



SBAA WOMEN (l to r, Megan Riker, Susan Petronio, Carol Knox, Gae McClenathen & Mimi Baranowski).

Despite the last minute no-show of a top runner, the SBAA women's team had a very impressive performance, taking 3rd place overall, and beating our rivals the SLDC by ONLY TWO POINTS! The team was well grouped throughout the entire race. Out of 52 finishers Megan Riker was 17th overall in 19:47 for the 5K course, 6:22 per-mile. Susan Petronio was 20th in a fast 19:54, Carol Knox was 22nd in 19:56, Gae McClenathen was 34th in 21:04, and Mimi Baranowski, probably the only masters runner in the race, ran extremely well for 37th in 21:15. At the mile mark we were yelling at Mimi to key off the SLDC runner ahead of her, and by 2 miles she had earned 3 places ahead of her (and stayed ahead). With 1/2 mile to go we were counting places with the SLDC, and while our 5 runners went by before the SLDC's 4th woman, we knew the SLDC's first 2 women were ahead of Megan, and thus it was apparent the score was going to be very close. The highlight of the meet for me was when we learned we took 3rd, with hooting and hollering and high 5's all around. The race was won by 57 seconds by Ceci Hopps St. Geme in 17:03. After taking out the unattached runners, Asics Track West won the division by placing 1-2-3-5-6 for 17 points, Club Cacique was 2nd with 77 points, the SBAA scored 12-14-16-23-25 for 90 points, the SLDC (with their "strongest women's team ever") was 4th with 10-11-21-24-26 and 92 points, followed by Cal Poly Alumni and Fresno Pacific. Since they gave team awards to the top 3 teams, each of our women earned a pair of black Cal Poly running shorts for their fine efforts. If you added the placings without adjusting for the unattached runners, we beat the SLDC by only ONE POINT, 130 to 131. Congratulations to these dedicated ladies who

have been pounding out those intervals together every Wednesday.

HAWAII IRONMAN TRIATHLON, OCTOBER 15. 2.4 MILE SWIM, 112 MILE BIKE, 26.2 MILE RUN

SBAA finishers:

Duncan Thomas, 45, won the 45-49 age group, in this his 6th Hawaii Ironman, in 9:53:53, beating the next finisher in his division by more than 15 minutes. He placed 147th, the 13th finisher from California. His splits were 59:53 for the swim, 5:15 for the bike and 3:39 for the marathon.

Klaus Graf, 45, finished 736th overall, and 25th in the 45-49 age group with an 11:36:48 in his first Ironman. His splits were 62:07, 6:24, and 4:11 for the marathon.

Jennifer Martin, 28, finished in 11:41:40 in her first Ironman. She took 19th in the 25-29 age group and was 79th woman overall. Her splits were 70:34, 6:34 and an impressive 3:56:44 for the marathon run.

Lynelle Paulick, 38, finished in 13:01:32 in her third Ironman. Her splits were 77:22, 6:31 and 5:13:22 for the marathon.

Mike Takeuchi, finished in 15:03:13 for 208th in the 25-29 division, 1,244th overall. In his first Ironman he had splits of 1:40, 7:09 and 6:15 for the marathon.

Greg Welch won the men's race in 8:20:29 and Paula Newby-Fraser won the women's side in 9:20:14. Dave Scott, who tied with the SBAA's Mike Smith at the Malibu Triathlon, was 2nd in 8:24. The Ironman will be on TV December 11th.

RUNNER'S PROFILE by Joe Howell

This month we are featuring two local runners with several things in common. First, both can be found at the Santa Barbara Bread Company, where Jeff Vinion is the owner and where Jenny Martin is pastry chef and manager. When not creating incredible breads, pastries and other items, each of them can probably be found training for two of their other common interests--ultra distance running and triathlons.

One of the strengths of our running community is the diversity of interests and abilities amongst our runners. As I attempt to demonstrate in this column each month, SBAA is comprised of runners of all ages, sizes, shapes and abilities. Jeff and Jenny certainly represent two of the most ambitious and determined of our group. Jeff is best known as an ultra distance

runner. Just read about his favorite distance, his goals and even his quote, and you will quickly realize that Jeff is not your typical runner. Jenny shares a love for ultra distance events (like the local Nine Trails Run) and just completed the Hawaii Ironman last month with an impressive time of 11:41 in her first Ironman attempt.

Through the Santa Barbara Bread Company, the two of them are also strong supporters of the local running community. The Santa Barbara Bread Company was a co-sponsor of the Ironman Send-Off Party in late September, the proceeds of which were distributed to Los Banos. The Santa Barbara Bread Company also served as one of the sponsors of the half-marathon earlier this month. The next time you are driving down Milpas, stop by the Bread Company to buy a few items, to thank Jeff and Jenny for their support of local events and if you are so inclined, to ask them what in the world makes them so enjoy ultra distance running!

Basic Information

Name: Jeff Vinion

Age: 34

Employment/Family: Owner, Santa Barbara Bread Co. Married, 2 kids, Bryce and Arianna.

Other Sports/Interests: Ocean swimming until it is 55 degrees or less. Biking as long as it's easy.

Running Highlights

Favorite Distance & PR at same: 50 miles (9:05). I really enjoy a peaceful long run when you can be alone with yourself.

Best Race and Why: My first marathon because at about 18 miles, I started to feel that there was a place for me running and then I started to feel strong.

