

like an android with a predetermined future that doesn't look too good. Why live life like this, it is not life but an institution! Wrong. I am an atypical runner, meticulous, schedule orientated, health conscious and an aerobic animal. Diabetes is a disease that fits my personality, one which I've always had. "Eat right, drink plenty of fluids, and go like hell", that's me now. But, a part of my reality is that I have a life threatening disease that kills too many people.

As you have seen, my little letter has a two-fold purpose, one, to help you see that your race fee doesn't go unappreciated, two, that we all need to open up and share our experiences. I wish to hear from athletes who are physically challenged like myself. Running races has helped me realize there is more to just living, there are causes to support, diseases to be fought, and oppression to overcome. Nowadays I'm totally conscious of my race fees and who or what they support. I no longer look for the least expensive races, but the races where people most benefit. I look forward to seeing you all at the races! (Dan works at the Santa Barbara Hind Sports Outlet on Motor Way.)

RUNNER'S PROFILE by Joe Howell

This month's profile features Bill Dodson. Although Bill moved to Albuquerque last September, he continues to be an active member of the SBAA. When I called Bill to discuss his being the subject of this month's profile, he quickly agreed and then enthusiastically described the great improvement that he has experienced as a result of training with his coach and world class runner, Bill Reifsnyder.

You will enjoy reading about Bill's development as a runner and will no doubt be inspired by his continued improvement and quest for a limitless string of P.R.s.

Basic Information

Name: Bill Dodson

Age: 59

Employment: Partner & Programmer, Coherent Systems.

Family: Daughter, Julia; Son-in-law, Barry & granddaughter Larissa Niessen. Son, Joel - graduating from U.C. Santa Cruz, Math &

Computer Science. Daughter, Karen - Graduating U.C. Berkeley, Biology.

Other Sports/Interests: Hang gliding (currently in suspension). Mountain Biking - just starting. Libertarianism.

Running Highlights

Favorite Distance & PR at same: Marathon 3:10:58, L.A., 1994

Best Race and Why: Santa Barbara Half Marathon, 1986 - first race. Races, I think, are like loves -- you never get over your first one.

Worst Race and Why: Pepsi-Sizzler 5K, 1986 - Marilyn Hansen passed me on the home stretch and I couldn't do a thing about it.

Prettiest Race: Crater Lake - Follows the spectacular Rim Road, then veers off into the dense Oregon forest, finishing with four miles on an unpaved backwoods road.

Toughest Race: Crater Lake - Elevation ranges between 5,500 and 7,850 feet. That last four miles is 2 miles up and 2 miles back on a road that is limited to runners (well, sort of), 4-wheel drives and mountain goats.

Most Inspirational Race: Los Angeles Marathon. The entire 26.2 miles was lined with thousands and thousands of people cheering, entertaining, handing out drinks and waiting to pick up the fallen. Rarely has my spirit been so connected with the human race.

Most Valuable Race: Grants Pass (Oregon) had a 5-mile race to celebrate the opening of a new bridge across the Rogue River. It was cold and drizzly until almost race time, but I managed to get reasonably warmed up. At about 5 minutes till race time, I approached the starting area, only to find that the race was already under way. (The mayor, after cutting the ribbon, started the race rather than turning the microphone over to the race director.)

After the race, while walking back to my car with Mike Barrett (aka Irish Mike, Mike Irish, etc.), I was grouching about what a terrible race this was, and he just looked over at me for a few seconds without saying a word. As that silent look permeated my being, I realized it was time for some serious attitude adjustment. From that day on, as Will Rogers might say, I have never run a race I didn't like.

