



Forever Run

May 2022

From the President

Friends,

The Boston Marathon was back for the first time in April. The weather for the marathon and its weekend activities couldn't have been more perfect. I didn't qualify for this year's event, so I got to take in the weekend as a tourist/spectator. Saturday was a gorgeous day to take in the expo and stroll around Back Bay. Unlike recent years, the temperature was cool for the race. With the exception of a headwind starting at Cleveland Circle, the conditions were ideal. Some 28,000+ runners participated and hundreds of thousands enjoyed the weekend. It was glorious to see our running life returning to normal.

JoAnn McCallister who had our sole club waiver won her age group. Patricia Evans had our "bonus" waiver and ran along with qualifiers, Bob Kennedy, Bob Dunfey, Zeke Zucker and Donna Sarasin. (I hope I haven't missed anyone.) With my BQ I hope to return with our fellow club members to the 2023 edition.

We had a windy but lovely day for the USATF National Masters 10K Championships. Our men's M80 team won its division. Hal Bennett won the individual M80 title. We fielded a team of M70 and had several of our ladies run, including Joan Tremberth, who won the F75 division. Like the marathon, it was great to see the scores of runners and the return of a great event.

The Portland Sea Dog 5K race will be our Maine banner race on May 8th. This will be the return of a beloved event. All participants receive tickets for the Portland Sea Dog baseball game after the race. For details, see <https://www.milb.com/portland/community/mothersday5k>

Our board met on April 26 and voted for most of the officers and directors for the new term beginning with the annual luncheon on September 26th. I will set out the list at a later date but I can report that Bob Kennedy, our capable NH director, Jerry's Run for All Ages race director and assistant treasurer will succeed me as president at the luncheon. Speaking of Bob, he will be running the next event in the USATF New England LDR Grand Prix series, the Vermont City Marathon on May 29th. Bob is our marathon man. I'm fairly certain that no one in the club has run more than Bob.

Let's get out there and enjoy the weather and the rebirth of our beloved road races.
Happy and Safe Running,

Steve Viegas
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Three NE 65+ volunteers who helped ensure everything ran smoothly at the 2022 Boston Marathon. (L-R) Byron Petrakis, Tom Wylie, Steve Malynn.

Notes from Mile 18 of the Boston Marathon

by Byron Petrakis

It was a grand day. A day for running, a day for cheering, a day for celebration. After a 3-year hiatus because of COVID, the Boston Marathon once again returned to its traditional starting date of Patriots Day. The sunny, though chilly day seemed to bring out the best in both runners and spectators alike. Later in the afternoon, the wind shifted from west to east, and many runners who started in waves 3 and 4 had to contend with the wind in their faces as they attacked the hills from mile 18 to the finish.

Our post at mile 18 gave B.A.A. volunteers Tom Wylie, Steve Malynn and me a perfect spot to observe runners making their way on Commonwealth Avenue (Route 30) toward the beginning of the first of a series of uphill climbs through Newton.

There is always a lot to take in when your day on the course starts around 8:00 a.m. and ends 7-8 hours later when most of the course starts to close down. It's always interesting to watch the police, city highway crews and other volunteers start their preparations for the race. Once the actual race starts, runners come in waves depending upon their start time, from the wheelchair and handcycle athletes to the elite men and women and then on through the 4 waves of registered runners. In addition, members of the military walk the entire course in their fatigues and combat boots (and you think YOUR running shoes are too heavy?).

Since we arrived on the course well before 8:00 a.m., there was time for us to walk to West Newton center to get some coffee for the long day ahead. Back at our post, we started to settle in and observe neighborhood residents who were busy setting up a Marathon block party. One homeowner invited us to visit the taco truck that she had arranged to arrive at her back yard around noon. Before any runners arrived at our post, a steady stream of neighbors and passersby came by to chat and take photos at the Mile 18

Mile Marker. These included three young women from France, two teams of 2-man missionaries from the Church of Latter Day Saints, dog-walkers, and other spectators with and without young children. Soon, we made good friends with “Wrinkles,” a friendly Basset Hound whom we adopted as our Mile Marker 18 mascot (or maybe he adopted us?). Wrinkles was very interested in the tightly wrapped food bags that Tom, Steve, and I brought with us because we had heard that the area was a “food desert.” (Who knew a taco truck was scheduled to arrive?)

