, 50K, 25K and the start of a 24-hour run. Sunday races feature a 15K, 10K, 5K and the finish of the 24-hour run. Jerry LeVasseur provided the following report.

Maine News

by Jerry LeVasseur

The races at Pineland Farms were well marked and staffed by volunteers. There was a band, a food truck and hamburgers for the early registrants. The course was challenging but fun.

Generally for a race that does not spell out age groups, I will email the race director and if there are enough runners, they say there will be an 80 age group. I registered late and when I went to pick up my number, I found that the oldest age group was 60 plus. I explained that there should be a 70 and 80 age group. The race director said he was told this by others and would have the age groups next year.

Bob Kennedy would have won the 70 age group in the 50K. In the 5K, Bill Morgan would have been the winner in the 70 age group and Jerry in the 80. The finishing medals were very nice.



(Above) Jo Ann McCallister (R) with daughter, Cathy Kuhn

Editor's note: Jo Ann McCallister had applied for a Boston waiver from NE 65+ so she could once again run the marathon with her daughter, Cathy Kuhn, who had qualified in the 45-49 age group. When Jo Ann learned the club had received just one waiver and it had been awarded to Phil Pierce, she said the decision was a "no brainer" due to the long-time contributions Phil has made to the club.

Boston will be run in October this year which means those entered will have to do marathon training during the summer months. We thought it might help them to stay motivated if Jo Ann would share some of her Boston memories to remind us what a great experience it is to run from Hopkinton to Boston with enthusiastic spectators cheering on the participants. Jo Ann agreed to do so as you will read in the following. Her Boston memories begin last year when there were no cheering crowds.

Boston Memories

by Jo Ann McCallister

The 2020 virtual run last September was a hoot. We ran with a watch and an app so we could report our finishing times to those who were following in Boston, but Cathy and I were really running to outrun Covid-19. We chose a park not far from our home in Kentucky. Cathy's husband biked up and down the hills and along the dirt and paved trails keeping us supplied with water (drinking fountains were shut off), snacks, phone batteries, and a car to pick up our weary bodies at the end of the trail, arms uplifted in sheer exhausted joy! Not quite the same as at Boston, but truly a family "working-together" experience.

Once while running Boston, I heard a cry from the side of a hill, "Hey, 65 Plus!" The 65+ singlet enabled us to salute each other even with a lot of people going every which way. Then there was the year Boston took place in freezing rain. That was the year my marathon was made more difficult by bowel issues. I stopped at five porta-potties! It meant stripping off all the layers of outer garb to get in position over the hole while asking myself the whole time "where did I put my mittens?" Then struggling outside to give that final tug on the pants, the jacket, hat, and the relief of discovering the mittens in the pockets..."Whew, not down the hole." I remember the woman who, witnessing my panicked struggle, came over to help with those squirrely mittens. She was the "mother, assuring her child," saying, "Let me help. All is OK." Truly, she was a Godsend. She even

helped me over the hump to get back on the road.

As anyone who has run Boston knows, there are cheering crowds ALL along the way. The Wellesley College girls singing and reaching out with a hug. Each volunteer always, ALWAYS, telling each runner how good they are doing. Amazing the strength they had to tell each one of us at EVERY water stop, "You are doing great...keep it up," like it was the first cup of water they had the privilege to hand out.

Similarly, the crowds at the 20-23 mile markers are screaming, "Keep it up...keep going...it's only a little way now... you're almost there...just around the bend." They are reaching out with their hands for us to slap as though they were giving us a push forward...and they were. We are treated as if we are going to be among the top 10 finishers. They are so proud of us as we struggle forward. They are screaming and shouting out their pride in each of us and their excitement is contagious...thank goodness. We really do believe the finish is just around the corner.

