

# Physical Therapy 8K

By Jess Colamaria

Chalk up another victory for Michael Payson of Falmouth, who continues to prove that there is life after 40! Payson, 41, is running as well as ever these days, as he demonstrated by his easy win at the Physical Therapy 8K in Brunswick on Saturday, October 9, finishing nearly two minutes ahead of his closest competitor. Though his time of 25:04 was only thirty-three seconds off the course record set by Stan Bickford in 1994, it was nevertheless one of the fastest times in race history.

At the opposite end of the age spectrum, 15-year-old Abigail Isleborn of Portland won the women's division with a time of 33:52, three seconds ahead of Ruth Hall, 46, of Cumberland. Carol Weeks, 55, also turned in a noteworthy performance by finishing third overall.

The Maine Track Club Team should be congratulated on their second win in two years, taking top honors in the team competition. Charlie Isleborn (33:51), Abigail Isleborn (33:52) were the first two finishers, with David Colby Young (34:15), Carol Weeks (35:10), Rick Abradi (35:23), Robert Maxwell (36:53) and Getty Payson (37:58) close behind for a combined time of 2:52:31. Some of the MTC "fast guys" chose to "break ranks" and run with one of their other clubs. With the "fast guys" on different teams, the race was a bit more fun and interesting! When the scoring was complete, we found that the MTC Team almost raced in formation taking 19, 20, 22, 24, and 26. This did not cause a big problem, but it is what every X-C coach might dream that his team would do - run in a tight group and win!

Overall, the race went great, with Bob working his magic on the results, despite a formation of flag-waving Navy Chiefs marching into the finish line three runners wide and five runners deep - with only 1 bib number! There were timer issues again; although the hard-wired one working fine, the others had plunger and paper jam issues, and one stopped working in the middle of the pack. The race even



had some excitement at the start. Mark Grandonico had just finished giving the runners the instruction to begin the race at the sound of the cannon. John Woods was going toward the honorary starter, with the pull cord in his hand. Mark bent down to load the shell and somebody in crowd blew an air horn and everybody took off! Luckily, Larry Dyer and David Barnard hit the plungers, but poor John Woods was standing there, wondering what the heck happened!

Thanks to this year's volunteers: Lisa Despres, Sherry Grandonico, Kristen Grandonico, David C Young, Neil Chivington, Dave Barnard, Larry Dyer, Sandy Walton, Jill Lorom, Bob Aube, Marge Aube, and Terri Morris.

*Race Results and more photos on page 12 and 13.*

## National Track & Field Hall of Fame

By Jesse Colamaria

Congratulations to Joan Benoit Samuelson, who was honored by USA Track and Field when they inducted her into the National Track and Field Hall of Fame during a December 3rd ceremony held at the Tiger Woods Center on the Nike World Campus in Oregon. Other inductees into the Hall of Fame in 2004 include Jackie Joyner-Kersey, Michael Johnson, Michael Conley, Jack Davis, Otis Davis, Gerry Lindgren, John Penel, Dr. Evie Dennis and Stan Huntsmen.

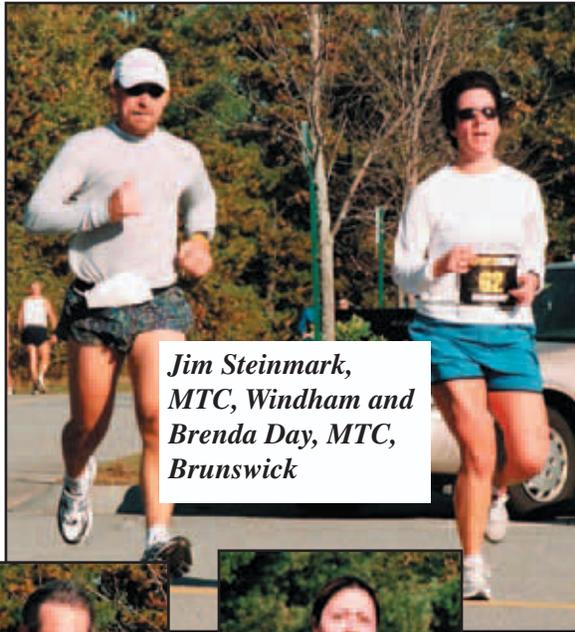
A native of Cape Elizabeth, Benoit Samuelson is one of the most accomplished runners in the world. A four-time All American at Bowdoin College ('79,) she gained international attention by winning the first-ever women's Olympic marathon at the 1984 Olympics in Los Angeles. She went on to capture two Boston Marathon titles while still in college, and she was the recipient of the prestigious Jesse Owens Award in 1984 as well as the Sullivan Award in 1985, which recognizes the top U.S. amateur athlete.

In a press release from USA Track and Field, Benoit Samuelson said, "It never really crossed my mind that I'd be elected to the Hall of Fame." She went on to say, "Running is just what I do every day, and it's something I'm very passionate about."

