



# Forever Run

September 2021

## From the President

by Steve Viegas

Friends,

Summer is fading into Fall. I hope we have all taken advantage of the return to in-person road racing. While we must guard against the virus variants, I hope that we can avoid the lock downs of the past. Official results of the USATF New England 10-mile championship last Saturday are pending. Our M70 team won the 5-mile team championship in Narragansett, RI last month. There are two more races in the series, the Lone Gull 10 K on September 19 and the Upton 15K a week later on the 26<sup>th</sup>. While there are numerous races in our area, the biggie will be the Boston Marathon next month on October 11 in which we have several members running.

We did our annual mailing last month. I want to thank our volunteers Jan Holmquist, Gary and Donna Circosta, Ram Satyaprasad and my wife Susan. You should have received the mailing by now but if you haven't or have misplaced it, you can find links to PDF files of the donation and reservation forms on our website, <https://www.ne65plus.org/> near the top just below the photo array.

Our luncheon will have many award recipients as we catch up from 2020. Our luncheon mailing failed to note the Hall of Fame recipients for 2021. They were Carol Weeks and Bill Reilly. Our 2020 recipient is Faye Lowry.

Thank you to those who have made an annual donation to our fund and who have reserved places for the luncheon. While we have every reason to believe that we will be able to hold the luncheon, we will hold onto your checks to make it easy to refund if it is cancelled for COVID concerns. So please reserve your place soon. You need not wait to see what conditions are nearer to the luncheon. Your early reservations will assist us in planning. Thanks in advance.

I want to thank Phyllis Mays for her long years work in maintaining our membership records. She has retired but the work will continue, coordinated by Joan Tremberth. Thank you, Joan, for taking this on.

Our board will meet online on September 15. Our nominating committee will meet prior to that to consider filling any vacancies and to start thinking about the 2022 slate of officers. We have representation from Massachusetts, Vermont and Maine but would like a volunteer each from New Hampshire, Connecticut and Rhode Island to give us perspective on all six of our New England states. Please call or email me if you can help. We'd love to have you participate.

Our annual luncheon will be a buffet. The format may change as well since we have so many recipients and we do not want to have the event run longer than we would like. We are honored to have John Mortimer as a guest speaker. We wanted to recognize the important role he played in developing and putting on safe in-person races in NH during the pandemic.

Bob Kennedy, Jan Holmquist and Tom Wylie have been working on our Jerry's Run for All

Ages which will occur on November 6. Our permissions and insurance are in place. The race information and application forms are up on our website. We would like a strong turnout of club members as runners and volunteers. Some of the pre-race duties could be done by those who are runners. Let me know if you would like to help and if you plan to race, please do sign up.

Stay safe!

Steve Viegas

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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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## Phyllis Mays Retires as Membership Chair

by Jan Holmquist

After two decades of dedication to our club as Membership Chair, and at 90 years young, Phyllis has retired and handed off the responsibilities of the position to other members.

Many of you have met Phyllis in person, especially at local races in Needham and nearby towns. Many have met Phyllis through the newsletter pictured with other members at aforementioned races. And many have met Phyllis when they received a welcome note with the article of clothing new members requested.

In reviewing newsletters from the past, it is easy to get distracted by so many wonderful articles and nuggets of information, so I will resume sharing more historical information in the future, but for now we want to focus on **thanking** Phyllis for her many, many years of dedication to the club.

The oldest edition of the newsletter that I have in our Archives, mentioned Phyllis as a member in 1999. In 2001 Phyllis was the New England Runner of the Year for Massachusetts in the 70-79 category. When in her 70's, Phyllis ran 5K's in the 33-34 minute range...well done! In 2007, Phyllis received the Rev. Shea award, so you can learn more about her by using this link: <https://www.ne65plus.org/member-info/rev-joe-shea-award>.

