

30-34

Susan Petronio, 1/2 Mar, 1:28:48, 0.747
 Lori Russell, 1/2 Mar, 1:28:35, 0.745
 Carol Knox, July 4 15K, 1:02:41, 0.736
 Margie Ashley, 1/2 Mar, 1:31:12, 0.732
 Gae McClenathen, July 4 15K, 1:03:36, 0.725
 Carol Knox, FH 10K, 39:22, 0.688
 Kristen Battles, FH 10K, 40:15, 0.681
 Lisa Begin, Law 15K, 1:10:07, 0.666
 Lori Russell, FH 10K, 40:25, 0.666
 Susan Petronio, FH 10K, 41:07, 0.659

35-39

Paige Riffle, Law 15K, 1:04:57, 0.728
 Paige Riffle, Res 10K, 43:00, 0.717
 Sharon Skiold, 1/2 Mar, 1:37:10, 0.714
 Cheri Savage, 1/2 Mar, 1:38:16, 0.711
 Cheri Savage, Law 15K, 1:08:27, 0.709
 Valerie Gevirtz, Res 10K, 46:19, 0.665
 Mary Hershey, July 4 15K, 1:12:34, 0.664

40-44

Elaine Triplett, 1/2 Mar, 1:26:27, 0.832
 Elaine Triplett, Res 5K, 19:01, 0.825
 Ann Sanders, July 4 15K, 1:12:51, 0.691
 Carmen Allison, 1/2 Mar, 1:45:49, 0.674
 Sharon Smith, 1/2 Mar, 1:46:10, 0.663
 Terri Lee Werber, 1/2 Mar, 1:49:12, 0.654
 Sharon Smith, July 4 15K, 1:16:57, 0.640
 Tina Feeley, Res 5K, 24:10, 0.640
 Carmen Allison, July 4 15K, 1:18:43, 0.630
 Sharon Smith, FH 10K, 47:18, 0.607

45-49

Teri Van Cott, Res 10K, 40:15, 0.822
 Nicola Beland, Law 15K, 1:09:50, 0.743
 Mimi Baranowski, 1/2 Mar, 1:39:43, 0.737
 Nicola Beland, 1/2 Mar, 1:41:24, 0.725
 Sally Rogers, July 4 15K, 1:13:14, 0.693
 Mimi Baranowski, FH 10K, 44:44, 0.671
 Stephanie Welch, 1/2 Mar, 1:53:05, 0.655
 Pattie Jansen, Law 15K, 1:17:46, 0.647
 Patsy Dorsey, Law 15K, 1:20:32, 0.644
 Stephanie Welch, Law 15K, 1:20:10, 0.637
 Patsy Dorsey, 1/2 Mar, 1:59:24, 0.631
 Pattie Jansen, FH 10K, 47:41, 0.625
 Stephanie Welch, FH 10K, 49:26, 0.612

50-54

Shirley Saunders, Res 10K, 53:26, 0.662
 Ginger Beebe, 1/2 Mar, 2:09:23, 0.598
 Margie Ranc, Res 5K, 28:27, 0.593

65-69

Margie Withrow, Res 10K, 58:04, 0.715
 Margie Withrow, 1/2 Mar, 2:11:46, 0.705

LA MARATHON BUS

Team Inside Track (Ventura running club) organizes a bus to the LA Marathon each year. SBAA members are invited to ride the bus this year. Call Gary Tuttle at (805) 643-1104 for information.

SANTA BARBARA CITY COLLEGE TRACK MEETS

Officials and volunteers are needed for the following track meets at SBCC. If interested call Robin Paulsen at SBCC (965-0581).

Friday, February 24 - Mini meet against other schools, 2PM.

Friday, March 10 - Mini meet against other schools, 2PM.

Saturday, March 18 - Easter Relays, University Division, 11AM.

Friday, March 24 - Easter Relays, Community College Division, 10AM Field events, 1PM Track events.

Saturday, March 25 - Easter Relays, High School Division, 9AM.

Tuesday, April 4 - Junior College Pentathlon & Decathlon Championships for Southern California, 9AM. Also Wednesday, April 5.

Saturday, April 22 - Western State College Prelims, 11AM.

Saturday, April 29 - Western State College Finals, noon.

