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Subject: Your August Forever Run
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To: slewbel@aol.com

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Forever Run

August 2022

From the President by Steve Viegas

Folks,

This is my penultimate letter. I will write one more before turning over the president's gavel to Bob Kennedy. It has been an interesting time to lead this club. I will have more reflections in my next and last letter.

It is with a heavy heart that I share the news that our newsletter editor, Rick Stetson, has succumbed to complications from a fall. I have been circumspect about sharing personal details about Rick. I honor his privacy. His family has set up a CaringBridge page in which they shared Rick's journey. I shared the link on our Facebook page if you are interested in learning more.

Rick moved to Alabama to be closer to family several years after I became a member. We built on our relationship post-move through meetups at Road Runners Club of America annual conventions. Rick was a regular attendee. In the past four years, he was not only the club's newsletter editor, but he was also my mentor, editor and valued friend. My life was much enriched by my friendship with Rick. I will miss him dearly.

Because Rick's prognosis meant that he could no longer be our newsletter editor, I reached out to the club for someone who was capable and willing to become our newsletter editor. I am happy to announce that Sam Lewbel, a member of the club and active competitive athlete, has agreed to take on the task. Sam has had a distinguished career as a teacher and track coach in Connecticut. During that career he was editor for an educational journal. Now in retirement, he has since moved to Hudson, Massachusetts to be closer to his grandchildren. Jan Holmquist and Donna Sarasin, who have been filling in, and I will meet with Sam later this week to begin to sketch the path forward with our valued newsletter.

Our Jerry's Run for All Ages is coming up on November 5th. It is never too early to ask for volunteers and request that members sign up to run. We would like to keep this unique event going forward and we rely on many to make it work, not the least our great club members. Please sign up and volunteer.

The USATF New England LDR series renews on August 14th with the Bobby Doyle 5 Mile race in Rhode Island and shortly afterward on August 27th at the AutoFair New Hampshire 10 Mile race. The Bobby Doyle race is also our Banner Race for Rhode Island. Look for our new club tent as a place to gather. Let's show our club colors at both races and field as many age-group teams as possible.

Our annual mailing went out last week. Included was a reservation form for our annual luncheon. We plan to follow good COVID protocols as we did in last year's successful

luncheon. We plan to follow good COVID protocols as we did in last year's successful luncheon. It will be on September 26th. Our members will assist members who may be mobility challenged by picking up and delivering meals from the buffet. We also encourage our members to consider carpooling to the event. This is a big transition year with a new slate of officers and directors coming in. We also have an interesting guest speaker about whom you can read in this newsletter. I would love to see a great turnout.

Included in the mailing was our annual fund request. The annual fund provides the resources to promote our mission and make an impact in the running world. I thank everyone in advance for their support.

My final piece of business here is to request help in filling vacancies. We have vacancies in the New Hampshire, Rhode Island and Vermont director positions. We also need an assistant treasurer and a person who would be willing to be our vice president. The vice president is the president-elect under our by-laws. Zeke Zucker has been fulfilling the vice president's duties but doesn't wish to become president. Please contact me if you are interested.

Stay safe and happy running,

Steve Viegas
stephenviegas@hotmail.com

New Members

Karen Gillespie, Boxborough, MA.....avid runner on the roads and trails since 2005

John Hammond, Wolfeboro Falls, NH.....has been running since high school

NE 65+ Important Dates

Late July: Mailing of annual appeal and luncheon invitation to club members. If you haven't received your mailing by now, please let us know if your snail mail address changed. You can also find the information on our website: www.ne65plus.org

August 14, 2022: *Bobby Doyle Summer Classic*, Narragansett, RI. (USATF-NE 5 mile championship)

August 27, 2022: *Autofair NH 10 Miler*, Auburn, NH. (USATF-NE 10 mile championship)

Sept 25, 2022: *Lone Gull 10K*, Gloucester, MA. (USATF-NE championship)

Sept 26, 2022: *NE 65+ Annual Meeting and Luncheon*. Spinelli's, 10 Newbury Street, Peabody, MA. Special guest speaker Dr. Elaine Doll-Dunn (see more below)

Oct 29, 2022: *Great Bay 5K*, Greenland/Stratham, NH. (Banner race for NH)

Nov 5, 2022: *Jerry's Run for All Ages 5K*, Wakefield, MA. This is the club's banner race for Massachusetts. Many age group awards and a flat, fast course.

