

RUNNER'S PROFILE by Joe Howell

Take a quick look at the photo of Anita Chamberlain-Carter and Lee Carter. If you have been around Santa Barbara for any length of time, you are bound to recognize them. The photo was taken last year on August 26. Anita and Lee started the day with their wedding ceremony at the beach, followed shortly thereafter with their winning entry in the Tandem Division (Anita swims; the two of them ride a tandem bike, and Lee runs) in the Santa Barbara County Triathlon. The two of them celebrated their first anniversary this year by again competing (and winning) the Tandem Division.

Both Anita and Lee compete and enjoy great success in Santa Barbara. One of my favorite images of Anita is from this year's Law Day Race. Lee was helping as a volunteer and Anita was on duty, in uniform, and stopped by. When Kelsie Cage, a four-year old participant in the Kids' Kilometer, began crying when she lost her dad Mike who was leading the race, Anita spontaneously jumped in, grabbed Kelsie's hand and began running with her. By the time Kelsie and Anita crossed the finish line, the two were great friends, both wearing a big smile and handcuffed together!

Basic Information

Name: Lee Carter
Age: 39 (looking forward to being in next age group)
Employment/Family: Santa Barbara District Attorney.
Bride - Anita
Other Sports/Interests: Triathlon, cycling, mountain climbing

Running Highlights

Favorite Distance & PR at same: 5K - 17:30
Best Race and Why: 1995 Long Beach Marathon. Beautiful scenery, great music every mile or two
Worst Race and Why: Half marathon run leg at 1993 Half-Vineman Triathlon
104 degrees and no shade - big trouble and slow finish
Average Weekly Mileage (last 12 months):
20 - 25

Favorite Local Race: Night Moves, S.B. Triathlon Tandem Division

Goals (Realistic) for 1996: Look as good as Joe Howell at the end of a race.

Goals (Wildly Optimistic) before Year 2000: Hawaii Ironman Triathlon (compete in and finish)

Additional Information

Why I Run: It's fun.

My Runner Hero & Why: There are a few: (In no certain order)

1. John Brennand - he's an inspiration
2. Sharon Smith - incredible running resume
- 3 & 4. Joe Howell and Patsy Dorsey - in addition to impressive running credentials, they always have an encouraging word for fellow runners.

Personal Training Tips: Don't forget to take an occasional rest day.

I love runners who...: are friendly and upbeat.

I hate runners who...: complain about race organization.

Suggestions for local races: Keep up the good work, although race organizers may not hear it, we runners think you are doing a great job!

Quote: "Have Fun!"

SBAA Member since 1996.



Basic Information

Name: Anita Chamberlain-Carter
Age: 42 (and proud of it).
Employment/Family: Situation analyst for City of Santa Barbara (a.k.a. Police Officer)
Other Sports/Interests: Triathlon, snowboarding.

Running Highlights

Favorite Distance & PR at same: To the refrigerator and back.

Best Race and Why: 1982 Long Beach Marathon - my first!

Worst Race and Why: 1988 Long Beach Marathon - first and only DNF.

Average Weekly Mileage (last 12 months): I refuse to answer on the grounds it may incriminate me.

Favorite Local Race: S.B. Triathlon (Tandem Division of course!), Night Moves.

Goals (Realistic) for 1996: Run another marathon.

Goals (Wildly Optimistic) before Year 2000: Compete in the Hawaii Ironman with my husband Lee.

Additional Information

Why I Run: Because crooks don't power walk from the scene of the crime.

My Runner Hero & Why: Chuck McGilvray - my first running partner. Ran our first 1/2 marathon in 1979.

Personal Training Tips: Wear a navy blue uniform, black leather shoes and 15 pounds of gear on a waist belt, then go out and chase a fleeing criminal.

I hate runners who...: whine and complain at races.

Suggestions for local races: (1) Have a costume division at State Street Mile (fun run).
(2) T-shirt optional entry fee at races.

Quote: "Training is cheating!"

IRONMAN TRIATHLON

SEND OFF PARTY

Join in the official send-off for our local triathletes competing in Hawaii in late October

Friday, October 11

5:30 - 7:00 p.m.

EAST BEACH GRILL

Watch for more details

GRAND PRIX STANDINGS

Look for in next month's newsletter