



Forever Run

June 2022

From the President

by Steve Viegas

This is an abbreviated newsletter.

Our editor Rick Stetson has been laid up with an injury. We have been in touch with Rick's family. He is progressing. I would like to preserve his privacy, so I am providing no details. Once we determine how long Rick will be laid up, we will decide when we will be able to issue the next complete newsletter.

While we fervently hope that Rick will be able to resume his newsletter duties, we should have a back-up editor to whom we could turn in times like this. If anyone reading this is interested in helping as a back-up, please contact me at the email shown at the bottom of this newsletter. If you have experience with Constant Contact, we could use your help.

Thanks for your patience,
Steve



Connecticut News

by John Gibbons

Above is a display of our very large tent at member Marty Schaivone's 5k Margarita Race (yes, runners received a large water bottle filled with margaritas if you finished) at the Little Pub on the beach at Lordship, CT. Great weather (finally) and 230 runners. NE65ers included Way and Melina Henning, Janit Romayko (tent guardian), Bill Tanski, LuAnne Roy, and your correspondent. We signed up two new members before the pack dissolved into margarita haze. Way and I won age group awards. Note: your author finished back to back races, running the Minuteman 5k the day before.

2022 Boston Marathon Follow-Up

by Patricia Evans

Boston Marathon 2022 was a great day with my family and friends. I was so appreciative and excited to be running this marathon again, especially to celebrate my 70th birthday! The weather was perfect, however, I was not. I unfortunately sustained an injury during my training with a pulled muscle in the intercostal area of my back from overstretching. Luckily the Newton Wellesley Hospital Pain Center performed "needling" on me a week before the marathon and it worked like magic! I showed up to the starting line marathon day, relaxed and confident, but I have to admit, I was a little worried about my injury. I have been a runner for over 40 years and have to say I've never had a serious injury. I

always wake up marathon morning feeling positive and this day was no different, "I know how to do this! You got this!" Hmm. I'm pretty good at not letting negative thoughts enter my mind, it's how I live my life...takes practice. The first half of the race was great, the Boston Marathon spectators are the best! I just love the enthusiasm and dedication they give to this race. I count on them to help me get to the ½ way point in Wellesley where my family, friends and neighbors anxiously wait for me. However, my family kept texting me that the BAA tracker app kept dropping me and because they knew about my injury, they thought I had dropped out of the race before the ½ way point and they were worried. I had to keep texting them my whereabouts but I assured them I was feeling strong and energetic to get the job done! Other runners were saying that they also were getting messages that the BAA tracker wasn't working properly. Fortunately I had my own tracker app on my phone, so I knew exactly how I was doing, I like to always have a back-up plan B! I met my people in Wellesley and now it was on to Heartbreak Hill. I live only 2 miles from Heartbreak Hill and train on it for marathons but no matter how much you train on it, Heartbreak feels more challenging on marathon day. I had another group of friends waiting for me at the top of Heartbreak Hill, so that was good motivation to climb, climb, climb, but I was now starting to have some back tension. Once I hit the top of Heartbreak Hill, I was not in pain but was feeling a tightness in my back and was afraid if I didn't take it easy, I may not make it to the finish line. My pace really declined the rest of the race. As I continued to run the next 5.2 miles, my own tracker app let me know that I was not going to make it to the finish line in the 6 hour cut-off time. Also, one of the official Boston Marathon trucks pulled up along-side me to let me know this but said I would still be there in time to get the medal. My children met me again at Hereford St. and now on to Boylston, I did it! I didn't get an official time with the BAA but I did finish and get the medal. Yay!! After the marathon, I came home to a surprise, belated St. Patrick's Day Dinner/Birthday Party that my boyfriend Brian and my children planned for me! What a perfect way to end a perfect day! I feel like I had a truly Irish Blessing that day: "The road rose to meet me, the wind was at my back, the sun shone warmly upon my face." The rain? Well, I had enough of that in the 2018 Boston Marathon to last a thousand more marathons! And until I run another marathon again (hopefully 2023?), "God will hold me in the hollow of his hand." Amen

New Members

Quote of the Month

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