Yes, it had really happened. On December 4, 2005, I had qualified to run in the marathon of marathons –
The Boston Marathon. And now, the time to actually run the race had arrived. April 17, 2006, the 110th
Running of the Boston Marathon and I would be there.

From December until April, I had continued with the training approach that I had used for Big Sur, Portland,
and the California International (Sacramento) marathons in 2005 – three fo-
cused workouts a week including an interval run, a tempo run and a long run.
Add to that, ongoing mental preparation, e.g., reviewing and visualizing the
course before I went to sleep each night, and regular cross-training, which con-
sisted of a weekly game of ice hockey and a couple of vigorous walking sessions
each week, and I figured to be as ready as I could be. Given my particular ap-
proach to running, namely ChiRunning, I felt confident that my balanced and fo-
cused preparation would suit me better than a high weekly mileage approach.
Soon I would see.

As with life in general, the preparation for a marathon is not something that can
be totally predicted or controlled. And so it happened that just three weeks be-
fore the big day, during my Sunday morning hockey game, I had the misfortune of colliding with an opposing
player, leading to a very sore left knee, a stretched ligament, and bruised soft tissue, I later learned. Luckily, I
had completed the bulk of my training and I was about to begin my tapering period, but by no means had I
planned to stop running completely for the remaining three weeks before the race. Given the sensitivity of
my knee, I decided to substitute fast walking to retain my conditioning level and, of course, I continued to do
my mental preparation and personal “psyching.”

The Boston Marathon is always held on the third Monday of April, the Patriots Day holiday in Massachusetts.
In order to get acclimated and to spend time with my brother and friends who were driving down from Can-
ada to cheer me on, I flew to Boston a few days early. By the time I arrived, the town was already in high gear
celebrating Boston Marathon Weekend. On Saturday and Sunday, the Expo Fair was held with thousands of
runners and friends crowding through the conference center. Continued on p.2

ARE RUNNERS AN ENDANGERED SPECIES?

The 2006 Hong Kong Marathon, which was held on Sunday, February 12, attracted over 40,000 enthu-
siastic participants; a remarkable number for the relatively small population. After days of weather that
was cool and pleasant if somewhat overcast, Sunday morning was marred by thick grey clouds of pol-
luted air that made it difficult to see even the massive high rise office and apartment buildings for which
the Hong Kong area is famous.

The start of the marathon was delayed for 15 minutes, but a decision was made to go ahead with the
race. After the race, that decision was questioned by many in Hong Kong.

The pollution created problems for many runners. About one in ten runners—4000–required medical
treatment, and at least 22 required hospitalization. Tsang Kam-yin, an experienced 53 year old runner
who had run two previous marathons, died shortly after he collapsed at the 13 km marker. Chu Man-
ching, a 33 year old runner said to have been in good health, collapsed near the finish line and his
breathing stopped. He was resuscitated before being taken to the hospital, but two days later he was
wheezing and short of breath and he had not fully regained consciousness, and his breathing was la-
bored. There are fears that the oxygen deprivation he suffered when his breathing stopped might have
resulted in permanent brain damage. Continued on p.3
DO YOU STILL RUN? BY TRISHA MEILI
AUTHOR OF “I AM THE CENTRAL PARK JOGGER: A STORY OF HOPE AND POSSIBILITY”

When people first meet me, they often ask. “Do you still run?” My enthusiastic response is, “Yes, not with the same compulsion, but running has helped me heal.” Let me tell you how:

It was a beautiful spring evening and I went for a run after work in New York City’s Central Park. While running, I was beaten unconscious, raped, bound, gagged, and left for dead.

As a result of the severe beating to my head that April in 1989, I lost nearly 80% of my blood, making doctors wonder why I hadn’t bled to death. I also suffered a traumatic brain injury, leaving me with extensive physical and cognitive dysfunction. I was in a wheelchair wondering if I might ever walk again. But at Gaylord Hospital, my rehabilitation facility, I learned to walk again. I learned to run again!

Though never a star athlete before the attack, I always felt good about myself when I was outside running. After my trauma in Central Park, some might think that I would never want to have anything to do with the sport again. Yet my post-attack experience with running made me feel proud of what I could do, motivating me to push, push beyond what I thought was possible.

