

RUNNER'S PROFILE by Joe Howell

In this second edition of the Runner's Profile we are featuring Gregor Robin. Many of you know Gregor as a long time local runner still out there pounding the pavement. Others know him as a sports writer for the Santa Barbara News Press and read his "Endurance Sports" column in the News Press every Thursday. With his regular column and periodic feature stories, Gregor provides great coverage of local runners, endurance athletes, races and other items of interest to the running community.

Do you have an idea of an SBAA member who should be featured in this column or questions/items to be covered in the next profile? If so, please write Joe Howell, P.O. Box 1260, Santa Barbara, CA 93102.

SBAA Member: Gregor Robin
Age: 36
Employment: SB News-Press Sports Writer
Family: Wife - Isabella Mattei Robin
Mom - Mary Ferguson (SLO)
Dad - Harry Robin (Hollywood)
Other Sports/Interests: Swimming, basketball, skiing.

Running Highlights:

Favorite Distance & PR at Same: 10K, 33:00

Best Race & Why: SD Mission Bay Marathon 1981 - 2:35:20 PR - Floated to 20 miles/then held together

Worst Race & Why: SBCC Cross-Country Invitational 1977 - Stress fracture in shin, bothered me for 1 year.

Average Weekly Mileage (last 12 months): 32 miles per week - 60 days off (injury/travel)

Favorite Local Race: S.B. Chardonnay 10-Miler

Goals (Realistic) 1993: SUB 60 Chardonnay, SUB 4:44 Easter Relays Coach's Mile, SUB 16:50 5-K anywhere.

Goals (Wildly Optimistic) before Year 2000: SUB 2:30 Marathon, Win SB Marathon Masters Title 1999

Why I Run: (1) Stay fit, (2) Relate to mind/body/nature, (3) Test myself, (4) Competition

My Runner Hero & Why: Steve Scott - Consistent, fast (3:47 mile), distance-oriented, trains 90 miles per week

Personal Training Tips: Every mile raced gets 1-day recovery

I love (hate) runners who ...: LOVE runners with talent who don't push easy, long runs. HATE runners who push easy runs

Suggestions for SBAA: Sunday workout long runs



SUNDAY TRAIL RUNS

Contact Patsy Dorsey at 682-2124 or 965-6901 if interested. Romero Canyon was April 4th.

LAW DAY USA RACE by Julie Turner

Competitive runners will have some challenging times to beat in the Sixth Annual Law Day USA Run scheduled for May 1, 1993 at Santa Barbara's Palm Park.

Last year's winners posted some of the fastest times in the last three years. Winners in last year's race, their categories and their times, are as follows:

Male 15K winner - Steve Barlow, 47:53; female 15K winner - Carrie Booth, 55:39; Relay teams, Male - the "Lompoc Legends" (Ted Brown, Scott Coe and Chris Allen), 49:46; Relay Teams - Female, "SBAA" (Carol Werner, Melissa Marsted and Christine Newsham), 59:52; Relay Teams, Mixed - "Ballantine's Bullets: (James Ballantine, running first lap and anchor, and Lisa Park), 63:58. The men's and women's winners of the 5K run were Gregg Horner, 16:11, and Susan Pappalardo, 18:50. This year a 5K walk will be offered in lieu of the 5K run.

Runners wishing to break the overall course records will have to beat the following times, all established in 1989: Individual Men's - 45:34, Steve McCormack; Individual Women's - 54:39, Jani Johnson; Men's Relay - 48:10, Glen Madden, Terry Howell and Gus Hermes; Women's Relay - 57:28, Anne Hayden, Suzy Hermes and Mary Ryzner; Mixed Relay - 49:02, Pete Dolan, Juliette Christie and Gordon Christie.

The fastest male and female individual runners will each receive a grand prize - one free round-trip ticket on SkyWest, courtesy of Santa Barbara Travel Bureau and SkyWest.

Entry forms and additional information are available at the office of the Santa Barbara Bar Association, 1111 Garden Street, Santa Barbara, CA 93101.

FUNDRAISER

Rock and roll dance on May 14 at Carrillo Recreation Center. 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.

SCHEDULE OF EVENTS

Saturday, April 10 - Big Dogs Are You Tough Enough. 100K ultra run and 5 person relay. Start at Toro Canyon Park. Finish is at Nojoqui Falls Park in Solvang. Info: Big Dog Sportswear 963-8727.

Saturday, April 10 - UCSB Community Mile race at noon, during UCSB home track meets. Call 893-8276.

Sunday, April 18 - SBTT Ride and Stride. Teams of two run and mountain bike 20 miles on dirt road. 8AM, \$15/team. SB Triathlon Team 563-0641.

Saturday, April 24 - UCSB Community Mile race at noon, during UCSB home track meets. Call 893-8276.

Sunday, April 25 - Laura Stegman Memorial Women's 5K Run. River Park in Lompoc. Start at 9:30AM. Info: Bill & Mary Graham, 736-4696.

Saturday, May 1 - Law Day 15K/Relay. Race day registration: 7:00-8:15. Times: 15K individual/8:30; 15K relay/8:55; 5K walk/9:05. Need to pre-register by April 24.

Saturday, May 8 - LVDC Mission Fiesta 5K/10K Runs. La Purisima Mission. Walk, 5K, 10K - 8:00, 8:15, 8:45.

Sunday, May 16 - Bay to Breakers 12K. 8AM, San Francisco.

Saturday, May 22 - UCSB Intramural 5K/10K. 5K start: 8:15AM, 10K start: 9:00AM. Start/finish behind Student Center at lagoon. \$8 pre-reg w/o T shirt. \$13 pre-reg with T shirt. \$12 race day w/o shirt. Info: 893-3253.

Sunday, May 23 - SBTT El Capitan Quad Challenge. El Capitan State Beach, 8AM, \$25. 5K run/2K swim/10K run/1K swim. There will be a relay division and club division. SB Triathlon Team 563-0641.

Saturday, May 29 - Chardonnay 10 Mile.

Saturday, June 12 - Camarillo 5K/10K. 8AM start at Camarillo High School. Info: American Cancer Society, (805) 656-3437.