

RUNNER'S PROFILE by Joe Howell

Name the SBAA member who won her age division in every triathlon in which she competed except the Ironman (where she was 4th place in her age group). Okay, throw in seven American age division records. Still wondering?

The answer is Judy Kewley. Judy is a nurse who lives in Simi Valley but is an active member of the SBAA. I'm sure you will enjoy reading about Judy's past accomplishments and her future goals. (Maybe she can bring in Nike as a Grand Prix sponsor next year!)

Basic Information

Name: Judy Kewley

Age: 51 - Ht 5'5", Wt 107 lbs.

Employment/Family: Licensed Nurse - 1973 (3 - 11 shift). Married 25 years - has lived in Simi Valley for 21 years. 21 year old daughter who plans to go to law school. "Duncan" old English Sheep dog. Kitty "Maisha".

Other Sports/Interests: "Ironman" - 4th in my age division (at age 39) - never lost my 1st place division in a triathlon - only in Ironman. Fishing, Reading, Eating food.

Running Highlights

Favorite Distance & PR at same: Half Marathon - 81 minutes at age 44

Best Race and Why: Ironman Tri - need to use your mind a long time; is a good challenge to "sanity"

Worst Race and Why: L.A. Marathon 1994 (rain, wind) - had hypothermia about 20 miles - was purple and frozen.

Average Weekly Mileage (last 12 months): 60

Favorite Local Race: Cowtown Mile - TIT Club Run - parade down main street

Goals (Realistic) for 1996: Being 51 - recovery takes longer from intervals - remain injury free; continue to improve at most distances over 1995 as I have been.

Goals(Wildly Optimistic) before Year 2000: PR's (obviously)

Nike said to me 5 years ago "we noticed you have not run ARRA" - they thanked me for my wearing their gear, success at races, etc. If I go out for ARRA and do well in 50 division they will supply me again - shoes, etc. - that would be cool; supplied by Nike Corp 6 years. Had 7 American age records. Marathon PR - 2:55, 10 mile - 62 minutes, 12K - 46 min, 10K - 36:23, 5K - at 18:02. Ranked 8th in nation by Runner's magazine.

Additional Information

Background: Grew up marathon wise. 3 older brothers all competitive, all in police work. Walked to school one mile away. Worked with horses, competed at all sports as a child - for fun in neighborhood only.

My Runner Hero & Why: SBAA John Brennand - a top runner who is well-respected.

Personal Training Tips: "Eat some" all day and night long - constantly "fuel" and have water always.

Take 1 year off competition. If you're a heel striker, go up on the ball of your foot. I was able to succeed with this. Your times will improve overall.

I love runners who...: Pick you up in a race if you get knocked down.

Have a smile for everyone - especially the volunteers.

Suggestions for local races: Have more variety distances - other than 5K and 10K. More women's races. Let's use the CHIP.

Suggestions for SBAA: Give SBAA newsletter stories to the walkers out there too ... Any barbecues for SBAA? If not, set one up. I'll help.

My views on racing: Why I keep racing - competition, psychological balance and serenity. I like to run alone a lot.

Quote: "To be complete is to be out in nature thinking, smelling and smiling."

SBAA Member since 1996

