

that up, but it would be fun if it were true. With not too much planning we could set up a weekend blast in Las Vegas (i.e. rented bus, shared hotel space). I'll work on it if I get enough calls from interested SBAA members (963-7524).

CROSS-COUNTRY VICTORY - YEA! by Des O'Neill

The Westmont Invitational was Saturday, September 17, 1994, and the Association actually got a team together for the men's and women's races. Even better, the men's team won, and it has been a long time since an Athletic Association cross-country team either ran at full strength or won a meet.

Kevin Young was the main man this time. He had to trade away a couple of future high draft choices, and wealthy supporters offered illegal inducements wholesale, way over the salary cap, but Kevin put together an ace crew which, had its map of the course been better, would have won even bigger than it did. As it was the lead pack, including our first three (3), Harold Ketting, Gregg Horner and Jim Triplett, blew a turn at about one and one-half miles, and before getting back on course ran an extra 200 meters or so. Harold got back into the race, and actually led onto the track, but didn't have enough left to hold off Kevin Sturm of Westmont, who won in 21:21. Harold was third in 21:23, Gregg Horner was fourth in 21:30, Jim Triplett seventh in 22:02, Robert Holt our fourth man in eighth place, 22:09, and Mark McNees eleventh in 22:19. Other club members involved in the glorious enterprise included Joe Banach 25:28, John Tilford 25:53, Dan Stephens 26:59, Andy Hecker 27:01, John Baron 27:55, Wayne Nelson 28:28, Kevin Young 29:28 and Fred Werber 30:39. Jim Knox's nostalgia got the better of him, and he elected to run for the Westmont alums, 25:05.

So, final team scores are: Athletic Association 25, Westmont 53, Master's College 87, Cal Tech 93, San Luis Distance Club, with which Kevin is trying, along with their manager Stan Rosenfield, to generate a rivalry, 112 and Whittier College 121. In all fairness it has to be pointed out that Westmont held out its top runners, but that should not detract from the occasion. Well done.

In the Women's race the Association unfortunately didn't do as well, although our members there gave it their all. Ruth Vomund of Team Inside Track in Ventura won in 18:53, and Megan Riker, competing unattached, was second in 19:12. Carol Knox, the Association's first finisher, kicked splendidly to finish fifth in 20:17, passing two or three others in the last 200 meters. Thereafter it was Lisa Schreiber, thirty-first in 24:57, Patsy Dorsey in 26:59, Tara Brown in 27:52 and Margie Withrow in 30:35. Team scores were Team Inside Track 31, San Luis Distance Club 44, Whittier 58 and Santa Barbara AA 76.

The Men's course was 3.9 miles, quite hilly, those nasty short up and downs, 60% trails and 40% asphalt. The women ran a slightly shorter course, 5000 meters (3.1 miles).

Anyone for cross country?

MEMBERSHIP

The Santa Barbara Athletic Association has 371 members as of October 1, an increase of 14% from 2 years ago. Two hundred forty three members live in Santa Barbara while another 39 live in Goleta. Carpinteria (5 members), Summerland (3) and Montecito (1) are also represented in the South County. Sixteen members live outside of California (New Mexico, Hawaii, Washington, New Jersey, Ohio, Michigan, Illinois, Minnesota, New York, Arizona and Virginia).

Unfortunately, 33 members are late paying their dues. The expiration date is printed on your mailing label. If it is highlighted it's time to mail your dues to the treasurer. See front page of newsletter for address.

RUNNER'S PROFILE by Joe Howell

Bill Cattoi, the subject of this month's Profile, had a modest beginning for his running career. At age 39, he completed a two-block run in Milwaukee. By the time he had moved to Santa Barbara some four years later, he was up to a couple of miles per run. His running career then took off, with Bill completing his first marathon in 1977 and a total of 31 marathons over the last 17 years. Equally impressive is the consistency of Bill's

training—he has exceeded 2,100 miles ever year since 1973.

Bill often runs with the Cathedral Oaks Running Club—a group of 7 to 8 local runners who train five days a week together, with long runs on Sunday. Bill claims his continued good health is a direct result of his consistent running over the years. He will maintain his 2,100 + miles for 1994 and plans to keep running forever.

Basic Information

Name: William "Bill" Cattoi

Age: 65

Employment/Family: retired from Delco after 36 years. Wife Jean, son Tom; daughter Sue; one grandson, 8 weeks and a future runner.

