

which manufactures running shoes and clothing. He lives in a condo with another employed marathoner and has a staff psychologist, physical therapist, 2 cooks and a coach. Day in and day out, the runners adhere to a schedule posted on a wall by the coach, with their time allocated in 15-minute segments. Young-jo was 2nd in this year's Boston Marathon... The L.A. coliseum track was permanently removed Feb. 22 of this year. It was installed in 1923... The African women 10 years ago couldn't even talk back to their men in many places. Now they are the new emerging women's distance running power. They are aggressive, hungry and supremely motivated to succeed... Billy Mills went through the 5K just a second off his 5K PR during the Olympic 10K he won in '64. In his 1:02 1/2 marathon Jose Iniguez' repeat 29:30 10K's were close to his PR for a single 10K... I finally broke 21 minutes for 5K, but a calf muscle just sidelined me for 10 days... Remember last year's triple cast pay for view of the Olympics? Through last year's TAC, the SBAA offered its members a discount with \$10 per person going to the SBAA. Thanks to Gregg Brown, Robert Hollister and Kevin Young, the SBAA just received a \$30 check from USA Track and Field for our participation.

**JOIN THE SBAA 24-HOUR RELAY TEAM
SAT/SUN MAY 29-30
SAN LUIS OBISPO**

Ten person teams, each person runs a mile at a time. 441 runners competed last year. The field is limited to 50 teams. Last year's winning team ran 205 miles, about 7 minutes per mile. The SBAA is considering paying some of the entry fee to get a team together for this race. If you're interested in participating, call team manager Kevin Young 963-7524.

FUNDRAISER

Rock and Roll dance on May 14 at Carillo Recreation Center. Band: Roadhouse Rockers. Fundraiser for Los Banos Pool. Tickets can be purchased at McDonalds 1221 State Street, MSO, Copeland's, Mac's, Bill's Copy Shop, Bikesmiths, Santa Barbara Bread Co. and Goleta Sports Center. For more information call Patsy Dorsey 682-2124 or 965-6901.

RUNNER'S PROFILE by Joe Howell

This month we feature two of the leading triathletes in our area. Between them, they have won the Santa Barbara Triathlon five times!

Duncan and Terry Thomas are well known in the Santa Barbara running and triathlon community. They have a number of impressive victories and continue to train hard and compete in a variety of local events. Many will appreciate Terry and Duncan's amazing ability to juggle so effectively family life, professional careers and athletic endeavors. As Duncan stated in an article that he wrote for the August, 1989 issue of *Triathlete* magazine, "then in '88, at age 39, we stopped setting the snooze alarm on the biological clock, and our daughter, Devin, was born." Devin is now almost 5 and Duncan and Terry continue to amaze us.

Do you have a suggestion for an SBAA member to be featured in a future column? If so, please write Joe Howell, P.O. Box 1260, Santa Barbara, CA 93102.

SBAA member: Duncan Thomas

Age: 44

Employment: Division Chief with the Department of Social Services.

Family: Married for 21 years to Maria Therese (Terry) Marco Thomas. Daughter - Devin Marco Thomas, age 4, OK, almost 5.

Other Sports/Interests: Swimming, biking, running, swimming, biking, running, swimming, biking, running. Yes, I love to read and even do a little writing, but I will never admit to doing yard work!!!

Favorite Distance/PR: My favorite distance is the marathon, especially if it's preceded by a 2.4 mile swim and a 112 mile bike ride. My marathon PR is 2:39.

Best race and why: SB half marathon - ran beside Greg Robin for the first 10 miles complaining about the fast pace, then dropped him! Also 9 Trails 35 mile trail run. First time to go over marathon distance and finished second overall! Best Triathlon: 1984 Ironman - best shape of my life, but came down with the flu the week before the race - finished 15th overall two weeks after winning the SB Triathlon.

Worst race and why: 9 Trails again - I lost 2 toe nails.

Average weekly mileage: Since I'm just getting over a years worth of plantar fasciitis, my running, which was zero for 6 months, is back up to 25 miles/week. I'll be back!

Favorite local race: The old cross country runs at Los Positas Park.

Goals/1993: Stay healthy and do some consistent training without thinking about racing - but 1994???

Goals/2000: I'm going to wait for Greg Robin to turn 40 and join the Masters (I'll be 50 by then) and kick his butt! Are you listening, Gregor.

Why I Run: Stress relief; excuse for eating; vanity; and because aerobic exercise, with it's deep, measured breathing is a mantra for my soul.

Running hero: My wife Terry is my running/exercise hero. When she was 6 months pregnant, she ran the Valentines Day run. She swam and rode her bike to work every day until our daughter was born and she did a triathlon 3 months later! If I had that kind of endurance, I'd...(get the picture??)

Training tip: Do what I hate to do: S-T-R-E-T-C-H

Love/Hate: I love runners who cheer each other on during a race. I hate runners who bandit races and then run through the chute.

Suggestions/Local races: Bring back cross country races.

Suggestions/SBAA: More team racing.

My views: I love triathlons because I'm good (not great) at all three disciplines and I'm not entirely happy unless I have an opportunity to suffer!

NOTE: I won the SB Triathlon 3 times - 1982, 84, 85. I've done the Ironman 5 times and finished 15th overall in 1984. In 1989 (at age 40+) my time at the Ironman was 9:30 - and I'll be faster next time!!!

SBAA member: Maria Therese (Terry) Marco Thomas

Age: 43

Employment: Registered Dietitian, specializing in Sports Nutrition. Food Service Manager at UCSB.

Family: Married for 21 years to Duncan Thomas. Daughter - Devin Marco Thomas, age 4, OK, almost 5.

Other Sports/Interests: Running, biking, swimming. In another lifetime, I used to

play tennis and racquetball. I love to cook, read, and take walks.

Favorite Distance/PR: 1/2 marathon. My PR of 1:35.06 was set during the SB Triathlon, after swimming and biking!

Best race and why: 1985 SB Triathlon - I won for the 2nd time and ran down 4 people in front of me - the leader having a 12 minute lead!

Worst race and why: My 1st 10K in 1978 - WOW, I broke an hour! 57 minutes and I thought I was going to throw up!

Average weekly mileage: 25 miles/week.

Favorite local race: Fay Hobbs 10K - especially when it's for women only - what a sexist!

Goals/1993: To get back in shape or have another baby - I can't make up my mind.

Goals/2000: To win my age group at the Ironman. Am I crazy, I said I would never do it again.

Why I run: I find it relaxing and enjoyable, especially after a good hard run.

Running hero: Duncan - because it's all his fault that I ever began doing this stuff. Can you believe, I thought we could train together.

Training tip: Consistent training - rest and stretching.

Love/hate: I love runners who have fun at what they do - enjoy the racing and running. I hate runners who snub other runners because they are not as good as they are.

Suggestions/Local races: Bring back the old winter road run.

My views: It's important to exercise. It keeps us all young.

QUOTE: Duncan to Terry (1983) - "Terry, I know the SB Tri bike course so well I can do it in my sleep." Reality Check: In 1983, Duncan was led off course and finished 2nd because of it. At the 1984 SB Triathlon (my first win), I thought to myself: Won't Duncan be surprised when he sees me cross the finish line first! Reality check: Duncan was nowhere near the finish line - he was drinking a beer and having a massage!