



# Forever Run

October 2021

## From the President

by Steve Viegas

Friends,

I trust that you are enjoying the cooler weather. Racing has been underway for several months. We have a lot of choices this Fall. Overall, area races are seeing a little dip in registrations. But they are back! Speaking of which, please plan to participate in some way in our Jerry's Run for All Ages on Saturday November 6 at Lake Quannapowitt in Wakefield, MA. It is again the Massachusetts RRCA 5K Championship. We can use all the volunteers we can get. We'd love to flood the streets around the lake with members wearing our racing singlets. If you cannot travel to Wakefield, please consider running virtually. All hands on deck!

Thanks to all who have contributed to our annual fund to date. We are still accepting donations. Also, we strongly encourage you to reserve your place at our annual luncheon on November 8 at 11 AM. We are holding checks until the event in case of cancellation due to COVID restrictions to avoid having to make refunds through banking transactions. It looks like we will be able to meet, and we would like to get an accurate head count. Please let us know if you are coming if you haven't already.

USATF New England's Long Distance Running Grand Prix just completed its four race series. While we didn't field a team at the 10 miler, we did at the three other races. We won in the M70 division in all three, bringing home the team championships and the money prizes to the club. I ran in two of the races and Bob Kennedy, Gerry Porricelli, Mike Lozan, Rich Paulsen, Ram Satyaprasad, Larry Cole and Thom McMahon all competed in these races.

The New Hampshire Banner Race was the Randall's Race for the Gym on Sept. 4 and the Connecticut race was last weekend. Our Bob Kennedy is the race director of the Great Bay 5K on October 30. He'd like to have us form teams. The race information can be found at <https://greatbay5k.org/>

Our New Hampshire director, Ken Houle has stepped away from the board. We thank him for his service and for being willing to continue to track our racing and running miles. The board elected Bill Pine to fill his unexpired term. Our nominating committee has met and is actively seeking people to fill vacancies on the board and is thinking about a slate of board members and officers for the new term beginning in 2022.

The board decided that members attending our luncheon will need to be vaccinated. While masks are not required, they are encouraged considering the age of our members.

Stay safe,

Steve Viegas  
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617-240-3022

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## 19th Annual Jerry's Run For All Ages 5K

When: Saturday, 10:00 am on November 6, 2021 with a Sunshine Start at 9:40  
What: In-person Road Race with Virtual Option  
Where: 100 Quannapowitt Parkway, Wakefield, MA  
Who: Runners & Walkers of all ages and abilities

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

Your chance to run one of the most iconic New England 5Ks around beautiful Lake Quannapowitt in Wakefield, MA on a dead flat, blistering fast course is coming up on Saturday, November 6<sup>th</sup> 2021.

Also, if you like winning prize money (and lots of it), age group awards and great raffle items, then you need to sign up for [Jerry's Run For All Ages 5K!](#)

Jerry's Run is dedicated to providing a quality race for athletes of all ages and especially our NE 65+ Runners Club Members. The Course is blistering fast, flat, and a scenic run around Lake Quannapowitt. Offers 32 cash awards totaling **\$2,800!** 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+ (beautiful race hat): 3 deep
2. Discount for 65+: \$5.00.
3. Age Graded Awards for 40+: Top10 male & female **cash awards**.
4. Race Walk/Power Walk Competition: **cash awards**.
5. Awards for Youngest and Oldest male & female participants.
6. Free entry for 80 and above athletes.

Sign up now for the in-person race on November 6th! Or run virtually from Nov

1-6 so you support the club and still get the long-sleeve race shirt.

Bob Kennedy & Jan Holmquist, Race DirectorS

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## Cross Country Runners Wanted

by Jerry LaVasseur

The club has a good chance of winning prize money and recognition by participating in the USATF National Masters XC 5K Championship at Franklin Park in Boston on October 17. We need runners for both our 80 and 70 teams.

One must be a USATF member and have NE 65+ as the club they race for. Ram is the captain of the 80 team and Bill Reilly is captain of the 70 team.

Please let us know if you can join a team: [ardjer80@gmail.com](mailto:ardjer80@gmail.com). Entries must be in by October 13.

