

5th scoring man and we lost the meet. I had fun and will return this year but I don't want to have to be a top-5 scoring member this year! Call me, now! This is an excellent opportunity for ALL OF YOU to run a cross country race. To preregister: Kevin at 963-7524.

Other meets we will send a team to if there is interest (SBAA will pay the entry fees):

- October 8 - Hancock Invitational
- October 15 - Cal Poly SLO XC Invitational
- November 12 - Mt. Sac Asics Cup Cross Country Challenge, 3 mile courses for men and women.

SUNDAY MORNING SBAA TRAIL RUNS

Patsy Dorsey leads trail runs every Sunday in the local mountains and welcomes runners of all abilities. Call her at 682-2124.

WEDNESDAY EVENING SBAA INTERVAL WORKOUTS

Now that the summer 5K series is over (one more added on September 14), more runners are turning up to the Wednesday 6PM track workouts at SBCC. We split into a stud/studette category, and a physically challenged wimp group which you'll be close to if you men can run 4-6 x 400m in 80 with rest between. Just show up and introduce yourself and we'll help you run with the appropriate groups.

McCONNELL'S RESULTS

The highlights of the 16th McConnell's Endurance Events at Goleta Beach August 21 include a new course record by Pedro Gutierrez in the 5K: 15:33. He broke his course record by 1 second and thereby earned \$20 from the race director. Gregg Horner, 40 this year, destroyed the course record in the Masters 5K by almost one minute, running 15:50. The old record of 16:49 was held by Olympic Trials qualifier and Ventura resident Gary Tuttle. Only Steve Close and Larry Plunket have run in the 17's (1989). SBAA member Steve Johnson deserves honorable mention as he ran the 7th fastest masters 5K ever on this course: 18:36, just behind John Patterson's 18:31 from 1985. In the 10K former State HS 3200m champion Bryan

Dameworth (running for Wisconsin in the fall, a Camarillo resident) ran the 4th fastest time ever: 31:17, missing by 1 second Robert Hollister's 31:16 from 1988. The record remains 30:46 by Derek Kite from last year. For women SBAA member Meg Barbour ran the 4th fastest 5K time ever on this course, a 19:06 (Diane Killeen Odion still has the 2nd fastest time of 18:25 from 1988). Former member Anne Hayden, 40, came down from Santa Cruz to break SBAA runner Mimi Baranowski's masters 5K record by running a 20:32. In the 10K, Megan Riker ran the 4th fastest women's 10K with a 37:54, and Mimi Baranowski ran a 44:42 10K, 4th fastest 10K Masters time. Another notable performance was turned in by SBAA member Paul Gilbert, 80, who was trying to run a 36:00 5K to qualify for national ranking. As he came into view with a straightaway to go we realized he was going to be very close. The spectators and finishing crew were hooting and hollering at Paul to kick it in, which he did in fine style, but missed the qualifying mark by 2 seconds! There were 167 total participants, consistent with turnout in the previous 5 years, including almost 20 in the kid's mile, and we raised \$338 for youth track. Ramon Tello entered the water with a 3-minute lead but was passed by a couple of swimmer types in the biathlon. Other times by SBAA members: Bob Brennand, 35:14; Ramon Tello, 37:53; Russ Beste, 37:58; Mike Dungan, 38:49; Jack Bianchi, 40:02; Lori Russell, 41:59; Fred Werber, 45:30; Jannay Kennedy, 46:03; Fred Vega, 46:13; Cheryl Oakley, 47:43; Marilyn Hansen, 53:32; Terri Werber, 60:33; Stephanie Torres, 60:34. In the 5K SBAA finishers I recognized were Paul Kleine, 17:08; Don Truex, 19:34; Andrew Hecker, 19:54; Stephanie Welch, 24:02; Stephanie Torres, 25:29; Terri Werber, 29:25; Fred Werber, 29:26.

RUNNER'S PROFILE by Joe Howell

Since starting this column approximately 18 months ago, I have experienced a wide variety of responses to the following question posed to selected SBAA members: "Would you be willing to be featured in the Runner's Profile in an upcoming issue of the SBAA Newsletter?" Some of you out there (and you know who you are) have answered an

enthusiastic "yes", yet never returned the questionnaire I sent. Some respond with a definitive "no", offering some creative excuse. Fortunately, most have been cooperative; I hope the cooperation continues.