In fulfilling the many responsibilities that Phyllis has retired from, we needed several members (she is small, but her shoes are big ones to fill)! Our treasurer, Gary Circosta will alert key members when a new member joins. Joan Tremberth, one of our Maine Directors as well as handling everything related to clothing, will send the appropriate sized singlet or t-shirt welcoming the new member. Bill Cotter, our Webmaster, will update the master spreadsheet, update the website member listing, and welcome new members with information related to our web page. Rick Stetson, Co-editor of the e-news – *Forever Run* – will add the new member's email to Constant Contact and send the latest monthly edition. (In case you were unaware, past newsletters are on the web site for everyone to read and you will find lots of recent history there.)

We are so appreciative of everything Phyllis has done over so many years and cannot

thank her enough – THANK YOU, Phyllis!!!! If you would like to send her a personal note, her email is: [maysp@rcn.com](mailto:maysp@rcn.com).



## Maine News

by John Gibbons

Zeke, Jerry, and Lawson Noyes (who summers in Kennebunk, Maine) mentioned the Blue Lobster 4-mile as an antidote to the virtual Beach to Beach. Over 100 runners showed up this warm and humid morning for an out and back race on well-groomed trails with a trip over I-95 and back. Over was easy but back at mile 3.8, less so. Tonedog posted results for members of New England 65 runners club: Bob MacKinnon, 32:45 (1st in the 70's age group); John Gibbons, 51:27, Allyn Genest, 59:03 and Bill Vickerson, 59:27. On a sad note, the race director canceled the Vets 5K in Scarborough due to Covid fears.

At the Fight Hard 5K in Brunswick, I was first in the 70's age group. It was a winding but flat course. A lot of Maine races have been canceled due to the upsurge in Covid.



Almost Halfway to St. Patrick's Day 5K, Portland, ME. (L-R) Bob Randall, Marla Keefe, Ralph Carmona (possible new member), Bob MacKinnon, John Gibbons. Jerry LeVasseur reports NE 65+ placed 1st in the team club category and that Bob

Randall came back from knee surgery to win the 80+ age group, Ralph Carmona, first in the 70's group, and Bob MacKinnon won the 60's. Photo by Jerry LeVasseur.

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## Obituary

Janet Parkinson of Portsmouth, NH died on August 1st. "She found joy in her daily runs."  
[https://www.dignitymemorial.com/obituaries/saleThem-ma/janet-parkinson-10289520?utm\\_source=share\\_obit&utm\\_medium=email&utm\\_campaign=obit\\_detail&utm\\_content=view\\_obit\\_button](https://www.dignitymemorial.com/obituaries/saleThem-ma/janet-parkinson-10289520?utm_source=share_obit&utm_medium=email&utm_campaign=obit_detail&utm_content=view_obit_button)

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## 2021 Grandma's Marathon Report

by Lynn Nill

I'm up by 4:30, My race clothes are laid out. I have some coffee. It's always hard for me to eat before a race but I manage to choke down part of a bagel with peanut butter and a few bites of a banana. I get dressed, fill my fuel belt with Nuun sport electrolyte water, stick my 5 gels in a pocket in my shorts. By 6:20 I'm out the door of the hotel, ready to walk to the buses. It turns out the buses are actually parked right across the street from the hotel! How handy!

I put on my disposable mask and hop on the bus. With the mandate lifted that's the only time we have to wear a mask. I sit next to a young lady and strike up a conversation. This is her first marathon and she's pretty excited and nervous. We talk about race strategies and I discover that she hasn't figured out how to eat anything during a marathon. I told her to grab some stuff from the people along the course, and try, TRY to get some nutrition down. Nobody runs a marathon without taking in nutrition during the race. She'll figure it out.

It takes a long time to get to Two Harbors. The bus ride brings back memories, of Boston 2018, when we stared out the windows in semi horror, aghast at the storm raging around

us. Of Grandma's in 2016 when I realized to my chagrin on the bus that I had forgotten my watch. But today is sunny and cool, no rain, little wind, no blazing heat.

