



Forever Run

April 2022

From the President

by Steve Viegas

Friends,

It is April 1st. I hope that the current state of COVID doesn't make fools of us for relaxing some of the protocols. Our sport is very safe. Numerous races large and small have taken place and haven't been super-spreading events. We now have the option for a fourth vaccination. Most of our fellow citizens are understanding of those of us who now either mask or not. Life seems to be returning to normal. Let's hope!

I spent four days in Orlando, Florida at the RRCA Annual Convention and I can tell you that our sport is on the rebound. The convention was well attended. I learned that some events have closed down as a result of the pandemic but most have renewed. Although the numbers are somewhat lower than 2019, racing is looking more and more normal. Our Jerry's Run for All Ages will be the Massachusetts RRCA 5K Championship again this year.

Being in Florida didn't allow me to run at the New Bedford Half Marathon. I received a good report on my return. Our F60 women had a full team and our M70 men won its division. I understand that the weather was ideal for racing. The next USATF New England Grand Prix race is the Vermont City Marathon on May 29 in Burlington, VT.

The USATF National Masters 10K Championships will again be held in conjunction with the James Joyce Ramble in Dedham, MA on April 24. I look forward to running in it and seeing fellow club members. This is not a PR kind of course with all its hills but is unique with people stationed around the course wearing period garb and reading from Joyce. Martin Hanley does a wonderful job with this event. The outdoor after party on the Endicott Estate is terrific. I am so glad that it is back.

Our board met on March 21 via Google Meet. We used to hold two in-person board meetings annually in April and November. The advent of online meetings has allowed the board to manage our club more carefully. We meet on average about every other month eliminating the need for our board members to travel long hours to attend an in-person meeting. The board will meet again on April 26.

The board received reports from the Jerry's Run for All Ages and nominating committees. We discussed our annual luncheon and possible speakers. (We will be announcing the speaker soon.) Bob Kennedy announced that we have received our new tents emblazoned with our logo and name. He has been distributing them to the state directors. We plan to erect them where they will be allowed in races with a high concentration of our members like USATF events and our Banner Races.

The Nominating Committee has been active filling vacancies and coming up with a slate for the Club year beginning in September. We still need help. We have stubborn vacancies in Rhode Island and Vermont. If you wish to be considered for director in either state or would like to nominate a candidate, please email me.

The state of our club is very strong. I'm so pleased to work with our very active board and



Bill Reilly of Brownfield, ME after placing first in the 70-74 age group at the Wellen Park St. Patrick's Day 5K in Venice, FL with a time of 26:47.

Running During a Time of War

Susan Feline sent us the following link to an article that appeared in "The Guardian" about older Ukrainians who run daily despite a war raging in their country. The runners say they are showing people they are still alive. The courage of their president and the people of the Ukraine inspire us all.

[https://www.theguardian.com/world/2022/mar/10/ukrainian-men-running-marathons-russia-invasion?
utm_term=6229fd6569804308d251cbabf738b267&utm_campaign=GuardianTodayUS&utm_sourc
e=esp&utm_medium=Email&CMP=GTUS_email](https://www.theguardian.com/world/2022/mar/10/ukrainian-men-running-marathons-russia-invasion?utm_term=6229fd6569804308d251cbabf738b267&utm_campaign=GuardianTodayUS&utm_source=esp&utm_medium=Email&CMP=GTUS_email)



For Jo Ann McCalister It's a Family Affair by Leslie Behan

Six days after Jo Ann McCalister's birth, "Milkman" Joe Smith won the 1942 Boston Marathon. Women were not allowed to run Boston officially until 1972, thirty years later. This year Jo Ann will toe the line in Hopkinton for her first race as an octogenarian, as she celebrates her 80th birthday on April 13.

Jo Ann McCalister is one of two lucky members of the NE65+ Club to receive a waiver for the Boston Marathon. Although the Club is awarded only one waiver, President Steve Viegas was able to obtain a second one from one of his contacts.

Having completed the 2017, 2018 and 2019 editions of the Patriots Day race, Jo Ann is eager to wear the NE65+ singlet again this year. In my telephone conversation with Jo Ann, the recurring theme was family.

Although Jo Ann grew up in Pennsylvania, she moved to Florida because of family. Her daughter, Cathy Kuhn, moved to New Hampshire with her husband. Jo Ann relocated to New Hampshire for 15 years to take care of her granddaughter. It was while Jo Ann lived in New Hampshire that she joined the NE65+ Runners Club.