One of the most memorable days during my five months of rehabilitation at Gaylord was the day I went running for the first time after the attack. Just a few weeks after I started to walk on my own without a wheelchair, Nelson Carvalho, the director of physical therapy at Gaylord, asked me if I wanted to join a group who got together to run. In hindsight, I realize that he and my physical therapist knew just how much to push me.

There was a chapter of the Achilles Track Club based at Gaylord that met on Saturday mornings. Achilles is a worldwide organization that encourages people with all kinds of disabilities to participate in running. At first I was hesitant to accept Nelson’s invitation. I wasn’t sure if I was ready, but I felt comfortable with him. I trusted him and figured that no matter what happened it would be OK. So, one morning I joined them. There were four or five others there that morning. One man was in a wheelchair, two were on crutches and a young boy had spina-bifida. I remember thinking, “If they can do this with their disabilities then so can I.”

The “track” was a ¼ mile loop right through a parking lot at the hospital, but it worked! That hot Saturday morning in August of 1989, Nelson and I started out. You can imagine, just a few weeks out of a wheelchair, I was definitely a bit wobbly, but it felt so good! I felt like I had conquered the world and it filled me with such hope. I was taking something back that had been taken away. Four months earlier my typical Saturday morning run was six to seven miles. Now I struggled to complete ¼ mile without toppling over. But that didn’t matter. What mattered was what I was doing that morning. I felt proud of what I could do.

Seeing this success and other successes, both physical and cognitive, filled me with confidence and helped when I did feel frustrated by my deficits. I felt good about my accomplishments, however small they were – where I was, what I could do. What I’ve seen in myself and others, as I have remained very involved in the Achilles Track Club, is that the confidence gained in reaching a physical goal can be transferred to accomplishments in other aspects of rehabilitation and life – in school, at work, in relationships. Recent research supports this crucial link between exercise and maintaining our physical and mental health. And it’s fun! For me, exercise was a tremendous self-esteem booster. Feeling proud of what I could do was a strong motivator for me to keep pushing ahead to the edges of what I thought was possible and, thankfully, the improvements continue to this day – I still feel proud!

This experience with running taught me that part of the process of healing was learning to accept some new limitations, yet know in my heart that some of those limitations were temporary. Healing didn’t mean becoming exactly the same as I was before my brain injury, but coming to terms with what I had and didn’t have and moving forward with my life. For me, it was a process of learning to begin again. A process of healing and growing that never stops – and that is the best part of recovery.

Let me give you an example:

Six and ½ years after the attack, in November of 1995, I ran the New York City Marathon. As I ran the last miles in Central Park, I felt the support from strangers cheering all of us runners on. I felt proud of the hard work that had gotten me there. In that moment, I had reclaimed my Park and knew I would finish.

After I had nearly lost my life in that Park, indeed, after doctors had predicted that I might never regain my physical or mental capabilities, I crossed the finish line in 4 ½ hours. Talk about feeling proud!

Yes, I still run. I have become chairman of the Achilles Track Club because I know firsthand the difference that exercise can make in healing and reclaiming your life.

This year’s workshops included a presentation by former race winners such as Grete Waitz. The traditional night-before, pasta loading dinner started outside in City Hall plaza amidst high winds and ended up inside where runners got to meet and eat with several thousand of their fellow competitors.

Race Day began early even though the starting time was not until midday. Since the race is a one-way course starting in the town of Hopkinton and ending in downtown Boston, the logistics of transporting 22,000 runners to the start necessitated a long morning of travel and waiting and provided another opportunity to hang out with people from all over the world. As fate would have it, my teammate on the bus ride to the start was a teacher and avid marathener from my hometown of Ottawa. Overall, the population of runners was very diverse and well balanced by gender with about 8,000 women entrants - a far cry from the late 60’s when it was still “illegal” for women to run in the race. By the time we got to the holding areas, it was clear that the weather for the race would be perfect – mid-50’s, mixed sunny and overcast, no rain, no wind. What more could we ask.

