

RUNNER'S PROFILE by Joe Howell

If it's August, it must be time for the Santa Barbara County Triathlon! Our local triathlon, in its 15th year, is scheduled for August 24 and will feature both a sprint course and the traditional long course.

In Santa Barbara, it is impossible to consider any triathlon without thinking of Michael Smith. Mike has many impressive finishes in triathlon competitions at various distances, including his first place finish in the prestigious U.S. National Triathlon Championship in 1988. It is probably no surprise that Mike's impressive performances are the result of his ability in all three disciplines. As a runner, Mike continues with top finishes in a variety of local races, and Mike is an enthusiastic participant in the SBAA Grand Prix series. We are truly fortunate to have a top triathlete like Mike Smith competing in so many of our local events. His goal for 1996--to win the U.S. National Amateur Triathlon championship--is an impressive one.

Watch for Mike at our local races--and for his name in the national news!

Basic Information

Name: Michael Smith
Age: 32
Employment/Family: Business owner/Founder of Wild Nature Nutrition
Wife - Michelle
Son - Spencer. Born June 19. 4:44 AM. 8 lbs.
Dog - Kona
Other Sports/Interests: Any activity which involves increased heart rate and adrenaline.

Running Highlights

Favorite Distance & PR at same: 5,000 meters - 14:48 - I feel that I can really improve at this distance.

Best Race and Why: 1988 U.S. National Triathlon Championships - The perfect race - I won it!

Worst Race and Why: Collegiate regional championships 3,000 meter steeplechase - I hit the wall so hard that I had to crawl over the barrier for the last 1,200 meters.

Average Weekly Mileage (last 12 months):

Run - 30 miles.
Bike - 200 miles.
Swim - 7 miles.

Favorite Local Race: Fay Hobbs 10K/Santa Barbara Triathlon

Goals (Realistic) for 1996: To win - The U.S. National Amateur Triathlon Championships

Goals (Wildly Optimistic) before Year 2000: Make the U.S. Olympic team in triathlon - the sport debuts in Sydney, Australia for the year 2000 Olympics.

Additional Information

Why I Run: Keeps me fit physically; keeps me sharp mentally - and - I still enjoy the competition.

My runner Hero & Why: Anyone who has been competing constantly for twenty years or more! (e.g., Steve Scott.)

Personal Training Tips: 1. Get to know what your body can handle.

2. If you want to improve, quality workouts are a must.

3. Cross-train!

I love (hate) runners who ...: Love runners who set goals and attempt to achieve them with a positive attitude on the way.

Hate runners who whine (i.e., I would have done better in that race if I didn't stay up to 3 a.m. the night before).

Suggestions for local races: Be creative, e.g., Avia Scramble.

Suggestions for SBAA: Thumbs up for starting the Grand Prix Series.

My views on ...: Cross-training for running improvement - double thumbs up!

Quote: "It ain't over till its over."