I must tell you two more remarkable memories. During that freezing, cold marathon, I remember distinctly the volunteers handing out the water. Volunteers are supposed to stand in front of the table but not too far out to slow down the runner (LOL). The tables were close to the ditch along the side of the road, and I was amazed at the many, many volunteers standing in the water up to the top of their sneakers just to give us water. Truly amazing the grit they have. And they volunteered!

And then the year, a young man, obviously autistic, caught my eye. He was holding a tray of some vitalizing "goody" to help the runners on their way. He stepped from the crowd and walked directly toward me. I had to stop. He was mesmerizing. He reached out his tray to me upon which lay, carefully displayed, bite-size sections of oranges. I stopped to take one, thank him, and ate it in front of him. What a joyful moment for both of us. I shall never forget the feeling of love that we shared. Each of us doing our part to help make the Boston Marathon so special to so many.

All this is why I will be in the crowd this year to cheer my daughter, Cathy Kuhn, and Phil Pierce as they cross the finish line on October 11, 2021 at the 135th Boston Marathon. That's where we will celebrate both the grit of the runners and the END of the Covid-19. It has been a long year but the finish line is in sight as everyone, worldwide, will be able to get the vaccine so we can all be well once again.

The 65+ Club History (continued...)

by Jan Holmquist

We are now entering our fourth decade having acknowledged our 30th anniversary of the founding of the club – June 1991. We have come a long way!

Some interesting facts found in the records:

In 1999, our guest speaker at the annual luncheon was Bill Rodgers (if you were fortunate to be there, please let us know!)

Up until 2014, the newsletter was sent by snail mail and the hard copy ranged from 50-72 pages! This was very expensive as the club grew in membership.

In 2009, the Board was transitioning to using email to conduct business.

As the club became established with an active membership wanting to do more than advocate for older age categories at races, new endeavors ensued:

The Hall of Fame was initiated and criteria established - 2000

The Rev. Shea award was initiated - 2003

The Race Director of the Year was initiated - 2009

The Run For All Ages began – 2001 – renamed in 2020 to Jerry's Run For All Ages in memory of Jerry Panarese, Race Director for the 1st 10 years (and special thanks to Dave McGillivray for his help over many years and Nancy Wilson – Jerry's unofficial co-director).

Banner races – formerly called Flag Races – were initiated – 2003 (We still do not have the entire schedule for this year due to the uncertainty of the pandemic restrictions in the various states).

A website was developed with our own URL – 2002

These are just a few of the significant records found so far. Please do visit our website for more information on the awards, the luncheon, Jerry's Run For All Ages, the banner races and so much more: <https://www.ne65plus.org/home>. We are so grateful to Bill Cotter who has greatly improved the website over the last few years!

Now that the pandemic has subsided, and in-person races are being held, I hope to see many of you this summer and fall. In just a few days, I'm looking forward to seeing some of you on July 5th in Needham.

To be continued....

NE 65+ Important Dates

Mid-August: Mailing of annual appeal and luncheon invitation to club members.

Sep 4, 2021: Randall's Run for the Gym 5K, Springville, ME. (Maine's banner race)

Oct 30, 2021: Great Bay 5K, Greenland/Stratham, NH. (Banner race for NH.)

Nov 6, 2021: Jerry's Run For All Ages 5K, Wakefield, MA. This is the club's banner race for Massachusetts. Many age group awards and a flat, fast course..

Nov 8, '21: NE 65+ Annual Meeting and Luncheon. Spinelli's, 10 Newbury Street, Peabody, MA

Japan Men's 90+ 4X400 Team Sets New World Record (8:49.01)

The link has a video showing the anchor, Tanaka, running the final 100 yards of the relay at a good clip and after pausing for a couple of seconds to catch his breath, politely bowing to the the spectators: <https://runningmagazine.ca/sections/runs-races/japanese-m90-4-x-400m-team-smashes-world-record-by-four-minutes-with-849-01-relay/>

Our club's 80+ relay team might want to follow the example of bowing at the finish after setting another record. We expect that when they turn 90, they will take aim at breaking the 4x400 mark set by the runners from Japan.

