

which rugby was the major one. Trying to participate in sports across the Association barriers could result in an athlete being banned for life from both - really. Some athletes played "Sassanach" sports under assumed names, and three or four Irish athletes who competed for American universities in the 50's and early 60's did so under assumed names - their passports, their true names, were quite otherwise, and there may have been quite a few more than those of whom I knew. Ridiculous? You bet, but that was The Way It Was. I haven't bothered to find out what the present situation is in Ireland, and certainly there are better facilities, higher standards and big meets, at least from what little I learn in the pages of Track and Field News. Good for them.

### Runner's Profile by Joe Howell

This is a new feature for the SBAA newsletter. Undoubtedly, you have seen the "Dewar's Profile" on the back of magazines, with a short profile and personal highlights about a celebrity. With the thought that SBAA members are interested in knowing more about their fellow members (famous or otherwise), we are starting this column on a monthly basis as our version of the Dewar's ad.

We invite your contributions and suggestions. Please feel free to suggest individuals who should be featured in the profile and/or information items to be included. Our hope is to keep the column short, informative and very readable. In the future, we will profile some of our more prominent members, as well as the many middle-(or back)-of-the-pack runners that comprise the bulk of the SBAA membership.

To suggest a SBAA member to be featured in the column or questions/items to be covered, please call or write Joe Howell, Post Office Box 1260, Santa Barbara, CA 93102 - 963-2044 (office).

### Runner Profile

SBAA member: John Brennand Age: 57

Employment: General Research Corp.

Family: Wife - Cally

Sons - Bob & Scott

Daughter - Karen

2 grandchildren

Other Sports/Interests: Cycling, cross-country & alpine skiing.

Running Highlights:

Favorite Distance & PR at same: 10K 32:35 in 1985

Best Race & Why: Paramount 10K - Best Masters Competition

Worst Race & Why: Semana Nautica 15K on July 4 - too involved to warm-up & relax

Average Weekly Mileage (last 12 months): 20 miles (3 days/ week)

Favorite Local Race: New Year's Resolution Runs

Goals (Realistic) for 1993: Break 34:00 for 10K

Goals (Wildly Optimistic) before Year 2000: Win a National Masters Cycling Championship

Why I Run: I miss it if I don't.

My Runner Hero & Why: Norm Green, age 60, many times National Masters Champion

Personal Training Tips: Have some easy days & some hard ones, too

I love (hate) runners who: I love runners who preenter races. I hate runners who enter on race day and complain that there are no shirts left

Suggestions for SBAA: More team races

My Views on Cross Training: Cycling and running are complementary

Favorite Beer: Dos Equis