This year, a new system was implemented at the start such that elite women began at 11:30 a.m., shortly after the wheelchair racers and half an hour before the elite men and the first wave of 10,000 regular runners. The second wave of 10,000, including your’s truly, was set to start at 12:30. The idea was to give the top women some space to run freely without being surrounded by the men and to use the two waves to spread out the runners and the impact on the little town of Hopkinton (too many runners needing last minute potty stops). With tracking chips on the runners’ shoes, official race times would be accurate no matter what time someone started. (And, of course, because of the chips, there could be no more Rosie Ruiz fiascos like in the 1980 Boston marathon). Another new feature this year was the opportunity for interested friends of runners to go on the web and track their progress in live-time as data were produced at every 5K mark as well as at the halfway point and finish line. This feature was appreciated by some friends of mine who used it to follow my progress and to identify just where I ran into trouble during the race.

The first 5 miles of the course are somewhat downhill so it was relatively easy to maintain my desired race pace in the early phase in spite of the masses running alongside of me. There were a few Elvines, a couple of juggling runners, one of whom finished in 3:06, and a platoon of fully packed army runners, but most of the field appeared to be regular runners striving to meet their personal goals just like me. At the halfway point I was on track to meet my own personal goal of breaking 4 hours just as I had done to qualify a few months earlier. Just before halfway, the crowds of spectators, which had been evident all along the course, reached new heights. Lining the street in front of Wellesley College were several hundred young women students screaming encouragement to all who ran by and reaching out to slap hands with every runner they could reach. Not too concerned about my time, I couldn’t resist deviating to the right so that I could slap a few hands although I did resist the “Kiss Me” signs that many of the coeds held.

And on I went, basically a smooth run pretty much according to plan until mile 18 when reality struck - my “wall” had come a little early. My left hamstring had locked, a major cramp, like a solid cable, leaving me no alternative but to stop, limping to the curb and doing whatever I could to work it out. After a few minutes of self-massage, I switched to fast walking until I was able to run again without reigniting the cramp. For several miles, including the infamous Heartbreak Hill (actually Heartbreak Hills if you count the three hills right before the actual Heartbreak Hill), I had to slow down my pace and run with increased knee bend so that I could keep going. Little by little, my projected finishing time rose as breaking 4 hours became an unreachable goal. I did feel good that I was able to adapt to the hamstring problem and by the final 2 miles of the race, I had bounced back and was again running in good form. As I rounded the corner just before the final half mile stretch, my spirits were further lifted when I saw my Canadian support team cheering me on. I reached down deep, picked up speed and crossed the line looking a lot better than I felt. A 4:22 marathon – slower than I had hoped for but, nonetheless, I had achieved my lifelong goal. I had finished the Boston Marathon.

Postscript: Far up front, some amazing race times were being chalked up. Kenyan, Robert Cheruiyot, set a new course record by one second, in 2:07:13 while fellow countrywoman Rita Jeptoo finished in 2:23:38. American men made an impressive showing, finishing 3,4,5 and nabbing 6 of the top 11 positions. For those Master’s runners among us (40+), it is worth noting that Sammy Nyangincha (Kenya) finished in 2:26:37 and Madina Biktagirova (Russia) finished close behind in 2:30:06. For the sixth year in a row, Ernst Van Dyk from South Africa won the men’s wheelchair division (1:25:29) and Edith Hunkeler from Switzerland won the women’s in 1:43:42.

Keith is Past President of the Running Psychologists of APA’s division of Exercise and Sport Psychology, former dean of psychology at JFK University and serves on the Board of Directors of the Oregon Track Club Masters. He has a practice as a psychologist, life coach, and certified ChiRunning and ChiWalking Instructor in Eugene, Oregon and the San Francisco Bay Area.
Unlike most marathons, the HK Marathon has check points at various mile markers: Runners who have not kept up a pace sufficient to finish in less than five hours are stopped and put aboard busses to the finish line. Quite a few runners were stopped along the way. Many of those who were stopped resented not being able to complete the marathon, but the fact is that that may have saved some of those in the back of the pack from serious health problems. Running over five hours through polluted air is a major physical challenge for anyone, and especially for inexperienced or older runners.

