

Here is a write-up on the PT8K and some photoes which are identified on the back. The group photo enclosed was taken at one of the Tuesday night track workouts this summer. If you have any questions, call me. John LeRoy 725-8680

PHYSICAL THERAPY 8K

A record 224 runners finished the Physical Therapy 8K road race on October 16. It was an ideal day for running with sunny skies, temps in the 50's and very little wind. Stan Bickford from Benton Maine, now living in MA, and Bob Winn of Ogunquit ran head to head for the total 8 Kilometer (almost 5 miles) distance and both sneaked under the old course record of 24:38 set by Todd Coffin in 1991.

Many runners ran personal records on this very fast course. The most significant performance was turned in by Maine Track Club member, Gretchen Read, age 52, who not only set a new course record in the 50 to 59 age group but made the national record books. Only 6 other women in the United States have *ever* run the 8K/5mile distance faster.

In the inaugural "Club Challenge", the Maine Track Club defeated the Central Maine Striders. The MTC women's team consisting of Laurel Valley, Gail Turner, and Gretchen Read won the 3 person women's team event. Chased to the finish line by Hap Hazzard, Russ Connors won the 60+ age group setting a new course record with a 32:03.

The Maine Track Club is responsible for the timing, results and the actual staging of the race, while the Physical Therapy Association provides volunteers for traffic control, water stops, etc. The PT group also compiles all of the awards and prizes. The \$2500+ in prizes given this year is probably the largest in the state of Maine. In addition to the great awards and raffle prizes, this race offers long sleeve shirts, free massages by a large staff of physical therapists, a pre-race clinic and, of course, a fast and certified course. Definitely a race that the Maine Track Club should be proud to continue to be affiliated with.

Volunteers were:

Bob Aube
Mary Anne Champion
Andrew Coffin
Sue Davenny
Mel Fineberg
Gary Johnson

Julia Kirtland
Tom Keating
Dianna Laskey
Paul Lessard
Robert McArtor
Carlton Mendell
Marj Parsons

Don Penta
Bill Stewart
Beaky Sproul
Maureen Sproul
Pati Tableman
Jon Wiley