

and they ran in Los Altos... Kiptanui declined a rabbit during his WR race: "I don't want anybody getting in my way."...

#### WORLD RECORDS

American Ann Trason ran a WR 7:00:49 for 100K (62.2 miles) at the World Championships in Winschoten, Netherlands September 16, breaking her 1993 record of 7:09:44. That's 6:54 per mile, or nearly two and a half 3-hour marathons. Second place in her race was 7:32. In the men's division Tom Johnson ran an American Record 6:30 for 3rd place. The USA men were 2nd behind Russia and ahead of Poland, Germany and France, and the women won the team title ahead of Germany, Russia and South Africa. The overall winner was Valmir Nunes of Brazil who ran 6:18, 6:05 per mile. All 12 US runners finished.

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#### NOTE FROM THE EDITOR

My biggest worry when I became editor was that no one would send me articles for the newsletter. Fortunately, many people have written articles and I have had two faithful contributors. Kevin Young has continued the Running Shorts and has also been a long run training partner.

I called Joe Howell before my first issue to see if he would write an article on the Law Day Race. Joe gave me the name and number of the Publicity Chairman for the race (and eventually I received three articles about that year's race). We talked about running and coaching youth basketball. His son's powerhouse team had defeated the team I coached at the Y on several occasions. The conversation was just about over when Joe mentioned he had an idea for the newsletter. He wanted to try something similar to the Dewar's ads in magazines where you get a snapshot of someone. He'd ask John Brennan to be the initial profile and depending on the response the two of us might have to be the next two profiles. The Runner's Profile has been a popular feature of the newsletter ever since and this month we finally catch up to Joe Howell.

Thanks Gregor for the fine detective work and thank you Joe for your assistance and encouragement the last 2 1/2 years.

#### PROFILE ON JOE HOWELL by Gregor Robin

If attorney Joe Howell ran for mayor of Santa Barbara, he'd probably win.

But more amazing than his winning popularity is that Howell would know some inspiring fact about every single person who voted for him.

Howell, 48, a competitive tennis player turned 3:10-marathoner, is a senior partner of the Schramm and Raddue law firm. He is co-race director of the Law Day 15-K Run and Relay.

He has the energy of 10 lawyers which is like...Oh, sorry Joe, no lawyer jokes.

He has a 5-K best of 17:55. And in competitive tennis, Howell is a former doubles champion at the State Bar Tennis Tournament.

But Joe does much more than work in court, play on the court and run on the roads. If there is a fund-raising event for a good cause going on in Santa Barbara, you can bet Howell is either involved with it or is director of it.

The Law Day race is a fund-raiser for the Legal Aid Foundation of Santa Barbara.

Howell was instrumental in putting on the send-off for the local group of triathletes competing in last year's Hawaii Ironman.

He gave the speech for John Brennan's induction into the Santa Barbara Athletic Round Table Hall of Fame this year.

He was a key figure in putting on a recent fund-raiser for the three women hoping to qualify for the 1996 U.S. Olympic Trials. And currently he is spearheading the Santa Barbara Grand Prix race series.

And those just brisk the surface of this community leader's contribution to Santa Barbara.

Howell has several other attributes required of a good politician. He has an even temper. He is an incredible organizer. And he has a wonderful family.

Howell just seems to "Maintain An Even Strain."

The only time you'll ever see him upset is when his running mates balk at a Wednesday track workout. Howell is more consistent in his Wednesday track workouts than local race promoter Bobby Powers is at putting on unusual races.

Howell "Maintains An Even Strain" on his weekday jaunts with his running mates from the

East Beach Bathhouse. And he "MAES" in the races he competes in.

Joe has done numerous races this year, including the Chardonnay 10-miler, the July 4th 15-K, the Lompoc Marathon, the Santa Barbara County Triathlon, several Nite Moves Biathlons and the AVIA Scramble eight-miler.

After the grueling AVIA run, Howell approached 1972 Olympic marathon champion Frank Shorter who ran the race, is also a lawyer and is Howell's age. Howell explained to Shorter that they were both lawyers and Howell was the second finisher in the Age-47 Lawyer Division. Shorter wasn't too amused. Oh well.

Last year, Howell also did numerous races, including the Pier to Peak Half-marathon with a cast on his arm due to a bike accident.

Last year, Howell also organized a trip to the Boston Marathon with Jack Bianchi, Mike Dungan, Jeff Macaluso and Bill Mason. And the group promoted the Cancer Foundation of Santa Barbara throughout the adventure. They all finished the marathon and did a stellar job promoting the Cancer Foundation in the process, raising \$14,000 for the foundation.

But, by far the most impressive aspect of Joe Howell is his wonderful family. His wife Barbara, and their two children Ben and Sarah are as fine as they come. Ben(18), a former water polo and swim star at Santa Barbara High, is a freshman at Stanford University. Sarah(15) is talented in numerous sports including swimming, water polo and running.

Joe Howell has kept a loving eye on his family and on Santa Barbara over the years.

He is always one to lend support if somebody has a new idea for a race. There have been many six-mile runs on weekdays where Howell organizes the entire event while others listen in amazement.

He also is the first guy to offer assistance if a friend is in need. This attribute was never more apparent than at the function to raise funds for Misty Allen, Elaine Triplett and Meg Barbour, Santa Barbara's three Olympic Trials hopefuls. He gave an inspiring speech at the fundraising party at the Maikai Restaurant, which owner Harold Ketting so graciously offered as the party location. And \$1,000 was raised for the three women, enough cash for each of them to fly to a qualifying race of their choice.

I decided to run this year's Lompoc Marathon. At about two miles I caught up with Joe who was on about a 3:25 pace. He was cruising and I was hurting. I ran alongside Joe and while we were

chatting and trying to stay on 3:25 pace, another gentleman caught up with us. He had this whistle around his neck and at one point even blew it at nobody in particular.

It was unusual, but in marathons you see many unusual things. I wouldn't have thought much of it, but he kept running with us and the whistle was making an annoying rattling sound as it bounced on his chest.

I smiled at Joe and turned to the guy. "Doesn't that whistle bother you?"

"Well put." Joe said quietly to me.

"No. It doesn't bother me. It might bother other runners but not me."

Well, I wasn't feeling good and by the half-way point I decided I'd had enough of Mr. Whistle (who was still at my side) and of the race so I dropped out.

Joe kept chugging along following the whistle blower. I hitched a ride back to the finish and just knew that Joe would MAES and complete the race. He did and, although it wasn't one of his better times, Joe took it in stride.

There isn't much of a moral to this story, other than Joe ran a marathon, went through the agony of the event, listened to the whistle rattle, and all the while MAES.

Good job Joe. Keep up the good work and the good running. And I'd certainly vote for you. Do you need a campaign manager?



Joe Howell at the 1988 Santa Barbara Triathlon with Sarah and Ben