**NEW ENGLAND 65 PLUS RUNNERS CLUB
2022 Annual Luncheon Guest Speaker**

Spinelli's Function Facility
10 Newbury St (Route 1 Southbound)
Peabody, MA 01960

September 26, 2022 from 11:00 am to 2:00 pm

Chocolate, Roses, Wine & RUNNING!
OR
Life is a Marathon, so Double Tie Your Shoes!
by
Dr. Elaine Doll-Dunn

Born in the shadow of that great shrine of democracy (Mount Rushmore) and raised on the plains where Dunbar danced with his wolf (ref. Dances with Wolves), Dr. Elaine Doll-Dunn is a reader, a writer (ONLY 5 Books), a runner, and a raconteur. At 85, she brings to the podium 38 years in education from middle schools to universities, 50,500 miles in running shoes, and the joys and tribulations of living each day to the fullest. Along the way she has conquered Devil's Tower in Wyoming, climbed Mt. Kilimanjaro in Africa, run across Panama from the Atlantic to the Pacific and completed 125 marathons.

Elaine started running at 40, became Mrs. South Dakota at 61 (other contestants averaged 30), earned her Doctor of Psychology at 65, and founded Leading Ladies Marathon in the Black Hills of South Dakota at 67. She doesn't drink "except a little wine – for the potassium" and even though her marathon is for women only, she explains "Don't get me wrong, I like men – I've married a lot of them!"

Dr. Doll-Dunn is "one of a kind" and her story is one you will not want to miss!





Dr. Elaine Doll-Dunn with Bob Kennedy scouting out the Sundance to Spearfish Marathon course in the Black Hills of South Dakota in June 2016.



Reminder to all club members!

Don't forget to register for our Flagship Race, the
20th Annual Jerry's Run For All Ages
November 5, 2022

Let's make this the best one yet!!
Bring your friends! Bring your families! We are so excited to
see you all there!!

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

In-Person Race: Saturday, November 5, 2022

Start Time: 10:00 am with Sunshine start at 9:40 am (for athletes with 13-minute pace or higher)

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

Virtual Option: Run the 5K distance anytime, anywhere from Saturday, October 29 through Saturday, November 5, 2022

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 winter beanie): 3 deep
2. Discount for 65+ and free entry for 80+
3. Free entry for age 80 and over
4. Age Graded Awards for 50+: Top10 male & female **cash awards.**
5. Race Walk/Power Walk Competition: **cash awards.**
6. Awards for Youngest and Oldest male & female participants

Sign Up now for the In-Person Race on November 5th or run virtually from October 29 to November 5 so you support the Club and still get the long-sleeve race shirt.

Bob Kennedy, Co-Race Director
Jan Holmquist, Co-Race Director



2022 NE 65+ Endorsed Race Calendar

by Bill Cotter

In every **Forever Run Newsletter** there will be an updated calendar of NE65+ Endorsed Races. These races are committed to the 65+ runner so **PLEASE SUPPORT THESE RACES!**

Aug 18 - **Saunders at Rye Harbor 10K** (NE65+ Bronze Status), 10K, Rye, NH, Start 6:00 PM

<http://www.saunders10k.com/>

September 3 – **Randall's Run For the Gym 5K** (NE65+ Bronze Status), Springvale, ME, Start 8:30 AM

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

[ym5K](#)

September 25 - **5K Run/Walk in Honor of Jackie Poor and Paula Holm** (NE65+Bronze status), Newburyport, MA, Start 10 AM

<https://www.ocawareness.org/gnoca-5k-run-walk>

October 9 – **Great Island 5K** (NE65+ Gold Status), New Castle, NH, Start 10 AM

<https://www.greatisland5k.org/>

October 29 – **Great Bay 5K** (NE65+ Gold Status), Stratham/Greenland, NH, Start 10 AM

<https://greatbay5k.org/>

November 5 – **Jerry's Run For All Ages 5K** (NE65+ Gold Status), Wakefield, MA, Start 9:40 AM, 10:00 AM

<https://jerrysrunforallages.ne65plus.org>

November 24 – **Whitin Five Mile Road Race** (NE65+ Bronze Status), Whitinsville, MA, Start 8:10 AM

<http://whitinfive.com/>

What's the best way to promote our club and meet fellow members? Wear your gear at races!! Available on our website here:

[NE65PlusRunnersClub - Store](#)



UPDATE 2020 Grand Prix

USATF 2022 Grand Prix by Zeke Zucker

Information for our Men's 70's team and Women's 60's team:

We still have 4 of the 7 races left to contest, and the Men's 70's is in great shape to win it all.