Jo Ann took up running rather late in life, at age 52, to spend time with her then-husband. She started first by walking and then was a regular runner by age 54. Over the years she has completed 10 marathons including the Bay State Marathon (above photo) and one in London. In her recent Boston Marathons she has run "with" her daughter Cathy, age 48, who has qualified for this year's Boston. While covering the marathon course, Jo Ann knows her daughter is somewhere ahead of her and calls Cathy her "inspiration." In addition to Cathy being her motivation to run, she also enjoys the energy of the crowds. Spectators offer "high-fives" and treat her like she's in first place.

Jo Ann has once again moved to be near her family, this time to Louisville, Kentucky. She has plans to fly to Boston along with family members for the Patriots Day weekend. We

are keeping our fingers crossed that her daughter's potential stress fracture will heal in time. Jo Ann is on schedule with her training, having covered 20 miles on a solo run on a Saturday in early March.

Jo Ann has jaw-dropping finishing times of 5:05 for third place in her age group (2017), 5:17 for second in the horrendous conditions (2018), and 5:09 on the "weird weather" day (2019).

Regardless of the weather conditions or time, I'm sure Jo Ann will be visualizing her daughter ahead on the course and enjoying the enthusiastic crowds as she nears Boston's finish line.



Jo Ann McCalister's "inspiration" (her daughter, Cathy Kuhn) running the Bay State Marathon. Jo Ann and Kathy are in Boston this year and we wish them all the best.

2021 Mileage Update

After the March issue of "Forever Run" had gone to press, we received word that club vice president, Zeke Zucker, ran 1,863.7 miles in 2021 and walked 119 miles for a total of 1,982.7. This placed him third on the list of club members who submitted mileage for last year behind John Goldrosen, 2339 and Jay Diener, 1992. And also added to the list for 2021 was club president Steve Viegas who finished in 9th place with 1517 miles (61 were race miles.) Congratulations to all club members who recorded some impressive mileage during a year of Covid.



Above: Club members find a "pot of gold" in Manchester. (L-R): Shusuki Minami, 1st, 80+; Dan Dodson, 3rd, 75-79; Dick Kuhl, 3rd, 80+.

New Hampshire News by Daniel Dodson

The "Citizens Shamrock Shuffle" was held in Manchester, NH. There were 1068 finishers in the race on Elm Street in the heart of downtown Manchester, which was followed by a huge St. Patrick's Day parade. The previous day the half marathon drew 524 finishers and 444 runners in the 3 - person relay. There were also virtual races in both the half marathon and the 2 - mile "Shamrock Shuffle."

At the St. Patty's 5K/10K in Portsmouth, NH, Linda Jennings was first in the 65-69 age group with a time of 26:01. Leslie Behan placed 2nd in her age group in 27:02 while Dan Dodson was 3rd in the men's 75-79. A total 357 runners completed the 5K and 290 ran the 10K. There were also many runners who did the virtual race options.



Patricia Evans Profile

by Byron Petrakis

Neither pelting rain nor stifling heat can prevent 70-year-old Patricia Evans from training for and running marathons. A long-time runner for 45 years, she has run many races as well as 17 marathons, including New York and Boston. She is incredibly grateful to the New England 65+ Runners Club for granting her the opportunity to run the 2022 Boston Marathon, as she wanted to celebrate her 70th birthday (March 17) by running the race. A longtime resident of Wellesley, MA, she is quite familiar with the course.

In 2018, Pat ran the Boston Marathon in windswept rain from start to finish but still managed a brilliant smile at the end. This year, while training for Boston, she spent time during the winter vacationing near West Palm Beach, Florida where the conditions differed considerably from the typical New England winter. During her training runs along the Florida coast in 80-85 degree weather, she encountered some unwelcome natives. As she so wryly put it, "I had company every day with iguanas constantly crossing my path. Yikes! Dorothy's not in Kansas (or Wellesley) anymore LOL!"

For a brief spell, however, Florida's typically mild winter took an unusual twist. On January 31 the temperature reached a low of 25F in south Florida and frozen iguanas began falling from the trees. One wonders whether some of the reptiles Pat dodged on her run had recently lost their lofty perch. Of course, golfers and pedestrians in Florida sometimes encounter alligators along their path, so conditions could have been even worse!

The heat and wildlife aside, Florida's flat terrain posed yet another challenge to Pat's training—namely, the lack of hills. Having lived in Wellesley on the marathon course for over 35 years, she is used to the ups and downs that occur throughout the course. So,

once she returned from her Florida vacation, she hit Heartbreak Hill to acclimate herself to Boston's terrain once again.

