

and field. I don't have a concept on how to do this.

Perhaps others in the field can advise back to this page. Let's see how many ideas we can come up with to promote the world's greatest sport: TRACK AND FIELD.

RUNNER'S PROFILE by Joe Howell

With the Santa Barbara Valentine's Couples Relay scheduled as the only "official" run in the SBAA 1996 Calendar of Running Events, I thought it would be appropriate to feature one of Santa Barbara's leading running couples this month. When I called Dianna to ask if she and Aaron would be willing to be featured, she gave me a qualified yes, indicating that Aaron was in Europe and would have to provide his information long distance, without benefit of any running logs or other sources. (You can see Dianna's complete description of Aaron's worst race--and will then understand the basis for Aaron's quote at the end of his Profile.) During the call, I realized that I had first met Dianna back in 1988, when she was the women's winner in one of our area's most prestigious races, the Law Day 15K, with an impressive time of 58:15. She is still a strong, consistent competitor--watch for her in 1996!

As for Aaron, anyone who competes in or follows the results of the Semana Nautica Biathlon or the Pier to Peak Half Marathon knows how competitive Aaron can be. He combined his strong swimming ability (he was a member of the UCSB swim team) and his strong running to win the Biathlon this year. He has had two second place finishes in the Pier to Peak Half Marathon, one of the most challenging events around.

My sources tell me that Aaron and Dianna enjoy early morning workouts, often running together and integrating some extremely challenging speed work and tempo runs in their substantial weekly mileage routine.

Basic Information

Name: Dianna Hall
Age: 38
Employment/Family: Real Estate Agent - Sunset Realty. Husband - Aaron Goldschmidt
Other Sports/Interests: Two Jack Russell Terriers. Two Sheep, One Cat. Walking, Reading Travel.

Running Highlights

Favorite Distance & PR at same: No real favorite. I like the longer distances when I'm in shape; i.e., 10 miles (63:26) to the marathon (2:57:10)

Best Race and Why: Long Beach Grand Prix 10K (37:09). My first win! I ran the first 5 miles totally clueless. Then someone told me I had the lead; panic and the mantra "please don't catch me" got me to the finish.

Worst Race and Why: Chicago's Olympia Fields 10K (60 minutes plus). Temp and humidity were in the 80s, went through 3 miles in 18:15 and thought "what's the big deal with the heat". By Mile 4, I was walking, forgot how far the race was or where it was for that matter. Decided to just follow all the people (figured they knew something). Spent another hour looking for Aaron - finally found him in the Red Cross tent under several bags of ice. All he remembered was being pushed around in a wheelchair. He now recognizes the early signs of heat stroke.

Average Weekly Mileage (last 12 months): 50-55.

Favorite Local Races: Chardonnay and SB News-Press Half Marathon.

Goals (Realistic) for 1996: SUB 39:00 10K
 SUB 65:00 at Chardonnay

Goals (Wildly Optimistic) before Year 2000: Win the Lottery so I can train as much as I want and sleep and get a massage every day!



Dianna and Aaron just after winning the Husband/Wife category in the 1996 Partner's Relay

Additional Information

Why I Run: Physical and mental health. Running is my way of meditating.

Personal Training Tips: Keep your workouts fun and flexible.

I love (hate) runners who ...: No Hates. But I disapprove of runners who don't support and respect "joggers" and walkers. Everyone who participates deserves respect.

Suggestions for local races: Kilometer splits? They're easier to calculate and there are more of them.

Suggestions for SBAA: Keep up the good work.

Basic Information

Name: Aaron Goldschmidt
Age: 33
Employment/Family: Project Manager
 Ogden Environmental
 Wife - Dianna Hall
Other Sports/Interests: Swimming, my first love.

Running Highlights

Favorite Distance & PR at same: Haven't decided.

Best Race and Why: 1995 Semana Nautica Biathlon. Finally in good shape for both events (run & swim) (editor's note--he won the event.)

Worst Race and Why: Olympia Fields 10K in Chicago (I think, but I don't really remember, ask Dianna)

Average Weekly Mileage (last 12 months): 65-70

Goals (Realistic) for 1996: PR in 10 mile - SUB 56

1/2 marathon - SUB 1:15

Goals (Wildly Optimistic) before Year 2000: For Dianna to win the lottery so I can train for the triathlon.

Additional Information

Why I Run: Sanity

My Runner Hero & Why: My wife, Dianna. She taught me almost everything I know about running (and a few things about heatstroke) plus she refused to go out with me until I could run 5 miles without whining.

Personal Training Tips: Cross train - swim to stay injury free!

Suggestions for local races: More adventure/trail races.

Quote: "Nobody ever had heat stroke in the pool."

1996 MARATHON SCHEDULE

- March 3 - Los Angeles Marathon.
- March 3 - 18th Annual Sutter Home Napa Valley Marathon.
- March 16 - 19th Annual Catalina Island Marathon.
- April 6 - Santa Barbara Marathon.
- April 15 - 100th BAA Boston Marathon.
- April 21 - Jimmy Stewart Relay Marathon.
- May 4 - Shiprock Marathon.
- May 5 - Vancouver International Marathon.
- May 5 - Avenue of the Giants Marathon.
- May 26 - 5th Annual Wyoming Marathon.
- June 2 - Steamboat Marathon.
- June 8 - Palos Verdes Marathon.
- June 9 - Valley of the Flowers Marathon.
- June 22 - Grandma's Marathon.
- July 14 - San Francisco Marathon.
- September 29 - Portland Marathon.
- October 5 - St. George Marathon.
- October 20 - Humboldt Redwoods Marathon.
- October 27 - Marine Corps Marathon.
- November 10 - Columbus Marathon.
- November 10 - City of Santa Clarita Marathon.
- November 17 - Palm Desert Marathon.
- November 30 - Seattle Marathon.
- December 7 - White Sands/Alamogordo Marathon.
- December 8 - Dallas White Rock Marathon.
- December 8 - Tucson Marathon.
- December 8 - California International Marathon.

MEMBERSHIP RENEWAL

Membership dues is for 12 months. Check your mailing label for when your membership expires. The SBAA will not mail you a subscription card a month before your membership is due. It is up to the member to keep their membership current. Send a check to John for the current dues. You will receive your membership card with the next newsletter.