

Higgins, 20:50. 38. Patrick O'Hara, 20:51. 40. John Baron, 21:06. 43. Stacey Nance, 21:30. 51. Fred Vega, 22:19. 54. Sharon Smith, 22:25. 56. James Herman, 22:35. 57. Nicola Thomson, 22:38. 59. Mary Hershey, 23:04. 62. Stephanie Welch, 23:17. 65. Richard Box, 23:44. 75. Patsy Dorsey, 25:47. 77. Greg Brown, 26:04. 78. Marilyn Hansen, 26:09. 93. Margie Ranc, 27:49. 95. Margie Withrow.

RUNNER'S PROFILE by Joe Howell

This month's column was intended to be another in the continuing series of profiles featuring husband and wife triathletes. In May 1993, Duncan and Terry Thomas, known as "the Iron Couple", were featured. (Note--on a recent hill run with his Team MacDonald's partners, Duncan broke his leg. Duncan's most recent injury comeback was highlighted by his first-place finish in the 45 and over division of the 1994 Gatorade Ironman. I'm certain that we will be seeing lots more of Duncan on the racing circuit.) Many of you will also remember the Profile of Gerry Winant and Ann Sanders last September. Ann remains the Runner's Profile subject with the best-ever quote; Gerry set the standard for training tips with his "wet suit/hill run" regimen.

As I have done with everyone who has appeared in the Profile, I sent a form to Cheri and Larry, asking that they do all the work by completing the form. Cheri, as you would expect, did a great job, although she was too humble. She failed to mention that she is a two-time winner of the Santa Barbara Nine Trails (a 35 mile ultra) and ignored her impressive performances at a number of triathlons, both locally and throughout California. Also as you would expect, Larry completed my form, but many of his answers were inappropriate for a family publication such as this. When I read the first of Larry's answers (age--"45 going on 85, but 12 in my heart") I became suspicious. When I read further (favorite distance and PR at same--"kitchen to dinner table, however I broke my toe doing my PR", or why I run--"to keep a tight butt"), it became clear that Larry was having more fun completing the form than I was having reading it. As a result, I will leave it to a future writer to cover Larry. Instead, note the accompanying article about Miles from Nowhere, a great book that I heartily endorse. The book, by Larry's late wife Barbara Savage, is a fascinating journal of the 23,000 mile bike

trip that Larry and Barbara undertook from 1978 to 1980 (see accompanying article).

Now back to Cheri, the only true talent in the Savage household. In addition to Cheri's athletic accomplishments, her work as the creator, primary fund-raiser and spiritual leader of the "Friends of Los Banos Del Mar" effort is truly impressive. The Los Banos pool was (and still is) in a state of disrepair, considered by some to be beyond hope. The grass-roots organization was not only successful in getting landmark status for Los Banos, but has led to a fundraising effort that has produced a public funding/private donation partnership of over \$585,000. If you swim, have family members who swim, know a swimmer, or even think about swimming in the future, you should support Friends of Los Banos Del Mar Pool.

Basic Information

Name: CHERI SAVAGE

Age: 39

Employment/Family: Professional experience in land use planning, fund raising, and bookkeeping. Currently looking for employment.

Other Sports/Interests: Mountain climbing, sailing, being outside, stain glass craft work.

Running Highlights

Favorite Distance & PR at same: Anything over 3 miles. No PR times in past few years.

Best Race and Why: Santa Barbara Nine Trails. Was very fun event with great support crews and scenery.

Worst Race and Why: The race before the race -- my nightmare when I forgot to wake up on time and missed the race.

Average Weekly Mileage (last 12 months): 20 to 30 miles.

Favorite Local Race: Pier to Peak race.

Goals (Realistic) for 1995: Get a job. See resume attached.

Goals (Wildly Optimistic) before Year 2000: Do Big Sur Marathon.

Additional Information

Why I Run: It feels great and helps me stay fit. Every run is an outing to explore what's happening around me.

My Runner Hero & Why: All the people who routinely volunteer to put on races, help at races and make it happen.

Personal Training Tips: Stretch and stretch some more. I got injured when I got lazy and didn't stretch.

I love runners who ...: Say hello when they pass you in a race and cheer others at the finish.

Suggestions for local races: Another News-Press race in the downtown streets -- with no cars anywhere.

Suggestions for SBAA: More publicity in paper about races. Keep up the great effort. Without you, our local race scene would be slim.

My views on ...: Santa Barbara government needs to support the health conscious community and embrace sporting events around town. Encourage race events.

Quote: "Do you know where my keys are?" (This is Cheri's favorite quote, contributed by Larry.)

SBAA Member since 1980s.



MILES FROM NOWHERE

(This book review is a substitute for Larry Savage's individual profile. For an explanation, either read the prior article or alternatively, just look at the face of the guy pictured next to Cheri Savage; do you really want to read the profile of this man?)

Trust me, Miles From Nowhere is a great book. It chronicles the 23,000-mile journey taken by Larry and Barbara Savage from 1978 to 1980. Leaving their secure jobs and the comforts of a Santa Barbara lifestyle, they started a bike trip up the coast of California, across the United States, through Europe, Asia, Africa and beyond. Partly out of curiosity, and

partly to get some ideas for Larry's profile, I borrowed the book from Rick Battles. (Rick is the Co-Race Director for the Law Day 15K Run/Relay, that prestigious and wildly successful annual event in Santa Barbara. It will be held on April 29.)

After reading just a few pages, you truly feel that you know Barbara and Larry and have been given a unique opportunity to read a friend's personal journal. Barbara shares the highs and lows of the trip, the fascinating moments and the tedium. Before reading the book, I thought I was a world traveler, having experienced a few adventures in third world countries. When you read about Larry and Barbara's adventures, not to mention some of their day-to-day survival techniques, you really appreciate the challenge of their trip in some truly unique places throughout the world.

Tragically, Barbara Savage died in a bicycle accident in 1983. With proceeds from the sale of the book, Larry and The Mountaineers Books, the publishing company for Miles From Nowhere, have established the Barbara Savage/Miles From Nowhere Memorial Award. On a biannual basis, a panel selects an author of a personal-adventure book and awards the winning author a monetary prize, leading to publication of the author's work.

I encourage you to read Miles From Nowhere. I would offer to loan you my copy, but with the proceeds going to such a worthwhile cause, I think you should buy your own. It costs about \$13.00 and is available at all the local bookstores. (Miles From Nowhere, by Barbara Savage, published by The Mountaineers.)

Best Age-Graded Performances by SBAA members in 1994

1. Men's results listed this month.
2. Races included: January Resolution Day 5K/10K, Law Day 15K, July 4th 15K, SB News Press 1/2 Marathon and Fay Hobbs 10K.

19-29

- Jeff Jacobs, 1/2 marathon, 1:11:56, 0.826
- Ramon Tello, Res 5K, 16:18, 0.794
- Mark McNeese, Res 10K, 34:11, 0.787
- Roger Hotz, Res 5K, 18:13, 0.711
- Eddie Behrens, 1/2 marathon, 1:28:21, 0.673
- Dan Stephens, Law 15K, 1:02:25, 0.661