

RUNNER'S PROFILE by Joe Howell

In the Santa Barbara running community, we are fortunate to have truly impressive runners in every age group who have outstanding performances at every distance. Kalon Kelley is not only a veteran of the Santa Barbara running and racing community, he has combined his ability as an endurance runner with other skills to compete in a unique type of competition.

Let's say you are running in a local race and the guy next to you says something like "I've been hearing a lot about Rogaine lately; I think I'll give it a try." If you are like I am, you would immediately wonder: (a) is the guy going bald?, and (b) why is he telling me this? In fact, Rogaine is an acronym that stands for **Running Outdoor Group Activity Involving Navigation & Endurance**. You may have heard of orienteering; it is an event lasting one to two hours. A Rogaine is similar, but typically involves a much more challenging and longer-lasting endurance event (e.g., 24 hours). For a better description of a Rogaine and for Kalon's offer to educate those of you who are interested, see the "Best Race and Why" category in Kalon's Profile.

Kalon is not only a runner with some great accomplishments, he also is exceedingly humble about it! Only after a number of questions did I learn the details of Kalon's running experiences. His best guess is that he has run approximately 45 marathons and ultra-marathons. He has run and completed the Western States 100 two times, having "buckled" (i.e., run the course in under 24 hours and thus earned a coveted silver belt buckle) in 1984. He continues to run in local races as well as events elsewhere, and you will note his plans to appear at the Boston Marathon for its 100th anniversary next April.

Basic Information

Name: KALON KELLEY

Age: 56

Employment/Family: Family business as software developers.

Other Sports/Interests: Mountaineering, squash, Christian ministries.

Running Highlights

Favorite Distance & PR at same: Marathon (3:11 at Boston in 1983). Actually, my favorite distance would be any one day run through the Sierra Nevada.

Best Race and Why: 24 hour Rogaine in Canada about 1987. A Rogaine is an event where you run through the fields and woods with a map and compass trying to find preset control markers. The reason this was the high point of my running career is that my partner and I won the event, and as a middle-of-the-pack runner who never wins anything at races this was exciting. Incidentally, if anyone is interested in learning about orienteering/rogaine events, give me a call at 962-7713.

A close second would be finishing my first Western States 100; I couldn't keep the tears back at the release of emotions pent up for so long.

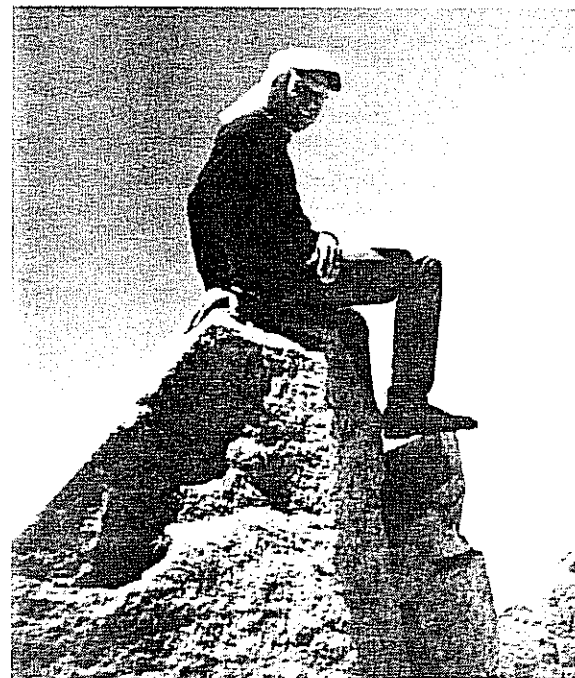
Worst Race and Why: Are You Tough Enough 100K from Toro Canyon to Nojoqui Falls. I dropped out of this race at about the 42 mile point, not because I was hurting, but because I had a ride home at that point and my motivation to push through to the end was zero.

Average Weekly Mileage (last 12 months): 30 to 40 miles.

Favorite Local Race: 9 Trails

Goals (Realistic) for 1995: Qualify for 100th running of Boston next April. (I better qualify since I already have my airline tickets purchased!).

Goals (Wildly Optimistic) before Year 2000: Run the Pacific Crest Trail (I've run the John Muir Trail several times, but this is only a small part of the PCT.)