Because of Covid the race start is a little different from usual. They're doing a rolling start so that people are more spread out. Except for kind of missing the excitement of a gun going off to announce the start of the race, I like it. You can start any time after 7:45 AM. When we get to Two Harbors I head straight for the portapotties and then find a spot where I can do my dynamic warmup routine. As I'm doing my routine the first runners begin, but no matter. I'm on the course by 7:50 anyway. And in the back people are always more spread out so I don't really notice a difference.

The first hour or so of the race is sunny and a little warm. I'm sweating so I make sure to drink my electrolyte water, and regular water too. After a couple of hours the clouds roll in and it gets a bit cooler. It's still a little warmer than ideal marathon weather but its SO much better than 2016!

I'm using run/walk intervals of run 75 seconds, walk 30. Close to the beginning a woman asks me what I'm doing. This always happens! She asks if she can follow along with me, and she does for awhile but eventually my pace is too speedy for her so she drops back.

I've concluded that Grandma's not an easy course. There is only one big hill, but there are many little ones. It's almost never flat. There are also a lot of long inclines, the kind that slowly wear you out. And it's very curvy since it follows the shore of Lake Superior. I concentrate on running the tangents as much as I can. I have no desire to run more than 26.2 if I can help it! And I end up doing pretty good. I run 26.35 miles.

In retrospect, one mistake I made was choosing a pace that was over my head. I wanted to try to beat my time from Chicago 2 years ago, but try as I might I couldn't maintain that pace for very long during training. I had experimented with slightly slower paces and I would have been better off using one of them and speeding up later if I could. As it was, by mile 10 I was slowing down.

I had a lot intestinal issues this training cycle. I think it's related to my thyroid being out of whack but who really knows? As I practiced in training I took a couple of Pepto Bismol tablets before the race, and again during the race whenever I started to feel my stomach cramping. I ended up taking a LOT of Pepto, maybe 8 tablets total, but it worked; no portapotty stops and I was able to take in all of my nutrition without feeling queasy either.

By around mile 18 I started to hear this voice in my head. It grew increasingly insistent. "Stop! Why don't you just stop? Think how nice it would feel to just stop running?" Every time I stopped to walk the voice started up again. Every time my beeper went off telling me it was time to run, mentally I gave a little groan. This was very different from Chicago, where by mile 18 I was feeling increasingly strong and confident that I was going to be able to reach my goal.

Right before mile 21 a woman fell right in front of me. She went head over heels, flailing about, and landed hard, on her face and arm. She held up her wrist and it was obviously broken. I stopped, of course, and so did another woman. "I should call someone," I said and then paused. "Who should I call?" The other woman said to call 911 so I did. I've actually never had to call 911 before!

A man came running up and bent over the woman. He told his kids to run to their house and get some splints. He was an orthopedic surgeon! What are the chances! He took charge of the situation. A van from the race pulled up too. I made sure 911 had her location and I exchanged phone numbers with the surgeon in case 911 called me back, and then I was on my way. I lost 5-6 minutes, and missed my "B" goal, but in a strange way this incident helped me. It gave me a reset, and the voice telling me to stop went away. I had a better perspective and a much better attitude, for the remainder of the race. I remembered that above all I want to reach the end with a smile on my face, and I did!

**To be continued in next month's *Forever Run***

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

*Flagship Race of the New England 65 Plus Runners Club*

**Registration is now open:** <https://jerrysrunforallages.ne65plus.org/>

**SAVE THE DATES** – *In-Person Race:* Saturday, November 6, 2021

Start Time: 10:00 am with Sunshine start at 9:40 am

Race Location: Lake Quannapowitt, Wakefield, MA on our USATF Certified Course MA13037JK

*Virtual Option:* Run the 5K distance anytime, anywhere from Sunday, November 1 through Saturday, November 6, 2021

*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+ (unique 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 6<sup>th</sup>! Or Run Virtually from November 1 to 6 so you support the Club and still get the long-sleeve race shirt.

