

SOME SBAA RACE SINGLETS STILL AVAILABLE

Santa Barbara Athletic Association Hind tank-tops - mens and womens style racing singlets - are still available for \$10 each (below cost). They are white with a cobalt blue stripe at the chest and gold "Santa Barbara Athletic Association" lettering. We will order more (from Hind Sports) if we run out in your size. Send check for \$10 made out to SBAA with your SEX and SIZE (S,M,L,XL) to 119 Cooper Road, SB CA 93109.

SBAA TRACK WORKOUTS

Wednesdays, 6PM at the world class tartan SBCC track. Recently a small group of men and women have been doing about 5 X 880 in 2:50 to 3:00 with walk recoveries, while another group of about 10 studlies do faster repeats with jog recoveries. We get lane one and the lights are turned on. Put in the work now and enjoy the benefits in the spring and summer!

RUNNER'S PROFILE by Joe Howell

Fred Long, the subject of this month's Profile, plays a key role in the Santa Barbara running community. In fact, Fred, along with his partner Frank DeJohn, contributes to the successful training and racing experiences of hundreds of Santa Barbara area runners. What is his secret? Fred is co-owner of Outfooters, the popular and highly-regarded athletic shoe store in Santa Barbara.

All of those who have served as race directors or have assisted in the organization of local athletic events are keenly aware of the support (or lack thereof) given to the running community by local merchants. Outfooters, together with a few others, cheerfully display race applications and information materials about local area events. Outfooters has served as a major sponsor of events like the La Cumbre to La Playa Run and The Santa Barbara County Triathlon. They donate prizes to other events and of greatest interest to SBAA members, they offer a 15% discount to SBAA members on all merchandise. (In fact, the 15% discount alone more than justifies the \$5.00 annual membership fee for SBAA.)

(Author's note: These comments of praise about Outfooters are strictly mine--Fred did not have any part in them. When there are local stores like Outfooters who so generously support the SBAA--and other "sporting goods" stores who offer no support and even refuse to accept racing brochures for display--I think it is worthwhile to encourage the patronage of those who support the SBAA and the running community.)

When you next see Fred or Frank at Outfooters, be sure to thank them for their continued support of the SBAA.

Basic Information:

Name: FRED LONG

Age: 43

Employment/Family: Co-Owner, Outfooters. Wife: Cecilia. Daughters: Amy (12); Bridget (11). Sons: Connor (6); Kegan (4).

Other Sports/Interests: Skiing, hiking, playing with my kids, piano, tennis (if I ever find the time).



Running Highlights:

Favorite Distance & PR at same: 10K (PR of 43:00).

Best Race and Why: La Cumbre to La Playa '92--Beautiful course and after a month illness, almost beat my partner (and childhood friend since age 10), Frank. (He caught me in the last 1/2 mile.)

Worst Race and Why: My first 5K; circa '78 in Santa Barbara. I went out too fast and died trying to hold on.

Average Weekly Mileage (last 12 months): 20.

Favorite Local Race: New Year's Resolution Day Run.

Goals (Realistic) for 1993: Run in one more race.

Goals (Wildly Optimistic) before Year 2000: 1994 (or any year) Pier-to-Peak (Stearns to La Cumbre); New York City Marathon.

Additional Information:

Why I Run: A feeling of "freedom", cutting loose; to stay fit and work off the stress.

My Runner Hero & Why: Sebastian Coe: His great victories and comebacks against his rival Steve Ovett.

Personal Training Tips: I stretch after I run (vs. before), I hate stretching.

I love (hate) runners who... : Shop at Outfooters. I hate runners who run barefoot ... (just kidding).

TEAM IN TRAINING

Pete Dolan is probably too modest to mention it, but he is a volunteer coach for the Leukemia Association of America "Team in Training", offering his services to anyone interested in running the L.A. Marathon, March 6, 1994 and willing to seek donations on a per-mile basis to the Leukemia Society. Training is personalized and designed for the first-time or inexperienced marathoner. Pete, who has all the information on this, can be contacted at the University, either at the track during conventional coaching times or by telephone at 893-8276 (direct) or 893-3291 (Athletics Office).

Just do it.

GREAT CHRISTMAS IDEA! GIVE AN SBAA MEMBERSHIP!

Runner's World and other running publications will no doubt feature various gift ideas in their December issue. The catalogs from numerous mail order running/sports equipment companies will overwhelm you with holiday specials. Ignore them all! Instead, give your local area running friends (or those who would like to become more serious runners) a great gift which also supports the running community--give them a one-year membership to the SBAA!

A one-year membership is only \$5.00 (\$7.00 after 12/31). If you are not sure whether someone is already an SBAA member, call John Brennan at 964-2591 to get the information. Making a gift of an SBAA membership is simple. Just send a check for \$5.00, payable to SBAA, to John Brennan (his address is listed on the front page of this newsletter), together with the name, mailing address and phone number of the gift recipient. John will enroll the person as a member and include them on the mailing list for the January issue. The gift recipient will not only get the great discount benefits offered to SBAA members, but they will also be able to read about local area races and be informed of upcoming events.

VOLUNTEER APPRECIATION by Patsy Dorsey

I would like to take a little space to thank the many volunteers that make our races possible. I think we had almost as many volunteers as we had runners at the Santa Barbara Half-Marathon. I know at the Santa Barbara Nine-Trails there were more out there helping than there were running. I try to thank them all at the event; but I know I always forget to mention someone. So to all of you out there that make our runs a success a very special thank you.

If you would like to get into trail running give me a call. We do trail runs almost every Sunday. We have back of the pack runners like myself and front of the pack such as Jenny Martin (first overall in the Santa Barbara Nine-Trails).