



# Forever Run

November 2021

## From the President

by Steve Viegas

Friends,

November is finally here and after two years we will finally have our two signature events, Jerry's Run for All Ages and our annual luncheon.

As to our luncheon, we will again meet at Spinelli's on Route 1 in Lynnfield, MA on Monday, November 8 at 11 AM. The luncheon will be buffet style. Only vaccinated members may attend. We will provide disposable facemasks and the facility will have hand sanitizer stations. We do this to protect our vulnerable membership.

We will hear from John Mortimer, the New Hampshire race director who devised ways to hold safe, socially distanced races during the pandemic. We will make awards for our Hall of Fame, our Lou Peters Award, the Rev. Shea Award and the Race Director of the Year Award. It will be a great time to renew acquaintances interrupted by two years of the pandemic.

We will hold Jerry's Run for all Ages on November 6, the Saturday before our luncheon at 10:00 AM at Lake Quannapowitt, Wakefield, MA. We can use all the volunteers and runners we can get. See the website for details on how to enter the actual race or to run it virtually. Please contact me, Bob Kennedy or Jan Holmquist if you are available to volunteer.

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

Being able to have our two signature events this year is doubly significant because this year is the 30<sup>th</sup> anniversary of the founding of our club. In those early days, I remember seeing NE65+RC singlets at track meets and 5K's, understanding that I as a thirty-something could be an active senior continuing to enjoy our sport. Bravo to our club, its history and the meaning it brings not only to senior athletes but younger athletes who will one day emulate them.

I hope to see all of you soon at one of our events.

Stay safe,

Steve Viegas

[stephenviegas@hotmail.com](mailto:stephenviegas@hotmail.com)

617-240-3022

---



**Three Boston volunteers at mile 16: (L-R), Tom Wylie, Steve Malynn, Byron Petrakis.**

photo by Carol Comeau

## **A Fallback Marathon: Boston 2021**

**by Byron Petrakis**

On October 11, the Marathon returned to Boston after a two and half year hiatus caused by the COVID pandemic. Some things about the Marathon were the same, while others felt different. As usual, the 125<sup>th</sup> Boston Marathon was held on a holiday Monday on the same day as a Red Sox game, but this holiday was Indigenous Peoples' Day in October rather than Patriots Day in April. Instead of the typical morning game on Patriots Day, the Red Sox were scheduled for an October playoff game Monday evening. What hadn't changed was the synergistic energy generated by the runners and the spectators lining the course. On a day that turned unseasonably warm for October, red and golden-yellow leaves from maples and oaks replaced bright-yellow April daffodils on the course. Morning drizzle and dampness gave way to a warm afternoon sun that visibly affected many runners during the last half of the race.

Acting Boston Mayor Kim Janey had issued a declaration replacing Columbus Day with Indigenous Peoples' Day, an action shared by many other Massachusetts communities. United States Secretary of the Interior Deb Haaland, herself an Indigenous American, ran the Marathon to honor her ancestors who ran before her and to pay "tribute to missing and murdered Indigenous peoples and their families, the victims of Indian boarding schools, and the promise that our voices are being heard and will have a part in an equitable and just future in this new era"\* She finished the race in 4:58:54.

As students of the Boston Marathon know, Native Americans have contributed to the

Marathon's rich history. They include Ellison "Tarzan" Brown, a member of the Narragansett nation who won the 40<sup>th</sup> Marathon in 1936 and again in 1939, and Patti Dillon of the Mi'kman people who placed 2<sup>nd</sup> in 1979, 1980, and 1981.

From our volunteer post at Mile Marker 16 in Newton, club members Steve Malynn, Tom Wylie and I had a clear view of athletes making their way up a slight incline just over the Wellesley line in Newton Lower Falls. Along with the spectators lining the course, we cheered as Swiss wheelchair athletes Marcel Hug and Manuela Schar flew on by on their way to their 5<sup>th</sup> and 3<sup>rd</sup> victories in the men's and women's divisions respectively. Hug's time was 1:18:11 and Schar's 1:35:21.

