



# Forever Run

March 2021

## From the President

by Steve Viegas

Friends,

We are on the verge of spring and the reopening of events. Connecticut will allow road races this month. The Massachusetts governor announced that today we will enter phase 4 which allows road racing (although we have no details yet). New Hampshire has been allowing races for since last year. I trust that most of us will be able to receive our vaccinations this month. Light at the end of the tunnel!

While we will still have to wear masks and socially distance, we will be able to do many more “normal” things than before. I plan to attend the Road Runners Club of America Annual Convention in Orlando, FL on April 15. I hope I will learn when I will be able to compile the Massachusetts RRCA Championships. Our club held the Mass. RRCA 5K championship in 2019. As the local RRCA representative, I’m hoping to award Jerry’s Run for All Ages the championship again this year.

Since the last newsletter, our board and finance committee have met. The board plans to move the annual luncheon to November 8, assuming that date is available with Spinelli’s. Our race is scheduled for Saturday, November 6 at 10:00 AM. There will be a virtual race option if we are able to run in person. It will be fully virtual if we are unable to run in person. The virtual option will allow our members who live at a distance to participate. We would like to significantly increase club members’ participation in the race this year. The race will benefit the Wakefield Educational Foundation and the Friends of Lake Quannapowitt.

The board approved “The New England 65+ Runners Club Endorsement Program” and the finance committee approved a sum of money to fund it. It will be our outreach program to race directors who recognize 5-year age groups from ages 65 to 90. It will enhance our mission to promote a healthy lifestyle for all, particularly older folks. This is the brain child of Bob Kennedy who is also our new race director.

The finance committee discussed empowering state directors to reach out to our members in their states. We will provide them with a complete list of members from their states. We plan to obtain pop-up tents with our club logos and tables for the state director’s use at local races and have provided finances for those items and for modest social activities that they may want to organize at races.

The finance committee is looking for ways to wisely use our resources to support our members and our mission to promote healthy lifestyles for seniors. In the past we have supported our member’s travel and participation in team competition at national championships and we would like to continue this kind of support.

We have been without a major sponsor for either for our club or our race for some time. We would like to find a sponsor perhaps in the health or fitness field, ideally one which targets our age group.

Ken Houle will again be compiling the list of our 1000-mile run/walk challenge

participants. So, keep track of your mileage. As in 2020, there will be no 100-mile racing component. Congrats to the 2020 award recipients!

Our board meets again via Google Meet on April 28 at 10 AM.

Stay safe,

Steve Viegas

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**When Sinthy Kounlasa was introduced as a new club member in last month's "Forever Run," the statement "has been running since 1998 when he was 41 and a half," contained an error. As you can see from the above photo taken when she ran the 2017 Boston Marathon, Sinthy is a female. Her friend, Daniel Dodson, reports Sinthy has run numerous marathons including Berlin and Bermuda, and the World Half Marathon in Las Vegas. During the past year she has been running virtual races such as Run N.H. (599 miles), the 808K Hawaii Virtual Challenge (502 miles) and the York Recreation 200 Mile Challenge. Sinthy, we are sorry about the error but are delighted such a dedicated runner has joined our club.**

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## 2020 Challenge Update

Ken Houle reports that James Walsh completed 1294 miles in 2020 and should be added to the list of club members who achieved the goal of 1000 or more miles along with Steve Cryer, age 68, who ran 1976 miles and raced 123 miles. Ken also tells us that the total for Jerry LeVasseur is correct (1120 miles) but it should be noted he competed in 33 events during three virtual track meets. We congratulate all club members who ran up some amazing mileage totals during the year of Covid-19.

Ken pointed out he is no longer tracking the 100+ race challenge but race results can be posted on the 65+ web site. He said the 1000+ run-walk challenge is on for 2021 so don't forget to log your miles.

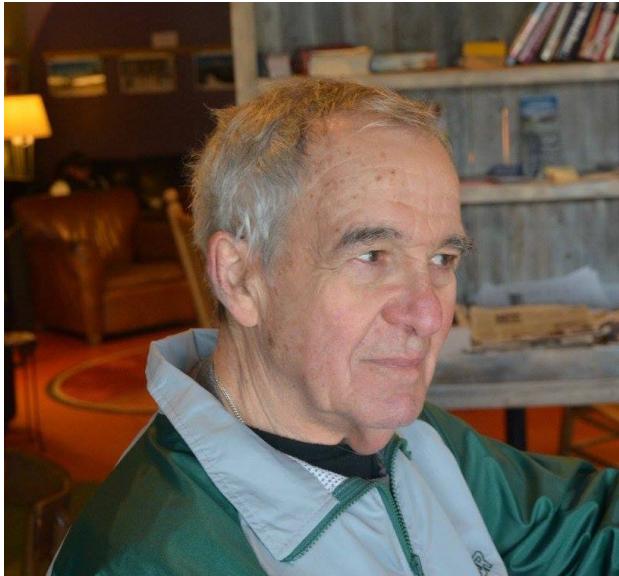


photo by Don Penta.....