Finally, the first wheelchair athletes started to arrive just before 10:00 a.m., followed soon by the women’s wheelchair runners, elite men and women, and so on throughout the morning and afternoon. Besides admiring the determination and speed of the wheelchair athletes and the graceful athleticism of the elite runners, there is plenty of opportunity to observe the variety of participants from all 50 states and 120 countries from all over the world, including several from Ukraine, who received rousing cheers from the spectators. While the elite runners amaze because of their seemingly effortless strides, some of the more pedestrian runners stand out because of their costumes. Two in particular caught my attention—a woman in a white and yellow unicorn outfit with a golden horn glittering in the sun and a tall guy in a pink tutu blowing kisses to the crowd.

Fortunately, there were no incidents, accidents or injuries to runners that required us to alert the nearby police or medical personnel for assistance. Other than keeping spectators back behind the rope separating them from the course, the only incident that merited our immediate response was when an unattended two or three-year-old child wandered out to the middle of the course which was packed from end to end with runners. Luckily for all concerned, a male runner stopped and swooped the child up in his arms before delivering him safely to his distracted father on the sidelines.

As the day progressed, we were able to recognize and cheer on members of the two running clubs to which we belong—the NE 65+Runners Club and the Winners Circle Running Club from Salisbury, MA. We spotted Bob Kennedy (a member of both clubs with a time of 4:13:41) but did not see Donna Sarasin (4:49:40) who probably ran by too fast for us to spot. Steve Malynn spotted Jo Ann McCalister, yelling encouragement to her as she powered up the hill toward her time of 5:23:18, good for first place finish in the 80-year-old women’s division! Jo Ann was celebrating her 80th birthday on Marathon Monday, and I had planned to serenade her with “Happy Birthday” as she ran by. As fate would have it, though, an over-caffeinated Tom Wylie and I had chosen to visit the porta potties just a few moments beforehand, so we missed cheering her on. (Did we really have to get the large size of Dunkin’ coffee? Wouldn’t the small or medium have been sufficient?) On the other hand, perhaps it was a good thing that Jo Ann was spared from my attempt at singing!

We also missed Zeke Zucker, who finished in 4:43:51 and Patricia Evans.*
Congratulations to all 25,314 official finishers of the 126th Boston Marathon!

Later in the afternoon, we packed up our gear and headed back to our car. As always, we are grateful to have been part of the Boston Marathon experience. It was a grand day, indeed.

* Co-editor’s note: please see the following article about the odysseys of Patricia Evans and JoAnn McCalister.



Steve Malynn watching neighborhood kids he recruited handing out water while runners pass Mile 18 in the 2022 Boston Marathon.



(Above) Patricia Evans finishing the 2019 Boston Marathon

Three Tough Runners

by Byron Petrakis

Marathoners have to be physically and mentally tough to train for and run marathons. At a certain age and under certain conditions, they have to possess almost superhuman powers to even attempt, let alone complete, a 26.2 mile race.

Jo Ann McCalister, her daughter Cathy, and Patricia Evans met and exceeded those criteria. At 80 years old, it takes grit and determination to even get to the starting line of a marathon. Jo Ann wanted to celebrate her 80th birthday on April 18th by running the Boston Marathon, but she probably was not totally prepared for what transpired over the course. Her first surprise came at the start, when her daughter, Cathy, herself a marathoner, entered the starting corral next to her mother. This was surprising because Cathy had torn a tendon in her leg and was in a boot for two weeks prior to Boston. In Jo Ann's words:

“Before the race, the doctor had said she could run but it would be painful. She had told me she would run as far as she could and then just peel off and take the “T” back to the start line. So I was very surprised when Cath popped into the corral with me. And I am very grateful she did run and stuck with me the entire race.”

As it turned out, Jo Ann's daughter literally supported her mom during the entire race, especially the last 10 miles when Jo Ann started suffering from bouts of vertigo:

“I had a touch of vertigo which I do get periodically. And I really did need my daughter to literally hold me up. It did get better as we traveled along but I still needed her as a crutch. Truly it was a mother-daughter run. For some reason Cathy ran ‘with me’. She usually runs ahead and I trail behind because we are in two completely different

corrals. She must've had some sense of being needed and she was."