Not too long after, the men's elite field came into view with Californian CJ Albertson leading a pack of mostly African runners by little more than a minute. The pace, though brisk, was not record-breaking and the runners in the pack seemed to maintain a leisurely pace as they set their sights on Albertson, whom they eventually caught and passed at Heartbreak Hill. Albertson still finished 10<sup>th</sup> among the men with a time of 2:11:44, while fellow American Colin Bennie from Massachusetts finished 7<sup>th</sup> in 2:11:26. Men's winner Benson Kipruto from Kenya clocked in at 2:09:51.

The women's elite field appeared next, featuring a large pack of mostly Kenyan and Ethiopian runners and one American, Nell Rojas, running in her first Boston and only her fourth marathon overall. Rojas ran an impressive 2:27:12, good for 6<sup>th</sup> place behind Diana Kipyokei from Kenya who won in 2:24:45.

As exciting as it was to observe the leaders in their respective divisions stream by our observation post, it was more inspiring to watch the visually impaired athletes, those pushing wheelchairs in the spirit and tradition of Dick and Rick Hoyt, and those running with artificial limbs. Seven months after his grandfather Dick's death in March, Troy Hoyt ran his first Boston in 3:57:06, claiming he felt his grandfather's presence during the entire course. The look of determination on the faces of these athletes as they pushed their way up the hill by mile 16 was reason enough to celebrate the return of the Boston Marathon and the resilience and determination of marathoners everywhere. To me they personify the best of the sport, their grit and perseverance an inspiration to all.

It was also gratifying for us to recognize and cheer on NE 65+ Runners Club members Steve Viegas, Bob Kennedy, and Phil Pierce. Bob finished in 4:16:43, Steve in 4:29:04 and eighty-year-old Phil Pierce in 5:51:17. Congratulations to each of them and any and all of the club members whom we may have missed as they streamed on by.

The fact that the Boston Marathon was run at all in the midst of an abating but still deadly pandemic is a testament to the B.A.A. for its logistical planning, the runners who trained to run in 2020 but had to defer until 2021, and the spectators and volunteers who came out to support them. The Boston Marathon is always more than just a race; it is a celebration. This year, it was both a celebration and an affirmation.

I am already looking forward to returning as a BAA Volunteer for the 126<sup>th</sup> Boston Marathon scheduled six months from now in April, 2022 for what will be my 8<sup>th</sup> Volunteer assignment. In the meantime, I am savoring my memories from the historic 125<sup>th</sup> and am grateful that I was able to play a small part in it.

\*Quotation from Deb Haaland's Op-Ed, "Running the Boston Marathon to remember Indigenous Peoples' Day," *The Boston Globe*, October 10, 2021.

---

## 65+ Annual Meeting and Luncheon Next Monday

The annual luncheon and meeting of the NE 65+ Runners Club is set for Monday, November 8 at Spinelli's in Peabody, MA. Hopefully, you will have received your snail mail invitation, but in case you have not, Bill Cotter has kindly put the links on the main page of our website: <https://www.ne65plus.org/>

We should still have a few seats available at Spinelli's so if you make a last minute decision to attend, send Phil Pierce an email [philip.pierce79@yahoo.com](mailto:philip.pierce79@yahoo.com) and bring a check or cash with you on Monday. A reminder that we would like for attendees to be

vaccinated and we encourage everyone to wear a mask when not eating or drinking. We hope you can join us for what is always a special occasion and chance to socialize with your fellow runners.

## Jerry's Run For All Ages 5K is Saturday



### Massachusetts RRCA 5K State Championship and Flagship Race of the New England 65 Plus Runners Club!

**Saturday, November 6, 2021**

The deadline to register by paper entry has passed but there is still a little time to register on line. The deadline is noon on November 4:

[http://www.lightboxreg.com/19th-run-for-all-ages-5k\\_2021?func=&mobile=0](http://www.lightboxreg.com/19th-run-for-all-ages-5k_2021?func=&mobile=0)

If you won't be running but would like to help out, contact a race director:

Bob Kennedy [osprey02554@yahoo.com](mailto:osprey02554@yahoo.com)

Jan Holmquist [j.holmquist@comcast.net](mailto:j.holmquist@comcast.net)

---

## How Jerry Became A Race Director

by Dave McGillivray

Glad to see the Jerry's Run for All Ages happening again. It brings back fond memories! When I started that race for the club back whenever it was, I didn't even know Jerry. He approached me and said he wanted to help. I said, good, because now YOU can be the race director, not me. It was fun teaching him how to manage a race and he was very good at it. I told him I would only teach him so much as I didn't want him to end up taking my job with the Boston Marathon! Even though I don't have any role with the race today, I am so touched that it has continued all these years. Means a lot to me. I was glad to be able to start the race and hand it over to the club. One of my proudest deeds in this industry that I will never forget. Jerry was THE MAN. He will never be forgotten.