Pat reports that her training is going well and she is looking forward to running Boston again four years after her soggy experience during the 2018 race. She is looking forward to the support of her children, who are also marathoners, and other family members along the course. Her only regret is that neither child will be joining her as runners this year. Her son, Jonathan, who has run Boston twice for the Army, broke his foot last year, preventing him from doing the necessary training mileage. Pat's daughter, Sarah, who joined her Mom running the New York City Marathon in 2017, was unable to receive charity sponsorship in time. Nevertheless, they will both be at the finish line cheering their mother on.

Having survived the brutal conditions from her 2018 Boston Marathon experience, Pat is confident that she can overcome whatever Mother Nature has in store for her this year. As an added precaution, she might consider asking Ireland's patron Saint Patrick to grant her a belated birthday wish by ridding the course of any random reptiles. So, if you plan to be a spectator on Marathon Day, keep a lookout for Pat's number 27256 and keep your pet iguana at home!

Note: Byron Petrakis, Tom Wylie and Steve Malyn will be assisting with the Boston Marathon at Mile 18 and look forward to cheering on Patricia Evans and JoAnn McCalister plus any other club members they can spot. But first, club members will pass Margaritt McNulty and Mike Nixon at Mile 14 who will encourage runners as they head towards downtown Boston.

New Members

Barbara Landry, Amherst, NH.....Learned about NE 65+ by word of mouth.

Runs mostly 5K races at under 10 minutes per mile pace.

Samuel Lewbel, Hudson, MA.....Recommended by Steve Tolman

A runner since 1965. Ran the mile, 2 mile and cross country in high school. In late 1970's began competing in 10K to marathons (5 times in NY Marathon.) In 80's and 90's coached boys and girls track and cross country in CT. After retiring, did 5Ks to half marathons with the Running Amigos, a senior group in CT. Competes annually in the 400 and 800 at state and senior games.

Betsy McCarthy, Southborough, MA.....Learned about the club at the Irish Classic race

Has been running for about 35 years. She says she enjoys it very much but needs a bit more motivation to get out there as she grows older.

Massachusetts News

Photos From New Bedford



(Above R-L) Donna Sarasin, (1st NE 65+ female veterans finisher), Sinthy Kounlasa, (2nd NE 65+) and Rob Knight, (3rd NE 65+ men's veterans team finisher.)



(Above R-L) Adam Nissan, 1st NE 65+ veterans team; Anne Broussard, 3rd 65+ female veterans; Sinthy Kounlasa (see above); Bob Kennedy, 2nd 65+ men's veterans team. Note: Bill Pine, a member of NE 65+ from Fitzwilliam, NH, placed first in the men's 70-99 division with a time of 1:46:14 but due to an error by the timing company, his name failed to appear with the NE 65+ team results.



Dave McGillivray with his son, Luke, during a run from Medford, MA to Fenway Park to commemorate the 40th anniversary of Dave's run across America.

I'm A Streak Freak

by Dave McGillivray

Ok, guilty as charged. I'm a self-proclaimed "streak freak." What can I say, I like streaks. Truth be told, I actually don't consider them as much "streaks" as I do "commitments." When I make a commitment whether it is foolish and silly or a serious one, I am obsessed with sticking to it.

Today, I just accomplished a commitment I made one year ago – to run every day for one year. DONE. Check that one off the list. Again, not a big deal to most, but it sort of was a big deal for me as I have never done this before in 50 years of running. It's the "little" things in life that sometimes end up being the big things. Now the big question is, will I take tomorrow off or keep going? I did not commit to more than 365 days. What do you think?

When I was growing up, I "committed" to not missing a day of school...ever. Well, other than being taken to the hospital in the 8th grade for appendix surgery, I never missed a day of school...and that includes 4 years of college. A silly one – in order to use the bathroom when you were in class, you had to raise your hand and request a "bathroom" pass. I "committed" to never asking for a bathroom pass and I never did. Needless to say, some classes were very painful experiences. Another really, really silly one – my parents bought these new, blue swivel chairs for the TV / living room. When they arrived, I told my two brothers that I would never, ever sit in those chairs. Why? I don't know, just another silly "commitment." Well, I never, ever sat in those chairs. My brothers would actually try to push me into those chairs but it never happened!!

Then there are my two favorites...running the Boston Marathon...which will be #50 on April 18th and "running" my age on my birthday for the past 55-years (full disclosure, after my triple bypass surgery I ran and biked my miles). My game, my rules! Regarding my birthday run, when I was approaching 50, I begin asking myself how long can I continue to do this? What am I going to do when I turn 90??? So, I thought, maybe I do 50 and then start going in reverse, that is, when I turn 51, I will run 49 miles, etc. Thus, when I turn 90, I only have to do 10 miles. Seems like a reasonable plan. As I was running on my 51st birthday, I got to 49 miles and stopped...briefly. Do I now end this "streak" of adding a mile or do I keep going? I anguished over this for about 15-minutes and then just said,

“hey, I feel good, I can easily do 2 more miles” and just kept going. I turned 68 in August and now wish I stopped at 49 miles as I’d only have to do 32 miles instead of 68!