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## New Hampshire News

At the New Hampshire Senior Games in Manchester, Peter Bresciano set a Games record winning the M80 1500 race walk with a time of 11:04.3 (old record, 11:50) while Jay Diener won the M70 1500 race walk in 9:43. Bresciano also set a Maine Senior Games M80 record in the 1500 race walk when he finished first in 11:10. The meet was held in Scarborough, Maine.

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## 16th Annual Kelly Mann 5K and 3K Walk



Three NE 65+ers finish in the money at the Kelly Mann 5K in Nashua, NH.  
(L-R) Shu Minami (1st 80-89), Dick Kuhl (2nd 80-89), Daniel Dodson (3rd 70-79.)

photo by Mary Minami

## New Members

**John Barbour**, West Roxbury, MA.....Recommended by Jan Holmquist

Ran XC and track in high school and college. Set PR's as a member of the Atlanta Track Club. Active with Greater Lowell RR since 1993. Has coached Liberty since 2015.

**Diane Bell**, Westbrook, ME.....Recommended by Joan Tremberth

Started running at age 58. Completed 2 marathons and a bunch of halves. Not doing as many races lately.

**Richard Bissonette**, Auburn, ME.....Recommended by Carol Weeks

Currently runs local 5Ks and southern Maine 4 and 5 milers. Since 2017, has competed in sprint duathons, 3 events per year. Is nationally ranked.

**John Daponte**, Stratford, CT.....Met club members at Bigelow Tea 5K.

Has been jogging since 1978 when he joined the Milford Road Runners. Completed three NYC Marathons.

**Barry Fussell**, Durham, NH.....Recommended by Bob Kennedy

Lots of running races through the years, 5K to marathon.

**Jane Palmer**, Durham, NH.....Recommended by Bob Kennedy

Ran for Liberty TC in the 80's. Has run races from 5K to marathon.

**LuAnne Roy**, East Haven, CT.....Recommended by John Gibbons

Started running races in 1989 at age 34. Has run 17 marathons to date. Qualified for Boston as a 50, 55 and 60 year-old runner.

**Bill Tanski**, Stratford, CT.....Recommended by John Gibbons

Has been running since 1979. Now doing mostly 5Ks.

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## NE 65+ Banner Races

Our final 2021 New England 65 Plus Runners Club Banner Races are listed below – We encourage all of our members to run as many of these races as possible. Wear your Club shirt and plan to visit the NE 65+ Runners Club table to meet current members and to help recruit new members!

NH - **Great Bay 5K** | Race for a Healthy Estuary October 30, 2021

<https://greatbay5k.org/>

Last day to register to get a guaranteed race shirt is October 4<sup>th</sup>! This will be a wonderful opportunity for our Club to win the Male & Female Team Competition for this race as the scoring is based on the top 5 male or female places in their age groups. Be sure to add the New England 65 Plus Runners Club as your team when you sign up. And if 10 members sign up, the race shirt will be personalized for our Club Team.

MA - **Jerry's Run For All Ages** November 6, 2021 (See above article for link.)



(L-R): Janit Romayko, 65+ new member Bill Tanski, John Gibbons. We sponsored a banner and sign at the Bigelow Tea 5K in Southport. We ran out of club applications at ten and had more come up and ask about the club post race. Janit wore her New England 65+ shirt and I wore my new (old) 65+ hat and we showed off our large banner. The three of us finished close to each other at the end of the race: Bill, Janit, and John. We were near the middle of the 400 in-person runners. It was a great day for racing and a nice venue.

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## Grandma's Marathon (continued)

by Lynn Nill

**Editor's note. In part one of Lynn's account of running in this year's Grandma's Marathon in Minnesota, she tells about a woman just in front of her near the 21-mile mark who tripped, landed hard and broke her wrist. Lynn stopped and called 911 as an orthopedic surgeon who lived nearby arrived and took charge. Her story continues as Lynn, who lost 5-6 minutes due to the accident, continued the final five miles intent on finishing the marathon with a smile on her face.**

Sometimes I end up passing, and being passed, by the same people over and over because I run/walk. I struck up a conversation with a guy power walking as fast as I was running. He'd run Grandma's 45 times, completing every single race. He said there was one other guy that had run all 45, "but I beat him on time on the course!" Haha. He used to be able to run a sub 3 hour marathon but now he's happy to run with the 5 hour people like me. I hope I can continue to be happy just to be running for a long, long time.