Jo Ann also received support from a policeman running the race who "came over to see if we were ok and after running with us headed off to his group. He met us at the end. He said he would never allow someone needing help to be passed by. Most impressed! Once a policeman always one."

In the weeks leading up to the race, Jo Ann received some timely counsel from NE 65+ Runners Club member and Club Secretary, Leslie Behan. Jo Ann writes that Leslie gave her "coaching tips for several weeks before the run which was most appreciated, too." Jo Ann credits Leslie for keeping her calm and focused. Having herself completed 26 marathons, including 10 Boston Marathons, Leslie was able to offer sound advice based upon her experience.

Patricia Evans, the other club member receiving a Boston number, had to overcome her own obstacles to get to the finish. Pat suffered a bad sprain in her right intercostal muscle and had emergency needling the Friday before the Marathon. She writes: "I got the okay from my doctor to do the marathon provided I did not have any pain. I had to make the decision during the marathon to push and maybe not finish or focus on taking the best care and get to the finish line intact." Fortunately, she " chose the latter, " receiving a finisher's medal but not an official time. Afterwards, her friends told her that they could only track her until mile 20. While the BAA did not record an official time for her, Pat says she finished somewhere between 6:29-6:40. Given the painful nature of intercostal muscle sprains, it is remarkable that Pat could run one mile, let alone the entire marathon distance. Like Jo Ann and Jo Ann's daughter, Pat personifies "Boston Strong and Tough."

Note: A follow-up story about Pat's 2022 Boston Marathon will appear in the June issue..

Maine News

by Bob MacKinnon

I have signed up for Tony's Raccoon Run (5K) which is a 5K at Back Cove on Sunday, June 19th. I created a team slot for us if anyone is interested. There is no password to join the team. Hope to see some club members there.



Another national championship for NE 65+ Runners Club. (L-R) Jerry LeVasseur, Ram Satyaprasad and Hal Bennett took first place honors at the James Joyce Ramble USATF 10K Road Championship race in Dedham, Massachusetts.

NE 65+ is a Record Setting Club

by Jerry LeVasseur

The following is some of what our club has done over the years. There may be more records that I am not aware of. I hope to add the results from the 10K this month.

Next year a few of us will be 85 meaning that more relay records can be set where there are none. There have been a number of club members who won national championships and set records as well as a number who have set records on non-club teams.

Club members who have contributed to the below age-group records and championships include: Hal Bennett, Bill Borla, Joe Codero, Larry Cole, Buddy Cummings, John Gibbons, Chuck Keating, Jerry LeVasseur, Shu Minami, Joe Noonan, Richard Paulsen, Dave Pember, Phil Pierce, Bill Riley, Ram Satyaprasad, Bill Spenser and Zeke Zucker.

In 2021, NE 65+ had four 80-year-olds competing in the outdoor National Masters track meet scoring enough points to place 12th of 78 men's teams. All the teams ahead had more athletes.

New England 65 Plus Runners Club Records and Championships

World Record

4 x 1600 Indoor 80+ Relay

National Records

4X400 Indoor 80-84 Relay
4X400 Outdoor 80-84 Relay
4x800 Indoor 80-84 Relay
4X800 Outdoor 80-84 Relay

National Championships

10K Road 80+ 2022
5K Cross Country 80+ 2021
4X100 Relay 80-84 Outdoor 2021
10K Road 80+ 2019 and 2018
5k Cross Country 70-79 2017
10K Road 70-79 2016, 2015, 2014
5K Road 70-79 2009
8K Cross Country 70-79 2008
Club 10K Cross Country 70-79 2007



L-R: Dave Pember, Steve Viegas and Zeke Zucker after taking 3rd for the men's 70's team at the USATF 10K national championship in Dedham, Massachusetts.