This month we feature Gerry Winant and Ann Sanders. Not only did they enthusiastically respond to my request, they delivered the information on a rush basis (you know how those editors are with deadlines) and most importantly, their profiles display a truly wonderful sense of humor.

I met Gerry and Ann at the Malibu Triathlon in 1992, where we realized, during a chance meeting, that all of us were from Santa Barbara. 1992 was the first year that Gerry and Ann started triathlons and amazingly, both of them either won or place in their age group in every race they participated in, including a half marathon and miscellaneous running races as well as various triathlons.

It took a little coaxing to convince Gerry and Ann to be featured in the Runner's Profile. I assured them that among other benefits, they would experience fame and fortune. Therefore, the next time you see either of them at a local race, either hand them a dollar bill or ask them what it is like to be a celebrity.

Basic Information

Name: Gerry Winant
Age: 52
Employment: Santa Barbara County Environmental Health Services
Other Sports/Interests: Triathlons, cross country skiing, piano, French, reading, backpacking.

Running Highlights

Favorite Distance & PR at same: I seem to do well at half marathons although my favorite distance is any distance that I happen to do well in - depending on who doesn't show up that day.

Best Race and Why: Santa Barbara Half Marathon. By some stroke of luck and the alignment of the planets I got first in my age group (50-60). I also took 13 minutes off my

previous time. (There must have been a power outage.)

Worst Race and Why: Lompoc Marathon. I'd had heat stroke two weeks before and maybe I needed more recovery time. At any event I started becoming delirious at mile 17 right where the shoulder drops off onto a ragged edge with traffic coming at you 50 mph. I stumbled on for another mile or so and finally realized that the only way I was going to survive was to hitch a ride. I got back to my car and slept for about 3 hours before I could drive home.

Average Weekly Mileage: Currently not much due to a muscle pull in my calf but generally about 30.

Goals for 1994-95: Run the track once a week. Hold a 6:10 pace for a 5K.

Goals before 2000 (Wildly Optimistic): Run injury free from now until then. Be able to see John Brennand after the start but before the turnaround. (I may need more time than this.) In reality I think that I can continue to improve - especially if work stops getting in the way.



Additional Information

Why I Run: I started running to train for Underwater Demolition Team. Not being a natural or particularly talented runner, I struggled through several soft sand runs during the first part of the training program. I was inspired to work on my speed by a maniacal instructor who used to blow cigar smoke in my face as he trotted along side me, screaming into my ear how slow and stupid I was. The other incentive was being allowed to do endless push-ups in the surf zone if you weren't running fast enough. Now, years later, there's definitely more true elation and enthusiasm for running, but in addition, no matter how much I don't want to run, I've long recognized that I'll feel much better after I did it. It seems as if our vacation highlights always center around long runs during the trip. It doesn't matter whether it's local or in a foreign country, in a big city or the country. We always see things from a different perspective, learn about the area, and feel like we can eat anything afterwards. Even when we stay home on the weekends, running in Santa Barbara makes us feel like we're on vacation. Besides, training runs are one of the few things that I can do relatively well, but even when I'm not, hardly anybody else knows.

My Runner Hero & Why: John Brennand, Ann Sanders and Joe Howell. John because he's not only "a runnin' fool" (also spelled phenomenon), but because he is the cornerstone of running events in Santa Barbara. Ann because her consistent dedication to running has kept me inspired to run - and I'm not just saying that to get into bed with her. She's also the happiest person I've ever seen in a race - any race. Joe because he asked me to write this and said that if I didn't say something nice about him it would never get printed.

Personal Training Tips: As you can see from the enclosed photo I'm employing one of the best regimens I've ever come across. I personally developed this technique after some training methods I learned while I was in SEAL Team. Later I took it a step further. The basic idea is that, as everyone knows, cross training is really important for reducing injuries. Furthermore, hills are critical for developing strength and speed. Well, I've incorporated these over the past few years by

wearing a wet suit on rigorous hill runs, especially Romero Canyon. It's excellent for resistance training on all the major muscle groups. It's particularly beneficial if you want to take off a few pounds before an important race. Finally, it's built-in cushioning if you happen to fall - as I've done several times on Romero. I've had dramatic results with this proven technique and enthusiastically recommend it - especially for all those runners in my age group. The other great tip is to subscribe to Running Research at PO Box 27041, Lansing, MI 48909. It's got the most informative articles on running I've ever seen. **I hate runners who...:** are faster than me - especially if they're in my age group. **I love runners who...:** are slower than me - especially if they're younger. **Suggestions for local races:** Do the Gaviota Peak race again. **Suggestions for SBAA:** Clone John Brennand - and hurry. **SBAA member since 1984.**

Basic Information

Name: Ann Sanders

Age: 44

Employment/Family: Physicist/engineer at General Research Corp. Married to Gerry Winant. No kids.

