

that your "back of the packers" are well prepared with flash lights. Pat Devita brought four flash lights this year.

5. Preview the course. I was amazed to hear that Pat Devita came up to Santa Barbara the weekend before the event to run parts of the trail that she expected to be running in the dark. I give her a lot of credit for planning ahead.

6. Cooking the turkey. The last couple of years, Patsy and I have been marking the course on Thanksgiving day. This year we planned to have a "real" turkey dinner after marking the course. I figured that I could put the turkey in the oven on low and let it cook while we marked the course. Well, I underestimated an 8 lb. turkey by a couple of hours! I would recommend a few things: you can buy an oversized turkey that requires all day to cook or you can set a timer for the turkey.

7. Altimeter. I thought it was really neat that John Marshall had worn an altimeter during the run. He said there was about 10,800 feet of climbing. This is good information to know. You can invite John to your race to have him make the calculation if you do not already know.

8. Tomato Juice. This was the first year we had a problem with skunks. A pair of Dalmatians found a skunk on the trail and all heck broke loose. The owners tied up their stinky dogs next to the finish while they went to the store to buy tomato juice. Maybe it is not a bad idea to have some tomato juice around, you can always make Bloody Marys the next day; it won't go to waste.

9. Photography. Even though the runners will want to look great out on the course, try taking pictures of the runners on real steep areas. The pictures will be more interesting and the runners will be easier to shoot.

10. Aid Stations. How about peanut butter and jelly sandwiches?

11. Drop Bags. Volunteers, watch out for the race director. There are a million details to be worked out. Any details that you can take care of would be a great help to the race director.

We mixed up some of the drop bags between Gibraltar and Romero. We had a few unhappy runners who could not find their sandwiches.

12. Chalk dropper gadget. For anyone who has hauled limestone chalk in backpacks, they know it is a real drag to constantly open the bag to get a cupful of chalk. So, if there are any "dropper gadgets" out there, send Patsy or I a note so that we can use them for next year.

13. Good Shirt. Spend the extra money to have really nice shirts made up. Patsy had the nine trails map put on a high quality long sleeve shirt. They are awesome shirts. Don't worry, the runners will pay extra for them.

14. Husbands. When selecting a running partner, try to get someone who will let you run your own race but who will join you at the end of the race. I could not believe that Jeff Stevenson went back out on the course to join his wife in the dark.

15. Hugs. Do not forget to give the race director a hug at the end of the race or before you go home.

RUNNER'S PROFILE by Joe Howell

A pack of noon-time runners moves along the bike path in the West Beach area. The several conversations amongst members of the group are interrupted by the sound of a phone ringing. The group wonders where the sound could be coming from, when one of the runners opens her fanny pack, flips open a cellular phone and becomes engaged in conversation--never missing a stride, nor fading from her position near the front of the pack. . . . Fast forward to several days later . . . the same woman, running with many of the same individuals, fields a non-stop string of questions about the experience of running the Western States 100. Questions like "at what point were you sure that you would finish the race?" Answer, "when I completed the canyon portion of the run and knew that I had 'only' 38 miles left"; "what is the elevation gain during the race?" Answer, "about 21,000 feet"; "is there much change in temperature during the race?" Answer, "yes, it ranges from the high 40s at the start, to as high as 114 at one point of the race."

These vignettes are intended to give you some insight into Teri Van Cott, the subject of this month's Profile. Some know Teri as the owner of Teri's Bail Bonds. She has become very successful in a challenging field of work. Others know her as an incredible endurance and ultra marathon runner. Teri was the women's winner of the Western States 100 in 1985, and she has numerous top finishes in a variety of ultra events. In 1994, Teri started off her running year in top form—she was the second place women's finisher in the Resolution Day 10K.

As is no surprise after considering Teri's accomplishments, one soon learns that she is not only extremely fit, but has a mental toughness and determination that distinguish her as one of our areas truly elite athletes. Say hello to Teri the next time you see her on one of her ultra training runs, or better yet, call her!

Basic Information:

Name: TERI VAN COTT

Age: 44

Employment/Family: Teri's Bail Bonds (owner). Son: James - 19 years old, Yuma, Arizona.

Other Sports/Interests: Cycling-road and mountain bike, skiing, outriggering.

Running Highlights:

Favorite Distance & PR at same: 50 miles - JFK 50 in Maryland. Felt strong the whole way.

Best Race and Why: Western States 100 - 1985. Women's winner - 20 hours 30 minutes. Best high!

Worst Race and Why: My first marathon in Yuma, Arizona at 3:48. I thought I died at 22 miles because of no training.

Average Weekly Mileage (last 12 months): 35/40 miles per week (4 or 5 days).

Goals (Realistic) for 1994: Another 50-miler somewhere, or maybe another marathon under 3 hours.

Goals (Wildly Optimistic) before Year 2000: Set a record for my age in some race. That's wild thinking.

Additional Information:

Why I Run: (1) Stay fit; (2) addiction, my fix, takes care of my competitiveness; (3) social.

My Runner Hero & Why: John Brennan. He reminds me of the Dura-Cell Energizer battery. He just keeps on going, and going, and going.