The only significant hill on the course comes at mile 23. It's called Lemon Drop Hill. It's not

horrible, but any hill that late in a marathon is tough so I walked it.

There is a lot of construction going on in Duluth this summer, so part of the race was detoured up one block. We pass a running store and they are out in force, smiling and waving. At one point along this part they are playing Sweet Caroline, the Boston Red Sox theme song. I get very emotional all of a sudden and start crying. Sometimes I miss New England so much!

The final miles of Grandma's are cruel. There are so many twists and turns. You know you are close to the finish, but where is it??? I kept thinking it was surely around the next corner, even though I had run the course before.

Finally there it was. I ran the last half mile as fast as I could, and finished with a smile on my face, just like I promised I would. Right after the finish line my vocal cord disfunction (VCD) kicked in and I couldn't breathe. I bent over and started exhaling forcefully through my teeth, and gradually it went away. A few officials asked me if I was ok and I said yes, even when they pointed out the medical tent. One of them walked with me for a little bit, but I wasn't going in there, nope! VCD is scary if you don't know what it is, but the special breathing exercise my speech therapist gave me really does the trick and makes my vocal cords relax and quit choking me.

I got my medal, my heat blanket and a plastic bag. I started filling the bag with all the goodies they have out for runners after a race. I couldn't eat right away but I knew I would be happy to have all that food pretty soon.

I even stopped and got my picture taken with my medal this time. At Chicago I was so out of it I just walked right through the photographers without stopping, but this time I made sure I didn't miss the opportunity!

I walk slowly along the waterfront to get my gear bag and find my bus. I'm glad to have the light jacket I put in the bag, but I'm too tired to stop and take off my sneakers and put on my Oofos sandals. I wait to do that until I'm on the bus. There is a post race party going with bands, and beer, but I don't care about the beer, and I'm too tired for a party anyway. It's strange how I can go go go until I cross that finish line, and then I can hardly move.

I ride the bus back to hotel, call Lee and tell him all about the race, eat some of my snacks. Then I take a nice long hot shower. It feels sooooo good!

All in all I'm very happy about how Grandma's Marathon turned out. When all is said and done my biggest goal was redemption for the fiasco that was Grandma's in 2016. I finished with a smile on my face, and really that was the most important thing to me this time. Sure, I didn't make my "a" goal, which would have been a new PR, but instead I learned a valuable lesson. My training didn't support that happening. I could never maintain that pace consistently during my tempo runs, and it was no different when marathon day came around. Sometimes miracles do happen, but in general, no. Training doesn't lie.

I didn't make my "B" goal either, which would have been to beat my time from Twin Cities in 2018, but sometimes life happens instead. I couldn't have just kept running when that woman fell. That would have ruined my race too. It was the right thing to do, and I'm glad I did it. And there was another valuable lesson to be had there. I was struggling mentally before that happened, and the little break and the distraction helped me get back on track mentally. Maybe it wouldn't have been so bad to have listened to that voice telling me to "STOP!" just a little bit. A short break, maybe a drink of Gatorade or a bite of a piece of candy from a bystander would have helped just as much. It's something to think about in the future.

I'm going to take it easy for awhile, then run some shorter races in the fall and winter. I'll probably run San Francisco on my deferment in 2022, and then hopefully do Dopey at WDW again in 2023. Beyond that I don't know. Still have lots of bucket list marathons, and I have no intention of stopping while I'm still capable of running 26.2. I think I'm done with Grandma's however. But you never know, someday I might decide I need to go run Duluth one more time!



## **The New England 65 Plus Runners Club Race Endorsement Program**

[https://www.ne65plus.org/races\\_1/ne65-race-endorsement-program](https://www.ne65plus.org/races_1/ne65-race-endorsement-program)

We now have 9 races in our Club's Endorsement Program. We encourage all of our members to participate in these races as they offer 5-year Age Groups for 65+ through 90+ and they welcome all athletes of all abilities!

Help recruit your favorite races to this program. We offer a \$100 honorarium to those races that apply and meet the minimum requirements – 5-year age groups and place our endorsement logo on their webpage.

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## **Annual Meeting, Please Mark Your Calendar**

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 by now, 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 hope you will put the date on your calendar, send a check to Phil Pierce, and join us for what is always a special occasion and chance to socialize with your fellow runners.