Other Sports/Interests: playing piano, triathlon training, cross country skiing, gardening, good books, modern art, good conversations, romantic dinners with Gerry, backpacking.

Running Highlights

Favorite Distance & PR at same: 10 miles; 7:07/mile.

Best Race and Why: Any race over 10K. Then I feel justified in starting easy (to save myself..) and I have energy to pick up the pace later, instead of having to start hard and dying the whole way (as in a 5K).

Worst Race & Why: The run at the Morro Bay Triathlon. The tide must have been at a 100 year high, and you had to slurp out of deep watery sand every other step.

Average Weekly Mileage: 25-30 miles per week.

Goals for 1994-95: Get faster (an original goal right?), and get in good enough shape to feel good WHILE I'm running.

Goal before 2000: A sub-7 minute mile 10K.



Additional Information

Why I Run: Because it feels so good afterwards. There are of course those rare days when it actually feels good during the run too, but most days I get my reward from the contentment afterwards, while I'm eating lunch.

My Runner Hero & Why: Paul Gilbert. His enthusiasm is unfailing, and he's such a nice guy. He's been absolutely dedicated to helping people set up races for years and everyone depends on his precision and accuracy. When you're dying and only half way through the race it's nice to know that you're not going to have to run long.

Personal Training Tips: Think light - run light. The basic idea is to run on air as you see me doing in this photo. My second valuable tip is to wear gloves and kneepads when running Romero Canyon.

I love runners who ...: are friendly.

I hate runners who ...: don't say anything, don't even nod when you pass each other.

Suggestions for local races: The old Winter Run course.

Suggestions for SBAA: A walkers' division.

Quote: "When I die I want to go peacefully like my grandfather - in his sleep. Not screaming like the passengers in his car." (Author unknown). Actually I never drove in a car with my grandfather, but I love this quote.

SBAA Member since 1974.

TRACK SEASON HIGHLIGHTS by Des O'Neill

Tuesday, August 2, 1994, in Monte Carlo, Nourredine Morceli ran 3,000 meters under 7:26. That is under 59.46 seconds per 400 meter lap, and the practical equivalent of 2 4-minute miles back-to-back, no rest. Given that Morceli already holds the World Records at 1500 meters and 1 mile, and has run 5,000 meters in the past, although not seriously, what might his potential be at the 5,000 distance? Good question. The World Record, set just this year by Gebresilasie of Ethiopia, is 12:56.96, or a little over 62 seconds per 400 meters for 12 1/2 laps, more than 3 miles. However, obviously Morcelli could have a pretty good run at that, and although Gebresilasie is, we think, 21 years old and Morceli 27 years old, I'd put money on Morceli. Khalid Skah of Morocco has had a couple of runs at the new record at 1500 meters of late, and vows that he can get it, but it is unfortunately unlikely that all three very talented Africans will ever meet in the same race. Skah is a physical, aggressive runner, and getting on a track with him is sort of like getting into a boxing match, so most of the guys going for fast times try to avoid having Skah in any record-attempt races. However, Bob Kennedy of the United States, formerly of Indiana University, recently got into a Skah record attempt and got pulled to a 13:05.93+ time, just short of the long-standing American record of 13:01.15, held by Sydney Maree, set back in 1983, so Kennedy is also a coming force with a lot of years left in his legs, the beneficiary of some very astute coaching and scheduling so far.

Then of course there is the new 10,000 meter record, set by William Sigei of Kenya, 26:52.23, breaking what looked like a very good record set last year by Yobes Ondieki of Kenya and Boulder. Just in case you're interested, that's 64.5 seconds per 400 meter lap, more or less, 6 1/4 miles at a pace which