



Forever Run

July 2022

From the President

by Steve Viegas

Friends,

My message is short as I am getting ready to fly to Oregon for a week's vacation.

Our editor, Rick Stetson, is still on the mend. I renew my request for a volunteer to be a backup editor of **Forever Run**. Presently Jan Holmquist and Donna Sarasin have been compiling things that members have sent in for the newsletter. While they are happy to do so, we are seeking someone who may want to compile members' submissions and also write as well. If you are interested, please email me. And in case you were unaware, all past newsletters are on our website.

If you have information you wish to share in the newsletter, please send it along to Donna and Jan and copy me and your article will be included in the monthly compilation...please remember Arial 12 font and a limit of 500 words (for now) is preferred.

This is the time of year that our annual luncheon/fund drive and **Jerry's Run For All Ages** committees are getting more active in planning for these fall events. Our goal is to get the member mailing out by the end of July, so please keep an eye to your snail mail/postal box. Our annual race is on Saturday, November 5. You will hear more about this in the next newsletter, but registration is open now!

The date of our luncheon is Monday, September 26. It will be at Spinelli's again and it will be a buffet. For those members who are challenged by the logistics of a buffet, we will have members available to assist with selections and carrying the plate to the table. We will be mindful of COVID precautions again this year. I will provide more details about the luncheon in my August message. Of course, you will also learn the details in our mailing.

Now off to Portland, Oregon with stops along the coast and Eugene and Bend.

Be safe,
Steve Viegas
617-240-3022
stephenviegas@hotmail.com

New Members

Renee Adele, Yarmouth, ME.....Just getting back into racing,used to race in the 80s & 90s.

Yuen Na Chun, New York, NY.....Running for over 40 years

Allyn Genest, West Kennebunk, ME.....525 races past 13 years

Barbara Landry, Amherst, NH.....Runs mostly 5k races, under 10mm pace

Kevin Moulton, Manchester, NH.....Learned about the club through word of mouth

Nancy Olsen, Waterford, CT.....Member of Mohegan Striders for many years, casual running.

Peter Olsen, Waterford, CT.....Member of Mohegan Striders for many years, social running as well as racing.

Jill Romer, Princeton, MA

David Colby Young, Danville, ME.....Recommended by Jerry L

The following member was listed in the February newsletter with her name mis-spelled. This is the correction:

Michaleen Haesler, Canterbury, CT.....Recommended by Janit Romayko
Avid century rider. Runs all distances.

Our newsletter is about YOU

We encourage all members to submit interesting and inspirational articles that they would like to share. Have you had a recent accomplishment or a fun experience during a race? Have you had a setback and pushed your way back to the roads? Did you attend a destination race or meet a running celebrity? Please send us your story to be featured in our next edition. Photos are welcome!

If you ran a July 4th race, feel free to send a brief summary and we will include it in the August edition.

Please email your submittals to Donna suntattu@aol.com and Jan j.holmquist@comcast.net

Thank you!



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!**

June 9 – **Hollis Fast 5K** (NE65+ Gold Status), Hollis, NH, Start 6:30 PM

<https://www.hollisfast5k.com/>

June 11 – **Market Square Day 10K** (NE65+ Silver Status), Portsmouth, NH, Start 9:00 AM

<https://proportsmouth.org/events/market-square-day-10k/>

June 11 – **Windham Rail Trail Flat N Fast 5K** (NE65+ Silver Status), Windham, NH, Start 8:30 AM

<https://www.windhamrailtrail.org/flat-n-fast-5k---2022.html>

July 4 - **Four On The Fourth** (NE65+ Gold Status), 4 Mile, York, ME, Start 7:30 AM

www.yorkparksandrec.org/events/road-races

July 31 - **York Day's 5K** (NE65+ Gold Status), 5K, York, ME, Start 8:00 AM

www.yorkparksandrec.org/events/road-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/RandallsRunfortheygm5K>

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/gnoc-a-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** (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/>

SAVEMYRESULTS.COM

Congratulations and Join Us

By Bill Cotter

savemyresults.com is a free site that lets you enter all of your race results from any year. You can keep track of your PRs and your PRs for each new five year age group. It is also used by running clubs to report on race results for all members. This makes it easy for you to compare your results for a race to the results of other club members who ran the same race.

