

## SBAA TAKES THIRD PLACE - Cal Poly Cross Country Invitational October 16

A white '72 Cadillac stretch limousine (23 feet) took a strong SBAA team to the Madonna ranch in San Luis Obispo last month, earning 3rd place out of 10 teams in the "college-open" division. The course was mostly flat, with tricky dry footing and 2 big hills at mile 2 and 5. There were approximately 100 starters.

The early 5:30 AM start from SB bothered only the sleepy driver, as the team lounged in the back laughing at Gregor Robin's running horror stories. The running singlets actually were at the race hotel, and we got to the start 45 minutes before the 8:30 AM start. Ignoring Coach Kevin's only pre-race advice, the whole SBAA team charged off the starting line at full speed. A lead group of 9 went by the mile mark in 4:57, with Gus Hermes, Mike Smith and Terry Howell all in the middle of a 2nd pack charging by in 5:02. Ramon Tello, whose first mile was closest to his overall finishing pace per mile (he slowed down the least), came by at a fast 5:10, with Steve Kong at 5:20 and Gregor Robin at 5:50 (yes sorry, Gregor, your times are being reported too).

There was then a second, longer loop over a steep hill, and the runners came by the start again at mile 3. By then Mike Smith had a 3 second lead over Gus, 15:40 to 15:43, with Ramon and Terry running together at 16:00. Steve Kong went by at 16:42, right behind 2 San Luis Distance Club rivals. Gregor knew a lot of people in the crowd from his Cal Poly days and was cheered coming by in 18:16, with plenty of competitors around him.

In the 4th mile Gus ran 5 seconds faster and so passed Mike to take the team lead for good. Ramon began to pull away from Terry and led by 10 seconds at mile 4. Steve Kong passed the two SLDC runners and knew he was the 5th scoring man and had to keep it up. Gregor had a far-away look of both pleasure and pain as he pushed it going by close to 6 minute pace.

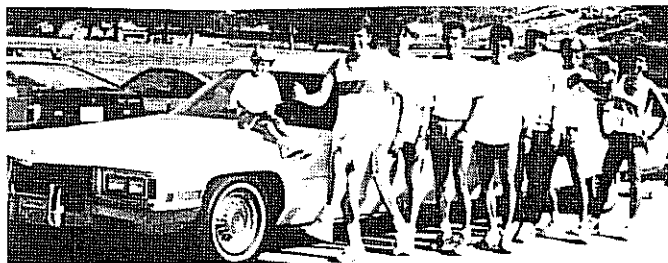
Gus continued his 5 seconds per mile faster pace and gained another 10 seconds over the last 2 miles, finishing in 11th overall in 32:50, 5:17 per mile. Mike kicked it in in 33:03, 5:19 per mile and 15th place. Ramon had a good last 2 miles and finished in 19th place in 33:36, 5:24 per mile. Terry ran a fast 34:06 for 22nd, 5:30 miles. Steve stayed ahead of the SLDC runners and scored for the team running 35:05 for 30th, 5:40 per mile. Gregor had the most interesting finishing kick. While

most of our runners came in alone, in the last 100 yards Gregor was trying desperately to hold off a guy from the Fresno State Track Club. With 30 yards to go he was passed and then both runners sort of gave in and slowed to a jog, but still 10 yards to the finish line. By the time Gregor realized this, they had both crossed the line.

Fresno State Track Club placed 1-3-4-13-17 for first with 38 points. Nike Track West was 2nd with 55 points. The SBAA's 11-15-19-22-30 took 3rd with 97 points. The San Luis Distance Club was 4th with 157, then Master's College, 215, and the SLDC-B team showing good depth in 6th with 248. Jeff Jacobs, UCSB grad with the SB Track Club, was 9th in 31:52. The winner: Jamey Harris, 30:54.

The SBAA should be able to borrow the McConnell's Ice Cream limo for future team efforts!

Team members pictured below(l-r): Kimber Young, Kevin Young, Terry Howell, Gus Hermes, Steve Kong, Gregor Robin, Mike Smith and Ramon Tello.



## RUNNER'S PROFILE by Joe Howell

To reach its full potential, every group needs an effective leader and operations manager. In the case of the East Beach noon running group, that person is Dick Kentro. Known as Captain Kentro by fellow runners, Dick is the self-appointed and much appreciated statistician, logistics guru and organizer. He also is the most tenured of the group, entering his 20th year of noon running at East Beach.

After joining the East Beach running group, one soon realizes that they have "arrived" when they see their name entered on the monthly mileage chart posted on the bulletin board. While individual runners enter their daily mileage, the Captain updates the chart monthly, providing last month, year-to-date and other information on each runner. Lest one forget (or perhaps try to forget) variations in weight, the Captain also updates individual runner's information on their monthly average body weight.

Perhaps Dick Kentro's most renowned accomplishments as a leader are attributable to his organization of the East Beach "Are You Tough Enough?" 62-mile relay team. His organizational and motivational skills as perennial Captain of the team were outstanding. In fact, he frequently has expanded the team and changed the goal, leading team members and others on three different "full assault, up and down in one day" hiking trips: Mt. Whitney, San Gorgonio Peak and San Jacinto Peak.

As noted in his profile below, Dick has not been running at full strength since a race-related injury in 1990. Nonetheless, he continues to put in the miles. All of us expect him soon to return to and in fact exceed the "glory days" of his running career.

Watch for the "new and improved" Captain Kentro to put in a strong performance at the 1994 Resolution Day Run.



