

1500m, 4th in the steeple. American women are picked 1-3 in the 100m, 1-7 in the 200m, 3-9 in the 400m, 7th in the 800m, 3rd in the 10K, 8th in the Marathon. A Santa Barbara resident, Kym Carter, qualified for the Worlds by finishing 2nd in the National Championships to Jackie Joyner Kersee in the pentathlon. You can see her training at the SBCC track regularly (you can't miss her - she has a world class athlete's body).

Two world records were set in the 10,000m this year. First on July 5 Chelimo ran 27:07.9 to break Arturo Barrios' record of 27:08.3. Then July 10 Yobes Ondieki ran 26:58.4. Both, of course, are Kenyans. That's like an interval session of 25 X 400m at 64.7 per lap (no rest in between). In that race top American Todd Williams PR'd in 27:40, the quickest U.S. time since Mark Nenow's AR 27:20 from 1986.

One of the biggest European track meets is the Weltklasse in Zurich. Back in 1980 some High School track buddies and I were traveling in Europe by EurailCard when we read about the meet. We hopped a train and arrived in Zurich and found the stadium the night before the meet. By hanging around the athlete's hotel we had fun begging for tickets from Coach Douglas of the SMTC (formerly of our HS rival Westchester High), but to no avail. Finally we bought some standing room only tickets (you lean on metal posts). The meet was electrifying with the crowd very enthusiastic, knowledgeable and close to the track.

Believe it or not, you can receive daily free reports from August 1 through August 31 on the European track season, including the World Championships; just call 1-800-94-TRACK.

NIGHT MOVES V

Wednesday evenings at Leadbetter beach. July 7 through September 8, 10 Wednesdays. 5K run and/or 1/2 mile ocean swim. Register at Gold's/Airport Plaza, Outfitter's/La Cumbre Plaza and MSO on Chapala. Registration begins at 5PM.

RUNNER'S PROFILE by Joe Howell

In this issue, I thought I would introduce a new game -- "Name that SBAA member." Within 30 seconds (remember, speedwork is good for you) name the SBAA member who:

1. Started his/her running career in 1954 (shortly after learning of Roger Bannister's first 4-minute mile).
2. Has, at different times during his/her career, competed for U.C. Berkeley, San Francisco Athletic Club, San Francisco Olympic Club, Santa Clara Youth Village, and of course, the esteemed SBAA.
3. Has served as President of the Santa Barbara County Bar Association and now writes the occasional, but widely read, "Restaurant Review" for the Bar Association Newsletter.
4. Has been Chair of the Santa Barbara City Parks and Recreation Commission (thereby serving as the major target for all complaints).
5. Has taught at Santa Barbara City College and both (yes, there have been two) local law schools.
6. Is the only SBAA lawyer member frequently sighted at the Courthouse wearing a straw hat and Birkenstocks.
7. Has described himself as "a Democrat and a troublemaker."
8. For the last 12 years, has worn a skirt while performing a starring role in the Christmas production of The Nutcracker Suite.
9. Has served as the SBAA President for 24 years.

The longer you have been an SBAA member, the greater the likelihood that you realize that the answer to all of the above questions is - DES O'NEILL.

Des, along with John Brennand, Paul Gilbert, and a few others, are really the backbone of our local race scene. At most SBAA races and a number of others, Des is the event cashier who takes each runner's money, offers to a selected few some examples of his sarcastic wit and generally helps make our local races so successful. Des was once an obsessive runner who routinely put in 100+ mile weeks with a training pace of 6 minutes per mile. After a nagging injury and two back surgeries, he is still pounding the pavement, but on a far less intense basis.

Des, thanks for all your contributions to the SBAA and keep it up!



Basic Information:

Name: Des O'Neill

Age: 54

Employment/Family: Lawyer. Wife: Carla, is a C.P.A., partner in a local firm. Twin daughters: Eileen at Berkeley; Augusta at UCLA. Both 19.

Other Sports/Interests: China.

Running Highlights:

Favorite Distance & PR at same: No favorites, really. Marathon PR 2:39:56 (1970), 10K (Track) 32:19 (1964).

Best Race and Why: Probably a half-marathon in 1967 in N. California. 1:14 on a hilly course, but I was "on" that day. Also, a 12th place in Bay-To-Breakers in 1961 (There were 48 starters, 35 finishers!)

Worst Race and Why: Too many, all from going out too fast.

Average Weekly Mileage (last 12 months): 25-30 when I can run, but two recent surgeries have grounded me for much of the time.

Favorite Local Race: New Year's Resolution Day.

Goals (Realistic) for 1993: Regular running, not much.

Goals (Wildly Optimistic) before Year 2000: Regular running, a little more. Perhaps finish some 10K's. Get the full use of my right leg.

Additional Information:

Why I Run: Habit (40 years of running).

My Runner Hero & Why: Walter George - 1st modern track runner.

Buddy Edelen - 1st American road runner of world class.

Arthur Newton - Basic Principles of Running (LSD).

Personal Training Tips: Nothing works all the time - vary what you do, and remember that resting is not shameful.

I love runners who...: John and Cally Brennand, who have done so much and everyone who helps at races. No hates. No time or energy for that.

Suggestions for SBAA: More participation by our membership, in club activities.

My Views on Track and Field: Dying in the U.S. - What can be done?

My Views on Road-Running: Where are elite American runners?

My Views on Recreation: We as a nation need more of it.

QUOTE: "Citius, altius, fortior."