As of July 8, 2022, 72 members of the **NE65 Plus Runners Club** have joined

savemyresults.com and used it to save their race results. As of July 8, 2022, these members have run 325 races for a total of 2,082 miles this year. Two members, **James Walsh** and **Bob Kennedy** have run over 360 race miles each. One member, **Dan Dodson**, has run 44 races. Congratulations to all the members that ran these races!

We encourage all members of the **NE65 Plus Runners Club** to join savemyresults.com. With your help, we can drive up our club race results numbers to demonstrate how active our 65 Plus runners are!

Go to the link on our website to get started: [NE65PlusRunnersClub - How to Record Results](#)

Or go directly to: savemyresults.com and click on **Join**.

Here is a link to our club results YTD: [Club Race Results By Race Date By Race \(savemyresults.com\)](#)

USATF-NE Open and Masters Track and Field Championships

by Jan Holmquist

In addition to all the endorsed race opportunities listed above, USATF-NE is hosting an open and masters track and field event on Saturday, July 30th at Regis College in Weston, MA. There are many opportunities as individuals to compete. In addition, there are relay events - 4x100 and 4x400 - and there may be a 4x800 if there is enough interest. Please check out the website for details at:

<https://newengland.usatf.org/events/2022/2022-usatf-ne-open-and-masters-track-field-champio>

If you are interested in competing in a relay option, please notify either Anita Hadlock hadlock55@gmail.com (women's coordinator) or Zeke Zucker zekezucker@yahoo.com (men's coordinator).

The 127th Boston Marathon, April 2023

by Jan Holmquist, representing the marathon committee

As our regular readers are likely aware, the Boston Athletic Association has cut back on complimentary waivers to local running clubs. Our club now receives only one entry to be given to an active, deserving club member who has been unable to meet the qualifying time for their age group. We had a snafu with the last selection committee and were not made aware of one of the candidates' interest, and therefore, this member was not even evaluated along with the others who submitted a letter of interest along with their involvement in our club. Due to this unfortunate oversight, the committee agreed unanimously to award the one waiver entry to Anne Broussard. We wanted to make our marathon runners aware now so they can pursue other options.

More follow up to Jo Ann McCalister's 2022 Boston Marathon

We are aware that you read about Jo Ann McCalister in prior e-news. This link is an interview with her local news:

[Running at 80 | Louisville woman to compete in 5th Boston Marathon | News | wdrb.com](#)



Jo Ann McCalister



Jo Ann McCalister (right) and daughter Cathy Kuhn approaching the finish line.

"Run Long, Run Healthy"

Amby Burfoot's e-news

We want to remind everyone that you can subscribe to "Run Long, Run Healthy", researched and written by Amby Burfoot. We all know of his winning the Boston Marathon in 1968 and his many years as editor of Runner's World, but did you know that he joined our 65+ club the year that he was our guest speaker. There is always a LOT of great information in this e-publication. Here are the links to the June 30th and July 7th editions:

[June 30th edition](#)

[July 7th edition](#)

Do you want to get more involved with our club?

Please visit our website to see our **Board of Directors** and the different committees we have, through which our volunteers work to support the many services we offer to our members.

Links:

[NE65PlusRunnersClub - Club Officers and Directors](#)

The **Board of Directors** currently has an opening for **Assistant Treasurer**.

We are also looking for **State Directors** for Rhode Island and Vermont.

And as noted in Steve's intro at the beginning of this newsletter, we are looking for an **Editor** for *Forever Run*.

If you are interested in any of these positions, please e-mail Steve at stephenviegas@hotmail.com

Quote of the Month

"The will to win means nothing without the will to prepare."

Juma Ikangaa

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