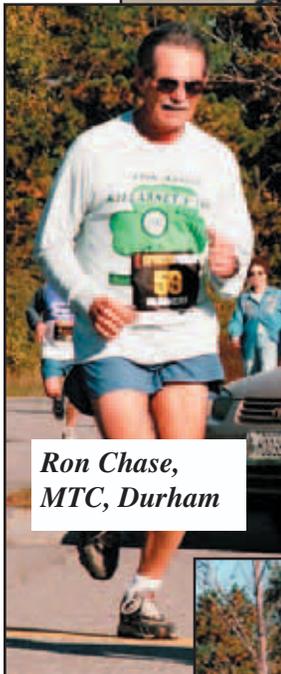
Please join all of us in Maine Track Club by honoring the extraordinary running career of Joan Benoit Samuelson!



## Race Results / Photo Clips



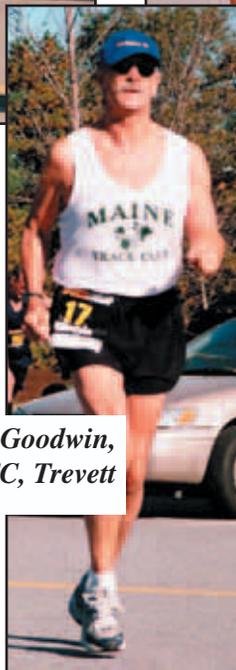
**Jim Steinmark,  
MTC, Windham and  
Brenda Day, MTC,  
Brunswick**



**Ron Chase,  
MTC, Durham**



**Shelly  
Millette,  
MTC,  
Westbrok**



**George Goodwin,  
MTC, Trevett**



**Laura Tyrrell, MTC,  
Cape Elizabeth**



**David LaClair,  
MTC, Westbrook**

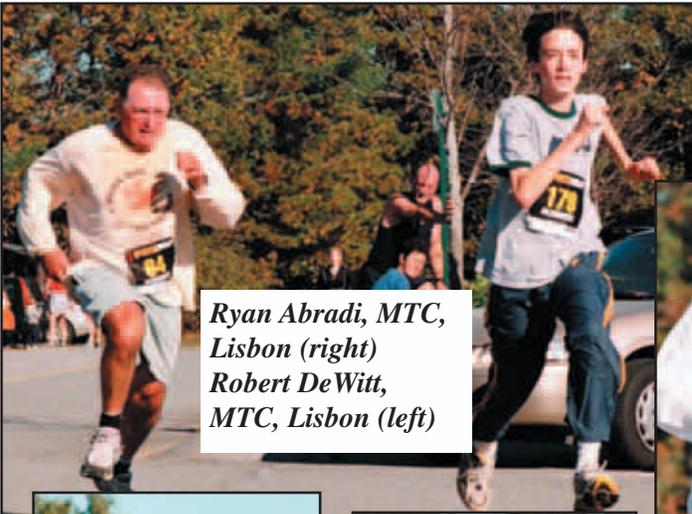
Physical Therapy 8K, Sunday, October 17, 2004, Brunswick, Maine

Maine Track Club Finishers:

Place/ Name	Age/Sex	Town	Time	Pace
1 Michael Payson 1,overall	41M	Falmouth	25:04	5:03
10 Tom Menendez 2,5059	51M	Lewiston	32:05	6:28
13 Conor Hankinson 1, 1619	16 M	Cape Elizabeth	32:52	6:37
15 Tim Sickel	52 M	Bowdoin	33:01	6:39
19 Charles Iselborn	47M	Portland	33:51	6:49
20 Abigail Iselborn 1,overall	15 F	Portland	33:52	6:50
22 David Young	52 M	Danville	34:15	6:54
24 Carol Weeks 3,overall	55 F	Kennebunk	35:10	7:05
26 Rick Abradi	46 M	Lisbon	35:23	7:08
30 Stephanie Foster	41 F	Brunswick	36:00	7:15
38 Peter Child 2,6069	61 M	Freeport	36:59	7:27
43 Getty Payson	43 F	Falmouth	37:58	7:39
44 Norman Morgan	35 M	Lisbon Falls	37:59	7:39
47 Lisa Despres	42 F	South Portland	38:07	7:41
50 Ron Pelton	51M	Freeport	38:24	7:44
55 David LeClair	37 M	Westbrook	38:57	7:50
61 Jim Steinmark	43M	Windham	39:12	7:54
63 Brenda Day	41 F	Brunswick	39:12	7:54
67 Ron Chase	63 M	Durham	39:33	7:58
69 Jim Eckert	34 M	Raymond	39:47	8:00
80 Thomas McLaughlin	40 M	Old Orch Beach	40:50	8:13
84 Jeanne Johnson	48 F	Brunswick	41:37	8:23
91 Bob Branson	63 M	Scarborough	41:55	8:26
93 Jim Tyrrell	57 M	Cape Elizabeth	42:20	8:31
97 Cindy Bryant	48 F	Thomaston	43:07	8:41
102 Bob Whitney	51 M	Brunswick	43:37	8:47
105 Cathy Burnie	55 F	Cumberland	44:02	8:52
109 Laura Tyrrell	57 F	Cape Elizabeth	44:21	8:56
114 Mary Kay Kasper	47 F	Falmouth	45:07	9:05
115 George Goodwin	65 M	Trevett	45:25	9:08
116 Ryan Abradi 2,17&under	16 M	Lisbon	45:40	9:12
117 Robert DeWitt	60 M	Lisbon	45:42	9:12
119 Shelly Millette	33 F	Westbrook	46:23	9:20
122 Beth Branson 1,6069	63 F	Scarborough	46:44	9:25
133 Kistie McLaughlin 2,17&-12 F	12 F	Old Orch Beach	47:38	9:35
141 Leanne Robbin	46 F	Brunswick	48:59	9:52
154 Carlton Mendell 2,70&+	82 M	Portland	57:52	11:39
155 Lizette Eckert	36 F	Raymond	59:39	12:00
156 Catherine Saltz	40 F	Westbrook	62:01	12:29

