

RUNNER'S PROFILE

This column typically features one of our SBAA members and lists their favorite running distance, PR's and so on. However, this month the column is dedicated to one of our most unique and loved members - Cally Brennand. The following was prepared by Alice Scott, one of her long time friends. It was one of the remembrances at Cally's memorial service last month.

Cally- friend and chosen sister, Cally - C-A-L-L-Y, C-A-L-L-I-E, K-A-L-L-Y. Someone asked, "How do you spell your name?" She replied "Anyway you want." We all know that her name could be spelled **LOVE** and it could be spelled **JOY**, because that was what she radiated to all who knew her and those energies were the essence of her gifts to each of us.

Inspirational, unselfish, energetic, compassionate, loyal, happy, mischievous, and playful are but a few of the threads of selfless character she wove through all of many friendships.

She was surprised and moved in these last few months and weeks by the overwhelming outpour of love, and even more by the messages that told the impact of her friendship on so many who knew her. Because they spoke so eloquently of the legacy she left with us I would like to share some of those messages with you.

"You represent all the goodness of this world wrapped up in one person."

"The hidden path of love in my life has been that which has come from you. The love of a friend. A faithful friend who has accepted me for myself. Has found something in me which can be shared. It is a gift, and I shall always have that within my heart and be much more aware of it."

"You were the first person to make me feel welcomed."

"You are a special friend. My first in Santa Barbara."

"The kindness and positive light you have shown my family has given them energy."

"When I wonder at times why I continue to give volunteer hours, I remember you and know I need to give more."

"Gifts are not just objects put in boxes and wrapped with pretty paper. True gifts are those given from the heart. Gifts of sharing, bringing people together, opening your home and heart to so many and living life with zest."

"You always brought out the best in people and put kindness and hospitality in front of image and status."

"You are a true leader and friend. Your quick wit, laughing smile and wonderful being will be part of me forever."

"You are a model for me. Your friendliness and outreach made me feel welcomed."

"It meant a lot that you invited me."

"You embraced life taking an active role in shaping the community by helping others."

"I will remember your generosity of spirit, patience and positive influence."

"Your quick grasp of a situation and the ability to handle any and every problem."

"A beam of light to your friends and our community."

"You have made such a difference in so many lives and organizations with your dedication to serve that a scholarship has been created in your name for a girl of your qualities." If there can be another like our Cally... she will be hard to find...

"Your courage strength and faith what a wonderful example you have been."

And this brought a big smile to her face. "I'll do anything for you but I won't carry the watermelon on a hike."

As Cally has loved and cared about each of us in some way and we have loved and cared about her. Our challenge now is to do as she did: Be the first to extend a helping hand; offer a smile;

show kindness; welcome someone new and different, rich or poor, weak or strong, no matter what color or size. She believed each person is special with a special gift. She did not sort or label us. She was non-judgmental. She accepted each for what they were and for who they were. Our opportunity is to take a look at our own lives, and reflect those qualities we valued in her. Can we keep her with us by modeling those traits we admired that were so special in Cally's life?

Cally had a book on friendships. One of her favorite readings was "A True friend is an inspiration as well as comfort. Not so much by what she does for us as by what she incites us to do and to be because of her example, her deeds and her ideals." To those of us who knew her, worked with her, played with her, and prayed with her, Cally was a true friend and she will be missed. However, to those angels who have recently met Cally's mother, Grandma Dot, we need to say "Watch out, Dot may have been organizing you but you haven't seen anything yet! Your days of floating around on the clouds are over."

Cally has done a good job of making us focused and productive here on earth and she is about to take on the universe.

We can all hear her say "No big deal. I'll do it."

To Cally's family: Thank you for sharing her with all of us and Cally thank you for letting us all share the precious moments of your life that have made such a wonderful impact on ours.

We will leave here today sadder but very appreciative of the joy we share with each other because of you.



RUNNING SHORTS by Kevin Young

ULTRAMARATHON WORLD reported that Great Britain's Carolyn Hunter-Rowe set new 30 mile and 50 kilometer world records at the Barry 40-Mile Track Race in Wales on March 3. Hunter-Rowe ran 30 miles in 3:12:25 and 50km in 3:18:52, her 50km clocking breaks the previous world track record of 3:20:23, set by Ann Trason in 1995. She went through the marathon in 2:48:05... Former SB runner Jose Iniguez ran 1:06:36 for 3rd, and \$250, at a March 10 Texas 1/2 marathon... Mary Cobb, formerly of SBHS was 6th in the 5000m NCAA indoor championships in 16:14 representing Stanford... Bill Rodgers recently won a masters 10K in 32:30... Try this new class at SBCC: "The Complete Urban Jogger": "This essential class teaches how to develop proper jogging mystique. Nirvana through total exhaustion plus practical tips on selecting the latest CA fashion ensembles. How to tie your shoelace while jogging in place at red lights. Plus running with your dog or cat, including techniques for using small pets as hand and leg weights"... SBAA'er postman Paul Kleine has the shortest pitter patter strides I've ever run behind, yet he's a monster at high speeds on the track... The latest Patsy Dorsey marathon workout story: after running the Law Day 15K she rode her bike to Ventura to volunteer at a bike rally there. Then she rode back home to Goleta, against the wind... The best distance race at the Mt. Sac relays was the High School women's 3000m, won in 9:16, the fastest time since 1985 and the 6th fastest ever. Kim Mortenson of Thousand Oaks High, national USA prep cross country champion last year, led the whole way until Li Jien of China passed her with a lap to go and in front 5,000 screaming fans. "She opened a five meter gap on Mortenson, but the UCLA-bound runner cut her deficit to 2 meters entering the final turn, and caught Jien at the line with a sprinter's lean." The judges ruled it a dead heat... The world's leading female sprinter, Gwen Torrence, is 30 and has a 6-year old son... During a typical soccer game, players cover a 10K... 41 year old triplets each run marathons between 2:45 and 3:18... From a runner questionnaire: True or false: Dry heaves are a normal part of life. Do you associate the term "heavy breathing" with running? You can cite all your PR's to the tenth of a second... American distance runners having a good indoor track season in this Olympic year: Bobby Kennedy 7:42 and Steve Holman 7:43 in the 3,000m, Mark Coogan, who made the Olympic team in the marathon, also leads the 5000m this year with his 13:49. Brandon Rock is