MEMBER DISCOUNTS

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

Hind Sports - 10% off

Montecito Sports - 10% off

Baby Joggers - Jeff Waxman, 683-3840

Stephen Fountain Sports Massage - \$10 off, 965-5339

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

Goleta Sports Center - 10% off shoes & apparel

although I had no trouble finding the general neighborhood, my pronunciation of "Gartnerstrasse", our street, was sufficiently ungermanic so all I got were blank stares from those I queried. These misadventures can easily add an hour to your 'jog', in addition to a ton of humiliation.

Ideally, one should have maps of all large cities where you plan to run, knowing the areas you want to explore. Avoid lodgings distant from these.

Where you don't speak the language things can get tougher. Having your address clearly printed helps, but a map with your home location circled is much better. In almost any circumstance, this will get you on track home. A small compass is always handy while traveling, and particularly on cloudy days and when you are jogging. If you plan to be in a location for more than a day or two, use the first day for area orientation, just finding your way around. Make a particular point to notice prominent landmarks at your starting point and if you are really cautious, return by the same route you went out.

Running in parks avoids traffic and usually there is less risk of getting lost. Where they drive on the 'wrong side' of the road, running to and from the parks on city streets can be a little dangerous. Crossing intersections and streets, looking first to the right, and then to the left requires your full attention. Your unthinking habit of looking first left and then right can give you some frights, or worse. In many places, running in the streets may be safer there than here. Drivers there are more often confronted with the unexpected and are more alert to it.

No matter where you run the risk of falling is far greater there than here. While I almost never stumble over irregular surfaces at home, in eight trips I've fallen three times: over roots in Birnam Wood, Scotland, and on irregular sidewalk pavements in Budapest and near Trieste. Wearing gloves would help but I haven't started that yet. One curiosity: they never say "Hi", "Bon jour", "Guten tag", or whatever, in greeting as you pass, and women never make eye contact. Form your own hypothesis!

But the rewards of London's Regent's Park, Munich's Englischer Garten, or the river-front walking paths are as good as you'll ever get.

And all the above goes just as well for walking!

RUNNER'S PROFILE by Joe Howell

Every reader of this publication knows Kevin Young, whose "Running Shorts" column has been appearing for years. Some of you veteran SBAA members will also remember that Kevin was editor of the Newsletter. Still others may know Kevin as the father who loves to promote running for kids; perhaps you are familiar with Kevin the real estate broker of Realty 3 of America.

However, how many of you competitive runners (particularly those who may have passed Kevin in a recent race) were aware that Kevin has PRs such as 16:30 for the 5K, 35:12 for the 10K and a 2:48 marathon? When you read Kevin's profile, you will see that his times have slowed from his PRs, but his interest in running, as well as his commitment to the local racing scene (he is the Race Director of the McConnell's endurance events and always seems to be organizing an SBAA team for some competition) are stronger than ever.

Basic Information

Name: KEVIN YOUNG

Age: 37

Employment/Family: Real Estate Broker, Realty of America. I've helped over 100 local families buy and sell real estate in Santa Barbara at 1%, 3%, 4.5%, never 6%. Call me!

Married, wife Berni, daughters Kimber, 6, who just finished her first 5K running the whole way (36:48) and Amber Rose, 4, who wants to be a princess when she grows up.

Other Sports/Interests: Basketball, mogul skiing, hiking, family trips. Youth soccer with Duncan and Terry Thomas and their daughter Devin was fun this season. Just bought an Apple Quadra 630 to get on-line the Superhighway. Someone told me the SBAA is already on the Internet.

Running Highlights

Favorite Distance & PR at same: 440 54.8 in HS. Mile 4:29.2 November 1979. 5K 16:30 in HS, 5:19 per mile.

10K 35:12, 5:41 per mile at the Stop Arthritis 10K, Tucker's Grove, November 18, 1978. At that race Jim Triplett, 21, won in 31:55, Robert Hollister, 19, was 2nd in 33:23, I was 6th, Greg Brown, 32, was 13th in 37:58 (HA HA Greg, pushing 50, a local contractor, is lucky to get in one day a week jog with his new twins!)