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## **Boston in October**

October 11 is Columbus Day but this year it will also be Boston Marathon Day. Volunteering at Mile 16 will be 65+ Club members Byron Petrakis, Tom Wylie and Steve Malynn. Thanks guys for helping put on the world's greatest marathon. Be sure to wave to NE 65+ members Amby and Phil (see article below) plus anyone else you see wearing our club's colors. May everyone have a good run.

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## **Ageless Marathoners Set To Run Boston (They're old, healthy, and fast)**

**by Amby Burfoot**

Clarence DeMar and "Old John" A. Kelley made athletic and health history with their late-in-life performances in the Boston Marathon. Today, more runners aged 75 and above are qualifying for the Boston Marathon than ever before.

You could call them the Ageless Marathoners or maybe Boston's most amazing marathoners, since they represent less than one percent of the runners expected at the Hopkinton, MA, start line on Oct. 11. They call each other "The Bright Forum" runners after Frank Bright, the 78-year-old retired attorney from Shreveport, LA, who organized them into a digital group in early 2020. Every member of the group is 75 or older, and has an official Boston Marathon qualifying time.

Bright figured the runners would have much to learn from each other, and he was right. He probably underestimated how much they would motivate each other, as well as the group's potential to inspire others.

DeMar won Boston 7 times, still a record. Although warned early in his career that he should stop competing, due to a heart murmur, he continued running Boston through age 65 in 1954. After he died from cancer, an autopsy published in the *New England Journal of Medicine* showed that he had unusually large coronary arteries. This constituted the first hard proof that marathon running was heart healthy.

Kelley won twice and completed 58 Bostons (still the record), running his last at age 84 in 1992. Today's Ageless Marathoners consider him their patron saint. They run with confidence that lifelong endurance exercise enhances their physical, psychological, and social health.

Meanwhile, U.S. and global health measures are deteriorating. Several months ago, a new study revealed that the average U.S. life expectancy had dropped for the first time in 70 years. This decline, termed "horrific" by one expert, resulted primarily from Covid and mental illness. However, low exercise rates and rising overweight/obesity are also contributing to poor health and mortality trends.

Those who maintain a vigorous exercise program enjoy a much better outlook. [They live longer and feel better during those extra years.](#)

In recent decades, exciting new research has added an unexpected benefit to the reasons for regular exercise. At a time of mushrooming dementia and Alzheimer's disease in an aging population, there's [growing evidence that exercise offers some protection.](#)

Here are five mini profiles of Ageless Marathoners, all 75 or older, who are running Boston on October 11.

**Frank Bright**, 78, is a retired attorney from Shreveport, LA. Last winter he experienced unusual fatigue and arm-chest pains on several runs. When he mentioned this to the digital The Bright Forum group he had organized the previous year, several members cautioned him to consult a cardiologist. He did, and the cardiologist diagnosed a heart attack, put three stents in Bright's coronary arteries, and ran a 5-mile race with him two-and-one-half months later. On September 25, Bright finished the Fargo Marathon in 4:51. Now he's headed to Boston for his next marathon.

**Bob Johnstone**, 76, is chairman of the West Virginia University Department of Anesthesiology, and still works full time in the University Hospital hard hit by Covid cases. Four of his six children have run marathons; three have run Bostons. He also encourages his fellow anesthesiologists to run, and most do. Of himself, Johnstone says: "Mostly, I run to stay healthy, get energy, and enjoy the outdoors."

**Philip Pierce**, 80, of Falmouth Maine, served for 20 years as chief psychologist at a VA hospital in Maine. He weighed 210 pounds when he began running in 1984. Today, he weighs 155, and has registered for Boston every year since 1985, failing to run only three years when he was injured. In the last three "in person" Bostons--2017, 2018, and 2019--he finished 15th, 18th, and 21st in the 75-79 division. In addition to his many Boston appearances, Pierce has completed 23 100-mile trail races.

**Amby Burfoot**, of Mystic, CT, won the Boston Marathon in 1968 and celebrated the 50th anniversary of that victory by finishing Boston again in the freezing rainstorm of 2018. He served for nearly two decades as executive editor of Runner's World magazine, has authored a half-dozen running books, and continues to write about the health and fitness benefits of lifelong exercise. Burfoot turned 75 in mid-August.