Worst Race and Why: 4th of July 15K, 1993. I decided that I could run under a certain time and of course didn't. Along the way I forgot what was important "have fun".

Average Weekly Mileage (last 12 months): 80 miles.

Favorite Local Race: Nine Trails. For a short race, 4th of July 15K.

Goals (Realistic) for 1994/95: I would like to do Avalon 50, Malibu 50 and American River 50 so that I can qualify for the Western States 100 in 1995.

Goals (Wildly Optimistic) before Year 2000: Western States 100, Ironman, Semana Nautica 6 mile swim and a sub 40:00 10K.

Additional Information

Why I Run: Really--I run because the people you meet, the places you go and so I can drink beer.

My Runner Hero & Why: Patsy Dorsey, because she really enjoys herself and makes other runners feel good about what they are doing.

Personal Training Tips: Have fun, run hills! Rest if you are tired.

I hate runners who ...: wouldn't understand the meaning of fun if it was tattooed on the ass in front of them.

Suggestions for local races: More, different courses. S.B. Marathon, Are You Tough Enough.

Suggestions for SBAA: Race on Sunday more often so I don't have to leave work, run, then go back!

My views on Santa Barbara: We are so lucky to live in Santa Barbara. I wish everyone would do one different run a week to take advantage of how great Santa Barbara is for a runner.

Quote: "All right, just a half marathon to go!"
SBAA member since 1992.



Pictured above are Cheri Savage, JEFF VINION, Stuart Sato, Jonathan Goss and JENNIFER MARTIN, celebrating their completion of the Santa Barbara County Triathlon.

Basic Information

Name: Jenny Martin

Age: 28

Employment/Family: Pastry chef and manager at Santa Barbara Bread Co. Single - one of 3 children; originally from IL; came to S.B. to attend Westmont.

Other Sports/Interests: Triathlons, cooking, sewing, jewelry making, spending time with my cats.

Running Highlights

Favorite Distance & PR at same: Ultra distance - 35 miles (7:01).

Best Race and Why: 9 Trails '93 - I love running on the trails, it's beautiful, the terrain is always changing, and I like the challenges that ultra distances offer, plus, I PR'd by 18 minutes from my first time and I was the overall winner.

My best triathlon was Escape from Alcatraz in '93. I probably had better performances (time and placewise) at other races, but this race was an adventure and I had a terrific run (it was on trails in Marin County).

Worst Race and Why: Catalina Marathon '92. I attempted to do it with a stress fracture. I figured I could just wrap my leg well and take a lot of Advil. At mile 16, I was in so much pain I was almost crying. Two days later, I had x-rays and found I had a stress fracture. I did learn the lesson of listening to my body in the future.

Average Weekly Mileage (last 12 months): 45 to 50 - During triathlon season I cut way back; during the winter I go long and on the trails.

Favorite Local Race: 9 Trails and S.B. County Triathlon.

Goals (Realistic) for 1995: To improve my time at Catalina Island Marathon (my PR is 3:40). I haven't thought past that; I am currently just trying to relax after the Ironman. (Maybe do a 50-miler?). Learn to surf.

Goals (Wildly Optimistic) before Year 2000: Qualify for and finish the Western States 100. Do Ironman Hawaii again.

Additional Information

Why I Run: I enjoy being outdoors and spending time alone or with friends. To stay fit - to race.

My Runner Hero & Why: Mark Allen - His resume of victories speaks for itself; however, the process that he went through to become a winner and perform to his full potential involved confronting his fears and pain head-on and

overcoming them with the strength he finally discovered from within.

Ann Trason - She is just amazing!

Personal Training Tips: Aquajogging - I began using this as part of my training when I had a stress fracture, but I have continued to use it in my training. I feel that I have been able to prevent injuries and give my legs a rest from pounding while still getting a workout. I know it sounds boring, but you can create workouts for yourself, people watch at Los Banos, or bring a walkman (waterproof or put it under your swim cap) if you need extra incentive.

I love runners who ...: finish their races with a smile on their face whether they had a good or bad race. I am not always able to do this, so I admire people who do (Patsy Dorsey).

Suggestions for local races: Trail Races (short or long).

Suggestions for SBAA: Bring back the S.B. Marathon.

Quote: "Do not wish to be anything but what you are and try to be that perfectly."

St. Francis DeSalles

SBAA member since 1991.

UCSB 5K/10K Turkey Trot

The Turkey Trot is one of many fundraisers that UCSB Rec Sports puts on annually for the Ina Kristiansen H.O.P.E. fund. Ina Kristiansen was the UCSB Intramural Soccer Sports Coordinator from 1989 to 1991. In February of 1991, Ina was diagnosed with leukemia and passed away from complications following a bone marrow transplant.

During Ina's illness, H.O.P.E. was created by her friends and colleagues at UCSB Intramurals to assist her in securing funds to find a bone marrow match. Intramurals discovered that no fund existed on campus to help students with financial difficulties resulting from medical problems. Rec Sports' fundraisers like the Turkey Trot will keep H.O.P.E. alive and continue to help students overcome circumstances similar to the ones Ina once battled.

The races are on paved paths, dirt trails and some streets in Isla Vista. See the Schedule of Events for date and start times.

CHRISTMAS SOCIAL

Saturday, December 10, potluck at 6:30 PM, for gift exchange bring unisex gift around \$10 but not over. At Brennands, call for directions.