Men's 70's Team Competes at the James Joyce Ramble by Zeke Zucker

The hosting race for the national 10K championship was the James Joyce Ramble in Dedham, Mass. for the 8th consecutive year. The weather conditions on race morning were very close to ideal, with the temperature holding around 50 degrees, and the cloud layer for the most part protecting runners from the sun, which only popped out briefly

during the race. The humidity was reasonable, and the modest wind wasn't really a factor because the course was essentially an out-and-back. A couple of the team members were perennial participants Rich Paulsen and Dave Pember, along with occasional entrants Club President Steve Viegas and Vice President Zeke Zucker. We expected to go up against teams comprised of gentlemen in their early 70's, whereas our composition consisted of 73, 78, 78 and 79. Nevertheless, we toed the line at 11:00 a.m. and strode the local roads with great enthusiasm. Steve moved out briskly ahead of the rest of us, as we all began negotiating the streets of downtown Dedham. The citizens race began five minutes after ours, so that their top runners began flying by us shortly thereafter. The first half of the course is mostly flat, while the second half includes some attention-getting hills as we negotiated the terrain around Noble & Greenough Private School. Steve was our first finisher in 54:13, with Zeke placing second in 56:22. Dave crossed the line in 58:47, while Rich Paulsen, in spite of suffering a fall and injury requiring medical treatment, persevered and finished in 1:08:40. Our foursome captured third place in the 70's team division, earning bronze medals for their efforts. Worthy of note, Dave, at the age of 79, ran a time that was only 4:36 behind the overall winner of the 80's division, so he will most likely be joining Jerry LeVasseur's 80's team next year.



Some of the NE 65+ runners who took part in the James Joyce Ramble, a USATF national championship 10K road race. (L-R) Dave Pember, Hal Bennett, Jerry LeVasseur, Leslie Behan, Joan Tremberth, Richard Paulsen, Ed Wilke. Hal Bennett was the first 80-84 runner with a time of 54:11 and an age group percentage of 77.21 while Joan Tremberth placed first in the female 75-79 division.

Running in a Club or Team Event

by Jerry LeVasseur

There is something special about running for a team or club. There is more pressure because you want to do your best for your teammates and don't want to let them down. It is a character builder because there is the responsibility of preparing for and attending the event as well as communicating with the team captain on a timely basis if there are any issues. The team captain has to know if a runner can't make an event in time to find a replacement. Some team members will want to participate no matter what. The team captain must explain to the team member that they should not participate if it is a situation that will get worse by doing the event.

Runners are special and responsible people. Over the past 40 some years I don't remember a team member backing out at the last minute or not notifying me in time to get a replacement. This includes the 8 man relay teams where in some years we had more than one team.

In Maine we have a number of races that have club team competition. The NE 65 + Mainiacs always respond to make a team. In the older age groups it gets more difficult to put a club team together. For the eighty age group we try to get more runners than we need. For the James Joyce Ramble USATF 10K Championship we had seven over 80

including 2 over 85 but with injury, sickness and other issues we ended with a team of 3. That was what we needed as long as we all finished which we did and we were 80 champions. The race had 13 eighties from top running clubs. New England 65+ was the only one to be able to form a team which says a lot about the club and its members. Most of us at eighty have various issues but have not lost our competitiveness. There were four seventy teams with national class runners but the club's 70 team did well coming in 3rd place.

In 2021 we were able to get four of our eighties to the USATF Outdoor Masters Track Championships and set some records. Those that run in Team National events love the atmosphere and want to do more. We are an inspiration to the younger athletes. Come join us for fitness, fun and friends.

There can be difficulties in registering for Nationals but there are enough of us with years of experience that can help. The national outdoor meet is July 28-31, 2022 at University of Kentucky in Lexington, KY . One has to register by June 29.

New Members

Jan Brett, Norwell, MA.....Learned about the club at the New Bedford Half

Does long distance racing (marathon.) Ran Boston in 2022. Also does half marathons and the Turkey Trot 10K

Geri Clifford, Rye, NH..... Recommended by Bob Kennedy

Started running in 1995. Runs about 25-30 races a year.

George Lecours, Hollis, NH.....Recommended by Bob Kennedy

Enjoys running.

Bonnie Lees, New Fairfield, CT.....Recommended by Bruce Goulart

Been running since 1984. Has done 4 Ironmen, 30 marathons and hundreds of half-marathons.

