

minutes for the mile... Steve Holman, America's best miler, blasted an early season 3:37 1500m this season, about a 3:54 mile... Here comes the exciting European track season. Nourredine Morcelli wants to break the 3000 and 5000m WR's...

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.

SBAA RACE SINGLET'S AVAILABLE

Santa Barbara Athletic Association Hind tank-tops ("slightly irregular") - mens and womens style racing singlets are available to SBAA members for \$10 each. They are white with a cobalt blue stripe at the chest and gold 'Santa Barbara Athletic Association' lettering. We only have left MEN Large and Medium, and WOMEN Small and Medium. Send check for \$10 made out to SBAA with your SEX and SIZE (S,M,L) to 119 Cooper Road, SB CA 93109. Order today so you can wear yours at our upcoming team cross country races in the Fall.

RUNNER'S PROFILE by Joe Howell

Nicola Beland is a newcomer to the Santa Barbara area and one of SBAA's newest members. As the Director of Human Resources at the Four Seasons Biltmore, Nicola has responsibility for some 500+ employees--certainly a job where the stress reduction benefits of running can be beneficial.

Inside sources tell me that Nicola did not start her running career until 1981. For her first two years of running, she wore the same pair of Cougars--a British bargain shoe that cost \$10.00! While she's been away from her native England for some time, both her British wit and sense of humor are alive and well.

Nicola's debut on the local racing scene was impressive--a first place finish in her division in the Law Day 15K--a race considered by many (okay, by this author) as one of the best annual races in our area. With Nicola's participation in our local events, we are confident of the continuation of the Four Seasons Biltmore's generous sponsorship and support of local races such as the Terry Fox run.

Basic Information

Name: Nicola Mary Beland
Age: 45
Employment/Family: Director, Human Resources, Four Seasons Biltmore. Single--two adult children, Louise and Simon in Toronto.
Other Sports/Interests: Cycling.

Running Highlights

Favorite Distance & PR at same: Marathon - 3:34
Best Race and Why: Buffalo Marathon, May 1993. First race that I felt like a "runner"--qualified for Boston.
Worst Race and Why: Marine Corps--Washington D.C., October 1993. Was not at the start when gun went off - still in line for the washroom.
Average Weekly Mileage (last 12 months): 50
Favorite Local Race: Law Day Race - it's the only one I've raced!
Goals (Realistic) for 1993: Run a marathon in the fall in less than 3:30 (Does anyone know of a good downhill course?)
Goals (Wildly Optimistic) before Year 2000: Marathon in 3 hours or less.



Additional Information

Why I Run: I ran initially to spend time on my own and to clear my thoughts. I run now because it is a part of my life and I cannot imagine not running--I would probably gain 20 lbs.
My Runner Hero & Why: Has to be Terry Fox who ran a marathon a day for 147 days in a row with one leg. I always think of him at the 18 mile mark.
Personal Training Tips: Don't run when it hurts. Drink lots of water. Always know where the bathrooms are. Remember speed work and hill work pay dividends.
I love (hate) runners who ...: I love runners who pass me and say hi or who look as if they are having a good time--running has to be fun.
Suggestions for local races: From what I've seen, Santa Barbara has g-r-e-a-t races and lots of them.
Suggestions for SBAA: Difficult to say as I am new to SBAA. Questions: Does SBAA have running teams, social activities, awards?
My views on ...: running are like life "Just Do It". Many people say I don't know how you can do it (run marathons), but I maintain that you won't know if you don't try.
SBAA member since 1994.

YES...THE STATE STREET MILE IS BACK TO STAY! by Lori Russell

Thank you to all SBAA runners and volunteers who participated in the Historic El Paseo's State Street Mile and Flavia's Children's Dream Mile on Saturday, June 4th. I've had many calls from both runners and sponsors to encourage the race to continue. I really enjoyed bringing back this great downtown event, (even while experiencing the trials and tribulations of being a rookie race director) and look forward to making next year's race even bigger and better. Any feedback is appreciated. Call or leave a message for me anytime at 687-1508.

Next to the appearance of Florence Griffith Joyner, the children's mile was my biggest surprise with over 60 children plus their parents participating, all FREE! Flavia herself ran the children's mile with her daughter and granddaughter. We can also thank Flavia for the beautiful race T-shirt design. My apologies to all of you who wanted smaller sizes but ended up with XL T-shirts. Next year I promise to order more smaller sizes.

Just a reminder of the huge role our sponsors play in funding and supporting our local races. I'm especially proud of the fact that all of the sponsors for this year's State Street Mile, are locally owned and operated businesses. Please pass on your thanks.

Historic El Paseo Restaurants & Shops, Flavia and The Flavia Store, Santa Barbara Athletic Club, Kinko's on Hope Avenue, The Independent, Best of Santa Barbara Entertainment, Y-97, K-Lite, Dr. Mark Brisby, Santa Barbara Orthotic Laboratory, Bryant & Son's Jewelers and Cappello, Foley & Bezek.

A special thank you to John & Cally Brennand, Basil Honikman, Paul Gilbert, Kevin Young and Ethel Byers for their advice and assistance.

Put Saturday, June 3rd on your calendar for next year's State Street Mile which will be the 10th running of the race!

Note: State Street Mile Inc. made a \$250 donation to SBAA. Thank you.

AN INVITATION FROM TEAM INSIDE TRACK

We at Team Inside Track (Ventura Running Club) enjoy your newsletter. Thanks to Jim Kornell for calling our 30K his favorite race, and for naming Ruth Vomund as one of his running heroes.

Team Inside Track and Gary Tuttle are inviting all members of the SBAA to join us July 28th at Cate School (Carpinteria) to celebrate the 20th anniversary of Gary Tuttle's running Camp.

This event will take place all day, and SBAA members are invited to attend any or all of the functions. The schedule below gives the events and approximate times.

- 9:00AM Running Seminar at School
- 10:30 3 mile run to Carpinteria Beach
- 3:00PM Long run back to Cate School
- 5:30 Track work-out with coaching
- 6:30 Dinner at school dining hall
- 7:30 Party, Party, Party!

Note: The run back from the beach to Cate School has 3, 6 and 13 mile options. If you plan to attend the dinner please RSVP (643-1104).