# New Hampshire News

by Daniel Dodson



These four NE65+ers were among the 638 finishers of the "JP Pest Services Oktoberfest 5K" in Manchester, NH on October 9th.  
L-R: Ann Tassinari - F65-69 (10th); Dick Kuhl - M80-UP (1st); Richard Paulsen - M75-79 (1st); Daniel Dodson - M75-79 (3rd).....Photo: Courtesy of Kerri Haskins



Daniel Dodson and a scary Shu Minami holding their awards after competing in the Trick or Trot 3K in Manchester, NH. Shu was first in the 80+ division, Dan D placed 3rd in the 75-79 while 65+ member Rich Paulsen (not pictured), won the 75-75 age group. There were 976 runners in the race. .... photo by Mary Minami

# New Members

**Maureen Gillis.** East Hadden, CT.....Met a 65+ runner at the Bigelow Tea Race  
Member of Run 169 with 168 towns, mostly 5Ks.

**Dave Hebert,** Durham, NH.....Recommended by Bob Kennedy  
Has run 21 marathons (5 Bostons), numerous road races, 10Ks and 10 milers.

**Kenny Johnson,** N. Dighton, MA.....Recommended by Fred Zuleger 3rd  
Ran track in high school and college. A member of Colonial Road Runners.

**Diane Levesque,** Kittery, Maine.....Recommended by Bob Kennedy  
Been running since her 20's. Has run 100's of races of various distances including 10 full marathons with 4 Bostons. Won several USATF mountains races in her 50's.

**Barbara Pearce,** Guilford, CT.....Saw a 65+ hat worn by a member  
Competed track and field in high school 71-72. Recreational and competitive runner 1988 to present.

**Ron Pelton,** Freeport, Maine.....Recommended by Howard Spear  
Running for more than 45 years with 45+ marathons completed.

**John Ryan,** Exeter, NH.....Met a club member at a race  
Have been running for 30+ years. Several marathons and half marathons. Ran Hood to Coast Relay last year.



**Boston 2021. Jo Ann McCalister (blue hat) poses with family and friends as her daughter, Cathy Kuhn, (front) stops for a moment to take a selfie at mile 17 while running the Boston Marathon. Jo Ann proudly reports that Cathy's time of 3:43:02 was good enough to qualify for Boston next year.**

---

# 1000+ Miles Contest

by Ken Houle

A reminder that the club 1000+ miles of run/walk is still in place for 2021. All participants can provide their information for the year to Ken Houle at [hoolks@metrocast.net](mailto:hoolks@metrocast.net) any time after December 31st 2021 and until January 31st 2022. Please keep separate miles run and miles walked, in the results. I input all miles run in one column and miles walked in a second column. A third column is the total of both. All training miles count and racing miles count, virtual and in person, towards the 1000+ miles goal.

---



**Above photo: Buddy Cummings, Ram Satyaprasad, Bill Borla and Phil Pierce (absent from photo), won the 80+ division at the USATF National Masters cross country championship held last month in Boston's Franklin Park. The NE 65+ runners were presented \$150 for their club. Bill Borla placed 1st in the 80-84 group.**

## NE 65+ Team Wins National Championship

by Ram Satyaprasad

The quest to put a team in National Cross Country Championships at Franklin Park started as soon as our plane from Ames, Iowa landed in Boston. With Charlie Keating and Joe Cordero, the stars at Ames not available, Jerry the Commander started looking for new members in the 80's. Jerry called on the members to register for the Cross Country Championship. The 70's team was easily formed. The team was made up by Bill Reilly, David Ritchie, Thomas McMahon and Rich Paulsen. Forming the 80's team had a little drama. Larry Cole registered for another race. Ram Satyaprasad registered without a

problem. Phil Pierce filled the entry as affiliated to US Army. It took several phone calls to USTAF to change it to NE 65+ club. With the help of Jan Holmquist, we were able to recruit two additional members ( Dave Hebert & Buddy Cummings) to the group. But Dave Hebert could not join the race team because of previous commitment. We were able to register an 80's team with Bill Borla, Phil Pierce, Buddy Cummings and Ram Satyaprasad. The group won first place which came with a plaque, medals for the runners and a \$150 check for the club. It was a very nice ending to the efforts of Jerry LeVasseur.