Next up is the **Bobby Doyle 5-Miler** in Narragansett, Rhode Island at 9:45 am on Sunday August 14th. Sign up at www.bobbydoylerraces.org

After that, race number five is the **Autofair New Hampshire 10-Miler** (previously the Allen Mellow NH 10-Miler). It happens in Manchester, NH at 8:00 am on Saturday August 27th. Sign up at: www.millenniumrunning.com. Click "Events". Scroll down and click "REGISTER". USATF members get a \$5 discount.

Race number six is the **Lone Gull 10K** in Gloucester, MA at 9:00 a.m. on September 25th. Sign up at: [Lone Gull 10K](#)

The 7th and last event in the series is the **BIGGSteps - Boston 5K**, which takes place on November 13th at 8:00 am in Needham Heights, MA. Sign up at: [BIGGSteps Boston](#)

We hope to see a really good turn out from the Club. In order to keep track of how our teams are forming up, please let Zeke know if you sign up for any of the races, and don't hesitate to contact him with any questions

Zekezucker@yahoo.com

NE 65+ Runners at York Days 5K by Bob Kennedy

The York Day's 5K on Sunday July 31st (a Club Endorsed race) was a great success for our members! Women's 65-69 **Geri Clifford** and **Donna Sarasin** placed 1st & 2nd, Men's 70-74 **Bob Kennedy** and **Dan Battle** 1st & 2nd, Men's 75-79 **Bob Murphy** 1st, Men's Race Walking **Jay Diener** & **Peter Bresciano** 1st & 2nd, Women's Race Walking **Anne Broussard** 2nd.
Congratulations everyone!





Photo left to right: **Bob Murphy, Dan Battle, Peter Bresciano, Doug Zechel, Anne Broussard, Donna Sarasin, Sinthy Kounlasa, Bob Kennedy.**
Not pictured **Jay Diener, Geri Clifford, Kevin Greene**

NE 65+ Runners at 2022 Peaks Island 5-Miler by Zeke Zucker

On Saturday July 23rd, hundreds of Maine and regional runners boarded the Casco Bay Lines ferry in Portland for the 35-minute ride out to Peaks Island. The Lions Club sponsors the race, along with a local brewery. This was a hot one, with the 10:30 start temperature hovering around 82, and sure to climb. We were told that there were about 600 runners, but it appeared as though quite a few decided not to run based on the forecast. A number of starters dropped out due to the heat. Ultimately 439 finished the race. Most of the course is without shade, and the terrain features a number of modest rolling hills, and one attention-getting hill just after mile 4.





Prior to the start we assembled **15 Club Members**, though there were a few who missed the photo shoot.



Ralph Carmona blazed the course to win the M70-79 Division by almost 6 minutes in 40:05, an 8:01 pace



Bob Kennedy took 2nd place in the M70-79 Division with a time of 45:49





Sue Dubois won the F70-79 division, while husband **Denis Dubois** placed 3rd in the M70-79 division



Margaritt McNulty nailed down third place in the F70-79 division

Not shown in above photos:

Dave Barnard won 1st place in men's 80 plus with a time of 54:42

Phil Pierce took 2nd place in men's 80 plus with a time of 1:05:50

Sinthy Kounlasa took 2nd place in women's 60-69 with a time of 45:42

Cynthia Barnard, Zeke Zucker, Tom Miller, Vicki Miller and Adam Nisson also ran

Courtney Roderick Run for Recovery 5K

by Mike Lozan

The young-at-heart, playing outside at this very hot race in Tiverton, RI on July 23rd



Left to right, **Mike Lozan**, Linda Morris, **Ellen Litt** and **Betsy Knapp**. Not pictured: **Way Hedding**

The Final Louise Rossetti 5K Race for Women

by Mary Tyler

I "ran" the last Louise Rossetti 5K in Beverly MA on June 22. She was a great lady and first president of NE65 Plus. I saw several NE65+ runners including **Anne Marie McDonald, Betsy Knapp, Ellen Litt, Rita Labella, Sandy Cosco, and Terri Lee Harrington**. I got to see the ocean, good for the psyche. I grew up in Beverly and if I don't see the ocean or smell the salt air for too long, I start feeling land-locked.

Editor's note: other club members who ran were **Carol Weeks, Joanne Morris**



Left to right: **Betsy Knapp, Mary Tyler, Linda Morris, Ellen Litt, Anne Marie McDonald** (photo by Ted Tyler)

July 4th Race Reports

Charles River YMCA 4th of July 5K





Jan Holmquist (above left) running with her granddaughter and son-in-law finishing the race in 25:32 (8:13 pace)

Great Harvard 4th of July Road Race

This 5 mile race in Harvard, MA is free for anyone over 65. The course is shaded and scenic, fairly easy with one large hill in mile 3.



Paul Funch (above) finished 22nd overall and first in M70+ with a time of 35:59 (7:12 pace)





Stavros Kanaracus (above) finished 76th overall and 3rd in M70+ with a time of 44:03 (8:49 pace)



Donna Sarasin (above) finished 84th overall and 2nd in F60-69 with a time of 44:53 (8:59 pace)

Merrimack Sparkler 5K





Susan Lovering (above) finished 1st in F70-79 with a time of 37:26

LL Bean 4th of July 10K

A number of **New England 65 Plus** runners ran in the LL Bean 4th of July 10K in Freeport, ME. **Arlene Hansen, Martin Donlon, Zeke Zucker** and **David Barnard** won their age groups. **Phil Pierce** was 2nd and **Jim Toulouse, Terry Clark** and **Jerry LeVasseur** were 3rd in their age groups. It was a good day for running on a hilly course.





Jerry LeVasseur, David Barnard and Phil Pierce (above), all in the 80+ age group



Renee Adele (above) is one of our newest members

The following members also ran July 4th races, no photos:

- **Richard Bissonnette** ran the *Bath Heritage Day 5 Mile Run* in Bath, ME and took 1st place in M70-99
- **Rich Paulsen** ran the *Bill Feeny 5K* in Woburn, MA and took 5th place in M70-

79.

- **Sue Dubois** ran the *Friends on the 4th 5K* in Winthrop, ME and took 2nd place in F70-74.
- **Peter Bresciano, Doug Zechel, Carol Weeks and Maureen Farren** ran the *Four on the 4th* in York, ME (a NE65+ endorsed race)

Please refer to the website for more 4th of July results! <https://www.ne65plus.org>

Millennium Series Winners



Members **Rich Paulsen** (center) and **Dick Kuhl** (right) were the winners of their age groups in the 2021 Millennium Running Series. Above they are pictured with John Mortimer (left), owner of Millennium Running. Rich ran 44.6 miles in the series of 2021 Millennium races. Dick ran 26.6 miles in the series.

Obituaries

Harry Carter 1936 - 2022

Longtime club member Harry Carter of Blackstone, MA passed away on June 18th.

Harry began his competitive running around the age of 60. He became an instant and consistent age group winner for the next 25 years in races ranging from the 5K and up to and including the marathon. Harry was recognized for his accomplishments by the USATF (both on a regional and national level) on several occasions. In February 2020, in

Cambridge, MA and in one of his last competitive races, he set a world record for an 83-year-old for the five-mile distance. Harry's longevity and determination in the sport will be a constant inspiration to all his friends and competitors.

Rick Stetson 1944-2022

Rick joined the club in September 2010 when he moved to Massachusetts to help out his father who was in an assisted living facility. Soon after joining our club, he was asked to be on the board as a state director representing Massachusetts. At that time, the board was considering the cost and the timeliness of sharing information since the snail mail newsletter only came out 3 times/year. Rick, in collaboration with the then president, was a partner in naming the e-news *Forever Run*. Although he had to resign as a state director when he moved back to Alabama, he remained passionate about keeping his editor position, which he did for the past 8 years. RIP, Rick, and thank you for the many ways you contributed to communication with club members.

Quote of the Month

"The obsession with running is really an obsession with the potential for more and more life."

George Sheehan, M.D.

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