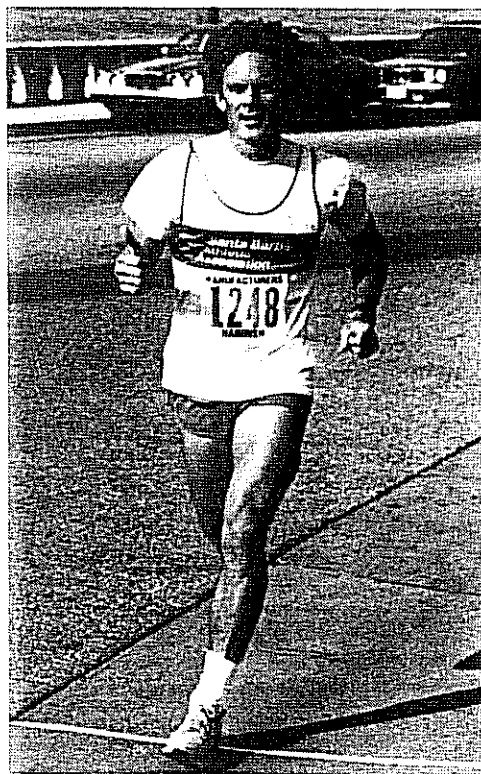
Diane Killeen, 22, won the women's division in 39:17.

1/2 Marathon 1:17:42, 5:56 per mile, Easter Seal, start/finish at Carp. JHS, not sure of the year, 9th out of 290, top 3.1%. Marathon 2:48:22, 6:23 per mile, Mission Bay, January 1977 (San Diego).

Best Race and Why: Winning my first race, a JV HS XC 2-mile, at Pierce College in the Valley. I can still remember every step. I remember my 10K and 1/2 marathon PRs as being almost effortless. I had one of my best finishes percentage wise at the hilly Nike Catalina 10K that John Brennand put on March, 1985, finishing 21st out of 537 in 39:24, top 4%, which I remember running very tough, pushing all the way.

Worst Race and Why: I threw up after almost every varsity mile track race my senior year in high school, dropped out of my first marathon (Palos Verdes, 1974) and dropped out of my first SB July 4 15K at age 16 in 1973. I probably took running too seriously in my high school days—I was obsessed, fixated on the sport, track pictures all over my bedroom wall, couldn't sleep before races, never raced as fast as my training warranted.

Average Weekly Mileage (last 12 months): 20



Favorite Local Race: McConnell's Endurance Events 3rd Sunday in August because you run free if you volunteer, a rare swim option, \$\$ raised for local running programs, a rare USATF certified out and back flat 5K or 10K course, an ocean front start/finish area, lots of awards, a reasonable entry fee, a consistent race over the years, a kids mile, team scoring.

Goals (Realistic) for 1995: Sub 20 5K.

Goals (Wildly Optimistic) before Year 2000: Sub 40 10K and a sub 3 hour marathon.

Additional Information

Running Highlights: At University High School in West L.A., we had a large, close-knit and talented distance team which took the L.A. City Championship in Cross Country my senior year in 1975. Trained up to 126 miles in a week during a 1,000-mile summer and finished 2 marathons in high school (and 5 more later). Spent a month training at Brians Head, Utah at a running camp in 1974. I helped re-start the cross country program at UCSD in 1975; our club team was flown to San Francisco for the All-Cal meet, racing with (behind) Steve Scott from UC Irvine.

In 1976, I did a pretty weird thing—ran from SB to LA over 3 days. Saw the Olympic track events at Montreal. Transferred to UCSB and ran cross country 1978-80, with (behind) now-locals Jim Triplett and Pete Dolan. I would organize Isla Vista road races. Worked in finance for the '84 Olympics at the UCSB Olympic Village for rowers. Ran mountain and road races in France and Switzerland.

Finished the '82 and '84 SB Triathlons in 5:53 and 5:29 (in 39th percentile) when it was a 1/2 Ironman; too bad I can't swim (fast). Haven't run (much) since I got married 7 years ago, ballooned up to 200 pounds; it's taken over a year to fight back to 180 pounds and 30 miles per week. I may have less time and motivation to run now that I am married with children, but I still enjoy it just as much. I am satisfied I took my running potential as far as I could. I have stayed free of repetitive use injuries over the last 20 years of running thanks to a smooth running style and my hard/easy training. I love the sport, locally, nationally and internationally.