---

## Maine News

by John Gibbons



Phil Soule Phlail 5k, Brunswick, ME. Pictured are two hardy 65+ers after a 5K in cold rain over Bowdoin cross country trail (in and out of woods and over many roots). Bob Randall (right), won 80s and carried away a small "boulder" named after Boulder Soule. John Gibbons was second in 70-79 with three months to go before new age bracket. Race was held same day as Maine marathon/relay wherein 65+ legend Zeke Zucker ran 26.2 including 8 for our long-time 300 birthdays team which competed virtually and included Janit Romayko and yours truly. Zeke endured 4 hours of steady rain whereas Bob and I were exposed to just 36-40 minutes.

---

## Connecticut News

by John Gibbons



Board members Janit Romayko and John Gibbons at Great Pumpkin 5k in Trumbull joined by 65+ era Bill Tanski (3rd) JohnGibbons (5th), John Stanzier (2nd ) and Steve Lindsay (1st 70-79s) and Janit Romako first in senior ladies. Jerry L should take note; Lindsay ran hilly and tough 5K in 23 something. Draft him for your teams. This race is former RD honoree Marty Schaivone's signature race with wicked up hill mile at start.

**Editor's note:** Janit Romayko and John Gibbons received trophies for being the oldest in the Pumpkin Race.

---



# Boston #125 and #49 is in the Books

by Rick Stetson

Boston Marathon race director and NE 65+ member, Dave McGillivray, crosses the finish line well after all the other runners had showered and eaten their dinners. Dave completed his 49th Boston in October. When he took over director duties in 2001, there was no way he could jump in the race with all the other runners so he started a tradition of going to Hopkington after the last runners had finished and running the course even though there would be no crowds along the way to cheer him on. When he finished Boston in October, his comment was "Now it's on to number 50 in April."

We know Dave will be there in April but we would like to hear from other club members who plan to run the 126th edition of Boston. Let us know if you will run Boston so club members along the way can give you a "go NE 65+ cheer." We also would enjoy a write up describing your experience if you ran Boston this year or after you run it in April. You just might inspire others of us to begin putting in the miles to train for the world's best and most famous marathon.



Dave McGillivray puts in long hours on the day of the Boston Marathon. Here he gives members of the military a pep talk at 6:00 a.m. prior to their march to the finish line. His day is finally complete after he has run the 26-mile course (top photo.)

---

## Writers Wanted

The above article invites club members to write about their Boston Marathon experiences. However, we should mention that articles about races of any distance or your involvement in the running community are always appreciated. If you have a running-related article you would like to share in this newsletter, send it by email to:

[rickstetson@aol.com](mailto:rickstetson@aol.com)

We look forward to hearing from you.

---

## More Maine News

by Jerry LeVasseur



**(L-R) Phil Pierce, Jerry LeVasseur, Bob McKinnon, Joan Tremberth**

Free Election 5K, Falmouth, Maine. Phil and Joan won their age groups. In the past few weeks Phil ran Boston and the following weekend was on the National Champion XC 80 team. Good job by all. Welcome Phil, to the 80's.

1ST PLACE NEW ENGLAND 65 PLUS

5 BOB MACKINNON 67 M YARMOUTH ME New England 65 Plus 25:56  
 12 PHIL PIERCE 80 M FALMOUTH ME NEW ENGLAND 65 PLUS 31:15  
 13 JOAN TREMBERTH 76 F SCARBOROUGH ME New England 65 Plus 31:57  
 22 JERRY LEVASSEUR 83 M BRUNSWICK ME New England 65 Plus 53:31

## 2022 Masters Road and XC Competition Schedule

**NE 65+ treasurer, Gary Circosta, sent us the following schedule from Lloyd Hansen, chair of the USATF Masters Long Distance Running Committee. Note the USATF 10K national championship will once again be held in Dedham, MA on April 24.**

- January 8 USATF XC National Championships San Diego, California
- Mission Bay
  
- February 26 USATF Masters 5k Championships Atlanta, Georgia
- Publix Atlanta Marathon Weekend
  
