

fashion, as I now do too, in my small way, since every time that any one of those marks was beaten, of course some journalist would phone him for an interview and a comment.

Which leads to the question: Are there in fact any ultimates at all? Oh sure, you can set absolutely unreasonable marks, to be on the super-safe side - a three-minute mile, say, a ten-foot high jump, but all records exist to be bettered, otherwise why keep them? And that applies to PBs too. Beating them, and maybe turning them over again in the scrapbook in the twilight years when the old marks are all that you have left to contemplate.

RUNNER'S PROFILE by Joe Howell

While the subjects of this month's profile live in Ventura, they enjoy our Santa Barbara races and are frequent contributors to this newsletter. Fred and Terri Werber are known by many for their "Report Card" articles on marathons throughout the country. I know several local runners who ran the San Diego Marathon and felt that Fred and Terri were brilliant in their description of the San Diego marathon as "Beautiful—definitely yes. Fast and flat—no." The Werbers' recent Report Card on the Boston Marathon was both informative and inspirational; perhaps it will lead to a major Santa Barbara contingent at Boston in 1994. Both Fred and Terri are dedicated runners who enjoy marathons at interesting places; they look forward to the Tahiti Marathon some day.

Hey, someone out there is actually reading this column! I have had several readers suggest SBAA members who "deserve" to be featured in this column. Please feel free to call or write me with your suggestions on Profile candidates, information you would like to know about the people featured, and any other ideas for the column. (Joe Howell, P.O. Box 1260, SB, CA 93102 - 963-2044 (office).

Basic Information:

Name: Fred Werber

Age: 42 years old

Employment/Family: Physician, specialty in Dermatology. Married to Terri Lee, the best wife in the world. We have two beautiful cocker spaniels - Bo (after Bo Derek) and Laura (after Laura from General Hospital

fame).

Other Sports/Interests: Weight lifting and occasional triathlons. Computers. Traveling to different marathons. Favorite television show is "Married With Children".

Running Highlights:

Favorite Distance & PR at same: Marathons. Presently, best times in 3:30's.

Best Race and Why: Best local race--Chardonnay 10 Miler (most picturesque course in the tri-county area and best post-race party). I enjoy the wine tasting. Best State Race--Carmel-By-The-Sea 10K (most scenic course in California).

Worst Race and Why: Los Angeles Marathon. I hate running through the smog and slums of Los Angeles. Plus, the race begins too late in the morning at 9:00 a.m.

Average Weekly Mileage (last 12 months): 40-50 miles per week.

Goals (Realistic) for 1993: During the past 5 years, I have tried to average 3-4 marathons per year. So far this year I have run the San Diego and Boston Marathons. In October I hope to run the Humboldt Redwood Marathon.

Goals (Wildly Optimistic) before Year 2000: To run the Tahiti Marathon.

Additional Information:

Why I Run: To relieve the stress and strain of government medical paperwork. It looks like I will be running more, thanks to Hilary Clinton's bureaucratic recommendations.

Personal Training Tips: Plenty of Motrin prior to any major race. It is my drug of choice.

I love (hate) runners who ...: I hate runners who constantly pester me for my latest race times.

Suggestions for local races: Bring back the Ventura and/or Santa Barbara Marathon.

My end quote: "Don't worry about today because you will have new problems tomorrow."

Basic Information:

Name: Terri Lee Werber

Age: 41 years old

Employment/Family: Home in Ventura. Registered Nurse. I work in my husband's

office. Married to Fred for 13 years. He is the most wonderful and caring husband anyone could ever desire.

Other Sports/Interests: Weight lifting and treadmill. Cooking Greek food. Listening to Rush Limbaugh. I love to travel. Since we work very hard, we allow ourselves to take at least one vacation per month. Favorite television shows: 2 soap operas - All My Children and General Hospital.



Running Highlights:

Favorite Distance & PR at same: Marathons. Presently, best times in 3:40's.

Best Race and Why: Long Beach Marathon in 1988. Since it was my first marathon and my city of birth, I had many family members to cheer me on. In fact, my family and friends gave me a post-race party at a banquet room at the Long Beach Hyatt.

Worst Race and Why: Four or five years ago I ran the Ventura 30K in the rain. I was not dressed in rain gear for the run and I lost my

contact lenses in the storm while running. Since I was totally soaked and blind, I quit at the third mile.

Average Weekly Mileage (last 12 months): 40 miles per week. I also supplement my running with treadmill workouts. I enjoy the treadmill while I watch my favorite soaps.

Goals (Realistic) for 1993: Since this year is almost finished, I hope to stay healthy. I do not have any time goals except to continue running for the pure enjoyment.

Goals (Wildly Optimistic) before Year 2000: I definitely will run the Tahiti and New Zealand Marathons. Also, my wildly optimistic goal before the year 2000 is to win the California lottery and then retire from work and run races over the entire world.

Additional Information:

Why I Run: To keep my husband company. My husband always runs with those awful headphones, so I am his ears.

Personal Training Tips: Plenty of Motrin prior to any major race. Also, tape your toes to prevent friction blisters.

I love (hate) runners who ...: I hate runners who constantly pester me for my latest race times. I enjoy running races for the pure pleasure of it, not to compare race times with other runners.

Suggestions for local races: Since I enjoy running on the beaches of Carpinteria, Santa Barbara, Summerland, Hope Ranch, and Goleta, it would be fun to have races solely on the beach.

My views on ...: Most unusual running event of the year: My husband and I accidentally ran on the nude beaches of Santa Barbara County and felt totally overdressed.

My end quote: "Talent on loan from God." from Rush Limbaugh.

CHINESE TRACK by Desmond O'Neill

Just as I was about ready to bid farewell to the 1993 track season comes the cumulative news from the Chinese National Championships in Beijing September 7-13. Wow! Wang Junxia got new World Records in the women's 3,000 and 10,000, 8:06.11 and 29:31.78 respectively, bettering the old records at those distances by 16 seconds (3,000) and 42 seconds (10,000). She was also second to