The bad air did not come entirely from Hong Kong. Two major power plants that contributed sulfur dioxide were responsible for some of the pollution, but winds blowing from the mainland probably accounted for more. Hong Kong has a high population density, but it has mostly clean businesses, and ocean breezes help to reduce the level of pollution. But they have no protection from the industrial pollution of the mainland, which grows worse every year and creates a health problem in the major cities of China.

What happened in Hong Kong was not, unfortunately, an isolated event. Some nations in the developing world that are moving toward heavy industry with few if any controls over pollution are facing massive health problems. China, in its headlong race to become a major industrial power, has perhaps the most serious problems. I attended the International Congress of Psychology, which was held in Beijing in 2004. It was an excellent congress, but the pollution was so pervasive that many participants rarely left their hotels. The sun was hardly visible through the thick clouds, and the air had an unpleasant smell and taste. On most days, the pollution was much worse than the conditions in Hong Kong in February, 2006 that led to so many health problems.

I went out for runs on a few days in Beijing, but I found I was ready to return to my hotel before very long. I didn’t see any other runners on the streets—I guess they were smarter than I was. I found myself wondering what will happen when the elite athletes of the world gather in Beijing for the 2008 Summer Olympics. The Chinese government has pledged to reduce pollution by 2008, but that will be very hard to do. If the conditions in 2008 are as bad as in 2004, some serious, perhaps even tragic consequences may result. This could result in a wake-up call to the world, but at considerable cost. Other developing countries around the world have similar problems. Some ecologists believe China may literally choke itself to death if it does not institute major anti-pollution efforts, and the same could happen to other countries, as well.

Runners, because they spend a lot of time outdoors, are probably more environmentally conscious than most. The events in Hong Kong make me feel that we are like the canaries that used to be used in the coal mines to detect dangerous toxins in the air. Unfortunately, canaries warn of danger by dying. Because of their aerobic conditioning and greater lung capacity, runners may have some protection from pollution, but because they expose themselves to pollution more often and more extensively, they may also be more at risk than sedentary sorts.

Hong Kong, having been hit by the SARS epidemic and now threatened by bird flu, takes health issues very seriously. The tragic events at the marathon were widely covered by the local news media, and those associated with the marathon responded to the outpouring of concern in the community. Organizers of the marathon have held meetings to consider safety standards. They considered requiring runners to submit a medical report to qualify for registration. This was rejected because it was felt that the time lapse between the medical examination and the race would make it ineffective and also because they concluded that this would be unnecessarily burdensome and expensive. As an alternative, they considered asking runners to provide information about their sports history, such as past marathon experience and records of regular training.

Medical officials who were responsible for emergency care at the marathon believe that the medical care was adequate, and that the number of medical cases was not unreasonable for the large number of participants. A representative from the Department of Home Affairs, Eddie Poon Tai-ping, was quoted in the South China Morning Post (February 16, 2006) as saying “Runners should be responsible for their own health. We cannot learn the medical history of every participant. They are the ones who know their bodies well. They should slow down when they do not feel well.” An editorial in the same paper took a similar position, commenting that many participants were not well prepared, and some had not trained at all.

My impression was that the marathon was well organized and that the medical support provided by the Hong Kong government was at least as good as in other major marathons. Asking runners to “slow down when they do not feel well” probably won’t be helpful—almost no one stops as long as they can keep moving—and requiring a sports history from participants is unlikely to prevent medical crises in the future. Tang Kam-yin, the runner who died, would not have been rejected on the basis of his sports history, since he was an experienced runner. Correcting the root cause of the problem, excessive air pollution, is not something that can be accomplished by race organizers or health authorities. In Hong Kong, as in other major cities of the world, that will require a major government commitment—not just to protect runners but to protect the health of all citizens.

It seems to me that as runners we should not lose any opportunity to complain loudly and persistently about conditions that threaten the air people depend on for their lives, whether in our country or elsewhere. The United States is responsible for much of the world’s carbon dioxide production which results in greenhouse gasses and contributes to global warming. The refusal of the United States government to participate in the Kyoto Treaty and other treaties to reduce pollution makes us a major contributor to the world’s pollution problems. Reform has to start at home—and we runners, as an endangered species, should be out front in demanding change.