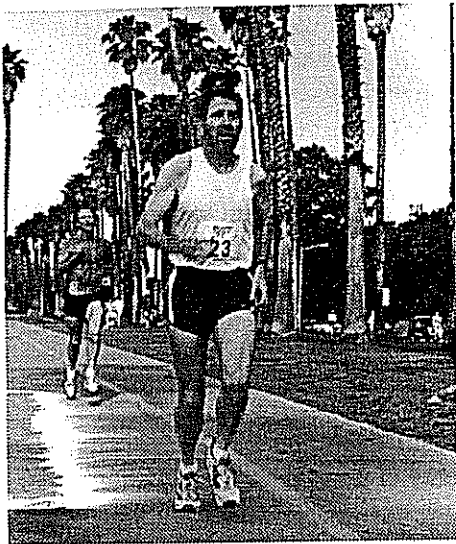
Most Challenging Race: The next one.

Average Weekly Mileage (last 12 months): 50 miles.

Favorite Local Race: Santa Barbara Half Marathon.

Goals (Realistic) for 1994: Break 3 hours in a marathon. Run a 5:50 mile.

Goals (Wildly Optimistic) before Year 2000: Win my age group in Boston Marathon. Rank in top 3 for my age group in Running Times national ranking.



Additional Information

Why I Run: First I ran for health. Next I ran for health and the joy of running. Now, in addition, I am reaching for the peak of my potential before it slips too far.

My Runner Hero & Why: 1. Marilyn Hansen. My first running partner and continuing moral support. 2. John Brennan. First "Real Runner" I ever met and an inspirational person. 3. Bill Reifsnyder. My coach and world class runner.

Personal Training Tips: Do weekly speed work with other runners such that there is always someone to try to catch and someone else to stay ahead of.

I love (hate) runners who ...: Love younger runners who cheer me on when they pass me. Hate older runners who pass me.

Suggestions for local races: Maybe something like block captains to get more supporters involved. Timely starts, timely results, entertaining MCs.

Suggestions for SBAA: Create something like a tennis ladder - maybe one for each age group.

My views on ...: I would like to see a new class of runners for 60 and over (since I am

almost there). Maybe "Seniors" or better, "Grand Masters". I would like to see media race coverage pay more attention to age groups rather than just the overall leaders and winners.

Quote: Never leave anything to chance, especially spontaneity. For the runner, less is better. The life that is his work of art is understated. His needs are little, his wants few, one friend, few clothes, a meal now and then, some change in his pockets, and for enjoyment his thoughts and the elements - from Dr. Sheehan on Running, Chapter 4.

SBAA Member since: 1989 (that's a guess).

A Brief History of My Times

I started running in 1985 when my brother (59 at the time) suffered his second stroke. My office partner, Marilyn Hansen, had been running for some time so I did my first run with her. After about 3 miles and over 30 minutes, I was almost dead, and she hadn't even worked up a sweat. (That was before I was informed that ladies don't sweat.)

In October 1986, Joe Davis stopped by our office and challenged us to run the Santa Barbara Half Marathon. "Thirteen miles???" "We've never run over 6 miles!!" Well, we decided to give it a try and see if we could do it in under 2 hours. We did it, but just barely, and our racing careers were off and running.

The most incredible thing I have learned about running is that you can keep improving for years by gently (well, maybe a little more) pushing. I ran my first race, that 1986 Santa Barbara Half Marathon, at a pace of 8:52 per mile. Last month at the L.A. Marathon, I set a new marathon PR of 7:17 per mile. Since my first, in every race I have repeated I have set a new PR for that race. When will the effects of age and training cross over? Who knows! But I'm determined to push it well beyond 60.

One thing that is leading me on to new heights (Albuquerque sprawls between 5000 to 6500 feet), is having a world class runner, Bill Reifsnyder, as a coach. Not only that, but I get the added bonus of support and inspiration from Jill Hunter.

Before moving to Albuquerque last September, I knew that Albuquerque was the home of Bill and Jill, as well as Aaron Ramirez and Shelly Steely. Seeing that Bill and Jill were scheduled to do a clinic for the Duke City (Albuquerque) Marathon Expo, I naively called to see if I should get a reservation.