Bob Kennedy, Co-Race Director

Jan Holmquist, Co-Race Director

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## NE 65+ Banner Races

Upcoming 2021 New England 65 Plus Runners Club Banner Races – 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!

ME - Randall's Run for the Gym 5K September 4, 2021

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K>

CT – Bigelow Tea 5K September 26,

2021 <https://runsignup.com/Race/CT/Southport/BigelowTeaCommunityChallenge>

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

<https://greatbay5k.org/>

MA - Jerry's Run For All Ages November 6, 2021 (Link is in above article)

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**A proud group of 65+ medal winners. (L-R): Jerry LeVasseur, Joe Cordero, Ram Satyaprasad, Chuck Keating. At the USATF Masters track and field meet in Ames, Iowa, they set national records in the 4x400 and 4x800 meter relays and took home gold in the 4x100, 4x400 and 4x800.**

## **Records Fall in USATF National Masters Meet**

**by Jerry LeVasseur**

When we turned 80, Joe Cordero and Jerry LeVasseur put together non-club relay teams setting world and national records. We had never been able to get 4 club members to nationals even with other club members at nationals but racing for other clubs.

We were able, however, to get Joe, Ram Satyaprasad, Larry Cole and myself to do the 4X1600 at BU for a world mark. We then got a club team with Bill Spencer, Joe, Ram and Jerry to compete in the 80 age group at the indoor Providence, RI New England USATF meet in Jan 2019 and set the 4X400 club National record beating the existing record. We also beat the 4X800 record by 2 and a half minutes but it didn't count because we were the only team. At the same meet the next year, our 70 team raced with us so we got the record.

In June 2019 there was a NEUSATF relay meet. There were no records for the outdoor club 4X400 and 4X800 so we went for it. We ran times close to what we did indoors (17+ for the 4X800 and around 8 minutes for the 4X400) but were told there would be no records because the rail at the Merrimack College track had been taken up for graduation. The next year there were no meets because of covid.

A message was put out to see if we could get an 80 team to go to Nationals at Ames, Iowa in July 2021. Bill Spencer could not go so we needed a replacement or two. Greg Tooker earlier said he would like to join us and Chuck Keating replied to the message saying he would also do it.

Chuck would be coming from Florida but hadn't competed in 7 years. Joe's arthritic knees were getting worse so he moved to Arizona. Greg had a bad hip but everyone wanted to help the team get the outdoor records and worked hard to get in shape. Getting the indoor and outdoor records would be special and a first for any club.

Bill Spencer, Joe Cordero, Chuck Keating and Jerry LeVasseur are members of the NE 65+ Runners Club Hall of Fame. We had 5 registered at nationals but Greg thought it best not to go since we would have 4 and his hip bothered his running. Ram and Jerry flew out of Boston and Chuck met us at the Des Moines airport where we rented a car and drove to Ames. We arrived in time to pick up our registration packet after which we stopped at the Dublin Bay Irish Pub for something to eat before getting to the hotel. We had asked for a roll away so we had 3 beds but none were in the room. The staff did get us a bed but it was too big to open up fully. Being short Chuck felt he could sleep on half of it. Chuck had a rough night but the next day the new owners got a proper bed for Chuck.

We had to be at the track early the next morning to declare for the 5K which all three of us had registered for. I decided not to run it because of a back issue. Ram placed 6<sup>th</sup> and Chuck ran a few laps finding he had lost a lot in not competing for 7 years. There were 1,051 registered for the meet with some of the best in the country in all age groups. By the end of day, 8 world and 32 national records had been set, mostly by women.

Jerry had a massage on Thursday which did wonders for his back since he had the steeple and triple jump the next day. On his 3<sup>rd</sup> jump he moved into 2<sup>nd</sup> place and felt it best to pass on the last 3 jumps since the steeple was coming up and his back didn't need the jarring.

