



**6th  
Annual**

# PT8K

**Sponsored By: *Maine Physical Therapy Association, New England Rehabilitation Hospital of Portland and Midcoast Hospital***

**Sunday - October 16th - Brunswick High School**

**Registration: 7:30 to 8:30 - Stretching Clinic: 8:30 - Race start: 9:00 - Awards Ceremony 10:00 a.m.**

### FEATURES

- ◆ Guaranteed long sleeve T-shirt, if preregistered by October 1st.
- ◆ FAST, FLAT and USATF certified #ME-91013-GN. 8 kilometers is a world wide recognized distance which is 39 yds. shorter than the less popular 5 mile distance. Results qualify for records at the 8k/5mile distance.
- ◆ Substantial merchandise prizes (\$2,300 in '93) for both raffle and race awards.
- ◆ Complimentary post-race Physical Therapy Sports Massages.
- ◆ Full results and photos published in Mainly Running and submitted to USATF. Pre-race stretching clinic.
- ◆ Time splits and all miles marked.
- ◆ Rest rooms and showers available.
- ◆ Finish and timing by the Maine Track Club.
- ◆ Water at start, finish and on course.
- ◆ Proceeds to benefit SADD (Students Against Drunk Driving).
- ◆ Refreshments after race. Prompt results; awards at 10am sharp!!

### AWARDS

- ◆ New!! Wheelchair division - 1st, 2nd & 3rd place
- ◆ First 6 finishers in male and female open categories
- ◆ 1st, 2nd & 3rd place male and female in age divisions: under 19, 40-49, 50-59, 60+
- ◆ 1st all-male & all-female 3 person teams

*For more information, call Race Director Sarah Bronson at 892-5357 (a.m. or evenings) or John LeRoy at 725-8680.*

### ENTRY FEES

- ◆ Pre-register by Oct. 1st and receive long sleeve T-shirt - \$10
- ◆ Pre-register without T-shirt - \$5
- ◆ Race Day Registration (without T-shirt) - \$8

*Make check payable to Maine Physical Therapy Association and mail with form to:  
John LeRoy, 2 Howards Hill Road, Brunswick, ME 04011*

Print Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Entry fee (check one):  \$10 by Oct. 1 (\*\*long-sleeve shirt)  \$5 by Oct.12 (no shirt) Race Day:  \$8 (no shirt)

\*\*T-shirt size: M  L  XL  Team Name (unlimited # of members, 1st 3 count) \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/or humidity, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Maine Physical Therapy Association, the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. SPECIAL NOTE: Traffic control volunteers will be on the course, but *all roads will be open to traffic.*

Signature (parents if under 18) \_\_\_\_\_ Date \_\_\_\_\_ Wheelchair racer? \_\_\_\_\_

**NO BABY STROLLERS or RADIO HEADSETS ALLOWED - NO REFUNDS**

*We thank our Sponsors for helping us celebrate October as  
National Physical Therapy Month!!*



**New England  
Rehabilitation  
Hospital of Portland**  
We Rebuild Lives.



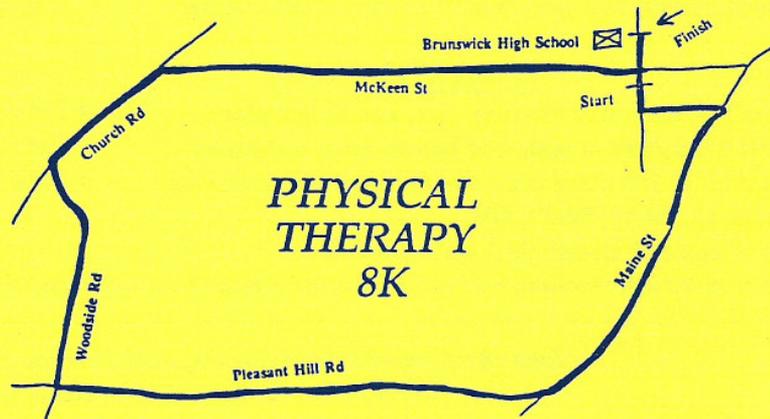
**Mid Coast  
Health Services**



**MAINE CHAPTER**  
AMERICAN  
PHYSICAL THERAPY  
ASSOCIATION  
INCORPORATED

### Course Records

Open	Todd Coffin	24:38	1991
	Susanna Beck	27:37	1993
40-49	Michael Gaige	25:46	1992
	Ellen Bowden	31:30	1992
50-59	Bob Coughlin	29:30	1991
	Gretchen Read	33:49	1993
60 up	Hap Hazzard	33:37	1993
	Sally Amory	42:29	1992
Under	Tim Miller	27:00	1991
19	Anathea Powell	39:24	1992



### **DIRECTIONS:**

**From north:** RT 95 exit 24 at Topsham, proceed East on RT 196 through Topsham and over bridge into Brunswick. Proceed south on Maine St through Town and turn right on McKeen Street. Brunswick High is 2 blocks on right. Parking behind school.  
**From South:** Rt 95 exit 22 on RT 1 north (Pleasant St). Proceed straight through 3 traffic lights. At the 3rd light, Rt 1 makes a left, but you continue straight for 1 more block, then turn right on Spring St. High School is 4 or 5 blocks on right.