## A Tribute to Mel Fineberg

by Rick Stetson

When Mel Fineberg died last month in Portland, NE 65+ lost a valued club member and leader in the running community. Mel had served our club as a delegate to the Board of Directors from Maine. He helped put on the club's Run For All Ages race and oversaw the annual schedule of our flag races (now called banner races.) In 2017 the club recognized Mel for his numerous contributions and presented him with the Rev. Joseph Shea Memorial Award.

Mel was a past-president of the Maine Track Club, the largest running club in the state. He was proud of the club's races, especially the Portland Sea Dogs Mother's Day 5K which would attract over 2000 runners with proceeds going to cancer research (more than \$20,000 would be donated each year.) Mel made sure the Sea Dogs 5K was the flag race for Maine and it was always the first flag race of the year.

Six years ago I was a Massachusetts delegate to the 65+ Board of Directors and enjoyed serving with Mel who encouraged me to run in some of his Maine races (his club also put on a 5K every Father's Day with proceeds going to prostate cancer research.) Jan Holmquist was our NE 65+ president at the time and she had the club purchase a pop-up tent and large banner that could be set up at flag races to be used by volunteers as they promoted the club and passed out membership applications. I told Jan I would drive the tent to Portland for the Sea Dogs 5K and Mel said he would meet me to show where to set up the tent.

When I pulled up to the baseball stadium early on the morning of Mother's Day, Mel was already there and had placed a folding table and chairs by the main entrance. He helped me unload the tent and got two other 65+ board members, Bob Randall and Jerry LeVasseur, to assist in popping up the tent. Mel then asked me to follow him as he showed me around the stadium. We walked inside where there were spotless bathrooms with plenty of stalls for the runners and then he took me to the grandstand area where Mel said spectators would be seated as friends and family members ran into the stadium on the warning track towards the finish line near home plate. He then pointed to a large video screen where runners would be shown while their names were announced on the PA system as they finished. As we walked around the stadium, Mel seemed to know everyone. Some had been his students when he taught school and they would say he was the best teacher they ever had. Mel then took me back outside the stadium where the awards would be presented (the Sea Dogs had a game later that day) and showed me a table covered with unique awards that would be handed out to runners placing in their age groups. The awards featured gold runners on a marble base next to a Sea Dogs baseball

enclosed in a plastic case, something truly distinctive. In addition, every female finishing the race was presented a red carnation for Mother's Day. What a great way to remember the hospitality of Mel and his Maine Track Club.

Mel Fineberg was proud of his membership in both the Maine Track Club and the New England 65+ Runners Club. His efforts to make races put on by both clubs enjoyable experiences for young and old will be missed. Mike Brooks, a friend and member of both clubs, said it well when he wrote in the funeral home guest book, "Mel had a sense of humor, knew more than most and was respected by all who knew him."

For Mel's obituary, click on the following link:

<https://www.portlandjewishfuneralhome.org/melvin-aaron-fineberg/>

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## New Members

**Chuck Adams**, Greenfield, MA.....Learned about club from other members

An avid runner for 41 years. Currently registered for two fall races, one at home and the other in western Mass.

**Carol Comeau**, Plaistow, NH.....Recommended by her friends

Started running in her 40's. Ran many marathons until knee surgery so her max now is half marathons.

**Cathy Coutu**, Greenfield, MA.....Learned about the club from her husband

Been competing in triathlons and running races for over 20 years. Currently registered for two races in the fall.

**Joanne LaPierre**, North Granby, CT.....Saw club tents at Mt. Washington, 1998-2001

An original member of Sugarloaf Mtn AC, Been a runner for 50 years, Was 4th AG at Cherry Blossom 10 Mile, Competed in USATF Mtn running series, Boston qualifier. Has run Vermont City 26.2 and lots of 13.1's, 10k's and 5k's, Named most outstanding female runner - SMAC in 2019 with a 84% age grade. No racing in 2020.

**W. Douglas Zechel**, Greenland, NH..... Recommended by Bob Kennedy and others

Lifetime runner and race director of the Saunders at Rye Harbor 10K. (Editor's note: if you are looking for a good race, Saunders at Rye Harbor has our recommendation. A mostly flat course with nice views of the water and plenty of age group prizes.)