Other Sports/Interests: Tennis. Football (spectator). Workouts at Gold's Gym.



Running Highlights

Favorite Distance & PR at same: Marathon - because of the challenge 3:46 (long ago).

Best Race and Why: Coeur d'Alene Marathon 1991 - at age 62 ran a 3:53 and seemed to have it all together!

Worst Race and Why: Los Angeles Marathon - all 4; never could get it together - too hot - too crowded - too tired.

Average Weekly Mileage (last 12 months): 45-50 unless I'm getting ready for a marathon.

Favorite Local Race: 4th of July 15K - always well organized.

Goals (Realistic) for 1994: Complete my second 1994 marathon - Sacramento in December.

Goals (Wildly Optimistic) before Year 2000: Still be running in the year 2000!!

Additional Information

Why I Run: For good health and well-being; also enjoy the fun of running with the Cathedral Oaks Running Club.

My Runner Hero & Why: John Brennan - every 10 years I emphatically state, "He'll never keep up that pace!"

Personal Training Tips: There's a mighty fine line between improving your pace and total disaster - err on the side of running slower!

I love runners who...: Know their limits, stay within them and enjoy the run.

Suggestions for local races: All participants should compliment the dedicated personnel who sacrifice time and effort to provide these fine races in Santa Barbara.

Suggestions for SBAA: Keep the organization low-key and encourage as many runners as possible to join.

My views on Running: The best health care insurance in the world!!

Quote: "Be out there tomorrow!"

MEMBER DISCOUNTS

Baby Joggers - Jeff Waxman, 683-3840

Stephen Fountain Sports Massage - \$10 off, 687-5767

Hourglass - \$1 off per group

Katy Jacobsen Chiropractic - 50% off initial consultation & treatment

Kevin Young, Realty 3 - 20% off selling side, 0.5% discount when buying, 682-1330

Outfooters - 15% off shoes & apparel

Fred Romano, Massage Therapist, Acupuncturist, 563-1863 - 10% off

Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% reorders

Goleta Sports Center - 10% off shoes & apparel

Hind Sports - 10% off

Montecito Sports - 10% off

RACE RESULTS

Oct. 2, Big Avocado 4 mile, Carpinteria (74 runners). 1. Pedro Gutierrez, 20:23. 2. Jim Triplett, 20:54. 3. Gregg Horner, 21:00. 14. Steve Close, 24:55. 15. Carol Knox (1st woman), 24:59. 16. Lori Russell, 25:15. 17. Dan Stephens, 25:20. 21. Bill Rupp, 25:51. 25. Gae McClenathen, 26:24. 27. Wayne Nelson, 26:44. 33. Kevin Young, 27:54. 35. Leo Schumaker, 28:12. 49. Michael Saunders, 31:36. 50. Stephanie Welch, 31:37. 53. Gene Welch, 32:40. 55. Shirley Saunders, 34:15. 57. Ray Gil, 34:20. 64. Justin Kojima, 38:18. 71. Michele DeCant, 43:46. 72. Paul Gilbert, 48:19 (two minutes faster than his time two years ago).



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SCHEDULE OF EVENTS

Sundays, Morning trail runs. Call Patsy Dorsey at 682-2124.

Wednesdays, Intervals at SB City College. 5:30PM warm-up, 6:00 workout, different speed groups.

Saturday, October 15 - Cal Poly SLO XC Invitational.

Saturday, October 15 - Lompoc Red Ribbon Run 5K and 10K. La Purisima Mission State Park, Lompoc. 8AM start. Information: Laurie Lane, 735-6751 or Ray Gil, 736-4233.

Sunday, October 23 - Kinko's Roads Scholars Race, 5K & 10K. Mission Park, Ventura. 10K, 8AM; 5K, 9AM. \$20 after 10/14. Fundraiser for Ventura School Libraries.

DES O'NEILL FOR TRUSTEE SANTA BARBARA COMMUNITY COLLEGE DISTRICT

Chairman and Commissioner, City of Santa Barbara Parks and Recreation Commission, 1982-1994.

President, Santa Barbara Athletic Association.

President, Santa Barbara County Bar Association, 1985.

Teacher, History, Santa Barbara City College, 1969-1973. Part-time teacher, History, Santa Barbara City College and Ventura College since then. Life credential, Community College teaching.

Contributions to Committee to Elect Des O'Neill, 1215 De La Vina Street, Suite J, Santa Barbara, CA 93101. (805) 966-2211.

Not an Endorsement