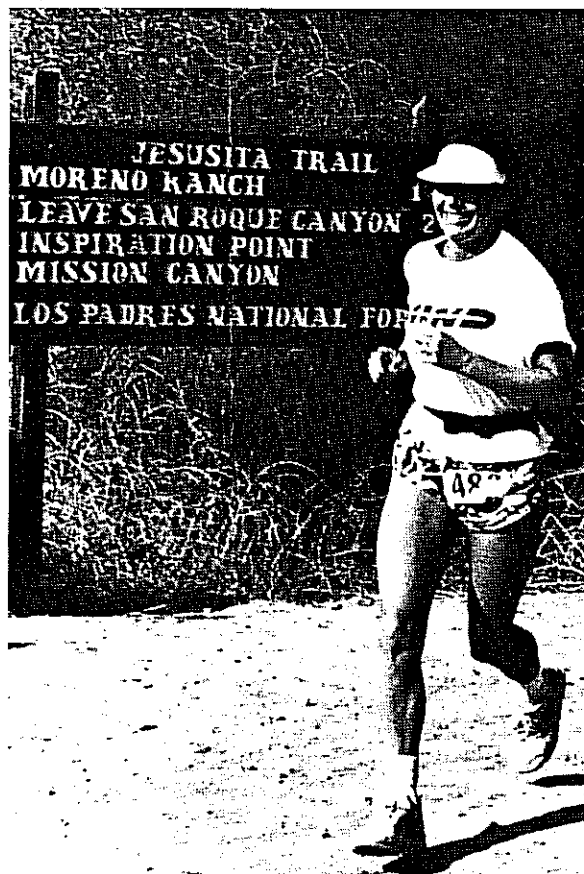
Personal Training Tips: Listen to your body. Run hard and easy days. Rest when tired.

I love (hate) runners who ...: Encourage other runners through training periods. Hate runners who try to race you on training runs instead of race day.

Suggestions for SBAA: Hotline for more group runs.

My views on ...: Cross Training: I think it is important to cross train; it helps you avoid injuries. Using different muscle groups helps make you strong—cycling, swimming, etc.

Quote: A message for older athletes: "The best is yet to be!" Robert Browning (I have to believe in that!)



Springs, East Cold Springs, Hot Springs, San Ysidro, Buena Vista, and Romero). There are some pretty steep fireroads that connect the trails to each other. The trail is mostly exposed and opens up to some really nice ocean views. I would say that the trail is mostly not runnable; it is steep and there are lots of rocks.

Now that you have some background on the Nine Trails, here is this year's race written from the perspective of a volunteer. If I have missed any details, I apologize now; there is too much to capture in just one article.

For some strange reason, I could not sleep the night before the race. I have had some sleepless nights before runs, but those were ones that I was running, not volunteering. I guess over the years, the Nine Trails Ultra has become a very special event to me. It marks the beginning of my experience on the trails and meeting some dear friends in town.

The morning was absolutely incredible, the sky was full of red and pink streaks. I got myself a cup of coffee and hiked up the trail before the runners got started. There is just nothing better than being on the trails early in the morning, as we all know! I was trying to figure out the best angles for taking pictures of the runners. It was hard to choose between a great ocean vista or rolling hills. Well, I tried both. I was trying to be sensitive to the runners and did not want to catch them off guard "walking", so I situated myself so that the runners would be on a flat section.

I looked back on the course and could see the lead runner and figured I had better set my coffee down and get ready. After a few minutes, I heard some footsteps below me. I thought, "oh no they are already getting lost, did Patsy and I blow it marking the course". I remember when we were marking the course on Thanksgiving day that we got to talking a bit and well maybe we missed a turn. I waited a few minutes and sure enough, the lead runner, Luis Escobar, came up looking really strong.

From then, it was a steady stream of runners. I had mistakenly called out to a runner, Ken Johnson, who I thought was my friend Jenny Martin. They both wore hats and I figured she would be up in the front. Oh well, I think Ken got over it. Shortly after, Jenny and Jeff Vinion passed by. Jenny and Jeff operate and bake for the Santa Barbara Bread Company. They are some of the best

trail runners in town. They train together and probably know the trails better than anyone in town. Jeff has the Nine Trails course map hanging up in the Bread Company.

I noticed that I had one shot left and would change film after the next runner came by. Well, I panicked big time. I looked up and there was a pack of ten runners that came by. I lost a roll of film in the dirt and missed every runner, except for John Tilford who "posed" for me after I got my things together.

I got a kick out of Christy Devita who was running with her mother, Pat. She was a bit frustrated waiting for her mom. She would call back, "Come on Mom". Well, Pat Devita was in the back of the pack talking with Bonnelle Stevenson. It was going to be a full day for the Devita family.

I hiked down the trail and saw Augusto Llosa at the Tunnel aid station stashing the water and card table under some bushes. It would be several hours before the lead runners would be coming back. Augusto has helped Patsy every year and has set his place at Tunnel. Tunnel aid station is one of those "all dayer" aid stations.

It was great to see so many volunteers. It turns out that John Brennan and his wife Cally had some friends in town for Thanksgiving and they had interrupted their visit to help set up the Tunnel aid station. Margie Withrow has also volunteered every year at the Gibraltar aid station. She is the woman who passed out Tootsie Rolls to all the runners. Margie is also an ultra runner. I loved her comment about Nine Trails, "I am not going to run the damn thing, but I will volunteer".

I then went for another cup of coffee and headed to the turn around aid station at Romero Trail. It was not like I had to rush, the runners had 12 more miles to go, but I did not want to miss the runners coming in.

I got to the aid station at Romero and hung out for an hour or so until the runners came down. By then we had heard that one of the front runners had twisted his ankle and had to drop out. The cellular phones that Patsy arranged worked really well. All of the aid stations were well informed. It was great to be in constant communication.

Luis came into the Romero aid station first and took a few minutes to refuel. A few minutes later the second runner, Ken, came in. Ken ran a good first half and decided to drop, nothing serious, but he had enough for the day.