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## New England Runner Up And Running

by Rick Stetson

It was great to see the New England Runner back with a February issue after a long dry spell due to Covid-19. The previous issue, reduced in size, came out in June but publisher Bob Fitzgerald writes that "since then, we've maintained a presence through our website, biweekly newsletter, Instagram and Facebook."

The Feb issue is also reduced in size due to fewer races to make up a calendar and the fact that there have not been many race results to report. (The online edition of NER does include a calendar.) Featured on the cover of the Feb magazine are two competitors in the USTAF-NE cross country championship held November 21 in Nashua, NH: 16 year-old Tammie Harding and slightly older Mimi Fallon, who holds the Run For All Ages female 50-59 age group record with a time of 19:06. Mimi participated in three US Olympic Marathon trials and is a past member of the US women's team to the World Marathon Championship. A nice touch on the magazine's cover is that the "R" in New England Runner is wearing a face mask.

Open the Feb NER to page 6 and you will find a photo of NE 65+ club member, Mike Lozan, age 78, of Weymouth, MA. The caption reads, "When Mike was a young man of 70 he set a goal of running 500 races as a Septuagenarian. Finally, after 8 years and 4 months Mike notched No. 500 at the Manchester (NH) 5K on Nov. 7, 2020 with his 153rd age group win (M75-79, 34:30.)" Congratulations, Mike.

We hope that as the vaccine is administered, cases of Covid-19 will be reduced while at the same time, the size of NER will expand as races are added. In the meantime, it was reassuring to once again find a copy of NER in the mailbox. Even at a reduced size, the magazine is an excellent means of keeping up with our running community. Fitz, may you and Michelle "keep on keeping on."

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## **Continuing the 30<sup>th</sup> Anniversary Story**

by Jan Holmquist

Although the six founders were all male athletes, they made a commitment that no charges of male chauvinism could be leveled at the club. The first woman to join the club shortly after the founders got things rolling was Louise Rossetti. To keep their word, Louise was named the club's first president. Over the last 30 years, we have had only three women presidents, although the Board of Directors is much more representative now.

The early years were not all easy...starting a new club focused on mission and advocacy differed (and still does) from traditional running clubs where members might see each other often, train together, and get together socially beyond race events.

The founders realized that their first task was to formalize things, and on June 1, 1991, the group met in Dr. Ray Cormier's Windham, NH, office to organize. After several successful meetings, they decided on \$25 for a lifetime membership and a long sleeve logo shirt...an incredible bargain still today!

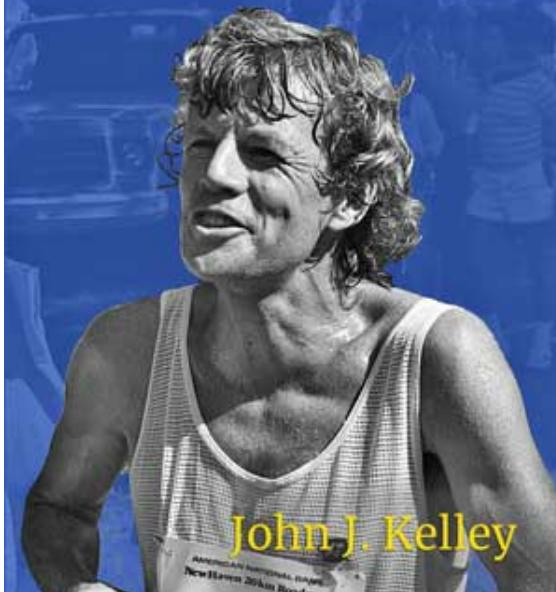
The founders then went to work to get others to join and by September they had 22 members. The club was featured in articles that ran in the Haverhill Gazette, the Lowell Sun, and the Boston Globe. This PR gave the club a real boost and by the end of 1992, the club had 100 members. As of the end of January of this year, we have 762 members with more joining each month.

To be continued...

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# The Book of Kel

Legendary Runner and Friend to All



## "The Book of Kel," A Review

by Rick Stetson

My college track coach was Nick Costes who ran the marathon as a member of the 1956 U.S. Olympic team. One of his teammates was John Kelley, who won the Boston Marathon the following year. As we accompanied Costes on his daily runs around the college golf course, he would entertain the distance runners with stories of Kelley and how they trained and raced together in New England while working on their masters degrees at Boston College.

As a result of listening to Costes, I thought I knew a lot about John Kelley, until I read "The Book of Kel," a wonderful collection of Kelley stories edited by Amby Burfoot and Gail Kislevitz. It was then I understood the impact Kelley left on his friends, a number who made excellent contributions to the book.

