

Being a new student of acupuncture I decided to experiment on myself. The result was miraculous. After one treatment I felt absolutely no pain. I hadn't been pain free in three years. In fact, I felt so good I decided not to heed the advice of my teachers and textbooks, warning patients not to engage in any strenuous activity for a few hours after treatment.

I went for a workout and kept pushing myself further and further. It was incredible. I felt no pain. Suddenly there it was, that first twinge of pain. I knew I had gone too far. I could have kicked myself.

The moral of this story is that damaged tissue needs time to heal properly. Don't rush the process. Easy does it. Remember the tortoise not the hare eventually wins the race.

RUNNER'S PROFILE by Joe Howell

Ideally, the chief executive of a newspaper knows his or her community well. Even more important (at least to SBAA members and Santa Barbara area runners), this person should know and be a part of the running community. In Santa Barbara, we are indeed fortunate to have a new publisher, Steve Ainsley, who has quickly become active in community affairs and an active participant in the local running/racing community.

Steve and his family came to Santa Barbara in November, 1993 when Steve assumed the role of Publisher at the Santa Barbara News Press. One of his first appearances on the local racing scene was at the 1994 Resolution Day 10K. Gregor Robin, local sports writer and runner of some renown, soon let us know that Steve was no casual runner. Of course, Gregor took particular interest as his title as "fastest local journalist" was now considered at risk.

Steve quickly established himself as someone who loved to train, regardless of the distance or conditions. When presented offers ranging from "a group of us are leaving from my office downtown on Saturday morning at 6 a.m. sharp, it will be dark and cold" to "how about running the hills with our group tomorrow morning -- it's steep and ugly", Steve's reply was always the same -- "sure, I'd love to join you". Steve was such a consistent member of a local group training for the Boston Marathon that shortly before the race, the group determined that Steve was in as good if not better

shape than everyone in the group, even though he had no marathon in mind.

With impressive performances at this year's Law Day 15K, the State Street Mile and the Semana Nautica 15K, Steve has now established himself on the racing circuit. In addition, Steve and the Santa Barbara News-Press have demonstrated strong support for the SBAA and local races. In November, the Santa Barbara News-Press will become the major sponsor of the Santa Barbara Half Marathon. Steve, John Brennan, and others involved in the event hope to produce a fun, high-quality event that will be appreciated by local runners, attractive to runners outside Santa Barbara and produce a substantial financial benefit for a local charitable organization to be designated.

Steve, welcome to the SBAA. How about a 20 miler next Saturday at 6 a.m.?

Basic Information

Name: Steve Ainsley

Age: 41

Employment/Family: Publisher, Santa Barbara News-Press. Wife (Ann), two daughters (Jordan, 10; Caitlin, 6).

Other Sports/Interests: Reading (primarily history and historical biography), gardening.



Running Highlights

Favorite Distance & PR at Same: Half-marathon (1:24:30).

Best Race and Why: My best race occurred in another life as a 17-year old cross-country runner in northern Ohio. I was able to beat the eventual state champion and all I can say about the race is that my time gets better and my race smarter with every passing year. In recent years, however, my most memorable race was the 1991 Blue Angel Marathon in Pensacola, Florida. Unexpectedly, I qualified for Boston by improving my PR by a little over 15:00.

Worst Race and Why: Only one that I can think of--the 1992 Long Island Newsday Marathon. Total crash and burn, barely finished due to a lethal combination of undertraining and going for a PR on a flat course on an extremely windy day.

Average weekly mileage (last 12 months): 30-35 miles.

Favorite local race: Having lived here only since November 1993, I've only run three local races and liked them all. But since Joe Howell is writing this and the inherent value of currying a reporter's favor is close to my heart, I'll weigh in with the Law Day 15K.

Goals (Realistic) for 1994: A sub-3:00 marathon.

Goals (Wildly Optimistic) before Year 2000: A sub-2:45 marathon (underline wildly).

Additional Information

Why I Run: I started when I was 13 and never really stopped enjoying the solitude. In recent years, my motivation is the necessary discipline, primarily with marathon training which running demands--and I love to race.

My Runner Hero & Why: Hands down Jim Ryun. Terrible head wobble, held his arms too high and had an inner ear balance problem (remember Mexico City?). The only thing he had going for him was that he seemed to hold the mile record forever.

Personal Training Tips: Always run when you travel--the entries look great in your log and there is nothing better than a run immediately following a long day in the plane or at the airport. Injury prone? Don't be a slave to your watch during workouts--try losing your watch for at least one or two runs a week.

I love runners who...: Work hard at getting large groups of runners of varying abilities training together and who enjoy bringing new runners into the fold. Also, those who finish the race and

remain at the finish to encourage those finishing after them.

I hate runners who...: Who could hate a runner?

Suggestions for local races: How about a race completely off the roads (or is there one already?).

MEMBER DISCOUNTS

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

Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% reorders.

Goleta Sports Center - 10% off shoes & apparel

Hind Sports - 10% off

Montecito Sports - 10% off

Baby Joggers - Jeff Waxman, 683-3840

Stephen Fountain Sports Massage - \$10 off, 687-5767

RACE RESULTS

Western States 100 Mile Endurance Race. June 25/26. 1. Tim Twietmeyer, 16:51:01 (13th WS100 finish). 2. Ann Trason, 17:37:51 (women's record, previous record was 18:14:48 by Trason in 1992). 3. Joe Schlereth, 17:51:06.

Lompoc Valley Parade Route Three Mile Run. June 25. 1. Gregg Horner, 14:50. 12. Carol Knox/1-F, 18:25. 14. Gae McClenathen, 18:39.

McConnell's Endurance Events Course Records

Women 5K: Ruth Vomund 17:40 1991. Men 5K Pedro Gutierrez 15:34 1991. Men 10K Derek Kite 30:46 1993. Women 10K Jamie Park 36:12 1989. Masters: Women 5K Mimi Baranowski 20:50 1991. Men 5K Gary Tuttle 16:49 1991. Men 10K Charles Cavanza 35:29 1989. Women 10K Fay Hobbs 42:15 1985.