

**November**

1st Saturday - Santa Barbara 1/2 Marathon  
 3rd Saturday - UCSB Turkey Trot 5K/10K  
 3rd Sunday - Terry Fox 5K/Fay Hobbs 10K  
 Saturday after Thanksgiving - Nine Trails 35

**Mile Ultra****December**

1st Sunday - Goleta Noontime Rotary 5K/10K

**RUNNER'S PROFILE** by Joe Howell

If you are like I am, I enjoy walking into someone's office for the first time. With a doctor, it is even more interesting to walk into their private office, since most see only the waiting room and the examining room. When I walked into the private office of Dr. Jeff Hankoff, the subject of this month's profile, it was clear to me that he was not only a highly credentialed physician, but also a dedicated runner. His walls bore testimony to his devotion to running. Runner's photographs, finisher medals and similar items could be seen next to the diplomas and numerous medical certificates.

As Jeff's Profile indicates, he is now less interested in his goals as a runner (including an impressive one of five consecutive L.A. Marathons) and more in the enjoyment of consistent, injury-free mileage. Like so many dedicated runners, Jeff is hopeful that he can instill the joy of running in his two children. His son Bobby had a successful first year on the Laguna Blanca school cross country team, and he hopes that daughter Essie will, quite literally, follow in his footsteps.

**Basic Information**

**Name:** JEFFREY HANKOFF

**Age:** 46

**Employment:** Family Physician - Vice Chief of Staff, Santa Barbara Cottage Hospital.

**Other Sports/Interests:** Played basketball and tennis through high school and college but not since. At times I have tried biking, but running has really been my only sport for the last ten years. I detest swimming because there is nothing to see.

**Running Highlights**

**Favorite Distance & PR at same:** The only distance I have run with a concern about time has been the Marathon. It was my goal to beat 4 hours and I finally did so in Lompoc (6/17/90) when I completed the run in 3:53:38. I have run 8 marathons since 1985.

**Best Race and Why:** Probably the Lompoc Marathon because I really didn't train in any special way for it and in fact told no one I was going to even run it. I had extensively trained for the LA Marathon in March of that same year but developed severe diarrhea after eating at the carbo-load dinner the night before and made it to the starting line feeling like a raisin. I finished, but did very poorly. I decided I had trained well and wanted to try again so I showed up for Lompoc and ran my best time ever.

**Worst Race and Why:** Probably the SF Marathon (my first marathon) in 1985. I couldn't believe how lousy I felt when I "hit the wall" and unfortunately I hit it running along the water into a cold wind. The smells through Fisherman's Wharf were absolutely nauseating. I was very happy when I dragged across the finish line in just under 5 hours.

**Average Weekly Mileage (last 12 months):** 22-30 miles.

**Favorite Local Race:** I loved the Fiesta 30K when it still existed. I loved the long distance in the August heat.

**Goals (Realistic) for 1994/95:** My only goal for this year is to continue running and stay injury free. My goal previously was to run in five consecutive Los Angeles Marathons which I did (1989-1993). I have no idea why that became my goal but it was and I reached it. As only a runner would understand, it was not easy to stay healthy and injury-free while at the same time keeping up substantial mileage on a weekly basis over a five year stretch.



**Goals (Wildly Optimistic) before Year 2000:** I have no plans at this time to run any further marathons. I just want to be able to continue running. Like most runners, I don't know what I would do if I reached the point where I could no longer run. I take it easy; pace myself; don't push; and try to stay tuned to what my body is telling me so I can continue as long as I am able.

**Additional Information**

**Why I Run:** I have been running since I was in medical school but only consistently since approximately 1984. Running is my escape—it is usually the only "quiet" time that I have all day. Generally, I begin my weekday runs just before dawn and often on my route witness the sun rise over Lake Los Carneros when usually it is just me, the ducks, the squirrels, and a few skunks around. Running makes me feel truly a part of nature while at the same time an observer of an everchanging landscape. I find running to be one of the best ways to explore a new city or location. I love how I feel while I run and especially immediately after I complete my run. I used to think while running I was invincible until falling several times. Now I am very careful about the surface on which I run and I try to be careful with each stride. Nevertheless, I still feel like a finely-tuned machine when I am finally warmed up and "going". During the week I run alone but on Sundays I run with the same friends along the Cabrillo bike path. The scenery is often incredible. It is amazing how many of the world's problems we have solved during our one to two hour runs.

**My Runner Hero & Why:** I have many running heroes. Like many others, I was inspired by the likes of Frank Shorter, Joan Samuelson Benoit, and Bill Rodgers to even consider doing long distance. Bart Hersey is my hero for having designed running shoes for me that literally last for years after I was finding myself going through a pair every 3 months. I can't thank Jean DeBettignies enough for helping me with my orthotics and Bob Klein for putting me back together when I have fallen apart. My biggest running hero is probably my wife who can no longer run. In 1990, she ran and successfully completed her first and only marathon in Los Angeles despite being in the early stages of what turned out to be Multiple Sclerosis. She fell frequently during her training which at the time we attributed to clumsiness. Looking back, it is amazing that she was able to finish the race and do it so well.

**I love runners who:** have run for many years and appreciate all that running has done for them

and realize how fortunate they are to be able to continue to do so.

**I hate runners who...:** I used to hate runners who run faster than I run. I used to feel that if I were ever made Emp[Emperor that running faster than me would be outlawed. I don't feel that way anymore. I only hope that all those rabbits are not running so fast that they are missing everything that is happening around them.

**Suggestions for local races:** Races are not really important to me at this point in my life so I feel out of place to make any comments.

**ANOTHER BACK OF THE PACK REPORT** by Albert Woolfolk

It's been 4 years since I have run in Santa Barbara. The last being the first SB 9-Trails Ultra. The run was dedicated to my wife Stephanie Woolfolk. Patsy Dorsey knew my wife and I for some time prior to the 9-Trails run and I donated my art and map making ability to the event. My wife had died months prior to the event in the same hills we as trail runners have all come to love.

This year thanks to Patsy and my family and friends in Santa Barbara I came back for the 5th anniversary of the 9-Trails Ultra. It was wonderful. Patsy as usual put on an event not soon to be forgotten by all whom participated, runners, volunteers and spectators alike. Everything went according to schedule and what didn't the spirit of the people made up for.

My thanks to everybody and also for the 1/2 way option, 17 1/2 miles, which I did smiling all the way. See you again next year.

**MEMBER DISCOUNTS**

Hind Sports - 10% off

Montecito Sports - 10% off

Baby Joggers - Jeff Waxman, 683-3840

Stephen Fountain Sports Massage - \$10 off, 965-5339.

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

Goleta Sports Center - 10% off shoes & apparel

Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% reorders. Ladies and Gentlemen. Winter weather got you itching to get rid of dry skin then call Stephanie for your winter skin care needs. Plus great holiday gifts for him or her.