Kalon Kelley at summit of Mt. Lyell in Yosemite

Additional Information

Why I Run: I started running in 1972 as a way of training for mountaineering. My first race was a 1/2 marathon in Santa Barbara in 1978 and I was elated and hooked. I don't race as much these days, and my times are discouragingly slower than they were 10 years ago, but running is just a natural part of my life. After not running for several days in a row, I feel lethargic and slothful.

My Runner Hero & Why: While I look with awe on people like Jim Ryan, Alberto Salazar and Jim King, I am probably more inspired by Fred Nagelschmidt (a local runner). Fred is more than 10 years older than I am, but he runs well and set an age group world record in a 50-mile race a few years ago (lapping me in the process).

Personal Training Tips: Run the trails. We have some wonderful trails here in Santa Barbara, and opportunities for running through the Sierra are precious. Being able to get deep into the mountains on a one-day run makes all the training worthwhile.

I love runners who...: continue running into their 70s and 80s; they are good role models (thanks Paul).

Suggestions for local races: One or two more trail runs. The Manzanita-Sisquoc river loop would make a great 42 mile adventure trail run (although trail is overly generous as a description of part of the track).

Suggestions for SBAA: Schedule a few more of the social breakfast runs (like the San Marcos Pass to Refugio run followed by breakfast in Solvang) that we did in years past.

SBAA Member since 1980.

**FROM THE BACK OF THE PACK
VERMONT 100 MILE ENDURANCE RUN,
JULY 22-23, 1995** by Patsy Dorsey

I am a back-of-the-pack runner, I don't have speed but I do have endurance. There are many adventures to be had out there that require only the will to experience. I was trying to find something special to do to mark my 50th birthday. It just happened that the Vermont 100 was the weekend of my birthday. What better way to celebrate entering the second half of your century than to run 100 miles? You'd think that a 100 mile run would be a challenge hard to beat, but I found driving out of Boston to be one of the toughest things I've done. Somehow I did it! It's all a big blur to me now; not the 100 miles, but the drive out of Boston. There are lanes too numerous and

too poorly marked to count. There are no lane lines and no signs for the masses of cars, which funnel into a two lane tunnel. I think the other drivers must have seen the terror on my face and kindly let me in. I was swept along, fortunately to the freeway I needed to take. Thankfully, the drive through New Hampshire and Vermont was wonderful. I spent the night in Vermont, I'm not quite sure where. I just pulled into a place with a sign for lodging. It was incredibly peaceful and beautiful and so green. My room faced the woods. In the morning I had coffee on my balcony and watched the deer grazing. I felt then that I'd like this state.

The race was held in South Woodstock. I stayed at the Graystone Bed and Breakfast hosted by Dennis, Connie and their chocolate Labrador, Andy. These wonderful new friends came out on the course for me and fellow guests, Jan and Bob Davis and Loretta Fox, all from Auburn, CA. There was also free camping on Smoke Rise Farm where the race was actually located. The Smoke Rise Farm is owned and operated by the renowned Steve and Diana Rojek. Any one who knows horses knows the Rojeks. The Vermont 100 Endurance Run is the largest fund raiser for the Vermont Handicap Ski and Sports Association. The pre-race dinner was served in one of the largest barns I've ever seen. All the dishes were prepared by locals. Ben and Jerry's Ice Cream was a sponsor; we had gallons and gallons of ice cream. The meal was one of the best pre-race dinners I've ever had.

There were 238 runners lined up at 4:00am on Smoke Rise Farm, while a pianist played Chariots of Fire from the porch of the main house. The conditions were 85-90 degrees with 96% humidity, and even at night it didn't cool off much. The heat and humidity were making people sick to their stomach. Late in the race at an aid station one of my fellow runners, an older man started throwing up at the aid station table. I did not stick around. The course was a combination of trails, dirt roads and mowed pastures. The footing across the pastures was very difficult, Cortney Camble in 2nd place at the time turned his ankle and was pulled from the race at the first medical check. Running across a pasture at about mile 27, I rolled my right ankle really bad. To compensate for the ankle, I found running on the balls of my feet eased the pain. Running flat footed was too painful. The first medical check was at mile 44, I had not lost any weight. I did not tell them about my ankle. I did not want to get pulled from the race. I got to mile 51 aid station in less than 11 hours, which