More Maine News



NE 65+ took first place team honors at the Maine Running Hall of Fame Memory of Julius Marzul 5K in Portland. The race had 80 Maine HOF members participating with 3 HOF runners in the above photo. (L-R): Jerry LeVasseur, Bob Payne and Ron Paquette. In front of Ron is his wife, Donna Jean Pohlman. Ron and Donna Jean have joined NE 65+ Runners Club.



65+ members Bob MacKinnon and Marla Keefe running fast at the Maine Running Hall of Fame 5K. Notice the nice singlet Marla is wearing. For additional Maine news including results of Portland's Luv to Run 5K and the Racoon Run 5K, click on "ME News Update" at this link to see what Bill Cotter has posted: www.ne65plus.org

Free Races for 70+

by Janet Romayko

I thought our Mass/RI membership might want to know about two FREE races by Empire Timing for those who are 70+. The first one is on July 4th in Southbridge, MA and is a 4.9 m race. The second is on September 18th in Medway, MA and is a 5K. It is an evening race with glow tubes. This is a new venture for Empire Timing and I plan on "attending" the July 4th race. There is an 8 am start but at least that time might accommodate if the weather is hazy, hot and/or humid. Mena Shehata is the owner of Empire and knows a lot of the CT 70+ runners.

Note: Janit Romayko is a NE 65+ director representing Connecticut.

The Last Shot

by Dave McGillivray

After a 5+ month VAX MARATHON, we gave the final shot tonight at Gillette Stadium. The vax team vaccinated over 610,000 guests at Gillette which is equivalent to an entire season of New England Patriots home game sellouts and amounted to about 7% of the entire state! We started off as a sprint and ended up with a marathon. Tonight we took a right on Hereford Street and a left on Boylston Street and crossed the finish line victorious and more proud of our work than ever before. Thanks to the DMSE Sports team for making the ultimate pivot. We closed Gillette Stadium tonight and amazingly have our first in-person race back this Saturday and Sunday at Mt. Washington. The timing could not have been better. Our goal was to save lives, keep people healthy and bring our own industry back. Tonight, we achieved all three.

Editor's Note: The above article was received after the "last shot" was given by Dave's team at Gillette Stadium on June 14th. We appreciate the efforts made by McGillivray and his company, DMSE Sports, to provide vaccinations for both runners and non-runners.

New Members

Arlene Hanson, Falmouth, ME.....Referred by Jerry LeVasseur and Hugh McManus

Received many awards for the Maine Half, Beach to Beacon and LL Bean. Was the Maine Track Runner of the Year for 2018.

Bill Howard, Winchester, MAHeard about the club from Ram Satyaprasad

Says he was "late to running." Completed first 50-miler at age 61, first 100-miler at 62. Since then, has run around 50 trail ultras and eight 100-milers.

Ronald Paquette, Albion, ME.....Recommended by Jerry LeVasseur and Bob Payne

A road and trail runner for 44 years. Has run a marathon in all 50 states (twice) and raced up Mt. Washington 37 straight years. Is a member of the Maine Runners Hall of Fame.

Donna Jean Pohlman, Albion, ME.....Recommended by Jerry LeVasseur and Bob Payne

Started running in 1980. Has completed marathons in all 50 states. Runs all distances, from 5K to ultras.

John Straight, Dover, NH.....Recommended by Bob Kennedy

Started running 5Ks in 1995 (middle of the pack.) Since then have run 5Ks, 10Ks and half marathons (back of the pack since about 2014.)



photo credit: Brett Larner

Meet the Woman Who Ran a 2:52 Marathon at Age 62 **by Brett Larner (Runner's World)**

“Eliud Kipchoge drinks Maurten, so I used it in Osaka for the first time. When you’re going for a world record, you have to read up on what other top people are doing and look for what you can apply to your own running.” So says Mariko Yugeta, as she talks about her professional approach to running, from diet to sleep to footwear to injury.