### Basic Information

**Name:** Dick Kentro

**Age:** 48

**Employment:** Environmental consultant with Science Applications International Corporation (SAIC).

**Family:** Wife: Jonatha (marketing manager at AGIA); Daughter: Ricki (14); Son: Jamie (12).

**Other Sports/Interests:** Backpacking, hiking, and family activities.

### Running Highlights

**Favorite Distance and PR at Same:** Half Marathon 83:44 (Lompoc 1983).

**Best Race and Why:** 1989 Oxnard Strawberry Festival 10K. I set a new PR (38:16) at age 44 after a 6-year PR hiatus.

**Worst Race and Why:** 1990 Santa Barbara Half Marathon. Thinking I was ready for another PR, I wore light weight shoes and went out way too fast. I should have dropped out when I started limping at 10 miles. Foolishly, I pushed on to finish under 90 minutes, but my hamstring still has not recovered!

**Average Weekly Mileage (last 12 months):** 13 miles.

**Average Weekly Mileage (last 12 years):** 25 miles.

**Favorite Local Race:** Are You Tough Enough? 100K Relay.

**Goals (Realistic) for 1994:** Lose 20 lbs, train 30+ miles per week, race once a month.

**Goals (Wildly Optimistic) before Year 2000:** Break 38:00 for the 10K, 3 hours for the marathon, and run the Western States 100.

**Why I Run:** In high school, I ran track to stay in shape for football and wrestling. Although I always admired the endurance of cross country runners, I never thought I was capable of running hard for more than a mile. In 1971, when I was in the Marine Corps at Camp Pendleton and was beginning to enjoy the weekly 3-mile fitness run, I heard about a 4-mile beach run at Laguna Beach. I entered and finished third (there wasn't as much competition in those days). When I realized that I could compete at long distance running, I was hooked? I thought that with proper training, I could improve indefinitely. Today, I still enjoy competing and striving for improvement; but general fitness, stress management, and the camaraderie of my fellow runners have become more important.

**My Runner Hero & Why:** John Brennand. He has been the primary motivational and organizational force behind local road racing for three decades; and he continuously sets the competitive standard for his age group.

**Personal Training Tip:** Retire old running shoes before the mid-soles collapse.

**Suggestions for Local Races:** Camino Cielo is a great place to run! A 10 mile out-and-back between Gibraltar Road and Romero Saddle would not be too hilly and would have almost no traffic.

**Favorite Quotation:** "Trust no thought arrived at sitting down." -- George Sheehan (1920-1993).

### **HUMBOLDT REDWOODS MARATHON** by Fred and Terri Werber

On October 17, 1993 my wife and I had the very enjoyable experience of competing in the 15th annual Humboldt Redwoods Marathon. This is our report card.

1. Humboldt County - A+. As is the custom of my wife and I, we arrived two days before the marathon to travel through Humboldt County. This was our first trip to Humboldt County and it certainly will not be our last. The marathon is held in the Humboldt Redwoods State Park Avenue of the Giants about 200 miles north of San Francisco and 40 miles south of Eureka.

A drive along the Avenue of the Giants will take you back hundreds, even thousands of years into time. The trees themselves are living testaments, dating back to the dawn of time. Here you will find the largest remaining stand of virgin redwoods in the world where the trees hold world records for height and age.

Equally as impressive as the forests is the coastline which the locals call the "Lost Coast". We drove mile after mile where tranquil green pastures and meadows rolled into the ocean.

The towns such as Eureka, Arcata, Fortuna, and Ferndale were out of a Norman Rockwell small town painting. My favorite city was Ferndale which is nicknamed the "Victorian Village" because all the homes and businesses must be modeled after Victorian architecture just as Solvang is modeled after Danish architecture.

A word of warning to any visitor to Humboldt County. Do not mention President or Mrs. Clinton. Never have I seen such dislike for any politician. During the past year

over 30 lumber mills have been closed because of Clinton's spotted owl policy which has resulted in a very high unemployment rate among a very proud lumber industry workforce.

### 2. Hotel Accommodations.

A. Scotia Inn - F. Our first night we stayed at the Scotia Inn, the official hotel of the marathon and 15 minutes from the start of the race. Without a doubt, this was the worst hotel we have ever stayed at. The room was the size of a closet. There was no television, no clock, no radio, no ice machine, no pool, and no telephone. The plumbing was from the 19th century. The worst problem was that the hotel was directly across from the Pacific Lumber Company that cut and hammer lumber seven days a week, twenty four hours a day. Needless to say, we did not sleep that night and promptly checked out the following morning.

B. Holiday Inn in Fortuna - A. Our second and third night we stayed at the Holiday Inn in Fortuna which opened in July 1993 and is 30 minutes from the start of the race. A great hotel at very reasonable rates. In fact, the race director stayed here, not at the Scotia Inn. We understand that next year this hotel will be the official hotel.

### 3. Expo - no grade. No expo.

4. Pre Race Preparation - A. The 1500 runners started at 9 A.M. at the Dyerville Bridge which is on the famed Avenue of the Giants near the majestic Founders Tree Grove in Humboldt Redwoods State Park. I was pleasantly surprised that the race organizers were able to truck to the start of the race over 20 portable toilets and were able to control the massive influx of cars. The volunteers and organizers were extremely friendly and helpful.

5. Weather - A+. The race started in the mid 50's and ended in the mid 60's. Ideal weather.

6. Course - A+. The entire course was on pavement and almost entirely under a canopy of old growth redwood trees. The first thirteen miles were along the Avenue of the Giants and the Eel River. The last thirteen miles were on the Bull Creek Flats Road. During the entire course I saw only two automobiles. The course is marked at every mile. There were aid stations with both ERG and water approximately every 2.5 miles. Without a doubt, this course is one of the most scenic