Catherine McDermott, Salem, NH.....Learned about the club online

Started race walking three years ago.

Rick Wehrhan, Sanbornville, NH.....Recommended by Bob Kennedy

Running for 30+ years. Runs the Dover Race Series and mostly 5K races with an occasional 5 mile or 10K.

Don't Ignore Your Body

by Mike Lozan

Editor's note: The majority of following article appeared on the club's Facebook page and Mike gave his permission to reprint it here. Both Mike Lozan and Dave McGillivray have given us the sound advice that we need to listen to our body.

I got discharged from the hospital after receiving a stent on March 24. I had left heart and right heart catheterizations due to a silent blocked artery. There was never any pain or discomfort while running. The only indication that something wasn't right was shortness of breath while running and I thought it was just old age. The only reason I had it checked out is because I read the article "Staying Alive" by Dave McGillivray in the NE 65+ newsletter.

I took my first short, post-stint run (one mile) on April 7th. I plan to ramp it up slowly with the first race in Enfield, CT on May 7th. I'm looking forward to being the "young

whippersnapper" in my age group when I turn 80 in July.

The lesson is: **don't ignore your body when it's trying to tell you something..**



(Above) Barbara Belanger after winning the 80+ age group at the West Island 5K in Fairhaven, MA. Photo taken by Barbara's daughter-in-law, Lisa, who ran with her.

Massachusetts News

We were pleased to learn that a member of NE 65+ Runners Club, Barbara Belanger, won her age group at Fairhaven's West Island 5K. The start of the course description makes it sound similar to Jerry's Race: "Flat, fast and family friendly," however, the rest of the sentence shows there is a difference because West Island has, "a quick downhill start and a challenging uphill finish." Another similarity is that like Jerry's Race, the proceeds go for good causes. At West End they support the Fairhope High School cross country program and the West Island Improvement Association scholarship fund. When asked to tell us about the race, Barbara wrote:

"Today, at age 85, I ran the West Island 5K, in Fairhaven, and took first place with a time of 37.1. And yes, believe it or not, there was a competitor in my 80+ age category. (I have the promise of the director he will ramp it up to 90 + in 5 years). I will be running a few more races locally, for example, the Mattapoissett 5 mile on July 4th and am planning to run the Mayflower half marathon in Falmouth, in October. I wear my 65 plus shirt proudly."



To commemorate Race Director Dave McGillivray's streak of running the Boston Marathon each year, a friend will paint an image by the starting line in Hopkinton. Above, Dave kneels by the mark celebrating his 44th Boston. Because he ran his 50th Boston in April, we asked if he could give us some details about his streak and directing the world's best-known marathon. Dave sent us the following article which was printed last month in the Eagle-Tribune newspaper. Due to its length, the article will run in two parts. Part Two will appear in next month's "Forever Run."

50 Memorable Marathon Moments (Part One)

by Dave McGillivray

1. My inspiration for running Boston in the first place was Ron Hill from Great Britain. Ron won the 1970 Boston Marathon. He set a then course record of 2:10 in the pouring rain. I was listening to that race on the radio while helping my Dad work on his car in the garage. I recall turning to my Dad and saying, "someday I'm going to run in that race, Dad." Three years later I finished my first Boston.
2. I wrote in my 1972 high school yearbook that "my ambition in life is to do for my children what my parents have done for me AND to run the Boston Marathon!" Well, at least one of them came true!
3. In 1972, I ran in my first Boston Marathon. I dropped out at mile 20 and got taken to the Newton Wellesley Hospital in an ambulance. My parents had to come and pick me up in the hospital but I committed to them and my grandfather that I would train and would be back the next year.
4. In 1973, I ran in my first official Boston Marathon – unfortunately, I got sick the day before and as such, almost dropped out at 21.5 miles but I did manage to finished in 4:30, my very first marathon overall, too. I committed then to run this race every year for the rest of my life.
5. I was offered the job as Technical Coordinator by Guy Morse in 1988 mainly due to a wheelchair accident at the start and a tripping incident that year. I got rid of the rope at the start and replaced it with a human chain of volunteers and implemented a controlled start for the wheelchairs. I've had the job ever since.
6. The "Boston Globe" did a major story titled **A Fine Start** about how the start went smoothly for the race. One of my best Globe stories ever.

