



Forever Run

May 2021

From the President

by Steve Viegas

Friends,

This is the month many of us have been waiting for. The CDC just issued an advisory about outdoor activities. Massachusetts has incorporated it and will allow road racing after May 10, subject to local regulation. We now see the light at the end of the tunnel of this long pandemic. Massachusetts will join New Hampshire, Maine and Connecticut in allowing road racing.

Barring unforeseen circumstances, Jerry's Run for All Ages will take place in Wakefield, MA on November 6. Our race will allow folks who cannot attend to run it virtually. We would like to have a huge turnout of members at the real and virtual races. Please consider running and please encourage your running friends to run our race. We would also like to have all hands-on deck for help.

We still have not heard how many waivers we may receive from the BAA for the Boston Marathon on October 11. We distributed six waivers to our members for the canceled 2020 race. Those members will have first chances for any waivers. Since it is not likely that we will receive another 6 waivers, we may have to exercise discretion to determine who will receive them.

Highlights of our recent board meeting are:

- Bob Kennedy reported on progress of the club race endorsement program. See his article herein.
- Our Hall of Fame is currently located in a hotel in Methuen. The hotel has changed ownership and has become a homeless shelter in recent times. Charlie Farrington has volunteered to remove the HOF materials and store them until we can find a way to display them in a more meaningful, accessible and safe way.
- Our webmaster requested permission to make changes to our new website to make its content more accessible and the board approved.
- We received reports from Maine and Connecticut on the resumption of racing in those states.
- We will make a push to recruit people to our vacant state director slots. We'd like to activate our state directors to select and promote our banner races. Since the Sea Dogs 5K will not take place in 2021, we approved Bob Randall's request to make his Race for the Gym 5K our Maine banner race for 2021.
- I will be firming up dates for meetings for nominations, state directors, the Joe Shea award and the Race Director of the year award

Our annual luncheon is scheduled for November 8, 2021 at Spinelli's in Lynnfield, MA. Jan Holmquist has ably managed this event in recent years but we need someone to take her

place as event organizer. Please email me if you have an interest.

We will mail our annual fundraising appeal in early summer. Jan Holmquist and her crack crew of volunteers will prepare the mailing.

Our next board meeting will be on September 15, 2021 on Google Meet.

Stay safe and have fun!

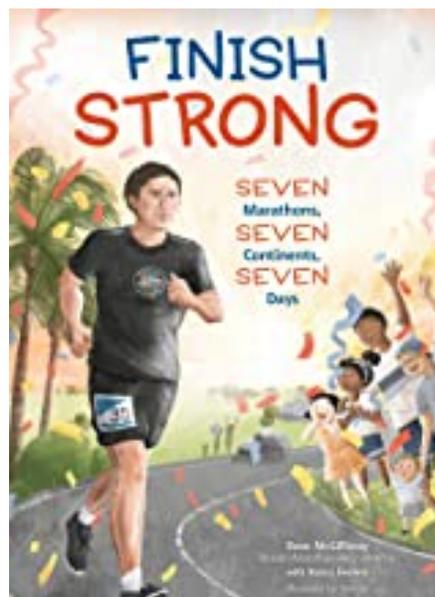
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Some smiling faces above as NE 65+ Runners Club won a team title at Maine's Falmouth 4 Miler. L-R: Jerry LeVasseur, Bill Vickerson, Mike Brooks, Rebecca Tracy, Bob MacKinnon, Billy Morgan. (Photo by Greg Lull). The winning team's time was 4:16:42 with Rebecca Tracy, 57:10; Bill Vickerson, 59:13; Jerry LeVasseur, 1:05:19 and Billy Morgan, 1:15. Team captain, LeVasseur, reports that Bob MacKinnon and Mike Brooks "will be running for us in the future," and he welcomed new members Bob and Rebecca Tracy. For a complete listing of the Falmouth results, go to the Maine News Section on the NE 65+ website.



