



Forever Run

June 2021

From the President

by Steve Viegas

Friends,

June has arrived and with the reopening, racing is back in our 6 New England states. I am a long-time member of Mystic Runners. On June 2, it will resume its weekly 5K at Lake Quannapowitt, Wakefield, MA, the site of our Jerry's Run for All Ages.

I received word from the BAA that we have received one waiver into the 2021 Boston Marathon. This is quite a cut from our 6 in 2020. I hope that the exigencies of running a limited event in October is the reason. Mystic Runners which has a long running volunteer relationship with the BAA received three despite being a smaller club.

Because we are a club that requires that you be 65 years of age or older, most of us are also members of other clubs which are more visible in support of the marathon. With a group from Mystic Runners and Merrimac Valley Striders, I help with packet stuffing ahead of the Boston Marathon.

In applying for waivers this year, I wrote a letter of intent. The BAA asked that we cover four distinct points in the LOI. None of them highlighted service to the Boston Marathon or the BAA. I am suspicious that our lack of visibility in the volunteer corps may have played a factor.

For 2022, I would like to point out how we serve the marathon in other roles. It would be helpful to me if you would email me and tell me what volunteer role you play. If you know of other members, please include what you know of their volunteer work. Please do so while my request is fresh in your mind. I would like to be able write an informed LOI. Thanks.

I convened the 2020 marathon waiver committee. With only one waiver, we limited the candidates to those who received bibs in 2020. We chose Phil Pierce to represent us. Phil will be 80 years of age on the day of the marathon. In addition to his current and past service to the club, Phil's age meets our written preference to award up to 2 bibs to 80-year-old members. Congratulations, Phil!

As we head into late spring and early summer, I hope to see members on the roads and in races. At races, please wear your NE65+RC singlets. Let's raise our visibility and show younger runners that our sport is a lifetime sport.

Stay safe and have fun!

Steve Viegas

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ROAD RACE RE-OPENING

by Dave McGillivray

I've been asked by runners, event directors and members of the media to offer my thoughts and my personal interpretation on the recent announcement of the re-opening of road races and charity walks here in the Commonwealth of Massachusetts. Attached are a few bullet points I can offer at this time. Again, just my personal interpretation and not necessarily exactly what the state's actual position is.

I'm excited that the Commonwealth of Massachusetts has announced the re-opening of road races and charity walks as of May 10, 2021. A few remarks regarding my personal interpretation of what is meant by "re-opening":

First, here is what has been stated on the state's COVID site.

MASSACHUSETTS RE-OPENING WEBSITE PHASE IV, STEP 2:

Effective on May 1: Road races and other large, outdoor organized amateur or professional group athletic events will be permitted to take place with staggered starts after submitting safety plans to a local board of health or the DPH.

Effective on August 1: Subject to public health and vaccination data, remaining industries will be permitted to open including dance clubs, and nightclubs, saunas, hot-tubs, steam rooms at fitness centers, health clubs and other facilities, indoor water parks and ball pits. All industry restrictions will be lifted at that time, and capacity will increase to 100% for all industries, with businesses encouraged to continue following best practices. The gathering limit will be rescinded. Depending on vaccine distribution and public health data, the Administration may consider re-evaluating the August 1 date.

MY INTERPRETATION

- The State is basically leaving it up to the local permitting authorities in each city and town to decide what is an approved safety plan.
- Each individual event / race / walk must develop their own safety plan and submit locally for approval.
- I don't get the impression there are any current imposed field size limits to events as long as the event can show it has developed a mitigation strategy that addresses everyone's safety.
- It will be important to contact the local Department of Public Health or local Board of Health for guidance when develop the safety plan.
- As always, most decisions made will also be based on time and space, that is, how much time on the road and at the start and finish venues you have to conduct the event and how much space you have to spread everyone out and are able to adhere to whatever the local "social distance" guidelines are.
- Staggered starts – I am assuming this means either wave starts, pulse starts or a rolling start. In other words, not a one-gun, single mass gathering start as in the past. The intent is to spread out the field at the start, along the course and at the finish.
- Each race will have to analyze their budgets (revenue vs. expense) based on the fact that if total participation is limited for some reason, will there be enough revenue generated to justify moving forward with the event? If not, races may opt to go virtual again this year or cancel so as not to lose money on the event.
- Event directors also will be "scrambling" for available dates in the fall as those races that were scheduled for the spring or summer time may have been postponed until the fall so all races will be challenged by the increase in the sheer number of events during that time period.
- Along the same lines, events take a long time to "properly" plan. If you don't have

enough runway / lead time now, I'd recommend holding off until next year. It could be a critical mistake to try to railroad an event through just because we now have permission to do something. So, even though the re-opening of races is positive news, not every event will be coming back as an in-person race in 2021.

· Events may also want to go the hybrid model just to protect themselves, that is, offer both a limited in-person race as well as a virtual component.



Dash to the Derby runners. (Front, L-R): Bob MacKinnon, Jerry LeVasseur, Steve Moland. (Back, L-R): Bill Reilly, Billy Morgan, Zeke Zucker, Rebecca Tracy, Bill Yickerson, Mike Brooks. (Photo by Yuen Chun)

Pine Tree State News

by Jerry LeVasseur

The NE 65+ won the club team award at the Dash to the Derby 5K in Portland Maine. There were 9 club members registered, 5 of which were members of the club's Hall of Fame with 3 members belonging to the Maine Running Hall of Fame. Another club member, Steve Moland, did the announcing. He does an excellent job.