Burfoot wrote five of the book's chapters with one titled, "The Man Who Taught Me Everything," which indicates the role Kelley played in Burfoot's life. In 1968 Burfoot won the Boston Marathon becoming the first American to win it since Kelley accomplished the feat in 1957. Burfoot writes that from Kelley he learned much, including "consistency is everything, that long runs increase endurance, that hills build character and that speedwork is good, but only on a limited basis."

Co-editor Gail Kislevitz, a former "Runner's World" columnist and a runner for 51 years, got to know Kelley when she visited his Mystic, CT home to get material for a book she was writing. Her chapter, "On the Run With Kel," includes a look at one of Kelley's favorite running routes that went through dense woods on an unmarked trail that only Kelley knew and wound up on a beach.

Way Hedding wrote a chapter about the Ocean Beach/John & Jessie Kelley Road Race (he has been the race director since 1989) and another titled, "415 Pequot Avenue," the address of the Kelley home in Mystic where "the door was always open for casual conversation or a place to stay." Hedding, an at-large member of the NE 65+ board of directors, shares an amusing story of when he was a high school cross country runner and tore his shorts during the team's warm-up stretching. He was saved by John Kelley who was coaching a rival team and give Hedding a pair of his team's shorts.

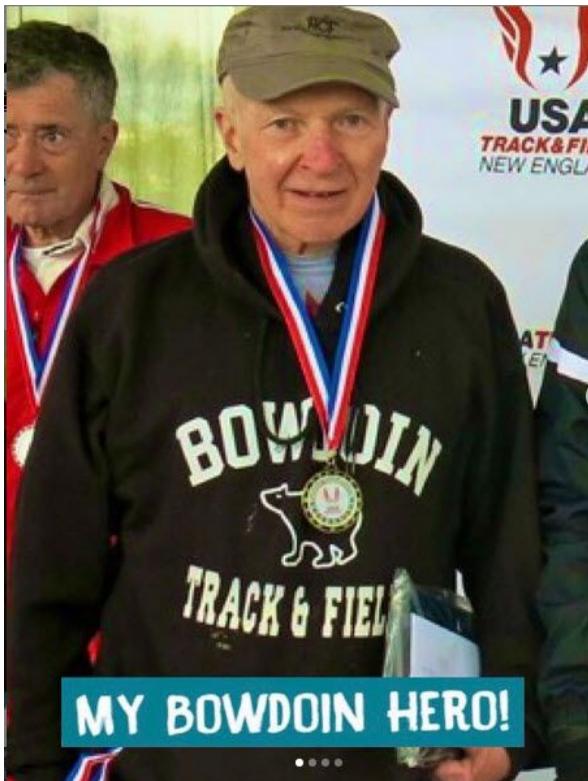
"New England Runner's" Bob Fitzgerald wrote "Run in Peace, Gentle Soul" and tells how Kelley was talented as a writer as he was a runner. For a number of years he contributed

a "Retro Running" column to the magazine. When asked to write about his 1962 duel with Fred Norris up Mt. Washington, Kelley's article began, "Still the mountain looms above us, an awesome, shrouded majesty that for this hour of our lives will yield a glimpse of our human insignificance."

There are a number of other informative and moving chapters, some of them written by Kelley, but I'll close with Burfoot's, "John J. Kelley, Rest In Peace." In it, Burfoot mentions that Kelley liked trees (after every Christmas he would plant his live tree until his front yard started to look like a forest) and animals (dogs and cats are pictured with Kelley in some of the book's photos.) "But more than anything, he loved the people around him- family, friends, fellow athletes and revolutionaries of every stripe. And we loved him back."

We need to thank Amy Burfoot and Gail Kislevitz for putting together "The Book of Kel" and telling the story of a remarkable man. Proceeds from the sale of the book go to the nonprofit John Kelley Memorial Fund. It is a book I believe all New England runners will enjoy reading.

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## Jerry LeVasseur a Bowdoin Hero

Last week, Lara-Jane Que, Bowdoin women's track and field head coach, sent out the above photo and following write-up about 65+ past-president, Jerry LeVasseur.

"Our Bowdoin Hero is our long-time volunteer coach, Jerry LeVasseur. Coach Jerry has been such an important and special part of our program. From being the team photographer capturing the big and little moments, the ice cream runs, workouts on Water Tower Hill, to cheering on our teams at workouts and meets and most importantly, relaying the message that our sport of cross country and track & field is really about the 3-F's: Fun, Fitness and Fellowship.

We miss you every day at the field house this year and look forward to seeing you soon."