Editor's Note: Dave McGillivray is one of our NE 65+ members who have written books about runners and running. His latest book, written with co-author Nancy Feeher and released last month, is "Finish Strong: Seven Marathons Seven Continents Seven Days." The book is aimed at ages 5-9 and is based on the World Marathon Challenge run Dave made in 2018 with 50 runners from around the world. Just as NE 65+ promotes fitness in youth with its annual Jerry's Run For All Ages with proceeds going to Wakefield area schools, Dave hopes his book will help interest youngsters in running with proceeds from book sales going to a foundation that will place "Finish Strong" in school libraries. As the following press release mentions, Dave is looking forward to being able to return to schools to talk about running and let students hear what it was like to run marathons on seven continents, including Antarctica, in seven days. It is an accomplishment not many runners will be able to achieve but a feat all runners can admire.

Dave McGillivray, President of [DMSE Sports](#) and Race Director of the Boston Marathon, and co-author Nancy Feeher launched their third children's picture book ***Finish Strong: Seven Marathons Seven Continents Seven Days*** on Patriots' Day. They hosted a video conference call with more than 100 people including many of the runners who participated with McGillivray in the 2018 World Marathon Challenge which consisted of running seven marathons on seven continents in seven days. The book is now available online via Amazon, Barnes & Noble, and Nomad Press.

Kids and adults will be inspired by McGillivray's story of passion, determination, and grit. ***Finish Strong*** delivers with vibrant, real-life character paired with lively, colorful illustrations. Together, McGillivray, Feeher, and illustrator Shululu create a story that is heartwarming, inspiring, and beautifully presented.

Finish Strong will also be donated to children at schools throughout Massachusetts as a gift from the [Joseph Middlemiss Big Heart Foundation](#) when McGillivray begins to speak at schools again. Proceeds from the sale of the book will benefit the Foundation.

Kirkus Reviews states, "A veteran marathoner recalls an around-the-world race in 2018. Snapshots...add up to some vivid memories, and he builds climactic suspense by describing how he powers through an increasingly painful injury to finish the final leg. Readers will be swept along to the finish line."

A renowned race director, motivational speaker, philanthropist and endurance athlete, McGillivray and his company, DMSE Sports, is currently managing mass vaccination sites at Gillette Stadium, Fenway Park, Reggie Lewis Center and the Hynes Convention Center. A Medford, MA native, Dave now lives in North Andover, MA.

"I can't be more thrilled with our third children's book," said McGillivray. "Nancy did another magnificent job and the illustrations by Shululu are outstanding. I can't wait until we can make some appearances at local schools again to share this amazing story with children from around the Commonwealth."

McGillivray and Feeher also co-authored two previous children's picture books, *Dream Big: A True Story of Courage and Determination* and *Running Across America: A True Story of Dreams, Determination and Heading for Home*.

Update: Dave reports April 19 was a busy day. He started the day at 4:00 am with his 49th Patriot's Day run, this time running the marathon around his neighborhood in memory of his good friend, the late Dick Hoyt. Then at 1:00 he was in Worcester to run the Patriot's Day Mile with Dick's son, Rick. Later that afternoon was the launch of his new book, *Finish Strong*. It sounds as if Dave both started strong and finished strong on Patriot's Day.

In Remembrance

Linda Usher informed us that John E. Parker of Uxbridge, MA passed away last month.

Linda said John was a wonderful man who will be missed by our running community "as well as the community as a whole." A link to his obit follows:

<https://www.bumafuneralhome.com/obituaries/obituary-listings?obId=20605738>



(Above) Ram running in the 2010 Philadelphia Marathon.

Ram Satyaprasad Profile

by Byron Petrakis

For most of his 82 years, Ram Satyaprasad has been an active guy. Although he never played organized sports growing up as a child in Bangalore, India, he played soccer and cricket with friends on available playgrounds in the absence of any athletic fields. After he immigrated to the United States in 1964 to study at Northeastern University, Ram picked up a new sport—tennis. Around 1973, married with two children and a demanding job schedule, he found it difficult to find a partner for tennis and subsequently experienced a rare period of his life with little physical activity. His doctor gave him a wakeup call, however, warning him to lose some weight, especially in light of his family history of high blood pressure.

In the mid 1980's, Ram began to turn his life around when he met Carl Humphries. He and Carl began running short distances at random with no specific goals.

After walking and running the 1986 Walk for Hunger, the two friends decided they could attempt a marathon. They started running seriously, 5 miles a day (except Saturday) with long runs on Sunday. The Boston Peace Marathon was their first venture. Soon afterwards, Ram ran several marathons including the 100th Anniversary of the Boston Marathon. His total of thirty marathons (not all of them completed) include New York City, Chicago, Philadelphia, the Walt Disney in Florida, Cape Cod, Bay State, and others in New Jersey, Maine, and Rhode Island.