Then there was my cross country run. I vowed never to take a day off...so I didn’t for 80 consecutive days across America. And, when the pandemic hit in 2020 and the Boston Marathon was cancelled, I still ran a “virtual” marathon on Patriots Day because that is what I had always committed to doing and ran the official virtual marathon in September....however, knowing I had not run the actual Boston Marathon course in 2020, I snuck out and ran the entire course a week after I ran the virtual marathon, just to keep that “streak” going. Did the same in 2021.

I’ve always believed in “setting goals, not limits” and these goals / commitments / streaks just keep me honest and keep me motivated and always moving forward. When asked what my best accomplishment is, I say “my next one.” Now that this “run every day for one year is done”, my next goal is in 5 weeks – Boston #50.

So, I ask you, what “silly and/or serious” streaks might you have??



John Gibbons and kids race director, Donna Cramond, at the start of the Leprechaun 5K in downtown Stratford, Connecticut.

Connecticut News

by John Gibbons

This was the first Connecticut race for your author in his new (80 year) age category. I managed a first and was advised by RD Marty Schaivone that my time set an age-related record for that particular 5K course. Bill Borla must have missed this race. Other 65+ runners there included Way Hedding and Bill Tanski, who both medaled in younger age groups. It was a good turnout (256 runners) for first serious 5K in western Connecticut.

More From Maine

65+ Maine Representative, Joan Tremberth, sent us a reminder that Maine's flag race, the Seadogs Mother's Day 5K, will be held next month, May 8, in Portland with a 9:15 am start. Seven years ago "Forever Run" co-editor, Rick Stetson, reported on the race. In the following link to our club's web site, those who have not run in Portland on Mother's Day can pull up additional information about the race by clicking on "News," then on "Newsletters" and then scrolling down under "Newsletter archives" to the 2015 June newsletter.

<https://sites.google.com/ne65plus.org/ne65public/home>

Ready To Ramble?

by Anita Hadlock

The **JAMES JOYCE 10k RAMBLE** will take place at the Endicott Estate in Dedham, Massachusetts at 11 AM on Sunday morning, April 24th. If you have never done this weird and iconic race it is time that you did. Please don't moan later and mention that I said you would LIKE it, I am just encouraging you to run it once. The fact is, it's not a ramble. A ramble sounds like something you do with a bike and a picnic basket. This is a race and the course is challenging. I do promise that you'll be mystified, challenged and quizzical, for this is not just a customary event, it's a pageant. Come see for yourself.

CALLING ALL WOMEN 65+ who want to run for our new team!

So far we have one woman registered for our 10k team. To reach team status we need 3 women; the team is capped at 5 runners. What happens if 7 women want in? We'll create a B Team. <https://www.ramble.org/register>

Please be sure to tell me, Anita Hadlock, that you signed up (hadlock55@gmail.com) and be certain to register yourself with our club name/designation and your USATF Number. You should to select the club's A team. If you find that you are NE 65+ Runners' Club woman #6, that is, five others have already fleshed out our A team, please contact me and we'll arrange the teams so that everyone has racing colleagues.

And most importantly, without which you won't be counted: you must wear your NE 65+ club shirt. If you do not have one, contact Joan Tremberth at djtremberth@gmail.com

Also, please note, this is the National 10k Masters Championship race, so if you are of that caliber, look at the registration site and make your selection accordingly . The Championship race starts before the 10k.

From Joyce's book *Ulysses* comes a quote which will resonate with elder runners. "Better pass boldly into that other world, in the full glory of some passion, than fade and wither dismally with age."

Let us run on.

2022 NE 65+ Challenge

by Ken Houle

To increase participation for 2022, I would like to include totals from all who want to participate. Total miles of run/walk no matter if they do not total up to 1000+, I would include in the yearly list. Only participants who reach 1000+ or more will receive a patch, but all will get recognized for their efforts by being on the list. I would also like to encourage sending totals of bike mileage and swimming distances for the year. They will not count in the total mileage for the run/walk challenge, but it would make for interesting statistics to share with our members.

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Quote of the Month

"Keeping active is far more important than the minor disappointment of being overtaken by people you used to beat."

Rob Hadgraft

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