Why I Run: I get an extra endorphin rush when I'm cruising along at a fast rate of speed without effort. It only happens about twice a week when my legs are fresh. I also like the slow improvement which can be tracked with a stopwatch as you train and improve your fitness over time. I like the ambience of all our local

races, and the high energy, committed people who attend them. I like the feelings in races of trying to get the most you can out of yourself on a particular day, while competing with (trying to beat) those in the race around you. I like to sweat, to do a sport that depends on me not others, it's a way of feeling alive and conscious, it's a celebration of health and fitness.

My Runner Hero & Why: In my youth my heroes were the top American runners of their day. Now my running hero is Paul Gilbert, the SBAA's oldest active runner—in his 80's. He is still running and hiking after all these years, with his trademark no shirt and wavy white hair. He still has goals and tracks his progress and fitness. He certifies the local courses; thanks to the generous giving of his time and his mathematical and analytical skills. He still has a kind word of encouragement, such as during the recent Fay Hobbs race, as he was running along at 12-minute pace with me and my daughter, he said something like, "This is quite a moment, with our youngest and oldest runners racing together." I also admire locals who have been racing consistently very fast times over 20+ years, showing commitment, talent and hard work. Terry Howell, Dennis Mihora, Misty Allen, John Brennand, Michael Smith, Gus Hermes, Gordon McClenathen, Gregor Robin, also our superstar running couples Duncan and Terry Thomas, Jim and Elaine Triplett, Gene and Stephanie Welch.

Personal Training Tips: Run Monday through Sunday as follows: Long, easy, hard, easy, easy, hard (race), easy. With strong arms (biceps and triceps) you will run a lot better (too bad I hate lifting weights).

I love runners who ...: cheer for the slower runners after they finish.

I hate runners who ...: cross the finish line without entering the race.

Suggestions for local races: Kids mile, team scoring and results sorted by profession at every race!

Suggestions for SBAA: There are a lot of good looking, intelligent, fun-loving, athletic single members of the SBAA. We should have a matchmaking or dating service. More running stories from our members sent to the newsletter editor! More team competition against other clubs! More marathon relays!

My views on ...: youth running in Santa Barbara. On a grand scale, I would like to develop a feeder system to get kids interested in track and field before they've committed to a HS sport. Starting with junior high school kids,

a paid coach or SBAA volunteer would go to junior high schools during their after school sports and set up a training program with ribbons and certificates to those who are consistent. We would also distribute written material through the sports teachers. To anyone with particular talent or drive we would refer them to their upcoming HS coach and the SB Youth Track Club. Meanwhile, we would publicize racing opportunities in town for kids.

Quotes: Run only if you must. "I was moving in a sea of lactic ..." "Did you have a good race and feel nauseous today, honey?"

SBAA member since 1978. My fastest running years in SB were 1978-1986.

Best Age-Graded Performances in 1994 by SBAA Members

Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in track and field, long distance running, and racewalking events. The factors and standards are published for both sexes for each age from 8 to 100. The tables are researched and compiled by the World Association of Veteran Athletes (WAVA), the world governing body for masters(veterans) track and field, long distance running, and racewalking.

For example, a woman of 53 runs a 10K in 45:18. The 10K standard for women age 53 is 35:01. The time 35:01 is divided by 45:18 and the age-graded performance is 77.3%.

A few specific notes for the SBAA tables.

1. Results are listed by age group. Some people moved "up" during the year so you might have to check 2 age groups to find your name.
2. The times listed are the actual race times.
3. The races included are the January Resolution Day 5K and 10K, Law Day 15K, July 4th 15K, Santa Barbara News Press 1/2 Marathon and the Fay Hobbs 10K. The December 31st Resolution Day runs will be listed next year.
4. The men's races will be listed next month.

19-29

Misty Allen, July 4 15K, 56:40, 0.809

Misty Allen, 1/2 Mar, 1:22:56, 0.795

Jennifer Martin, July 4 15K, 1:04:04, 0.715

Melissa Marsted, Law 15K, 1:04:12, 0.714

Jennifer Martin, Res 5K, 20:46, 0.693

Megan Riker, FH 10K, 39:00, 0.690

Jann Crockett, Res 10K, 46:59, 0.636

Therese Pursell, 1/2 Mar, 1:44:05, 0.634