After his friend Carl retired from running, Ram joined a running group led by Bill Feeney who started the Shamrock Running Club. Thus began a new phase in Ram's running. Bill

introduced Ram to shorter races and group running. His performances flourished and he ran close to 360 races under the Shamrock Club's umbrella.

The next episode of Ram's running career began after meeting Jerry LeVasseur, captain of the NE 65+ Club's 80+ Relay Team, whom Ram calls "the ultimate Medal Collector." When Jerry contacted Ram, friends warned him: "Don't listen to Jerry; he will take you to Alaska for a medal." Ignoring the warning, Ram says he has proudly earned several medals as a member of the Relay Team.

Ram has also won many races in his age group. He modestly attributes winning races at his 80+ category as a function of perseverance and the declining number of age group competitors. Nonetheless, he claims it's more "fun to run a hard race and lose than running slow and win." Though he has placed in a lot of races, he finds it difficult to run behind fellow club members like Harry Carter, Dave Pember, and Rich Paulson to name a few.

Ram's story is not complete without a description of his diet. Ram is mainly vegetarian, though he will occasionally eat chicken or fish. His typical breakfast options are a bowl of fruit, almonds, and banana, or avocado toast, or cereal, washed down with hot chocolate. Lunch is a vegetarian sandwich with cottage cheese. His evening meal consists of South Indian fare always ending with rice and yogurt. He supplements his diet with multi vitamins and vitamins D and B complex.

A few years ago when Ram was doing track workouts, a gentleman approached him to ask about his alcohol intake. When Ram answered in the negative, he was asked "how much meat do you eat?" Ram's answer (none) disappointed his questioner who then asked: how can you run then?" Ram says he gets asked this same question many times. Ram's longevity as a competitive runner in his 80's is a testament to his healthy diet and his habit of running with the same group of friends from the Shamrock Running Club. He feels indebted to his friends for their support and never runs solo. He feels blessed because of the outstanding individuals he has met through running.

Now in his ninth decade, Ram is a member of the NE 65+ Club's Board of Directors. Decades after he left his native India for a new life in the United States, he is active as ever, having logged 1308 miles in 2020. We should all live so well.

News From the 80+ Relay Team Captain

Jerry LeVasseur reports the 2021 National Masters T&F Meet is in Ames, Iowa at Iowa State University from July 22-25. "We are putting together a NE 65 Plus club team to set the 80+ outdoor 4X400 and 4X800 national record. We need 4 but the more we have the more points the club will get." Let Jerry know if you are interested: ardjer80@gmail.com.

In other news, Zeke Zucker and Jerry LeVasseur participated in the National Senior Games Individual Challenge and they finished in the top 8. Zeke received the following letter from the National Senior Games Association:

On behalf of the *National Senior Games Association (NSGA)*, Own Your Own Health, and Louisiana Governor's Council of Physical Fitness and Sports, thank you for participating in the **StepsToWELL-Being National Senior Games Individual Challenge**. This is the first Challenge where we simultaneously hosted *individual* and *team* Challenges. We ended the winter/spring edition of NSGA's *Individual Step Challenge* with a total of *46 million, 223 thousand, 689 steps* completed.

The *top eight individuals* included *L. Young, 2,633,489; T. Niemeyer, 1,669,086; E Borden, 1,166,236; G. Mixon, 1,125,198; P Cuino, 1,077,782; C. Zucker, 1,069,626; E. Curran, 1,051,419; and J. LeVasseur, 1,032,243 steps respectively*. Moreover, *twenty seven percent* of participants improved upon their average weekly beginning steps. As always, we recognize our Veterans, Paralympian's, and para-athlete participants. During the StepsToWELL-Being *Individual Challenge* you contributed **1,069,626** steps towards an overall total of 46,223,689 steps (23,119 miles)!

We appreciate your dedication and celebrate your ongoing efforts in preparation for

New Member

Gary Rohr, Stratham, NH.....Recommended by: Bob Kennedy

A runner since the 1970's. Races from 1 mile to 26.2. Directed Stratham Fair race for over 35 years.