Unbelievably, only about 20 persons attended. Can you imagine that? Two World Class runners, setters of national and world records, and only 20 people seized the opportunity!! Well anyway, when I asked Bill about coaching, he responded that he would be coaching the L.A. Marathon Team in Training (leukemia fund raising), as well as doing personal coaching. I chose the personal option, and here I am, making great strides (also faster ones).

Some of the benefits/effects of having Bill as a coach are: 1) Coached speed training with others of comparable speed and endurance; 2) Keeping my easy days easier; 3) More recovery after racing (NO running for 2 weeks after the L.A. Marathon); and 4) A personal training schedule based on Bill's own running experience plus monitoring of my progress.

It's also a lot of fun. Of the 20 or so persons Bill coaches, I am the oldest, but I am in the top 5 in speed and endurance. Some of the 40 year old guys challenge themselves by "trying to keep up with the Old Fart".

Just before training with Bill, my time for 400 meters was about 90 seconds. Recently, I achieved 78 seconds on the 7th of a set of 8 X 400 meter repeats. For some time I have had a goal of doing a 6 minute mile after turning 60. Recently I did three 1-mile repeats in 6:00, 6:01 and 6:02, so now Bill and Jill are challenging me to go for 5:30.

Incidentally, when I began running, my weight was 165, my blood pressure was about 140/90 and my cholesterol was 214. Now they are about 143, 125/78 and 147, respectively.

The 7th Annual Law Day Race - Saturday, May 7th by Julie A. Turner

The Santa Barbara County Bar Association is proud to sponsor one of its most enthusiastically supported events, the 7th Annual Law Day Race 15K Run/Relay and 5K Walk. The race will take place May 7, 1994 at Palm Park. Race proceeds will benefit the Santa Barbara Legal Aid Foundation. Come and join SBAA members, members of our legal community and their families who get involved every year in the fun by running, walking, and/or volunteering. This race is known for producing noteworthy running times (usually by SBAA members) and for the many prizes given away each year.

Demonstrating once again that the Law Day Race is for everyone, a new division will be offered this year - baby joggers! Parents can jog a 5K course while pushing their tots in a baby jogger. Because this event is not competitive, no prizes will be given. However, each participating tot will receive a baby sized official race tee-shirt. Parents will be able to purchase tee-shirts for themselves at the race.

Individuals can enter the 15K (9.3 mile) Run or the 5K (3.1 mile) Walk. Or, sleep in and still feel like a part of the action by entering as a "Phantom Runner" and get a race tee-shirt and a post-race buffet pass. Three-runner teams can sign up for the 3 X 5K Relay. Different relay categories will be offered, including company, family, century and a-half (combined ages of 150 or more), best costume and open categories. Local businesses are encouraged to form relay teams to compete with each other. You can also be inventive and create your own custom relay category (minimum of five teams required). If you'd like to run but need more people to form a relay team, sign-up as an individual available for a team and we will try to place you on a relay team.

As always, volunteers are urgently needed to time the races, police the course, and keep track of the race entries. Each volunteer will receive a free official race tee-shirt and post-race buffet pass.

Interested persons can sign up as volunteers or obtain entry forms at the Santa Barbara Bar Association office located at 1111 Garden Street, Suite 106, Santa Barbara (805) 962-3443.

RACE RESULTS

March 12, AOE Winter Series 5K, 62 finishers. 2. Harold Ketting, 16:05. 3. Terry Howell, 16:46. 8. Steve Close, 18:31. 9. Elaine Triplett, 18:34. 28. Kimberly Schezas, 22:28. 40. Patsy Dorsey, 24:34. 44. Tara Brown, 25:12. 47. Stephanie Torres, 25:51.

March 26, AOE Winter Series 5K, 47 finishers. 1. Paul Lee, 16:38. 7. Larry Savage, 18:26. 12. Lori Russell, 19:45. 16. Cheri Savage, 20:44. 19. James Gourley, 20:47. 39. Patsy Dorsey, 24:59. 42. Stephanie Torres, 26:23. 47. Paul Gilbert, 39:54.