

admit it. Then, as our powers decline, as they inevitably do and/or will, we find ourselves settling for age PRs, which is at least realistic but still compulsive. I plead guilty, although I race so little these days that any time would be an age PR, if I bothered to remember any.

I am trying not to. Quite aside from the terrible effect on my morale induced by comparing my yesteryear times with those of today, it seems to me that mental health might best be preserved by simply ignoring the times and having fun on the occasions, just going out there and making the effort and enjoying oneself in the process. If you have a good day and a lousy time, doesn't the lousy time sort of spoil the good day? And, looking back on it, weren't all your best times run when you weren't really expecting to run well anyway, when you got to the race with a laundry-list of excuses and alibis? Isn't that the way it always is? Do the times, for most of us, really produce that much satisfaction? (Type A personalities need not answer this question).

Another, related and timely topic is cross-country which I have extolled in the past in these pages. Since courses differ so much, in terrain, difficulty, length, whatever, times are meaningless and are almost never comparable - just the relative placings, which satisfy the competitive urges but don't give you PRs, unless of course you run on the same course a lot, and can therefore compare performances. Unfortunately most of us run very little cross-country - after college there are very, very few races which can properly be termed cross-country (some pretences to it exist, but in the absence of good courses hereabouts, by which I really mean a lot of good dirt trails or grass, and the private ownership of most of what there is, the opportunities are limited), and except for the occasional Westmont or UCSB meet where a few of our runners can get into the college competition, it just doesn't happen. But cross-country is really a marvelous activity, running the way it was meant to be, and I think we ought to sponsor races and look for suitable courses. How many of you out there will help?

By the way, there is an upcoming European-style cross-country race down in Ventura, October 30, 1993. "Rain or Shine. Four (4) miles of hills, trails and changing surfaces." Anyone interested?

RUNNER'S PROFILE by Joe Howell

When was the last time you had a strong emotional reaction to the sight of a fellow local runner finishing a race several minutes behind you? Have you ever actually enjoyed finishing behind a runner you traditionally beat in local races?

Both of these experiences involve Jack Bianchi, a devoted local runner who has become an inspiration to many in the running community.

In 1992, Jack discovered that he had cancer. He went through three tough surgeries and started on the long and difficult road to recovery. As chronicled in Greg Robin's excellent article about Jack in the February 13, 1993 Santa Barbara News-Press, Jack's competitive spirit and love of running had a great deal to do with his recovery. In the first instance noted above, Greg Robin and I were standing on the Santa Barbara City College track at the end of the La Cumbre to La Playa run in October of 1992. Greg looked up, noting that Jack was just coming on to the track at the end of the 7-1/2 mile race. Those of us who knew Jack were awestruck - here was a guy who only months before was fighting for his life, and now he was actually running in this event!

In May of this year, I remember chatting with Jack shortly before the start of the Chardonnay 10 mile race. In his typical understated manner, Jack indicated that he felt strong and hoped to have a good race. The race began and I lost all sight of Jack. As Bobby Powers and I closed in on the 9 mile marker, we realized that Jack, who I had often beat in various races, was ahead of us and finishing strong. We pushed for a big finish, but there was no catching Jack. It was a great feeling to see that Jack had overcome the cancer, had fully recovered and was a stronger and more motivated runner than ever before.

There are many local runners who are talking up an April, 1994 trip to the Boston Marathon. One of those is Jack Bianchi. I am hopeful that many of us will, in fact, make the trip to Boston with Jack as our inspirational leader. Knowing how Jack loves challenges, I suggest the following - Hey Jack, the loser between the two of us buys a round for all the local runners who join us in Boston on April 18, 1994. See you in Boston.

Basic Information:

Name: Jack Bianchi

Age: 51

Employment/Family: Owner, Bianchi Motor Co. Wife: Marguerite, stepdaughter: Elizabeth (almost 15 and she lettered in Track as a Freshman); two grown daughters, Jacqui and Tara.

Other Sports/Interests: Scuba diving, flying, skiing, horseback riding, hot tubbing. Beaches of southern France. Watching Indy car races. Eating ice cream.



Running Highlights:

Favorite Distance & PR at same: Camarillo 10K, 39:59. 5K split 19:10 (PR).

Best Race and Why: 1989 New York Marathon - 3:18. I watched the '88 Marathon on TV and was so moved by it, I informed my family that we were going to New York in 1989. I still watch that tape before a big race.

Worst Race and Why: Resolution Day '90: Heel injury - no running for 6 months. Also Tempe Marathon: Flew with John Tilford for the 8K. John running the marathon. They

cancelled the 8K. After a few beers the night before and averaging only 20 miles a week, I ran the marathon - 3:28 (hurt city).

Average Weekly Mileage (last 12 months): 35 per week - 1 day track.

Favorite Local Race: Law Day 15K. My first race. I had never run over 6 miles. Iced my calves for two days.

Goals (Realistic) for 1993: Break 19:00 (5K).

Goals (Wildly Optimistic) before Year 2000: 2:50 for marathon by '95. 38:50 10K '94. Medal in National Senior Sports Classic '97.

Additional Information:

Why I Run: To feel good. Discipline. Competition. Show up at a class reunion (scary what happens to people's bodies with age). Catch up on local gossip from Joe Howell.

My Runner Hero & Why: John Brennand. He shows up at a race which he has organized and then he runs it and wins in his age bracket. He does so much and so well.

Personal Training Tips: A coach can be a big asset. Hard - Easy will help keep those injuries away. Drafting gives you a rest during a hard race. 1200 meter or mile repeats build confidence. Take time off when its not fun anymore.

I love (hate) runners who...: I hate those runners who always complain about not running very well because they didn't break 30:00 in a 10K today. I love runners (especially the winners) who make time to ask how you did today.

Quote: They say you get slower with age. Watch my times.

98th BOSTON MARATHON

Date and Time: Monday, April 18, 1994
Noon Start. 11:45 A.M. Wheelchair Start.

Entry Deadline: March 14, 1994

Entry Fee: \$35

Course: Begins in the rural New England town of Hopkinton, winds through eight cities and towns, and finishes near Boston's Copley Square.

Course Records: *Men's Open:* Robert de Castella (AUS) 2:07:51, 1986.

Women's Open: Joan Benoit Samuelson (USA) 2:22:43, 1983.