New England 65 Plus Runners Club Endorsement Program by Bob Kennedy

This new Club program is now live! Check it out:
<https://www.ne65plus.org/race-endorsement-program>

We encourage all members to:

- Reach out to your favorite races to introduce them to the program.
- Participate in the Endorsed Races as they offer one or more benefits to older athletes

Editor's note: The above logo is one we hope race directors will strive to have on their race publicity and entry forms. Bob Kennedy has taken the race director's position for Jerry's Run For All Ages 5K (with assistance from the previous race director, Jan Holmquist) and in the following information about the race, Bob has listed some of the features that make Jerry's Run attractive to runners 65 and older. We hope that as more races include similar features, they will receive an endorsement from our club.

SAVE THE DATE: November 6, 2021 **19th Annual Jerry's Run For All Ages 5K**

Location: Lake Quannapowitt, Wakefield, MA

In-person event: 10:00 am, November 6, 2021; Sunshine Start 9:40 am

Start: 100 Quannapowitt Pkwy, Wakefield, MA

Optional Virtual event: November 1 to 6, 2021

Description: Jerry's Run For All Ages 5K is the Flagship Race of the New England 65 Plus Runners Club and is dedicated to providing a quality race for athletes of all ages. The USATF Certified Course (MA13037JK) is blistering fast, flat, and a scenic run around Lake Quannapowitt. Offers over 30 cash

awards totaling more than \$2,500! 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+: 3 deep
2. Discount for 65+: \$5.00
3. Age Graded Awards: Top10 male & female cash awards.
4. Race Walk/Power Walk Competition.
5. Awards for Youngest and Oldest male & female participants.
6. Free entry for 80 and above athletes

Race Website: <https://jerrysrunforallages.ne65plus.org>

Celebrating the Club's 30th Anniversary (continued) by Jan Holmquist

For those of you who read our monthly e-news, you hopefully have enjoyed learning a bit about the history of our club, starting with the two men - Ray Cormier and Lou Peters - who had the idea to promote 65+ runner recognition at races in New England.

We've come a long way over the past 30 years...our advocacy efforts have been very successful. At the annual luncheon 10 years ago, however, it was noted that much remains to be accomplished (and there still is). The program noted: "A New Hampshire race recently had age 55 and over for the oldest division. How's that for a slap in the face for a 60, 70, 80, or 90 year old?"

Now 30 years later after the club founding, due to the efforts of Bob Kennedy and with the support of your Board of Directors, the Endorsement Program has been initiated (please see above article). We are asking our State Directors – and all of you – to help make further impact by encouraging all races to recognize not only 65+, but recognize runners through the later decades into their 90's. Perhaps my experience that follows may be helpful for further efforts.

Many years ago, I was at a race in Lexington, MA where the oldest category was 60+. After the race, I waited until the RD was available and advocated for further categories. His reply (typical of other RD's) noted that there was no need as older runners didn't participate. I advocated that the cost of recognition was minimal and older runners would likely show up if they could compete within their age group. The following year, he had added older categories and many of us ran the race in appreciation! So, which comes first...the older categories or the runners? We hope our Endorsement Program will support RD's with a small donation, use of our logo, listing on our website, etc. and that many of you will choose the races that our club endorses...a great way to meet and compete with other members!

To be continued...

Message From Amby Burfoot

Dear Friends:

Podium Runner has agreed to take over management and production of the newsletter, "Run Long, Run Healthy." This is good for me and you both.

Good for me, because Podium Runner will pay me a modest amount, and relieve me of the digital production hassles. That means I can concentrate on

what I enjoy most: the research and writing.

Good for you, because you will continue to receive the same free newsletter, "curated" by me.

But first you must sign up for the newsletter again. [Go here](#) to supply your name and email address. It will take less than 30 seconds.

REPEAT: To continue receiving your free, weekly issue of "Run Long, Run Healthy," [go here to sign up](#). Free and easy.

I'd like to thank Podium Runner for supporting "Run Long, Run Healthy" in this way, and all of you for being early readers and subscribers. I hope you'll continue with RLRH.

That's it for now. Have a good week. See you again soon. Amby

Editor's note: Amby is not only an excellent runner (Boston Marathon winner) and writer (author and former editor of Runner's World) but he inspires us with his outlook on life (see his quote below.)

Quote of the Month

"It is not about the years in your life, it is about the life in your years."

Amby Burfoot

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