Our friend, Elmo Shropshire, who ran on our national record setting 4X800 in Spokane and the composer of "Grandma Was Run Over by a Reindeer," was running in the steeple for the first time so Joe coached him in how to go over the barriers. Jerry placed 5<sup>th</sup> with the back okay. Joe who had won the steeple 11 times at Nationals, placed 4<sup>th</sup> with Elmo 3<sup>rd</sup>. Ram placed 3<sup>rd</sup> in the 400 on Friday and was thrilled at placing. Jerry bettered the All-America standard in the triple jump and steeplechase as did Joe in the steeple.

The next day Ram, Joe and Chuck did the 800 finishing in that order from 3<sup>rd</sup> to 5<sup>th</sup>. Ram had great run. At midday Chuck ran the 100 finishing 5<sup>th</sup>. By four that afternoon it was in the low 90's and humid when we were to do the 4X800. Everyone ran slower than the morning but we did get the gold and record. The track temperature was 102.

Sunday was hot but overcast with the last 2 relays in the early afternoon. Joe ran the 1500 in the morning finishing 7<sup>th</sup>. The first relay was the 4X100 where we got another gold followed by the 4 x 400 again getting gold and a national record giving the club national records in both indoor and outdoor 4X400 and 4X800. We may have been the 1<sup>st</sup> club to win all 3 relays. At least no club 80-84 age group had done it.

As a club we finished 12 of 78 with 51 points. With 2 medals Ram earned the most points. The club's name was announced many times. Some were coughing after running which could have been from the air quality due to the fires in the West.

After the meet we all went back to the Dublin for beer and food. During the week we visited a very nice garden at Iowa state, went to the Saturday farmers market, attended an outdoor concert, saw some area sights and ate at a fantastic Aunt Maude's, the Mucky Duck Pub and Hickory Park Restaurant.

The meet was well run and we saw many of our old friends. It was about fitness, fun and

friends. We hope more 80 club members will join us especially for the upcoming XC national 5K in Boston in October.

**Editor's note.** After the meet, Elmo Shropshire sent the following email to Joe and Jerry:

"Big congratulations not only for winning your relay but for your valiant participation in all of your events. You are the embodiment of how an athlete should compete and enjoy a track meet. That's why you're both legends and everyone is so happy to see you. No masters track meet would be complete without you. It is heartwarming to see you field a club team of 80 year olds. Hanging out with you and your team was the highlight of my trip to Ames. Your enthusiasm and good vibes permeated the whole event! I love you guys and will treasure my photo with you. Your fan, Elmo"

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## New Members

**David Anderson**, Westerly, RI.....recommended by Rich Paulsen

Has been a runner since the Army made him do it. Captain of his corporate running team. David has run numerous marathons and several ultras. A cancer survivor who is working his way back. Jerry's RFAA will be his first post-cancer race.

**John Hackney**, Montpelier, VT.....saw club members at races

Races all distances from 5K to marathon. Has been running since the mid-70's.

**Janice Meckstroth**, Melrose, MA.....recommended by Phil Herman

Was a member of Melrose Running Club for many years. In the past 20 years has run mostly 5K's but completed a few half marathons and a full marathon. During the pandemic she has started to run a bit more regularly again.

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## Masters National Grand Prix from Gary Circosta

**Grand Prix scoring from Dec 2021 through Nov '22, National Championship Events**

**2021 Oct 17 USATF National Masters XC Meet, Franklin Park, MA (only 3 needed to make a team)**  
NE 65+ has an 80's team but needs a 70's team.