**Albert Wieringa** is the youngest and fastest of the Ageless Marathoners, having reached 75 on September 5. He ran a 3:29 to win the Boston 70-74 division in 2017, and also won Boston's 65-69 division four years earlier. Now residing in St. Petersburg, FL, Wieringa has a shot on Oct. 11 at a third Boston win in his new age-group. A heavy cigarette smoker for many years, he didn't start running until he was 56. Three years ago he nearly died from septic shock when his colon got twisted and perforated. "My doctors told me that nine out of 10 people would have died, but I survived because I was in such good shape," he says. "Running literally saved my life."

Most of the Ageless Marathoners have never met each other, but have formed close ties through their digital connection. They plan to hold an outdoor gathering in Boston where they can have a face (mask) to face (mask) first get-together.

"We know we're lucky to enjoy good health" says Johnstone, the West Virginia physician. "We also have an important message: Life is better, day in and day out, when you follow a regular exercise program. This is true at every age."

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## Call for Action

by **Bob Kennedy**

Club members are asked to sign up for the Team Competition at this NE 65 Plus Runners Club Banner Race on October 30, 2021. Link below.

### [Great Bay 5K | Race for a Healthy Estuary](#)

We could WIN both Men's & Women's Competition with an athlete in each age group 65 and above!

Scoring is based on points allocated for how each of the top 5 team members finish in their gender/5-year age groups (up to 100+): A 1st place age group finisher earns 1 point; 2nd place earns 2 points, etc. The lowest total score wins.

And the race offers team long sleeve tech shirts with our club logo on it if we have 10 or more members sign up!

When registering be sure to add our team name: **NE 65 Plus Runners Club**. If you have already registered under a different team or did not list a team, the race director can change or add our club name.

Men's & Women's Team Captain: NE 65 Plus Runners Club Vice President - Zeke Zucker.

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## Upcoming Events

by **Zeke Zucker, NE 65+ Vice President**

We have three exciting race opportunities, and would love to see a great turnout from Club Members.

The **First Event** is coming up soon, on October 17th, and is the USATF National Masters 5K Cross Country Championships. It's happening right in our own 'backyard' at Boston's Franklin Park, and quite convenient for us New Englanders. You can register at this link: (the deadline for signing up is Oct 13th).

[Registration Form | USA Track & Field \(usatf.org\)](#)

In order to help you make your decision, you may want to learn all about it first at the following link:

[Athlete Information | USA Track & Field \(usatf.org\)](#)

In order to score for NE-65+ you must be a member of USATF, and have NE-65+ as your primary affiliation. To take care of these requirements is easy by going to [newengland.usatf.org](http://newengland.usatf.org)

The **Second Event** gives a little more breathing room, as it happens on October 30th.

It's the Great Bay 5K, Race for a Healthy Estuary, which obviously benefits efforts to preserve this NH/ME Bay. It is staged in Stratham, NH.

The course is really fast, as it's mostly (gradual) downhill. Club member Bob Kennedy puts in a terrific event, with a marvelous top prize for male or female 5-person teams whose members finish high in their respective 5-yr. age divisions up through 90+ :-). Hooray for 5-year Senior Age Groups! You can find all the details at [greatbay5K.org](http://greatbay5K.org)

The **Third Event** is the USATF New England Regional Masters Championships, also at Franklin Park, on November 7th, with the signup deadline of 7:00 p.m. on Nov 4th. The Women Masters 6K is at 10:00 a.m. and the Men Masters 8K is at 11:00.

Go to [NewEngland.usatf.org](http://NewEngland.usatf.org). At the website click on events; then you'll see either to click on cross country in the left column or a list of events in date order. In either case scroll down to Nov. 7th and click on "website"; where it says "online entry" click on "simplyregister.com". When you get there sign up as an individual on the left side. If all else fails, email [stevevaitones@usatfne.org](mailto:stevevaitones@usatfne.org), who can assist you.

I hope to see a number of you signing up to join those who are already on board and running to win for the Club.

In a **related subject**, a shout out to five Club Members who won the 70+ team division at the Lone Gull 10K this past weekend. Rob Knight, Tom McMahon, Rich Paulsen, Ram Satyaprasad and Larry Cole made up the team. That was the fourth event in the 2021 Road Race Grand Prix series, where NE65+ now stands second in the 60+ Division and First in 70+.

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## Quote of the Month

**"Movement is the essence of life."**

**Bernd Heinrich**

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