

## APA Ray's Race – Toronto, 2009

Our 31<sup>st</sup> annual APA race was held in Toronto, Canada this year. We had nice weather and enjoyed the day

The race was held at Humber Park, a beautiful spot alongside the lake, about 5 miles from the convention center. We were fortunate to get a permit for a race site in Toronto, since a municipal workers' strike had just ended a few days before our convention.

Since we lost our dear friend and a former president of our group, Art Aaronson in 2008, we decided to hold the race in Art's memory. A beautiful quilt was made up of shirts from all of our past races. The quilt was displayed at APA and it was presented to Annie Aaronson, Art's wife at a special ceremony after our race. Tributes to Art were given by many of us, including Annie, Ray Fowler, Frank Webbe and Irene Deitch.

We had 105 people registered for the race, and a total of 80 runners finished. This year we had both a 5K and 3K options. Some folks could not stay at the race site long enough to pick up their awards. We would like to know who did not receive their awards, so we can pass them out as soon as possible.

The results indicated that the fastest age group among the men is the 40's. The top four finishers were all men in their forties. with Charley Bowen in 1<sup>st</sup> place at 18:10; Roger Moore in 2<sup>nd</sup> place at 19:28; and Michael Vargo in 3<sup>rd</sup> place at 20:45. (Please note, Michael Vargo has agreed to be on the Running Psychologists Board for the coming year as the Vice President.) Ed Acevedo, president of Division 47, had to settle for 4<sup>th</sup> place in the race and in his age group with a time of 21:00 flat. (We happen to know that Ed was suffering from an injury, but decided to run anyway.)

The first female finisher in our race was Alissa Briggs, in the 20's age group, with a time of 21:37. The second place female was Janet Cain, our very own treasurer for the past 2 years of the Running Psychologists. Janet is in the 50's age group, and is awesome runner. After completing our 5k race, she and another runner ran back to the city, instead of taking the bus with the rest of us. Our third place female runner was Kirsten Peterson, formerly president of Division 47, and another champion long-distance runner.

Our senior runners were a formidable force, with Ray Fowler, our group's founder, coming in 1<sup>st</sup> place in his age group with a time of 36:22; Parekh Chatrabhuj, 1<sup>st</sup> place racewalker with a time of 36:52, closely followed by Gil Sanders with a 2<sup>nd</sup> place time of 37:01 for racewalkers, followed by Sy Gross, 3<sup>rd</sup> place racewalker among the men at 39:54. Among the women, Irene Deitch and Roberta Vogel came in neck and neck at 39:55. Arlene Noreiga led the female racewalkers with a time of 38:18, with Ellen Cole in 2<sup>nd</sup> place at 41:31.

This year, it was difficult to find sponsors for our race, but we were fortunate to have the support of APA, APA Insurance Trust, Pearson Assessments, Blackwell Publishing, Worth Books, Psi Chi, Divisions 47, 19, 20 and 50, and our newest sponsor, IAAP. Keith Cooke and other APA Division Services staff were a wonderful help, as always, promoting the race and helping us with the logistics of registration and race planning.

We will see you all next year in San Diego! We hope that more folks can come out for our race. We will go back to having just a 5K course for both runners and walkers. Our new treasurer, Sy Gross who is a longtime racewalker, vows to do more to promote racewalking. We are looking for new members for our group and people who are willing to be officers. We welcome runners and walkers of all age groups!

In San Diego, we plan on having morning group runs each day of the APA convention, along with a race on Saturday morning, August 14<sup>th</sup>, along the waterfront, close to the convention center and our headquarter hotels. We plan to have our race in this area, and avoid the need for buses to the race.

Please e-mail all suggestions to board members as follows:

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