The first woman over 60 to go sub-3:00, has long been inspired by Joan Benoit Samuelson. Talking to *Runner's World* in Japanese in a park in Komagawa, Japan, she’s animated when discussing her training and racing. There’s almost no hint that she’s 62 years old.

Yugeta turned heads when she ran 2:58:15 at the 2017 Tokyo Marathon, the fastest time ever by a 58-year-old woman. She made them spin with a 2:59:15 at the 2019 Shimonoseki Kaikyo Marathon, where she became the first woman over 60 to break the three-hour barrier. On January 31 at the Osaka International Women’s Marathon, she took that down to 2:52:13. She ran her lifetime PR, averaging 6:34 per mile.

It seemed like she had come out of nowhere, and everyone had expected greats like Joan Benoit Samuelson to first achieve such marks. But Yugeta’s success was the product of decades of dedication.

Transfixed by the marathon in high school and at university in Saitama, just northwest of Tokyo, Yugeta was a national-class middle distance runner, making the national high school championships in the 800 meters and the podium of the 1500 meters at national championship meets while in college. Her PRs for those distances were 2:16 and 4:36.

Her junior year, in 1979, she went to see the new Tokyo International Women’s Marathon, the world’s first women-only marathon. As she watched runner after runner round the final lap of the track in pouring rain, she was transfixed. “They were so strong, so tough,” she remembers. “I wanted in.”

Three years later, working as a high school PE teacher, she made her debut at the same race, finishing in 3:09:21 and swearing afterward that she’d break three hours someday.

But life went on, and a year and a half later she was married, pregnant with her first daughter, and staying up through the night to watching the first Olympic women's marathon. Again she was fascinated, this time by Benoit Samuelson's bold front running. "We were almost the same age, and I thought, 'If things had been different, maybe that could have been me,'" she said. "I promised myself when I was done raising children, I'd run marathons seriously."

That took until she was 41 and a mother of four. Yugeta still did short races and a few marathons for fun in the years in between, but when she ran 3:30 at the 2000 Sainokuni Marathon and 3:14 a year later, she knew that with more serious training, sub-3:00 was still in range. "In my 40s it was hard to balance training with raising my kids and work," Yugeta said. Despite the demands on her time, she still raced almost every weekend, everything from track events to a 78-kilometer ultramarathon, with a marathon once a month.

But things changed when she hit her 50s. With her youngest son in junior high school, she had more time to train. She added a run commute and joined a high-level amateur club for nighttime track sessions in central Tokyo. For the first time since college, she was doing organized workouts with like-minded people. Her mileage hit 60 a week—and results followed.

In 2012, at age 54, Yugeta ran 3:01 at the Ohtwara Marathon. Turning 55, she set 55-plus national records for 1500 meters, 3,000 meters, 5,000 meters, and 10,000 meters on the track. At 56 she was inspired again when she read that Benoit Samuelson had run 2:54:26 at age 57.

Delivering on a promise to herself At 58, Yugeta finally achieved what she'd promised herself, breaking three with a 2:59:36 at the 2017 Osaka International Women's Marathon. A month later she ran the 2:58:15 in Tokyo. "Running sub-three had been my motivation all that time," she said, "but once I did the 2:58 someone told me it was the fastest ever by a 58-year-old and that nobody 60 or older had ever gone sub-three. I knew I had to do it."

Yugeta studied training, nutrition, and everything else she could, looking for what she could learn from elite racers. When she read that the Soh twins, legends of Japanese men's marathoning, had used saunas and hot springs in recovery, she added those to her regimen. She read that Yoshio Koide, the coach who oversaw Japan's first three Olympic women's marathon medals and the first-ever sub-2:20 by a woman, had his athletes running in the mountains, so she started running nearby mountain roads to build strength.

She was careful to eat liver, maguro, and red meat to get iron. She slept eight hours every night. She got acupuncture and massage regularly and did maintenance work at home.