- March 20 USATF Masters ½ Marathon Championships Syracuse, New York
- Syracuse Half Marathon
  
- April 3 USATF Masters 10 Mile Championships Sacramento, California
- SACTOWN 10
  
- April 24 USATF Masters 10k Championships Dedham, Massachusetts
- James Joyce Ramble
  
- Early June USATF Masters 1 Mile Championships Rochester, New York

- Rochester Mile
- June 29 – XC, 10k, or ½ Marathon Tampere, Finland
- July 10 World Masters Athletics Championships
- Sept 18 USATF Masters 12k Championships Highlands, New Jersey
- By Hook or By Crook 12k
- Oct 22 USATF Masters 5k XC Championships Boulder, Colorado
- Dec 10 USATF Club XC Championships San Francisco, California

Our Grand Prix scoring for 2022 will begin at the Club Cross Championships in Tallahassee on December 11, 2021 and conclude with the 5k XC Championships in Boulder, Colorado on October 22, 2022. The Grand Prix awards will then be presented at the Club XC Championships in San Francisco on December 10, 2022. Earn individual and club points at each event and score your top 5. You can also learn more about these events by registering for our November 18 Ambassador call.



**Some of the NE 65+ runners who took part in the Great Bay 5K (L-R): Tom Wylie, Ernst Linder, Phil Pierce, Tom Lubas (will soon be joining NE 65+), Mike Lozan.**

Photo by Nancy Eckerson

## **NE-65+ Club Shines at the Great Bay 5K**

by Zeke Zucker

Just one day before the goblins were set to take the stage on Halloween, at least 22 of our Club members braved less-than-ideal weather conditions in Stratham, NH, in a marvelous display of much cheerier activity. The Great Bay 5K Race for a Healthy Estuary, celebrating its 23rd year, went off without a hitch as over 600 hearty souls enjoyed running or walking the fast, mostly-downhill course. Bob Kennedy runs a marvelously-coordinated event, which raises funds to preserve the beautiful bay shared by both New Hampshire and Maine.

Among other features, Bob stages a unique competition for both men's and women's teams. The victorious teams are those which, in cross country scoring mode, compile the lowest total score from placings in the 5-year age divisions, which go all the way to 100.

This is best illustrated by showcasing our own men's team, which took first-place honors.

Ernst Linder won the 65-69 Division in 20:02 for 1 point.  
David Ritchie won the 70-74 Division in 24:25 - 1 point  
Robert Murphy placed 2nd in the 75-79 Division in 24:43 - 2 points  
Phil Pierce won the 80-84 Division in 30:04 - 1 point  
Phil Johnson won the 85-89 Division in 36:34 - 1 point

Our team total was 6 points, which just beat out the team from Runners Alley, with 9 points, and Winner's Circle with 16. We were thus victorious against a whole slew of runners who were competing in the younger age divisions. Let's hear it for the Seniors!

This event serves as a shining example of a race director including the older age divisions to give seniors the recognition we deserve as the pioneers in this sport. Worthy of note is the fact that Phil Johnson signed up for the race at in-person registration the evening before the race, which absolutely sealed our victory. Also, although we didn't have enough women to comprise the 5-person minimum for a team, our club board member, Joan Tremberth of Scarborough, Maine, took first in her 75-79 Age Division, with a remarkable time of 30:54.

A special shout-out goes to board member, and past president Tom Wylie, who ran simply to support the club's effort. He has 7 screws in his foot from a previous accident, but that didn't prevent him from toeing the line and making it through to the finish. Tom earns the Spirit-of-the-Run Participation award.



**Author of the above article (Zeke Zucker) with Joan Tremberth (left) and Mary Ulinski.**

photo by Nancy Eckerson

---

## Quote of the Month

**"If you are losing faith in human nature, go out and watch a marathon."**

**Kathrine Switzer**

President: Steve Viegas  
stephenviegas@hotmail.com

Vice President: Zeke Zucker  
zekezucker@gmail.com

Newsletter Co-Editor: Rick Stetson  
rickstetson@aol.com  
Newsletter Co-Editor: Byron Petrakis  
Byronpetrakis@yahoo.com

Treasurer: Gary Circosta  
gary.circosta@yahoo.com

Results: Bill Cotter  
savemyresults.com

Secretary:

