



Forever Run

February 2022

From the President

by Steve Viegas

Friends,

Here we are in February but what a way to end the month of January! I've just dug out from the bomb cyclone storm. With all this snow and the difficulty that localities have with snow removal, running is difficult and dangerous. Until sidewalks are cleared, we are forced to run in the roads which are much narrowed by snow drifts. Be careful and be safe!

Since I last wrote, we have finalized our award of Boston Marathon waivers for 2022. I reached out to a friend in the BAA organization to try to increase our waiver allotment. We received just one waiver again in 2022. In the 2021 pandemic year, we had received just one waiver, believing it to be temporary due to the reduced field size. We had received 6 in the prior year. Phil Pierce received that waiver and celebrated reaching his 80th birthday, while representing us well in the October running of the race.

My friend was unsuccessful in obtaining any additional waivers from the BAA. She did offer me a waiver from her own allotment of waivers to go to a deserving NE65+RC member. I thanked her for her generosity and accepted the waiver. This is a one-off donation. Unless we could persuade the BAA otherwise, we will receive just one waiver annually.

We had four applicants. One withdrew prior to the marathon selection committee meeting. We selected two women, Jo Ann McCalister and Patricia Evans. They are age 80 and 70 respectively, have been training with the hope of being selected and plan to run the race with their children. I am impressed with their enthusiasm and the vigor they have put into planning for the race. Let's cheer them on in April!

Gary Circosta gave the club good notice that he wished to retire from the treasurer's position at the end of 2021. We believed that we had found his replacement but that person on further reflection declined. We are in immediate need of an interim treasurer in order to relieve Gary. Hopefully that interim would consider remaining treasurer when the new club year begins in September. However, we would accept someone as solely as an interim to buy time. That would give the nominating committee more time to search for a more permanent treasurer.

This is a great time to come to the aid of the club. Please reach out to me if you can help. Our nominating committee will be trying to fill other vacancies as well as filling out a slate of new officers and directors for the club year beginning in September. If you have an interest in becoming an officer or director, please contact me.

Our VP Zeke Zucker, Jan Holmquist, Anita Hadlock and Jerry LeVasseur have been recruiting club members to our competitive teams, Zeke and Jerry for the men and Jan and Anita for the women. It has been exciting to see notices from USATF about members who have changed their competitive clubs to NE65+RC. Zeke has an article about the USATF competitions in this newsletter and Anita has one for women in the 64-69 age group. I commend them to your reading.

I look forward to running the first event of the USATF New England Grand Prix series, the Super Sunday Four Miler in Bedford, NH on February 13th. For track athletes, last month's New England Masters Indoor Championships was rescheduled due to the snowstorm to February 20th in Providence, RI. For more information, see Zeke's article and www.usatfne.org.

Stay safe,

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Runners Are Resilient

by Jim Burnett

December 5th, 2021, my son, Joe, and I were taking our first ski run of the season at Ragged Mt in Danbury, New Hampshire. After our traditional selfie at the top (above), I leaned over to tighten the buckles on my boots and Joe launched down Blueberry Trail. The sky was blue, and the sun shone boldly on the groomed slopes. Despite arriving early, the trail was abuzz with family vacationers. I remember taking two smooth turns and the next thing I remember is opening my eyes and seeing a doctor staring into my face in what turned out to be the emergency room of Dartmouth Hitchcock Medical Center in Lebanon. I was very confused. I had no recollection of the past 3 hours. Gradually, I came to understand that I been knocked down by another skier and had hit my head on the frozen slope. I was told that my helmet might have saved my life. A witness to the collision said I was unconscious for a couple of minutes but started moving and talking after that as the ski patrol arrived with a toboggan to transport me down to the base lodge where an ambulance was waiting. I had already received a CT scan that revealed a "small" subarachnoid hemorrhage, between my skull and brain. I was held for six hours until a second CT scan confirmed that the bleeding had stabilized and then I was released with instructions to take anti-seizure medication for a week as a precaution and to lay low. I was to report back for a follow-up CT scan in five weeks. As I write, it has been four weeks from the time of the accident, and I have recovered nearly 100%. I feel better and better with each passing day. Safely back at home, though I had trouble concentrating and focusing for a few days, I was very happy to rejoin our dog Mookie for our three daily walks. During the first week, I felt lightheaded when I got out of bed and a bit dizzy and disoriented when I moved around, but I was pleased to make measurable progress each day. I was extremely fortunate for a lot of reasons - I had a helmet on, the Ragged Mt ski

patrol, the Danbury EMTS and the doctors and staff at DHMC all acted quickly and professionally, and I was in excellent physical health despite my age, 72, because I exercise regularly. If any one of those conditions were missing, the outcome might have been very different.

Why am I explaining all this you in the New England 65+ Running Club? Because one of my first thoughts after I realized I had sustained a serious head injury was, will I be able to enjoy running again? Fear not, I now say! We runners are **RESILIENT**. We set long-term goals and plan ahead. We tend to have a positive attitude toward life in general and if one training method or technique doesn't work for us, we don't give up, we try something else. We are persistent. We are adaptive. We are patient. We have learned that running can be joyful at any pace.

As soon as I had my wits about me following my skiing accident, I started reading up on TBIs (traumatic brain injuries). I discovered the book, "The End of Trauma: How the New Science of Resilience is Changing How We Think About PTSD", George A. Bonanno, 2021. Bonanno is a professor of clinical psychology at Columbia University. Soon after he started at Columbia, he witnessed the traumatic events of 9/11 firsthand and researched its victims. Surprisingly, he found that 2/3 of all victims of all varieties of trauma, including the events of 9/11, are able to cope with their trauma and heal themselves physically and mentally. Bonanno refers to the ability to cope as the resilience trajectory. This group tends to have a positive outlook on life and can move forward from a new lower baseline. They are flexible and try new ways to get better. They are socially active. They are **RESILIENT**. As we all know, exercise and a healthy diet are good for the body, the brain and the soul. This gives runners like us a serious leg up on the general population when it comes to being resilient.

So going forward, let's be smart. Continue to exercise (run, walk) regularly, fuel our bodies with nutritious foods and try to run with a group at least once a week. I am fortunate to have my faithful dog, Mookie as my trice-daily walking and running buddy. And, if you ski, bike, rock climb or sky dive...wear a good helmet.



Jim Burnett and his faithful companion, Mookie.

FREE SNOW SHOVELING CLASS

by Dave McGillivray

Exclusively, at my house all day today. My son Ryan and I will be holding a FREE snow

shoveling (and plowing) class in my driveway. Come and join the class and learn about the proper ways to shovel. Reviewed techniques will include the scoop and throw method, the down and push method (aka, the plow technique), as well as the upside down scraping technique. Don't miss out on this amazing opportunity to enhance your snow lifting techniques without throwing your back out! I will provide the driveway and multiple walkways to ensure your training is conducted in the most life-like situation. I only ask that you bring your own shovel and ergonomically designs suggested. Spaces are limited and handled on a first come, first served basis. KT will be providing the coffee, tea and low-fat muffins but there will be a nominal fee for these. Great exercise alternative to doing your LONG RUN today. DMSE Sports will provide the crowd control barricades so no one loses their place in what is expected to be some pretty long lines.

Editor's note: When we received an email from Dave McGillivray with the heading, "Free class- Don't miss out while there is still space available," we thought it might be a class on how to be a race director. Then when the email was opened and we saw it was for a class on snow shoveling, it made us remember that even after a record-setting blizzard, it is still important to keep a sense of humor.

New Members

Rose Buckingham, Norwich, CT.....Recommended by Janit Romayko

Avid trail runner and skier. Runs all distances.

Dennis Dubois, Lewiston,ME

Runs 5Ks, 10Ks, 4-milers and half-marathon relays.

Sue Dubois, Lewiston, ME

5Ks, 10Ks, 4-milers, 10m, half marathons and half and full marathon relays.

Bruce Goulart, Newtown, CT

Michaleen Hagster, Canterbury, CT.....Recommended by Janit Romayko

Avid century rider. Runs all distances.

Robert Parent, Litchfield, NH.....Recommended by friends

Running since 1998, all distances 5K to marathon and Mt. Washington. Tries to run daily.

William "Vince" Quintana, Westbrook, ME.....Recommended by Jerry LeVasseur

Been running since 1973 and has done 704 events. Still runs 30-50 miles per week.

EVENTS FOR CLUB TEAM PARTICIPATION

by Zeke Zucker, NE 65+ Vice President and Men's 70's Team Coordinator

Happy February Club Members! It's a brand new year and it looks like we'll be able to get back to something resembling normalcy, but we're certainly familiar with the caveat that any given race may be cancelled if Covid so dictates.

In the meantime, thinking positively, let's look at the races where we can enter club teams. We have such an abundance of runners in the 65-69 and up divisions, that we have a great chance of winning in most any race we enter. In recent years our men's 70's team has done very well in both the USATF-NE Grand Prix and the James Joyce National USATF Masters 10K Championship Race. We also have a fabulous men's 80's team that has set the National Record in four different team relays and one world record. Jerry LeVasseur is the 80's team coordinator.

Anita Hadlock is forming a women's team, with details in an accompanying article in this newsletter. For any man who wants to be on the 70's team, just send me an email with your age and birthday, and I'll add you to the team roster. You'll then be included on my follow-on information emails. Just contact me at: zekezucker@yahoo.com.

The **USATF New England 2022 Grand Prix** has been announced, and here's the rundown on the 7 races:

February 13th - Super Sunday 4-Miler (Bedford, NH) <http://www.Runreg.com>

March 20th - New Bedford Half Marathon (New Bedford, MA) <http://www.newbedfordhalfmarathon.com>

May 29th - Vermont City Marathon (Burlington, VT) <http://www.runvermont.org>

August 14th - Bobby Doyle 5-Miler (Narragansett, RI) <http://www.bobbydoylerraces.com>

August 27th - Allen Mellow, NH 10-Miler (Auburn/Manchester, NH)
<http://www.millenumrunning.com>

September 25th - Lone Gull 10K (Gloucester, MA) <http://www.gsrs.com>

November 13th - BIGG Steps 5K, (Needham, MA) (link not available yet)

Simply sign up for as many races as you wish to run, and let me know which ones they are. FYI, Team competition is based on 60 and over and 70 and over divisions with the top three team members in a division scoring for the team. The top ten finishers in a division are awarded points toward individual competition for the series. Separately there are the normal (non-USATF) 5-year or 10 year divisions, depending on what each race specifies.

A separate top event is the **James Joyce Ramble 10K** in Dedham, MA on April 24th. For the 8th consecutive year it is the site of the USATF National Masters 10K Championships and it's right in our own 'back yard'. Go to <http://www.newengland.usatf.org> Click on Events, then on National Events, and then scroll down to the JJR, which is the 7th one. Just let me know if you are interested, and I'll provide registration information when we get closer to springtime. The Masters teams divisions include 60-69, 70-79 and 80+. Simultaneous individual USATF competition is divided into 5-year age groups.

The basic USATF Rule for team competition is that to score for NE65+ you need to have the Club listed as your primary affiliation, though you can be a member of as many other running clubs as you like. If you live in Maine or Connecticut, and you are already a member of USATF, you most likely belong to your respective state Association. NE-65+ Club, however, is affiliated only with USATF-NE, which encompasses the other four New England states, and therefore if you wish to compete for our Club, you must join the USATF New England Association. To sign up go to <http://www.newengland.usatf.org> Yes, it is confusing, and yes, you can belong to two or more USATF Associations at the same time.



Mary Tyler and Tony Cellucci after the Needham 5K on Jan 1. Note how Mary wished all the runners a Happy New Year.....photo by Tee Stock

Club Team Formed For Women 65-69

by Anita Hadlock

Here is a long-awaited proclamation: We now have a women's team for the age group of 65-69. Sixteen women have said YES to the invitation to join this group. Of the sixteen, three are currently under repair and a few others have travel and distance qualifications, but we are not deterred. Our first race will likely be the upcoming 4 miler in New Hampshire. We are figuring out exactly how to proceed - sure, we'll join the USTAF and register for the race - but we've been given the sage instruction to show up and then run as fast as is reasonable. Tell me, what pace is reasonable?

My name is Anita Hadlock. I live at Next Week Farm in Sharon, Massachusetts. My husband, John Martino, and I are both "run fast 'til you drop" runners but that credo isn't working right now as the repercussions from foot surgery back on December 7th are still with me. I am up to 1.5 miles per day of powerful limping. Yet spring is coming and with the better weather, there will be more races in which our team will participate.

If you are a female between the ages of 65 and not-yet-70 and you didn't receive my initial recruitment e-mail and you are eager to be part of this fledgling team, please e-mail me at hadlock55@gmail.com. We do not care if you are slowish or consider yourself non-competitive. This is for fun, friendship, and maybe someday, glory.



California News

by John Gibbons

New England 65+ runners escape wicked cold New England weather and converge on warm and sunny Palm Desert, CA for ninth annual (minus 2021) panther 5k on EL Paseo, the Fifth Avenue of Palm Desert. Winners in 80-89 age categories were 65+ members Zelda Schwartz and John Gibbons. Dr Paul Schwartz was 3rd and says he is 83. A fun reunion. There was also a lady with Run for All Ages hat but she escaped before I could get her in photo. Above photo, L-R: Zelda Schwartz, Dr. Paul Schwartz (from Wells, Maine), John Gibbons.



Covid forced the Boston Marathon to be canceled in 2020 but Dave McGillivray kept his streak going by running a marathon around his neighborhood on Patriots Day. Dave breaks a tape held by his son and daughter despite triple bypass surgery that took place less than two years prior.

Staying Alive (Part Two)

by Dave McGillivray

In March and April of 2018, I could feel my breathing becoming labored again and felt some discomfort in my chest. I immediately had a stress test done and it did show signs of concern again. Then I had a nuclear stress test and an echocardiogram done. Nothing wrong directly with the heart. So, we decided to test the lungs with some pulmonary testing and nothing there, either. It was only then that we decided it was time for another angiogram to see what was going on with the arteries. I really didn't know what to expect but I was hoping this coronary artery disease didn't come back after all this effort and discipline. I had my third angiogram in five years at Mass General Hospital on September 5, 2018. Bottom line: not the news I wanted to hear. I was hoping I would see further regression of my coronary artery disease given all the changes and the commitment I've made over the past five years. I made so many changes with medication, diet, stress, sleep, exercise, dietary supplements, etc. But given how I started feeling again while running I also knew it was probably all wishful thinking...and it was. I so, so thought I beat this...in fact, I was convinced of it. It further validates that my situation was definitely caused by and based on genetics. I thought it was more self-inflicted, but I just got 7 MARATHONS, 7 DAYS, 7 CONTINENTS. Not a real lot I can do about genetics. It just drives home my new motto even more: "Just because you are fit doesn't mean you are healthy."

The doctors also did a new test where they injected a drug that actually put stress on my heart and my arteries and repeated it four times (wasn't a pleasant feeling). Interestingly, this stress actually simulated the same discomfort I felt when I was running...it was really strange to be lying on an operating table and feeling this sensation that I've only felt while actually running. The conclusion: the right major artery is fine. The left major artery has 40 percent-50 percent blockage. The middle major artery is the problem, now at about 80 percent blockage...not good. The options: do nothing and deal with it (I don't think so); stent the artery, which would require a long line of multiple stents (this was not recommended); or do bypass surgery and probably even a triple bypass. When I left the house to head to the hospital that day, I said to Katie, my wife, "I do not want to have a stent and I do not want to have surgery. This just can't happen...it is not who I am or what I

deserve.” Well, it looked like I really didn’t have a choice now.

On many levels, this is bothersome to me—athleticism, family impact, fit and healthy image, recovery time, future athletic goals, and the fact that I now know I have little control over any of this. Just didn’t register. My mind was spinning out of control. I never thought during my lifetime and in my craziest dreams that I would need bypass surgery. That just wasn’t on my radar or in my playbook. But I also finally learned and accepted the fact that I am not invincible...no one is. At least I was catching this now and getting another chance. It is what it is. I wasn’t going to be full of self-pity. I, of course, know that many have it much, much worse. This is nothing compared to what other brave souls are going through out there in the world. I was just grateful I had another chance to hopefully make it better. On the one hand, I wanted to keep this private. At a certain level it is almost embarrassing to me that I am in this position. However, I also want to expose the fact that this can happen to ANYONE. Sometimes the fittest athletes could actually be the most vulnerable ones; they are in such denial of their illness and don’t act on it like others do. I’m hopeful that this message can actually save others going through a similar experience and make everyone think a little deeper about their own health and act on it before it is too late. Only time would tell. But, I knew I would be fine and I that would actually be much better off in the long run. I then thought I am the luckiest man on earth.

I met with the heart surgeon, Dr. David D’Alessandro, on Monday, September 10, 2018, at Mass General Hospital (he actually performed triple bypass surgery on my sister, Susan, less than two years ago). Although I was hoping he would have a different interpretation of the angiogram results, he, of course, confirmed what the other doctors reported. I did have severe blockage in my main artery that would require surgery. In fact, he said I needed triple bypass surgery. I told him that I thought I had reversed a lot of the blockage that was detected five years ago through my immediate change in diet and lifestyle. He confirmed that I actually did that in other arteries and said that reversing it was rare. He also said he had not actually seen anyone else do that but the blockage in the main artery just got worse over the past five years. Not much I can do about it. No one gets a free pass. When you have both grandfathers die of heart failure, a father who had five bypasses and aortic valve illness, a sister who had a triple bypass only a few years ago, a brother with a stent, and another brother who had a stroke only a few months ago, I guess you can conclude that it is in the family genes! No matter how much I run, I can’t run away from this. Once it was disclosed that I had to have surgery, I had hundreds of people write to me from all over the country wishing me well, and many described their own heart illness and surgeries...wow. I didn’t realize so many people – and fit people – have gone through this. I guess misery loves company. I asked the heart surgeon how many heart transplants are done at MGH a year and he said about 40, and he does about 100 bypass surgeries a year – holy cow! Who knew??? I asked the doctor how bad I was and he said when they stressed my heart during the angiogram, I had some of the lowest scores they had seen, meaning the artery just wouldn’t allow enough blood flow and oxygen to my heart and lungs, which was why I was feeling chest discomfort and my breathing was labored. EVERYTHING now made sense, but I didn’t have to like it. I was not asking “why me,” but I was still asking “why”? I was going through the five stages – denial, anger, bargaining, depression, acceptance. Denial when I first heard the news. Anger when I walked out of the hospital. Bargaining when I met with the heart surgeon and was looking for a different answer. I was dealing a bit with all three but I was hoping to skip the depression stage and go straight to acceptance. I had to put my big boy pants on and deal with it. I also asked if my rigorous training and racing history could have contributed to this. Dr. D’Alessandro emphatically said no. Whew. I never believed that it did, either, but I just needed to cross another self-inflicted reason off the guilt chart. In fact, he said it actually helped save me. I initially thought my poor diet was the main culprit and that is why I pulled a 180 on my diet five years ago...nothing bad in the mouth since the day I was diagnosed. I’m sure it helped, but evidently it just wasn’t enough. Some have reminded me that my health and family are more important than my running and I, of course, agree and know this as much as anyone else on the planet does. However, I do still think my health and my running can co-exist very nicely – it’s all about balance.

I had the surgery and was home four days later. Not too shabby. So, even though as I now preach that being “fit” doesn’t mean you are “healthy,” it certainly can help in the recovery process!!! It was a delicate balance between recovery and training for Boston. I didn’t want to push it and foolishly put my health in jeopardy whereas at the same time I had to get some training in. I did what I could do and that had to be enough, I had no

choice. I simply adjusted my expectations and went into it feeling fortunate that I even had the chance to complete my 47th Boston. As customary for the past 30+ years, I directed the race during the day and headed back to Hopkinton with a few friends to run the course myself. We finished in about 5 ½ hours but we finished! It was my slowest but the most “meaningful” marathon I had ever run in my life. I finished with my son, Luke, running with me and my heart warrior friend, Jack Middlemiss, who had recently had a heart transplant himself. As I’ve been recently saying, “the comeback is always stronger than the setback.”

Since then, I did four marathons in 2020 and three in 2021. So, that’s eight marathons post surgery. All is going pretty well now although I still feel extreme tightness and some soreness in my chest area. It’s mainly due to the fact that my upper body is very weak. I recently started a strengthening program so hopefully that will address this issue soon. I still closely monitor my diet and continue to try hard not to eat anything “bad”. My weight is exactly what it was when I left the hospital after surgery, maybe a little less. I did experience one episode where I was feeling very weak for a period of time and it was diagnosed with severe iron deficiency anemia. The iron level in my blood plummeted and I was just feeling weak all the time. I did this to myself by unknowingly eliminating iron from my diet. Once detected, I changed things up a bit and in a matter of weeks my strength came back.

I am now looking forward to training hard over the next five months to prepare for my 50th consecutive Boston Marathon on April 18, 2022. That certainly will be a momentous day in my life. Fingers crossed. After that, who knows, but one of my favorite quotes when asked what my best accomplishment is, I always say, “my best accomplished is my next one.” And, God willing, there will always be plenty of next ones!



Maine News

by Jerry LeVasseur

At the Jimmy The Greeks Frozen 4-miler race in Old Orchard Beach, Maine, a number of 65 Plus members competed. The team ended up 2nd to a younger Sabattus Club with both clubs receiving awards so it could be said that NE 65+ won the older team award and Sabattus the younger. Joan Tremberth, Bob Kennedy and Jerry LeVasseur won their age

groups. Bob's wife, Anne, would have won the race walking division if there had been one.

Top photo by Allyn Genest: Anne Broussard, Anne's husband Bob Kennedy, Margaritt McNulty, Joan Tremberth.

Bottom photo by member Don Penta: Bill Reilly, Margaritt McNulty, Jerry LeVasseur, Bob Kennedy, Joan Tremberth, Mike Nixon and Bob MacKinnon.



Editor's note. Additional race photos can be found at [Jimmy the Greek 4 mile | Flickr](#) The writer of the above article, Jerry LeVasseur, is featured in a January issue of The Geezer Jock, a newsletter spotlighting older runners. It is an interesting story about Jerry with some good photos. We are unable to provide a link but if you want to read the article, do a Google search for Geezer Jock Newsletter and click on "His mom saved his life," and it should take you there. If you are on the site and find you like the newsletter, you can enter your email address and hit the subscribe button. The newsletter is free.

Characters You See at Races

Editor's note. The following article by Al Nolan appeared in Active.com under the title "16 Characters you see at every race." We have done some editing and narrowed the "characters" to 8, but it will be interesting to see how many you have run into as they seem to appear at races everywhere.

Crazy Warm-Up Guy. "He's at the start 20-minutes before the gun sounds going through a series of elaborate jumps, kicks and stretches. He does a light jog about 100 meters from the start, turns around and bursts into a full-throttle sprint."

Chatty Kathy. "This is the woman who shows up at the starting line ready to tell her life story."

The Stroller Parent. "Always lined up at the front of the pack, always wreaking havoc."

The Kid. "As a five-year-old he's one part adorable and seven parts annoying as he charges ahead of you, then stops, doubled over and gasping for air."

Inspector Gadget. "This runner is literally wearing a monitor for everything. Heart rate band? Check. GPS watch? Check. Pedometer, wireless headphones, built-in robot coach? Check, check, check."

Hydro-pack and Fuel Belt Man. "Most likely Inspector Gadget's significant other, this person is geared up like he is about to run an ultra."

Heavy Breathing Person. "As you round the turn at the two-mile mark, you hear a monstrous noise. It is a wet, raspy, disgusting inhale, followed by a hot, gruesome cough of an exhale."

Sweatsuit Man. "It's hot but this guy thinks the race is an audition for the next 'Rocky' movie."

Editor's comment. A salute to race directors who ask "stroller parents" to line up at the back of the start. Same for the directors who nicely tell parents their kids do not need to start in the first row standing in front of the five-minute per mile runners.



Jim's T-shirt Quilt

by Leslie Behan

Jim Lynch, 91, poses beside a quilt made from several of his favorite race T-shirts. Two members of the staff at Haverhill Crossings, where Jim resides, used their sewing skills to make the quilt Jim had envisioned. Jim donated the rest of the T-shirts he's accumulated from his decades of racing.

Quote of the Month

"People who stay fit are able to slow the aging process and live more exciting lives with passion and purpose."

Mike Wien

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