The article was submitted by Raymond D. Fowler, and he may be contacted at rfowler@apa.org.
WHAT MAKES IRENE RUN—BY IRENE DEITCH, PH.D.

This writer placed first in every APA Fun Run, Rat Race, and Ray's Race. She was 40+ when she began her second career as a runner. Why? Read this case history to find out. At this stage, she finds life review to be most important.

My tennis game deteriorating, strokes ok, getting to the ball was what mattered. Fitness wasn't an issue in those days. Just motivation was what I had to improve tennis playing. My husband adapted to my early morning forays into parks, college tracks, and races. My intensity and passion grew as my tennis improved, as well as my speed. I enjoyed this "new prestige" of my late life undertaking. I joined community races, which I might add is a serious event on Staten Island. Friends and neighbors would cheer my efforts, and at some point, I became identified as a runner. I proudly displayed each racing number on the bulletin board at my college office. This brought great admiration from my students. My daily routine began with stretching, running, and then teaching full-time. Yes, I even held my psychotherapy practice afterwards. I felt invigorated, exuberant, inspired, and energized.

The results were in, running helped with the loss of my baby fat, cured my adolescent acne, my mid-life constipation, my menopausal flashes, made me fitter, hornier, healthier, happier, offered like-minded friendships, enabled me to hold a leadership role, helped me maintain balance in my life, and of course improved my tennis game. I am upbeat, positive, and enthusiastic about life and living. If this sounds like a testimonial it certainly is.

My peak experience was entering a race organized by Ray Fowler in Central Park (1982). At the post-race celebration, Ray won Sandy! I won Wilhelm! Not for my teaching, research, psychotherapy, or parenting, but for placing first in my age division. Even then, I was the only runner in that group. Ray became my number one mentor. It was official; I was a 40+-year-old persistent and passionate running psychologist.

In a Los Angeles Rat Race, I met my second mentor, Hershel Leibowitz, who became my convention running buddy and good friend. I was becoming more compulsive about my running, time, schedule, outfits, working out, and reading about becoming a better runner. Local races morphed into mid-winter conference runs, with me organizing efforts for psychologists to join me in the early morning jogs. Even international vacations were sneaker oriented. My energy was boundless and boundary less.

It was APA NYC again that I was "encouraged" to run for President of Running Psychologists. Thanks to Hersch, our President-Elect, and Bob McKeachie, our Treasurer, who helped me to fill those mighty big sneakers left by Ray. As a running psychologist I was evangelical in pursuit of my running mission, and recruitment of students, patients, and colleagues to join me. I found the answer! Every morning at 7:00 there was always someone waiting to accompany me on my six-mile adventure. What validation for the joys of running! At APA fun runs I see familiar faces. We are the Deitch-McKeachie, grandparents of the RP group. My buddies save a banana for me, my reward for finishing. *Please note. To a runner-I'm called a "jogger" to a jogger, a "fast walker". As my students would say, "Whatever."

So what makes Irene Run? (The Hidden Agenda)

I do it for women: (Model of Feminism) Who says we can't do the distance and time like the male jocks?
I do it for mid-life and later-life women: (Model to Combat Ageism and Sexism) We're not over the hill, except in running,
I do it for Jewish women: (Model for Ethnic/Cultural Diversity) We have to overcome the myth that anything but reading is "risky."
I do it for motherhood: (Models for our children) It helps with child rearing and also getting out of the house.

Fast-forward 26 years later (2005), and APA holds Ray's 5K Race in Washington, D.C. Once again, I was the only runner in my age division, the oldest female runner, and thrilled at earning a first place award. So, how long can a good thing last?

Irene Deitch PhD is Professor Emerita of Psychology, City University of NY, College of Staten Island; New York State Licensed Psychologist, Psychotherapist Producer/Host of Cable TV program, “Making Connections”. Irene is an APA Fellow and served on several APA Committees. She currently is on the Board of Directors for Division of Psychotherapy, Media Psychology & Ad Hoc APA Committee on Films & Media. Irene Deitch is the mother of a son & daughter and 2 grandchildren and still married to her first husband.
The participation of older Running Psychologists in the annual race has decreased. Most of the 50+ runners, now in their 70s, who used to push me hard are not joining us anymore. I hope they are OK and still running or at least walking regularly. If they are not, a recent article in the New York Times science section should provide an incentive to get moving again.

