



Forever Run

March 2022

From the President

by Steve Viegas

Friends,

It is March and we should be turning the corner on winter soon. Last week Mother Nature had her way with us by giving us a 70-degree day on Wednesday and a foot of snow on Friday. Patience! It was nice to run in shorts on Wednesday, but I will keep my warm workout clothes handy.

While it was a challenge to run in the USATF New England Four Mile Championship with temperatures in the teens last month, it will be warmer at the next event, the New Bedford Half Marathon on March 20th. Despite the expected higher temps at the next event, New Bedford has a reputation for being a windy and chilly event. This event is a prep for Boston and spring itself.

For more about our racing teams, see articles by Zeke Zucker and Anita Hadlock in this newsletter. We have had a large influx of our members changing their USATF club affiliations to NE65+. We are showing up to these championships in large numbers and getting noticed.

Our board has authorized the purchase of 6 new tents for use by our state directors. They are red pop-up tents and will display our logo on the roof and our name on the front panel. We plan to erect them where permitted by the race directors at USATF events and our banner races. They have been ordered and will soon be available for events. The generosity of our members during our annual fund drive made this possible.

Last month was a time of transition. Our longtime treasurer, Gary Circosta has stepped aside and the board has appointed Donna Sarasin to succeed him. Thank you, Gary, for your diligent and accurate accounting of our funds. We also welcomed Leslie Behan to the board as our secretary, replacing Zeke Zucker who has held the position for many years. Thank you, Zeke for your long service. The board appointed Anita Hadlock to the vacant Massachusetts director position. Anita is also the woman's manager for our USATF races. Welcome to Donna, Leslie and Anita and thanks for stepping up.

Our race endorsement committee has been busy establishing standards for our endorsement and in lining up races. Their purpose is to encourage race directors to establish five-year age group awards from age 65 and up. This is an investment well-made and in line with the club's purpose.

I will attempt to get RRCA to make its championship awards more friendly for athletes over 65 years of age. I will bring up the subject at the RRCA convention in Orlando, FL later this month. While RRCA has accommodated our need for older age groups while we hosted the Massachusetts 5K championship, the age groups listed on the RRCA website end at 60+.

The board is exploring ways to make its business more transparent through posting minutes and financial information on a secure part of our website which would be accessible to our members. We are also looking at the best way to allow our members to observe our virtual board meetings and our annual luncheon business session for those who are unable to attend in person.

The board and our committees have been meeting regularly and will do so this

month. One of the benefits of our pandemic lockdown has been the virtual meeting. We no longer have to worry about central meeting locations. We have a free non-profit subscription to Google Workspace which has the Meet virtual meeting platform. We don't provide Boston Marathon training runs on the course but we have been asked not to schedule the last long run on the course on the weekend of March 26 at the request of the partner communities who provide logistical help on race day. It would be wise for all of our members who are training for Boston to do their last long run elsewhere or on a different weekend. Any clubs seen on the course will not be invited to participate in the 2023 Boston Marathon.

Finally, we have been disappointed in the BAA's decision to cut our waivers to one from six permanently. After they did that this year, I wrote to request reconsideration and warned them that making such a drastic cut to a club made up of members who are over the age of 65 smacked of age discrimination. They declined to change and offered no rationale for making the cut. I will convene a workforce to explore our options. I will report on the steps we may decide to take in future newsletters.

Until the next newsletter, be safe and good running,

Steve



Some of the approximately 25 club members who ran in the Primary Bank Super Sunday 4 Miler in Bedford, NH. (L-R): Steve Viegas, Margaret McNulty, Bill Pine, Joan Tremberth, Tom Raffio, Bob Kennedy.

New Hampshire News

by Daniel Dodson

Three NE 65+ runners, Joan Tremberth, William Pine and Phil Pierce, won their age groups in Bedford on Super Bowl Sunday while a number of other club members did well. Over 1,000 runners took part in the race.



New Hampshire reporter Dan Dodson missed being in the above photo so here is proof he ran in Bedford's Super Sunday 4 Miler.

The Running of the Women: First Team Event

by Anita Hadlock, Women's Team Coordinator

The running of the bulls has nothing on the running of the 65+ Women's 65–69-year-old team. The bulls have brawn, hooves and horns but we have willpower, fleet feet and each other. No drooling beast can equal that combination. To that end our first ever (or so I am told) Women's 65+ Team took to the streets of Bedford NH on February 13 for the first of seven USATF races in the 2022 New England Grand Prix.

Five declared team members finished this 4-mile event. Our first finisher was Donna Sarasin. 7th in the age group with 36.45. Mary Connolly was second for the 65+ club (8th overall) in 39.15 followed by Margaret McNulty, 14th in 43.15. Then came Eileen Sarson, 15th in 45.39 and rounding out the group was Cathy Coutu, 16th, elated to be running again after dealing with a slipped disc. Joan Tremberth, at age 76, finished with a great time of 41:59 which placed her first in her age group and enabled her to be counted in the team scoring. The race was conducted on side streets in the town of Bedford. Despite the frigid cold many of the runners were in a singlet and shorts. I most surely was not as I stood with frozen hands and stomping feet at the club tent and then at the finish line watching for friends, club members and my husband. It seemed odd that this event, held in February, had no indoor space whatsoever, but I was an observer rather than a participant. A light flurry completed the wintry appearance of this race held on Super Bowl Sunday.

