

5. Race Organization: F. If someone told me that this could happen, I would definitely question his veracity. We were picked up at the Westin Hotel by a bus that was supposed to take us to the start of the race. The bus driver took us to the wrong starting location which was approximately 45 minutes from the true start. Then he declined to take us to the correct starting location. Well, one of the marathoners politely told the driver with his fists that he only had two choices. He would immediately drive us to the correct location or we would take control of the bus and drive ourselves to the correct location and the bus driver could walk home. Well, the bus driver did drive us to the start after he was confronted with extensive verbal and physical abuse from forty plus marathoners.

Then, the race was supposed to begin at 9:30 A.M. Six thousand marathoners were lined up at the start and then we were told that the race would be delayed until 10:00 in order to complete the marking of the course with cones.

6. Race Course: A+. The entire race took place on beautiful bike/running trails on a point-to-point fully paved mostly flat course. The course started at Marymoor Park in Redmond. As it leaves the park it follows the Sammamish River Trail through the cities of Woodinville, Bothell, and Kenmore. Then the course follows a trail around Lake Washington through Lake Forrest Park, Tracy Owens Park, Sheridan Beach, Sand Point Way, Matthews Beach and Lake Union. Finally, the finish line is at Rainier Vista, the original and historic entrance to the University of Washington.

7. Finish Line: B. The finishers were sent to the University of Washington football stadium underground parking lots. The most popular attraction was the portable heaters. However, the food and drink were sparse.

Overall, this was the second best urban marathon we have ever run. Only Boston was better but not by much. We would definitely recommend this course but be prepared for the weather.

RUNNER'S PROFILE by Joe Howell

If you are an active SBAA member, you must know Misty Allen. Many know her as one of our area's outstanding women runners, with consistently impressive times and some great victories in local races, including this year's half marathon in early November and her winning performance at her first ever marathon in Lompoc. Others know Misty from seeing her grow up in Santa Barbara, from her success as a student and competitor at Westmont or perhaps from the Mona Lisa Cafe. Other SBAA members, and certainly hundreds of kids in Santa Barbara, know Misty as a beach lifeguard, as a member of the Junior Lifeguard training staff and most recently, as the cross country coach at Santa Barbara High School.

As her Profile indicated, Misty has enjoyed great success and has set her sights on even greater accomplishments as a runner. We are fortunate to have such a dedicated instructor and coach involved in developing our young athletes.

Basic Information

Name: MISTY ALLEN

Age: 28

Employment/Family: Cross Country Coach at Santa Barbara High School. Beach Lifeguard - City of Santa Barbara. Waitress - Mona Lisa Cafe. I am the oldest of five children, with three brothers and one sister.

Other Sports/Interests: I love beach volleyball, swimming, hiking, walking my dog Tanner, spending time with my family and friends. My favorite sport is basketball. The Lakers are my favorite team.

Running Highlights

Favorite Distance & PR at same: 10K 36:19 (Mt. SAC Invitational)

Best Race and Why: Lompoc Marathon - small local marathon with lots of support, beautiful flower fields, friendly runners and a positive atmosphere. I learned a lot about myself as a runner in that race, finding strengths I did not realize I had.

Worst Race and Why: America's Finest City 1/2 Marathon. I was very frustrated during the race - there are 12,000 competitors, very little room to warm up and I was 3 minutes back from the starting line - very hard to make up this much time in a 1/2 marathon.

Average Weekly Mileage (last 12 months): 60 to 70+ a week.

Favorite Local Race: Although I haven't raced it the last 2 years, the Faye Hobbs 10K is my favorite local race; I respect Faye a great deal and remember her fondly. In addition, I enjoyed having the men's and women's races separate - this allowed both groups to watch and cheer for the other.

Goals (Realistic) for 1995: Race in other parts of the country. Break 35:00 10K; Break 17:00 5K.

Goals (Wildly Optimistic) before Year 2000: Qualify for the Olympic Trials in 1996 (in the Marathon or 10K). Make the National team.



Additional Information

Why I Run: Running is a very spiritual time for me. When I run I work on myself and I spend a lot of time thinking. It is a time to clear my mind of the daily stresses and to do something that is good for my mind, body, and soul.

My Runner Hero & Why: Faye Hobbs. I remember Faye from my first road race (a 10K) during which she cheered for me and afterwards spent a great deal of time becoming my friend. She had a heart of gold and always wore a beautiful smile.

Personal Training Tips: It is important to keep variety in your runs. Run with people you enjoy and in places that you find aesthetically pleasing. Cross training helps to keep runners from getting bored and stale. It's important to view running as a positive part of your day - a release from stresses rather than a negative stress. Remember that running is something that you do for yourself and rest is an important aspect of training.

I love runners who ...: enjoy themselves when they run, who are friendly regardless of what level they are, who smile and wave at you when you run past each other.

Suggestions for SBAA: SBAA does a great job with the local races. I like my entry fees going towards important nonprofit groups (such as the Cancer Foundation). I would like SBAA to get more involved with the youth of our community. Sponsoring youth track teams, meets, jogathons, etc. I would also like the SBAA to have a larger involvement as far as organized training times for SBAA members.

Quote: "Only those who dare to fail greatly can ever achieve greatly." Robert Kennedy
SBAA member since 1984.

SANTA BARBARA NINE TRAILS - 11/26/94 by Lisa Schreiber

The Santa Barbara 9 Trails race has been held the Saturday after Thanksgiving day for the past five years. Every year brings new faces, accomplishments and memories.

No matter how many times you put on a race, there is always a new twist. There are a few "givens" that you can count on. Nobody is going to move the trails in the middle of the night and the sun will rise in the morning. But what do you do when it starts to rain hours before the race is to begin knowing that the course has been marked with chalk?

Can the race go on if the markings are washed away? What about all of those folks who came from out of town who do not know the trails?

All I could think about was if they want to run, they are going to have to run in groups so nobody gets lost. But who would be willing to do that? It is a race.

By 4am Saturday morning, I finally came to terms that there was still going to be a race no matter how hard it rained or how hard the wind was blowing. Somehow it would all work out. Hiding under a pillow allowed me to sleep another hour before facing the uncertainty of the day.