We had enough for two teams but 2 members had signed to run for the Maine Track Club. They will not do that again. It was a windy day but a fun day for all.



65+ board member, John Gibbons. (Photo by Lile Gibbons)

Nutmeg State News

by John Gibbons

Jan Holmquist thought I should forward this photo for "Forever Run" and report on Fairfield County, CT races where all but one to this point (early May) have been virtual. The one in-person race was the legendary Bunny Boogie 3 miler in April. Next came the Westport Minuteman 5k virtual and then on May 2nd, the Wilton Care 5K virtual.

Legendary race director and NE 65 member, Marty Schaivone, put together an in-person Cinque de Mama 5 on Mother's Day and Don Capone will try an in-person 10K in Norwalk. Gov Lamont, a runner, is opening the state to more in-person (but limited numbers) racing so we should get the Jim Fixx race at month's end and more in early June.



Above: Rick Hoyt with (L) his nephew, Troy Hoyt, and (R) 65+ member Dave McGillivray. In last month's "Forever Run" we told of Dave's busy Patriot's Day when he ran a marathon in the morning honoring his friend, the late Dick Hoyt, a one mile run later that day pushing Dick's son, Rick, followed by the release of his latest book that afternoon. We wondered how the Patriot's Day Mile went and Dave sent us the following story.

Going The Extra Mile With Rick Hoyt

by Dave McGillivray

It was almost therapeutic to be with Rick Hoyt the day after his father's funeral. Rick certainly seemed sad but he also seemed excited to see a few friends and family members yesterday afternoon. We were supposed to comfort him but it was he who was actually comforting us. We gathered to run the BAA Patriots' Day Mile with him and his nephew, Troy. A simple out and back along Huntoon Memorial Highway in Rochdale, MA. Rick seemed excited to be "on the road" again...running. He seemed himself, smiling and giving those gestures of determination and will-power. As he once said to his Dad, "when we are running, I feel like my disability goes away." That's how he seemed to me. It was so much fun to joke around with him again as he used his computer to spell out some special words to us. Earlier in the day, I ran 26.2 miles for his father...I had to. The whole time I thought about our experiences together in Hawaii at the Ironman or at the New England Triathlon Series races or running in the Falmouth Road Race and, of course, running in the Boston Marathon. Then to cap it off with an "extra mile" with Rick could not have been any more special. I can hardly wait to do it again someday.

New Members

Marla Keefe, Casco, ME Learned about club from Maine TC members.

Been running for over 35 years. Enjoys the people and races.

William Pine, Fitzwilliam, NH.....Saw club members at races.

Coaches high school cross country and is a member of CSU. Age 65-69 USATF-NE Grand Prix champion, 2017- 2019.



Happy 30th Anniversary

by Jan Holmquist

For those members who have been reading the “history of the club” articles that began in January of this year, you may recall that June 1991 was the month that our club was officially formed. We have come a long way since then, so I thought others may be interested in some current statistics for our 774 members.

Age groups:

95+ = 33
90 -94 = 103
85 -89 = 127
80 -84 = 145
75 -79 = 168
70 -74 = 134
65 -69 = 64

Location:

MA = 337
NH = 129
ME = 88
CT = 63
RI = 42
VT = 21
FL = 25
NY = 19
All others = 50

83% of our members have an email address and, as one can imagine, in general the older the runner, the less likely they are to use email. Yet, of those with emails, only 300 members open and read this e-news. This statistic makes our annual summer snail mailing even more important for several reasons: notice of the annual luncheon (Monday, November 8 this year), request for donations, and updating the master list.

Special thanks go to Phyllis Mays, long time membership chair, for keeping the master list current! The data above is made possible through her commitment to the club...thanks, Phyllis!

Happy 30th Anniversary to all members of the New England 65+ Runners Club!

Editor's Note: There is no telling the number of worthwhile causes Dave McGillivray and his company, DMSE Sports, support but the article below tells about one of them. Dave had urged folks to "Run, jog, shuffle, walk or even drive a car for that matter, for Tommy and the kids." Unfortunately, we did not receive the article in time to make the May issue of the newsletter, but are including it now as there is still an opportunity to make a donation by using the link below.

TOMMY'S PLACE VIRTUAL 5K

A fun run to support a dream vacation home for kids fighting cancer!

by Dave McGillivray

We all have ideas of our dream vacation, and for kids who are fighting cancer, those dreams might feel out of reach. Enter Tommy's Place, a future dream vacation home away from home for kids who are in the battle for their lives fighting childhood cancer. Named after the founder of the legendary Falmouth Road Race, Tommy Leonard, Tommy's Place will be a vacation home for families to relax, make memories, and, most importantly, have fun! All free of charge.

We are transforming the former historic Elm Arch Inn in Falmouth, MA into a dream vacation home with 11 bedrooms designed to be filled with a sense of magic and wonder, an in-ground swimming pool for underwater adventures, a game room to exercise competitive natures, a home theater and tavern to unwind, music and arts 'n crafts rooms to nurture creativity, and so much more! The entire family, extended family, and their friends will come for a one-week once-in-a-lifetime HGTV Dream home-like experience!

An inaugural virtual fun run to help raise some much-needed money to see this dream vacation home become a reality was held on May 22, but you can do your virtual 5K any time or make a donation by using the link below.

<https://tommysplace.org/>

Quote of the Month

"Running is my private time, my therapy, my religion."

Gail W. Kislevitz

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