

Running Psychologists' 29th Annual Ray's Race 5K Run/Walk

One hundred thirty runners and walkers lined up for the start of the 29th Annual Ray's Race 5K Run/Walk, which took place at 7 AM, Sunday, August 19th at Crissy Field, located on the grounds of the former Presidio and just east of the Golden Gate Bridge. The 58-degree temperature at starting time made for excellent racing conditions, despite a noticeable headwind which greeted the participants as they forged towards the finish line. Runners and walkers proceeded along a flat, hard packed dirt/gravel out and back course which followed the Bay shoreline, providing a picturesque view of San Francisco and the island of Alcatraz. James O'Donnell provided superb race management services. The only glitches of which I was aware involved runners showing up on the wrong day or at the wrong place and insufficient award categories for walkers (which was remedied at the award ceremony). Keith Cooke at Division Services has added email addresses from all 2007 race applications to the RP listserv so that these individuals can receive updated information about next year's race and hopefully avoid any future confusion about location and date. Additionally, race information is listed in the APA convention program, on the Division 47 website and on the race application that is both on the D47 website and included in each convention registrant's packet.

In a repeat of last year's results, the first 3 male finishers were 29-year-old Gregory Benson in a time of 18:05, Mike Olson, age 36 in 18:09 and Michael Waldo, age 53 in 19:37. The overall female winner was 27 year old Megan Call who finished in 18:51 and was the third runner to cross the finish line. Maribeth Horan, age 43 was the second overall female in a time of 22:21, followed by 56-year-old Janet Cain whose time of 23:02 won third place. Bright blue RP hats served as age group awards and were given out for places 1-3 M & F in 5 year age groups. Awards were also given for Exhibitors, Walkers, Psi Chi and Div. 47 members. The youngest runner was 19-year-old Lauren Froehner, while the oldest runner was 77-year-old Irene Deitch, who not only finished the race with energy to spare, but then sped to the airport where she caught a morning flight. In a display of great efficiency, Division 47 Past President Kirsten Peterson ran to and from the race site from her hotel, fitting in the race as part of her 16-mile Sunday run. Ray's Race founder and namesake Ray Fowler finished strong but, unfortunately, Sandy Fowler and last year's running protégé Cade Fowler could not attend.

As race management and permit fees have increased rapidly over the past few years, a professionally managed and timed race would not be possible without the financial resources provided by our sponsors. New this year as a sponsor is Blackwell Publishers, who graciously responded to Ray's request for help. Additionally, Worth Books, who has for many years provided raffle prizes, increased their financial support for this year's race. APA Trust once again provided financial support as did APA Convention Services and Psi Chi. Divisions 19 (Military Psychology), 20 (Adult Development), 50 (Addictions) and of course our parent Division 47 (Exercise and Sport) were 2007 race sponsors. Thank you sponsors!

Most race participants who stayed for the awards ceremony walked away with a raffle prize, thanks to exhibitors Worth Books, Human Kinetics, Rutledge Books and Impact publishing, all of whom donated books to our raffle. Jacqui Seltzer of Worth Books also ran the race and placed first in her age group.

In addition to the need for financial support, races also depend upon the work of volunteers to help with such functions as registration, course direction, finish line, photography and organization of transportation. Keith Cooke and his reliable and competent Division Services staff provided race registration services, sold t-shirts, encouraged exhibitor raffle donations and calmed upset psyches. This year's race required volunteer help on the course and RP extends its thanks to annual volunteer Gabe Wrobel, son of regular Ray's Race participant, Tom Wrobel. Similar thanks go to Lara La Caille, Art Resnikof, Lidia Sanders, M. Smothers, Martha Wang and Michael Monica. Volunteer bus monitors Keith Cooke, Art Aronson and Cindy Seares-Monica assured that race participants arrived at the right spot. Much appreciation goes to Janet Cain who organized the pre-race pasta party. Thanks also goes to my husband Noah Nason, who, for the past two years has organized bus monitors, provided IT help and took charge whenever it was needed. Secretary/Treasurer Ethan Gologor, who was not able to attend the conference, worked behind the scenes by inputting all of the race pre and post registration data and worked with the accounting firm CBIZ to deposit race contributions and registration fees and to pay the race bills.

RP's new President Cindy Seares-Monica along with the RP Executive Board is planning a special race for RP's 30th anniversary in Boston in 2008, which is scheduled for Sunday, August 16th. RP's 2007–2009 Secretary/Treasurer, Janet Cain, will be handling pre-registration and treasury functions for the Boston race. Best wishes for a healthy year of running and walking and I hope to see all of you in Boston in 2008.

Suanne Shocket, Psy.D.
Past President
Running Psychologists