7. A few days before the 100th running, we had a snowstorm and had to “remove” all of the snow from the Athletes’ Village and around the start line. We needed this extra work like a hole in the head.

8. For the 100th, we were able to bring in the longest urinal in the world from the NYC Marathon team. However, Vic Navarra from NY left 10 feet of it back in NY so that they could still always claim that theirs was the longest!

9. A young woman, Katie Lynch, asked me if she could “run” the Boston Marathon. She was 36 inches tall and had countless operations at Children’s Hospital. Her marathon was 26.2 feet. I barricaded 26.2 feet at the start and she did it in her walker right before the start of the race. One of my most memorable Boston Marathon moments ever.

10. In my first few years of directing, I would start the races, let all the runners cross the starting line and then State Trooper Dan Clark would drive me to Natick along the back roads and I would jump into the lead vehicle as it came by. Whatever the spectators were thinking seeing me doing that!

11. 2007 weather – a local meteorologist forecasted “a storm of epic proportions.” And, we did have a classic New England Nor’easter. In the early morning of race day, the rain was coming down so hard it was pelting against my hotel room window. I made a bunch of phone calls to Tom Grilk and others trying to decide what to do. We had to decide before we started letting runners on the buses to transport them to the start. I got a report from the National Weather Service saying it would calm down a bit just in time for the race so we went for it and generally speaking the conditions did get slightly better. Whew.

12. 2012 weather again, this time HEAT. It was like an inferno! Go or no go. Around 90 degrees throughout the day. Over 250 runners transported to area hospitals and about 2500 treated in our medical tents. During my run at night, I noticed so many water bottles and popsicle sticks on the side of the road which was an indication of how the spectators purchased water and popsicles to hand out to all the runners...pretty amazing.

13. 2013 – year of the bombing. I was back out at the start ready to do my run when I got a call saying there were two explosions at the finish. We rushed right back to the finish being escorted by the State Police and going over 100 mph on the Mass Pike. I was worried about my own family who was sitting in the bleachers. I could write a book on this day alone.

14. 2014 – the most epic marathon of all time. We took back our race, Boylston Street and the finish line. Meb Keflezighi wins the race.

15. 2019 finish – I had open heart triple bypass surgery in October of 2018. I asked my heart surgeon if I could still run Boston. He didn’t say yes or no, he said he would be disappointed if I couldn’t still do it. Six months later I finished my 47th Boston Marathon. This was the most memorable and meaningful marathon of all time for me.

16. 2020 – the pandemic hit in March. We postponed and then cancelled the marathon for the first time in the race’s history. I still decided to run the marathon three times – once on Patriots Day around my neighborhood, then in September during the real virtual time frame around my neighborhood again and then decided that since I had not run the actual course yet that year, I went out a week later and ran the actual course by myself.

17. Johnny Kelley – he was always my role model and inspiration. When finishing one year, I walked into the hotel and saw Johnny. He asked me what number Boston this was for me and then said, “you will break my record (58) but I won’t be around to see it.”

Another Johnny Kelley story (18) – I was getting off the elevator in the hotel and there he was. He looked at me and said, “hey, you are the “technical director” of the race. Get in my room and fix my tv!” Which, of course, I promptly did!

19. At the 100th running of the marathon, I started off the race and waited for everyone to cross the starting line. It took 29 minutes when everyone thought it was going to take hours. I then hitched a ride in a State Police helicopter back to Boston. Now that was the way to watch the race go down course!

20. The only nightmare about the race I ever have is that I oversleep (yeah, right) and miss the start of the race. Well, so far, I’ve never been late nor have I ever missed any key

committee meetings.

21. One year, 1976 Boston Marathon winner Jack Fultz ran with me at night. As we approached the finish line, he pulled back and let me finish ahead of him and thus he finished last that day. So, the trivia question that was born became “who is the only person to both win the Boston Marathon and finish last in the Boston Marathon?” Answer – Jack Fultz!

22. In the early years, I actually would go out on the course myself the day before the marathon and paint the locations of all the water stations and medical stations, risking life and limb as I had no police coverage while doing it!