The article (NYT, January 23, 2006) reports on a study by Eric B. Larson in Seattle (no reference provided). Larson and his colleagues selected, from participants in an HMO, 1,740 people over 65 who showed no evidence of mental decline. They followed them for 6 years, regularly evaluating their general health and mental functioning. By the end of the study, those who exercised at least three times a week were 30 to 40% less likely to show dementia.

Running Psychologists are well aware of the physical and psychological benefits of running, and that is what keeps many of us on the move. And most of us are aware that exercising the brain by engaging in mentally challenging activities helps to prevent dementia. For me, the results described above confirm another benefit that most of us have suspected or at least hoped for: exercising the body as well as the brain can help prevent or delay the decline of mental functioning.

A few decades ago one of my students, who was also a running partner, jokingly predicted that with my exercise program I would probably live to be 100, but that might not be an advantage if I outlived my brain. I can reassure him, and myself, now that exercise might improve my chances of retaining good mental as well as physical functioning.

I titled this column The Aging Runner because all of us are aging and will, if we are lucky, get old. At 75, I suppose I have already gotten there. I rarely think of myself as old, but I cheerfully acknowledge that I am older. My 8 year old grandson Cade asked me how many years it would be before I am 100. I told him it would be 25 years and he asked “Are you going to do it?” Well, Cade, I hope so, but only if my brain is functioning well. Dr. Larson’s study gives me increased optimism that my brain may keep up with my body and an added incentive to keep exercising both.

It is ironic that so many feel that it is appropriate and even necessary to decrease exercise as they get older. The statistics on exercise participation in the 65+ range are dismal: most elders don’t exercise at all. The fact is, many of the signs attributed to aging are really signs of insufficient exercise. An 80 year old who still exercises as much as at 20 won’t be as fit as he/she was at 20, but may be more fit than the average 60, 50, or even 40 year old.

The tables of desirable weight used to show a steady increase in desirable weight with advancing age. We know now that overweight and obesity are related to many physical ills, and gaining weight has no advantages to offset the disadvantages. Assuming that a person was at a desirable weight at 20, there is no good reason that his/her weight should be higher at 80. In fact, since muscle tissue almost inevitably decreases with age, the 80 year old probably should weigh a bit less.

The same goes for exercise. A person who exercised, say, 7 hours a week at 20 should be exercising at least that much at 80. And considering the higher risk for physical and mental decline in the later years, a little more would be even better. The 6 or 7 minute miles are probably gone forever, but covering the miles, even at a slower pace, is still a good idea.

I would like to see us attract some of the former Running Psychologist members back to annual race. Our first race in 1979 in New York’s Central Park attracted over 200 participants with an average age of about 38. That cohort now has an average age of about 65 and most have long ago dropped out. How can we get them back? One way might be to have two clearly defined events at the convention: the usual 5K race for runners and a parallel event for walkers. Of course, any participant is free to walk in the 5K race, but some former race participants might feel uncomfortable coming in at the back of the pack. A fun walk might attract former runners and new ones as well.

In future columns, I will discuss further how the aging process affects running and how running (and other exercise) affects the aging process. I’d like for all past and present Running Psychologists to make it to 100 with mind and body intact. Let’s go for it!
Welcome to the revitalized, 2006 issue of *The Running Psychologist*, newsletter of Running Psychologists. We are pleased, as your beloved co-editors, to bring our newsletter back after a hiatus of many years (been doing lots of training!). The first issue of *The Running Psychologist* was published in the summer of 1978, just a few months after Running Psychologists began. It was edited by Ray Fowler for two years, by Michael Sachs for two more, and then by Steve Wegener and Jonathan Katz until the late 1980s. When Running Psychologists became a section of Division 47, publication of RP ceased, except for annual reports on race times. We are now excited about bringing the newsletter back into being and publishing on a ‘regular’ basis, at least once a year and hopefully twice a year. For editors, we are going full circle with Mike and Ray.