Despite her devotion to the extras, she has had her share of injuries, including nerve pain in her upper right leg and problems with her left hip.. At 60 she fell hard during Osaka and was disappointed to finish in 3:08.

But a few months later came a major change. "When I turned 60, I had the option to retire, to keep working full-time, or to switch to half-time," she said. "I switched to half-time so that I'd have more time to dedicate to training for the record."

Yugeta gradually increased her weekly mileage to between 75 and 90 miles a week, partly on a cross-country course and trails. "I'm terrible on downhills and am afraid of falling, so I only run uphill on trails," she said. "My husband drives me to the bottom of Mt. Fuji, then picks me up at the Fifth Station at about 2200 meters [roughly 7200 feet]."

She has set 60-plus national records for the same track distances she had at 55+. And then, the big prize: In November, 2019, in Shimonoseki, 40 years almost to the day after watching women run the streets of Tokyo for the first time, she ran 2:59:15 to become the first woman over 60 to break three hours. A month later she dropped that to 2:56:54 at the Saitama International Marathon. And ran straight into the pandemic.

"I was used to racing almost every week, but when all the races shut down in April, I started doing 1,000-meter intervals on Sundays instead," she said. "Once the high school

opened again I went from one quality session a week to multiple, leading the girls in 400-meter reps, 1000-meter intervals at 3:55, 6,000 meters at 4:20 per kilometer or whatever.”

Building her mileage She also read that Haruka Yamaguchi, a high-volume amateur who had run 2:26 in Osaka last year, trained 115 miles a week. “When I read that I said, ‘If she had success with that kind of mileage, then that’s what I need to do.’”

Yugeta spent the spring and early summer adding miles each week until she hit 115 in August, an incredible training load for any amateur, let alone someone in her 60s. “I’ve always been active and have never really taken time off running,” she said. “My body’s adapted to it. I think it’d be harder for someone who started later in life, because their legs wouldn’t have the same kind of adaptation.”

She trains in Nike Vaporfly 4% shoes, crediting the thick cushioning with enabling higher volume and better quality training without getting hurt, and she races in the Next%.

Come fall, Yugeta backed off in mileage as races returned. From mid-October to mid-December she did three small marathons, all in 2:54 to 2:55. On November 14 she ran 37:57.95 for 10,000 meters, taking more than a minute off the 60+ world record. Needing to run faster than 1:59 in a 30K race to qualify for Osaka in January, on December 5 she ran 1:57:18 at the Osaka 30K.

And with that she hit her limit. In a time trial on January 3 Yugeta felt serious pain in her right hip. For two weeks she didn’t run, switching to walking and getting regular acupuncture treatments.

When January 31 rolled around, she said, “I knew I’d lost some fitness, but I had faith in having put in a long block of good training.” Yugeta got advice on taping and ran Osaka with the problem area taped, and to her relief it didn’t bother her. Starting in last place in the field of 71, Yugeta tagged onto a small group and ran evenly. In her 109th marathon, she ended up 48th of 61 finishers, beating women a third her age and bettering her own world record with her 2:52.

But with the missed time in January, Yugeta wasn’t satisfied. On March 14 she plans to run the Nagoya Women’s Marathon. “If I can get through February without problems, then I think I can run 2:50 or 2:51. Sub-2:50 is out of range,” she said. “I’m at the edge of what I can do in training, and it’s just too risky to go for 2:40-something. Not getting injured is the main thing.”

Yugeta turns 63 in May. Having already achieved the goal that motivated her for decades, she’s thinking about what else remains. “The 65+ world record isn’t far away,” she said. “I think I can still run sub-three at 65.”

Beyond that she hopes to run the Boston Marathon for the first time. “If I run Boston I hope that I have the chance to introduce myself to Joan,” she said. “She’s in another world from me, but I think we’d have a lot to talk about.”

Quote of the Month

"I'll be happy if running and I can grow old together."

Haruki Murakami

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