USATF sanctioned races offer 10-year age divisions for teams so our women, most in their late 60s, were matched against a number of younger brethren. Three runners per club count in the scoring and Donna, Mary and Joan scored for NE 65+. That we placed 5th out of the 6 teams in the 60-69 division did not trouble us for we are newly underway and have many races yet to run. Runners seemed to like the course. Though ice was prevalent in shady areas and sidewalks, the streets were clear and the final descent over

the finish line was sweetly downhill. That's a great way for us to start out a new year and a superb way to end the first race.

Since then our clubmate, Leslie Behan, has joined our team. The hardest part about joining the team is signing up as a USATF member, but she did it. Our team is growing.

If you are a female between 60-69 and you would like to run with us, e-mail me. I promise you a glad reception. Ladies 70 and up are also welcome. Let's GO forward with speed and gladness – even if we don't have hooves and horns. hadlock55@gmail.com

Editor's note. Anita reports that as of today (March 1st), only two club members have signed up to compete on the 65+ women's team at New Bedford. If you wish to participate, contact Anita at the above email address

NE 65+ Men's Team News

by Zeke Zucker
Club Vice President

On Super Bowl Sunday, February 13th, Millennium Running staged their annual Super Sunday 4-Miler in Bedford, NH. This was the first event in the 7-event 2022 USATF-NE Grand Prix. Although it occurred early in the season, we were able to muster up a men's 70's team to compete.

In the men's grand prix, our 70's team placed 2nd, only less than 3 minutes total team time behind Cambridge Sports Union. Bill Pine led all the 70's men in the event with an impressive 28:50 time. Our second place finisher was Steve Viegas in 34:05 and John Martino was third in 34:50. Just to confuse the issue, **individuals** can earn Grand Prix points in **5 year** age divisions. All of our 70's men earned points led by Bill with 10 in the 70-74 and Rob Knight with 9 in the 75-79 Division.

In the 70-74 race results, Bob Kennedy placed 8th in 35:42 and Thomas McMahon was 10th in 39:05. For the 75-79's, Rob Knight was 2nd in 35:58, Rich Paulsen was 3rd in 40:00 flat and Dan Dodson finished 7th.

Last, but most certainly not least, our Elder Statesman, a newly-minted 80-year-old, Phil Pierce, churned through the course in 41:08, slightly embarrassing the 23 younger runners behind him.

Now it's on to the second event in the Grand Prix, the New Bedford Half Marathon, on March 20th.

Run/Jog/Walk or Stroll Happily, Zeke

Nominations for 65+ Club Awards

by Phil Pierce

The 65+ New England Runners Club is soliciting nominations for the 65+ New England Runners Hall of Fame, as well as nominations for the Lou Peters Award. There are no special nomination forms, and candidates for the HOF should submit a running vita that high-lights their accomplishments over the past several years. If you are nominating someone else, please obtain their permission and /or cooperation. Candidates should have been a member of the Club for two years and be at least 70 years old. Regarding the Lou Peters Longevity Award, candidates should be over 90 years old and able to exercise regularly. Further information and guidelines for each award can be obtained on the NE 65+ web site. Click on "member info" and then "club awards." Hall of Fame info is found on both "HOF Guidelines" and "HOF election procedures." Nominations should be mailed to: Phil Pierce, 79 Waites Landing Road, Falmouth, Maine 04105: Telephone 207-781-3769.

Editor's note. There are two other awards the club presents where nominations should be sent

directly to club president Steve Viegas: The Rev. Joe Shea Award and the Race Director of the Year Award. Additional news about these awards can be found on the club's web site under Member. Information. Steve can be contacted at: stephenviegas@hotmail.com



We received sad news that long-time club member, Ray Fell of Braintree, MA, passed away on Feb 5th at age 94. The above photo is Ray running in the Sugar Bowl 5K in 2013. He loved competing and would tell people his favorite race memory was running the Beach to Beacon 10K when he was 80 and Joan Benoit Samuelson presented him with a medal for being the oldest runner in the race. Ray said he was more thrilled by being on stage with Joan than receiving the award. He also enjoyed writing and authored several spiritual books along with "A Football Player's Dream" and "An Athlete's Fantasy" about a runner who comes across magical running shoes that enables him to win races. The following is a link to Ray's obit:

<https://www.currentobituary.com/obit/263129>



California News

by John Gibbons

Above (R-L): Dr. Paul Schwartz, Zelda Schwartz and your author at podium after finishing the Palm Desert 5K in CA. Zelda and I received gold medals for winning our age divisions while Paul finished second and earned a silver medal. The weather cooled over night for perfect running conditions in bright sunshine. I wore my Beach 2 Beacon t-shirt which always stimulates questions and reminds me that registration is but a month away. Thoughts of running that 10K in August are daunting. Team Schwartz headed back east after the race. Dr. S told me that it had snowed back there and he had to have snow shoveled off his roof. Yikes. Stay safe and warm fellow runners.