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## USATF Masters Races Announced for 2021

by Gary Circosta

Lloyd Hansen, Chair of the USATF Masters Long Distance Running (MLDR) Executive Committee, shares his update on the MLDR program, including the Masters National Grand Prix championship race series:

First, a big shout out to Sean Wade, who set 4 American 55-59 Records in February! Three of them were set on February 6 at one event in Houston, Texas, where he established new records for the 12K (40:14), 15K (50:22), and 10 Mile (54:06). The 12K and 15K were also World Best marks. Two weeks later, on February 21, he broke the American 8k 55-59 Record by 8 seconds with a 26:11. That works out to 5:16 per mile and tied for World Best!

Second, we appreciate all those who are supporting our Masters LDR Ambassador Calls. There were a record 140 participants from 70 clubs on our February 11 call and another 39 who registered and received the presentation online. They were able to hear directly from two of this year's race directors, Terry Mullane and Rick Streeter, as well as Amanda Scotti from National Masters News. This is a great opportunity to stay up to date with the very latest information on 2021 and 2022. [CLICK HERE](#) to register for the next call.

Third, we have 5 championship events on this year's schedule and are putting together a very strong schedule in 2022. Unfortunately, we are still dealing with the consequences of the pandemic and the first event on June 12 still has a high risk of cancellation. We are hoping the risk decreases substantially by the second event in September. Our 2021 Calendar looks like this:

- USATF Masters 1 Mile Championships on June 12 as part of the *Rochester Mile* in downtown Rochester, NY. (High Risk of Cancellation)
- USATF Masters 12k Championships on September 19 as part of *By Hook or By Crook 12k* in Sandy Hook, NJ.
- USATF Masters 5k XC Championships on October 17 near Boston, MA
- USATF Half Marathon Championships on November 14 as part of the *Syracuse Half Marathon* in Syracuse, NY.
- USATF Club Cross Country Championships on December 11 in Tallahassee, FL. Points for the 2020-2021 Grand Prix can be earned in each of the first four events. [CLICK HERE](#) for the scoring and rules of this year's Grand Prix. The Grand Prix individual and team awards will then be awarded at a special award event in Tallahassee on December 11.

For 2022, we are focused on 9-10 geographically-diverse Grand Prix events. We have already identified 7 of those events and are in discussions for the remaining 2-3. Importantly, we are committed to publishing the entire 2022 schedule by October 2021. The 2022 Masters Grand Prix schedule will kick off with the 2021 USATF Club Cross Country Championships in Tallahassee.

Finally, we have assembled a very strong Communications Subcommittee, led by Bruce Kirschner. The Committee includes Paul Carlin (media-print and web), Todd Straka (web editor), Dawn Grunnagle (social media), and Pam Fales (Constant Contact administration). Also assisting are Morris Williams and Rob Schaltenbrand. Their mission statement is:

*"To enhance the design and delivery of USATF Masters Long Distance Running communications to generate excitement while building camaraderie and community and significantly increase participation in Masters National Grand Prix events."*

They have set some ambitious goals to dramatically improve the quality of our communications, including leveraging existing communication channels, building better websites, establishing a presence on social media, and improved outreach to running clubs and USATF Associations.

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## New Program Approved for NE 65+

by Bob Kennedy

Program Name: The New England 65 Plus Runners Club Race Endorsement Program

Program Goal: To identify and support races that promote The Club's mission of encouraging older runners to participate in running and walking events.

New England 65 Plus Runners Club Race Endorsement Requirements:

- Race would apply for the Endorsement by providing their race's basic information and would provide an update each year to be sure that their race information is current. Races would have a choice of applying online or with a mail-in application form that is simple and straightforward.
- Race would have 5-year Age Groups for 65 through at least 90 plus.
- Race would add "Endorsed by the New England 65 Plus Runners Club" logo on the race's website Home Page and as a credit with other sponsors on their race apparel.

Optional but Highly Recommended:

- Race would discount registration fees for 65+ registrants, suggest minimum of \$5 discount per person off the regular registration fee.
- Race would add Age Graded Awards for Top 3 age graded male and female times.

What the race will get:

- Race will be listed in our Endorsed Races drop down menu on The Club's website.
- Race will receive \$100 Endorsement Fee for 1<sup>st</sup> year and will be able to continue the endorsement for future years as long as they meet the Endorsement Requirements.
- Race will have use of our Endorsed logo to encourage older runners to participate in their race.
- Race can use our name in promotional materials.
- The Club will encourage its 775 members to participate in endorsed races.

Budget for 2021 - \$2500 or enough to Endorse 25 races.

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### Quote of the Month

"The reason we race isn't so much to beat each other...but to be with each other."

Christopher McDougall....

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