23. I’ve been so humbled by some of the folks who have come to the finish of my run at night, folks like Meb Keflezighi, Joan Samuelson, Deena Kastor, Jackie Gareau, Lance Armstrong, Sean Astin, Rosa Mota and so many others. Amazing, supportive running community.

24. Giving back – one of my proudest achievements has nothing to do with running but with fundraising. In 2017-2019, through the generosity of many friends, I was able to raise over \$100,000 each year for three different charities – the Jimmy Fund, Martin Richard Foundation and the Joseph Middlemiss Big Heart Foundation. We are track of doing that again this year, too.

25. Although not the marathon itself, one of my highlights was directing the 2008 US Women’s Olympic Marathon Trials in Boston. We designed a multiple loop course starting and finish right at the marathon finish line on Boylston Street. I was a thrilled to both direct and watch the race unfold. I was on the lead motor scooter and saw firsthand the outpouring of support for all the participants, especially the 1984 Olympic gold medalist, Joan Samuelson who was 50 years old and the oldest woman in the race. She predicted she would break 2:50 and she did. Very exciting to watch, especially to see Deena Kastor win.



Chasing The Unicorn

by Dave McGillivray

It took 1,310 miles to get here, but because of the support and encouragement of family, friends and colleagues I was able to finish my 50th Boston Marathon. I was thrilled to be joined by so many dear friends and running icons along with two very special runners, my son Luke and daughter, Elle. Other friends and supporters joined us along the way and as we approached the finish line. We did exactly what we said we were going to do, start at 3pm and finish at 8pm. Our crew of Captain Ron Kramer and my brother Bob (Bmac) along with other amazing supporters managed the entire run with incredible precision and efficiency. State Police troopers once again escorted us along the entire course keeping us going and keeping us safe. The run was flawless and the smoothest ever.

I was taken back when my friend Sean Ryan presented me with a poster of my grandfather as we were passing by the Evergreen Cemetery where he is buried. It was 51 years ago that I dropped out of the race near this spot and when I vowed to come back and do it again and again and again and for the rest of my life. My grandfather taught me about “earning the right” to set goals and because of that I never dropped out of another race in my life.

We all arrived at the finish line to the cheers of literally hundreds of friends including Boston Marathon winners Meb Keflezighi, Kathrine Switzer, Joan Samuelson, Amby Burfoot and Bobbi Gibb. My other children, Ryan, Max and Chloe held the finish line break tape. I presented my bib #100 to Joyce Wade, wife of Paul Wade from Cincinnati who qualified for Boston but tragically passed away in August.

Each runner and supporter received a special 50th medal generously donated by Ashworth Awards. And, most importantly, over \$100,000 was raised for the Dave McGillivray Finish Strong Foundation which inspires and empowers youth across New England and beyond to increase physical activity, expand literacy and build community and self-esteem through running, reading, and performing acts of kindness. The Foundation recently donated six running “blades” to kids with prosthetics so that they are also able to run. One of them joined us for the final stretch along Boylston Street. Pretty inspiring. And, there is still time to donate at <https://www.givengain.com/cause/62379/campaigns/23790/>

There were nice stories in the Boston Globe and one by Tim Dumas (who ran with us) in the MetroWest Newspaper:

<https://www.wickedlocal.com/story/sports/2022/04/19/guests-join-race-director-dave-mcgillivray-50th-boston-marathon/7329758001/>

Many thanks to the BAA, my DMSE Sports colleagues, my crew, Ashworth Awards, my “teammates”, my family, the media, the State Police, Eric Gilsean for all he has done and all those who came out to welcome us at the finish line. My only sadness is that my Mom, Dad, brother Alan and Grandpa Eaton weren’t here to see it all...but then again, maybe they were.

Now, on to number 51.



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 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

<https://www.yorkparksandrec.org/events/road-races/>

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

<https://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>

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

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

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

<https://greatbay5k.org/>

The club's banner race for New Hampshire

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

<https://jerrysrunforallages.ne65plus.org>

The NE 65+ flagship race and the club's banner race for Massachusetts

Quote of the Month

"Run often, run long, but never outrun your love of running."

Juma Ikangaa

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