New Members

Mary Connolly, Mansfield, MA.....Recommended by friends

Been running for 4 decades from 5K to marathon. Presently doing half marathons or less.

Michele Stefanov, Valhalla, NY.....Recommended by Janit Romayko

Took up running in her 40's. Loves it. Currently running her way through CT as a 169 member.

Been age group competitive for 50 years.

1000+ Miles Club Results for 2021

by Byron Petrakis

Ken Houle has submitted the results of club members who have logged 1000 or more miles of running and/or walking during calendar year 2021. Ken is in the process of ordering patches for the below participants (6 weeks minimum) and he will mail them as soon as they are received. As seen in the chart below, neither a pandemic nor age has slowed these individuals from logging impressive mileage. Congratulations to all those club members who earned 1000 or more miles. Their commitment provides an inspiration for us all.

PLACE.....NAME..... TOTAL MILES RUN + WALK.....COMMENTS

1.	John Goldrosen.....	2339.....	260 miles racing
2.	Jay Diener.....	1992.....	1992 race walking
3.	Sharon Yu.....	1964	
4.	Leslie Behan.....	1870	
5.	Stephen Malynn.....	1761	
6.	Gerald Porricelli.....	1714	
7.	Bob Kennedy.....	1686.....	606 miles racing
8.	John Puleo.....	1562	
9.	Jayne Wilson.....	1317	
10.	Thomas Wylie.....	1312	
11.	Bill Gaa.....	1286	
12.	Bill Cotter.....	1255	
13.	Steve Cryer.....	1219.....	384 miles racing
14.	Bill Pine.....	1200	
15.	Paul Lindsay.....	1170	
16.	James Walsh.....	1148.....	332 miles racing
17.	Rich Paulsen.....	1146	
18.	Maurice Bourque.....	1142	
19.	Lynn Nill	1135	
20.	Bob MacKinnon.....	1111.....	184 miles racing
21.	Ken Houle.....	1071	
22.	Linda Usher.....	1017.....	44 races
23.	Jerry LeVasseur.....	900	



NE 65+ Race Endorsement Program

by Bill Cotter

Program Goal: Identify and support in-person races that promote the New England

65+ **Mission** of encouraging older runners to participate in running and walking events.

The Club's Race Endorsement Requirements:

- Race directors must complete the Endorsement Application <https://www.ne65plus.org/race-endorsement-program/apply-for-endorsement> by providing their race's basic information and by providing an update each year to be sure that their race information is current.
- The Race must have 5-year Age Groups for 65 through at least 90 plus. We encourage races to have 3-deep awards for each Age Group, but it is not a requirement.
- The Race must add the "Endorsed by the New England 65 Plus Runners Club" logo on the Race's website Home Page with a link back to ne65plus.org. The Club's Endorsement Logo will be provided to the race director.

Optional but Highly Recommended (Races that adopt one or more of these Options will receive a higher Status and larger Honorarium from The Club):

- Provide discount registration fees for 65+ registrants, suggested minimum of \$5 discount per person off the regular registration fee.
- Add Age-Graded Awards for Top 3 age-graded male and female times.
- Have the Race Course USATF Certified.

What the Race will get:

- Race will be listed as an Endorsed Race on The Club's website.
- Race Endorsement Status (Honorarium is for 1st year only. Race will be able to continue the endorsement for future years as long as it meets the Endorsement Requirements).

1) **Standard Status** - \$100 Honorarium if the Race meets all of The Club's Requirements.

2) **Bronze Status** - \$120 Honorarium if all Requirements are met and has/adds one of the Options (Discounts for 65+ registrants, Age-Graded Awards or Certified Race Course).

3) **Silver Status** - \$135 Honorarium if all Requirements are met and has/adds two of the Options (Discounts for 65+ registrants, Age-Graded Awards or Certified Race Course).

4) **Gold Status** - \$150 Honorarium if all Requirements are met plus all Options (Discounts for 65+ registrants, Age-Graded Awards and Certified Race Course) are part of the race.

- Race will have use of The Club's Endorsement Logo to encourage older runners to participate in the race.
- Race can use The Club's Name in promotional materials.
- The Club will encourage its 775 members to participate in Endorsed Races.

NE 65+ Endorsed Race Calendar

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!**

2022 Calendar

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

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

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K/>

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/>

Editor's note: We want to thank Bill Cotter for setting up the club's race endorsement program. We ask that you join him in supporting races that have received the club's endorsement.

Quote of the Month

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

George Sheehan

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