*Photos by Don Penta and David Colby Young*

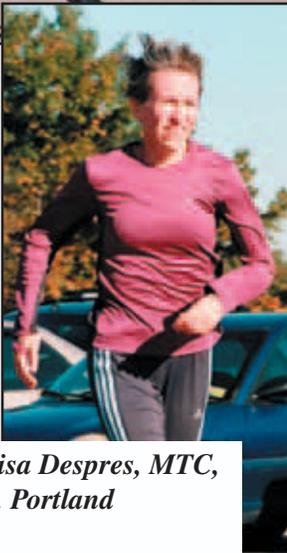
**Race Results / Photo Clips**



**Ryan Abradi, MTC, Lisbon (right)**  
**Robert DeWitt, MTC, Lisbon (left)**



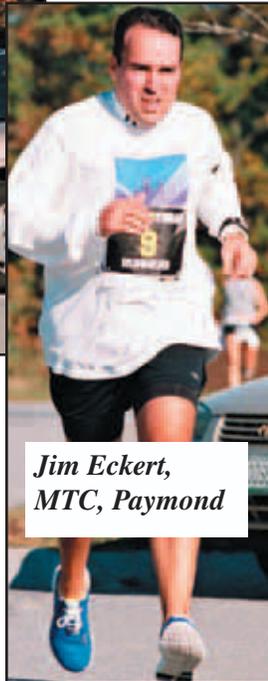
**Ron Pelton, MTC, Freeport**



**Lisa Despres, MTC, S. Portland**



**Getty Payson, MTC, Falmouth**



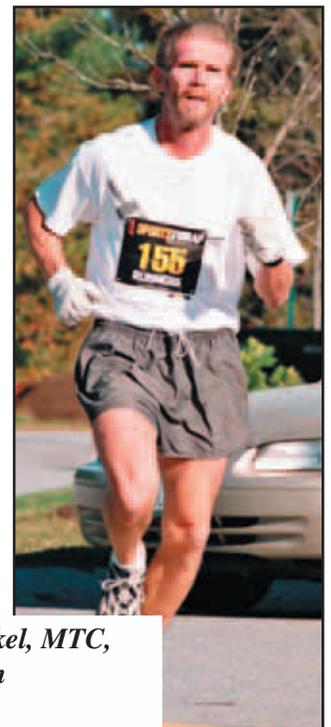
**Jim Eckert, MTC, Paymond**



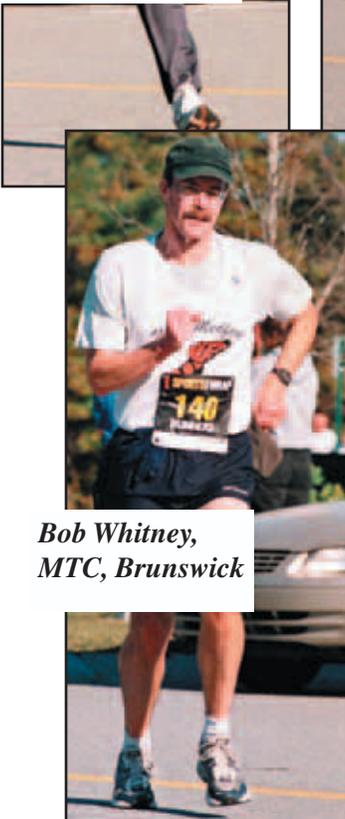
**Rick Abradi, MTC, Lisbon**



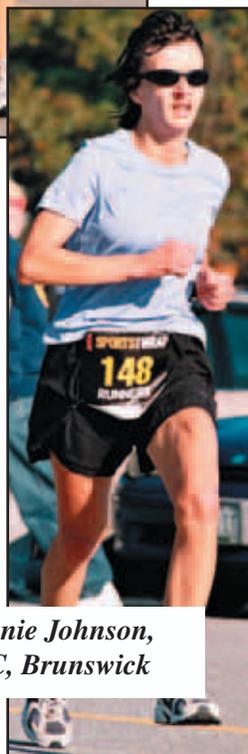
**Carol Weeks, MTC, Kennebunk**



**Tim Sickel, MTC, Bowdoin**



**Bob Whitney, MTC, Brunswick**



**Jeannie Johnson, MTC, Brunswick**