This initial issue has a number of articles, last year’s race results, and other information. In future issues we hope to include a member highlight column, recent book/journal article reviews (anyone interested in serving as a Resource Section Editor?) and perhaps some other great ideas that you would like to suggest! Given the wonders of modern technology, we are able to bring you the newsletter in electronic format. Our thanks to Elizabeth Loughren, a doctoral student in exercise and sport psychology in the Department of Kinesiology at Temple University, for serving as Assistant Editor (and doing all the technical wizardry) of the newsletter.

Please write and tell us what you like/don’t like about the newsletter. We look forward to hearing from you and to seeing you in New Orleans.

Carpe diem et carpe viam,

Michael Sachs Ray Fowler
msachs@temple.edu rfowler@apa.org

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### The Running Psychologist Committee

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- Newsletter Co-Editors– Michael Sachs (msachs@temple.edu) and Ray Fowler (rfowler@apa.org)
- Newsletter Assistant Editor– Elizabeth Loughren (eloughren@temple.edu)
The annual race and walk at the 2006 New Orleans Convention of APA will be held on Saturday, August 12, in Audubon Park at 7AM. The Park is approximately 4 miles from most of the major hotels. Buses will transport participants to and from the race. Maps to the race site and details regarding bus pick up will be available at the Division Services Booth at the convention. Awards with a special New Orleans theme will be given to the overall men's and women's winners and to the top three in each 5 year age group, from under 25 to over 75. The top three male and female finishers who hold membership in Division 47 will receive awards. The top three finishers who are current or past Psi Chi or National Psi Chi Council members also will receive awards. To honor the exhibitors at our meeting who provide excellent raffle prizes for us, a special award also will be given to the highest finishing male and female exhibitor. Pre-registration will run until July 31st - which means that the entry form and fee must be received by that date. Please give us all the requested information including age and gender so that the race numbers can be labeled and results tabulated accurately. THE ENTRY FEE FOR PRE-REGISTERED RUNNERS (who are not Div. 47 members) IS $20.00, which includes a commemorative shirt, raffle chance, and post-race refreshments. PAST July 31st, CONVENTION AND DAY-OF-RACE REGISTRATION FEE IS $25.00. Pre-registration for students is $15.00 and convention student registration is $25.00. PLEASE pre-register to help us avoid too many convention and day-of-race registrations and to assure that you receive a t-shirt. Shirts only guaranteed to those who pre-register. Make your check payable to: Running Psychologists.

Division 47 members receive a discounted pre-registration entry of $15 as a value-added benefit of division membership. If you are an APA member and wish to apply for division membership with this entry form, check the block on the form below and remit the discounted entry fee ($15) plus the Division dues ($24 for members, $14 for associates, $10 for student affiliates). We will forward your application to APA for processing.

You may pick up your race number and shirt at the business meeting of Running Psychologists on Friday morning at 8AM (see the program for room number) or at the APA Division Services booth in the main Convention Area, beginning Thursday morning. The Annual Pre-Race Pasta Dinner will be held on Friday evening, August 11th. Please visit Division Services Booth at the convention for details regarding exact time and location. Mark your entry form to reserve a place at the dinner or sign up at the convention.

Awards and t-shirts will be created by local artists and $1 of each participant’s race fee will be donated to a local charity.

Sponsors: APA Insurance Trust - Psi Chi - American Psychological Association - Divisions 47, 19, 38 & 50

___________________________________
I WANT TO JOIN DIVISION 47 Y/ N APA Status: Member__ Fellow__ Assoc__ Stud. Affiliate__ APA Member # _____

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Running Psychologists, Division 47 and the American Psychological Association, the City of New Orleans, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature/Date

Make Check payable to: Running Psychologists. Receipt before July 31st: $20; Students and Div.47: $15.

On-site/Convention race registration: $25 for all participants.

Please return to: Ethan Gologor, 353 E. 78th St. Apt. 15A, NY, NY, 10021. Email: puereternis@hotmail.com