

PHILIP BOYNE... My road running resume started in 1942 as a member of the Colby track team, when I ran the Portland Boys Club Patriots Day Race (fewer than 20 people participated that year). I would come back 50 years later, in 1992 and complete the same race. My interest in longer races emerged in the mid 1970's when I started running marathons as a barefoot runner. Over the next twelve years I completed over 30 marathons, including 9 Boston's (with a PR of 3:22). In the mid 1970's I was unable to find a pair of running shoes that felt comfortable, so I started to experiment with barefoot running and liked the comfort and freedom that it gave me. I developed my own style of running (landing on the forefoot instead of the heel), and firmly believe that if done correctly, barefoot running can reduce knee and hip injuries (it's the natural form of running). There is a web page, runningbarefoot.org, that is devoted to this

activity. I remember competing against Carlton Mendell in the 1980's in many local events, including the Casco Bay and Paul Bunyon marathons. I am now 82 and no longer run, but still enjoy keeping up with the running news in Maine.



Marathon 1979 & 1981

BoynePhilip 0708 2006



Philip Boyne at Boston M