2021 Dec 11 USATF National Club Cross Country Championships Tallahassee, FL

### 2022

Jan 8 USATF Cross Country Championships San Diego, CA

Feb 26 USATF Masters 5 km Championships Publix Atlanta Marathon Weekend Atlanta, GA

Mar 20 USATF Masters 1/2 Marathon Championships Syracuse 1/2 Marathon Syracuse, NY

Apr 3 USATF Masters 10 Mile Championships SACTOWN 10 Sacramento, CA

Apr 24 USATF Masters 10 km Championships James Joyce Ramble Dedham, MA

Early June USATF Masters 1 Mile Championships Rochester Mile Rochester, NY

6/29-7/10 XC, 10 Km, or Half Marathon WMA Outdoor Championships Tampere, Finland

Sep 18 USATF Masters 12 km Championships By Hook Or By Crook 12K Highlands, NJ

Oct 22 USATF Masters 5 km Cross Country Championships Boulder, CO

### **Memo: USATF Masters Track and Field Events**

Mar 18-20 USATF Masters Indoor Championships NY, NY

Jul 28-31 USATF Masters Outdoor Championships Lexington, KY

Dec 10 USATF National Club XC Championships San Francisco,



**Zeke Zucker, NE 65+ vice president and "self-appointed" 70's team coordinator.**

## **Upcoming Team Events for Club Participation** **by Zeke Zucker**

The USATF-New England Association has promulgated its schedule of races for the 2021 New England Road Race and Cross Country Grand Prix (Don't know the plural of Prix), and I've been communicating with lots of our 70's Gents to encourage as many as possible to become involved. We had an excellent turnout for the first Road Race event, the Bobby Doyle 5-Miler on August 8th. Club President Steve Viegas and Bob Kennedy placed first and second in the 70-74; Rich Paulsen and Gerry Porricelli placed second and third in the 75-79,, while Ram Satyaprasad and Larry Cole took the top two places in the 80-85 Division. Not surprisingly, Jan Holmquist ran away with the women's 75-79 top honors. A hearty congratulations to all of them.

I'd love to see a great turnout for the last three events on the Road Race schedule. They are the Lone Gull 10K on 19 September in Gloucester, MA, which you can register for at <https://raceroster.com/events/2021/50084/lone-gull-10k> Then the Nealon 15K goes down

on 26 September in Upton MA. Sign up for this one at: <http://tri-valleyfronrunners.com/tuneup/tune-up.php> The 5th, and final race in the Series, is a yet-to-be-determined (and then announced) 5K in October or November. This year there won't be a full or half marathon.

For 65+ individual or team scoring purposes, you must be registered with the USATF Office as a member of **NE65+ as your designated Club**, but you can still belong to other Clubs. The bottom line in all of this is that we are obviously strong in 65 and older membership, and quite capable of scoring very well in the Series.

One of our club board members, Bob Kennedy, is the RD for the Great Bay 5K Race for a Healthy Estuary, in Stratham, NH, and he puts on a fabulous show. In the competition part of it, with a minimum of 5 team members, the top finisher in his or her division gets one team point, 2nd place gets 2, etc.. The team with the lowest number of points wins a pizza party for 30 people. We have quite a number of 80's and 90's members, who could win their divisions, and make us a shoe-in for winning the whole thing. All the info for the October 30th race is at <http://www.greatbay5k.org> . It is a really fast, mostly easy-downhill course, which will give you an impressive finishing time. I'd love to see both men's and women's teams, as we have a very good chance of winning that delicious prize, along with the bragging rights.

The other tempting items I have are the USATF National Masters Cross Country Championships at Franklin Park, Boston on the 17th of October (only three runners are needed to make a team) and the USATF-NE annual XC championships, 8K, at Franklin Park on November 17.

Hope to see lots of you at the races,

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## **65+ Merchandise Sale**

by Joan Tremberth

In an effort to update our clothing inventory it has been decided that we will be offering some of our items at "clearance" prices. The older, cotton t-shirts will be sold for \$8 and caps will be available at a reduced price of \$10 each. Those items, as well as other clothing will be available at club sponsored races and at the annual banquet on 11/8. Please contact Joan Tremberth for

## Quote of the Month

**"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you have been running for 20 years. There is no test to pass. no license to earn, no membership card to get. You just run."**

**John Bingham**

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