

RUNNER'S PROFILE

by Joe Howell

While I had observed Ray Gil at various races in the mid 1980s, my first formal introduction to him was at the first annual Law Day 15K race in 1986. As race director of a first-time event, I naively assumed that once the starting gun sounded, my worries were over. You can imagine my panic when I heard that there had been a traffic accident involving one of our runners, and an ambulance had been called. Some participants were already cracking jokes about the arrival of an ambulance at our lawyer-sponsored race (wondering how many lawyers would chase the ambulance, etc.).

As luck would have it, the accident involved a bicyclist who ignored a course monitor at a crosswalk and crashed directly into runner Ray Gil. The bicyclist picked the wrong victim, as Ray made certain that it was the bicyclist who hit the ground first, cushioning his fall (no doubt an instinctive reflex from his boxing days!). While Ray ended up with a skinned knee, it was the guy on the bicycle who needed the ambulance. When I asked Ray about the accident later, his only comment was "hey, don't worry about me; I'm fine. And you know what? I don't think that guy on the bike will be messing with any of our runners in the future!"

Ray can be seen at almost every major Santa Barbara or Lompoc race. For many years, he was both a top competitor and an enthusiastic supporter of every other runner. More recently, he sets up a massage table at each race, hands out equal parts of free post-race massage and his philosophy of life, and generally does more than his part to enhance the quality of our local races.

In addition to his considerable success as a runner (check out some of his race times!), Ray had an impressive boxing record, both as an amateur and in numerous matches in the Armed Services.

We are indeed fortunate to have such a colorful, caring person remain so involved in our running community.

Basic Information

Name: Ray Gil
Age: 72
Employment/Family: U.S. Military (Retired); Lompoc Unified School (Retired)
Wife: Hildred
Daughters: Sissy, Tonya
Sons: John, Randall
Other Sports/Interests: Boxing 21 years; Ark. Golden Gloves and AAU San Francisco Golden Gloves & AAU All Far East Command Championship and many, many more. Last fight 1963 (year retired from military). At age 39, won 6th Army Championship; ran track and cross country; basketball.



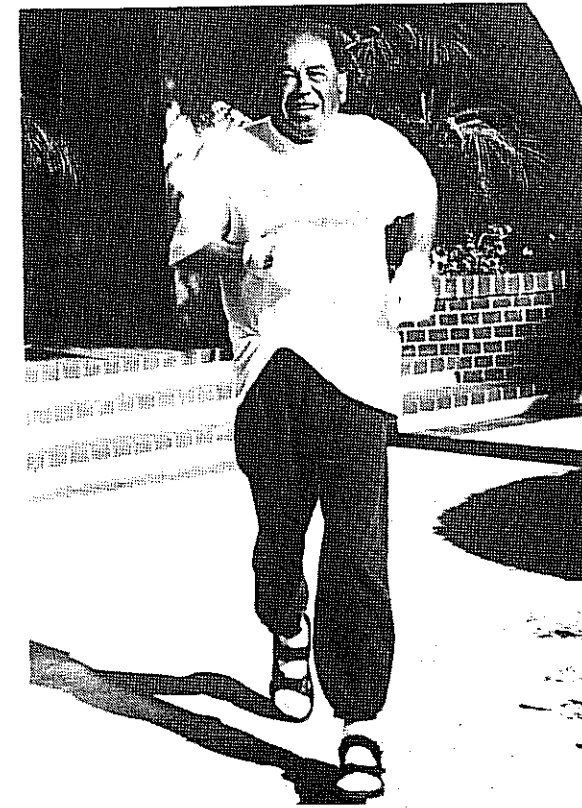
Ray Gil - The Boxing Champion

Running Highlights

Favorite Distance & PR at same: 10 mile - 58:17, Santa Maria
Best Race and Why: Las Vegas ½ Marathon - 1:17
Worst Race and Why: Morro Bay to Cayucos, popped hamstring, was hurting for two years.
Average Weekly Mileage (last 12 months): 17 miles - jog/walking.
Favorite Local Race: S.B. Half Marathon
Goals (Realistic) for 1997: To stay healthy and keep giving massages and improve my B.S.
Goals (Wildly Optimistic) before Year 2000: To get in shape and start running again.

Additional Information

Why I Run: Because it feels good.
My Runner Hero & Why: Jim Ryun
Personal Training Tips: Big meal - breakfast
 40 sit-ups daily
 walking
I hate runners who ... : Keep looking at their watches.



Ray Gil - The Runner/Massage Therapist

SBAA GRAND PRIX

The awards ceremony for the 1996 Grand Prix will be Tuesday December 10 at 7:00 PM at the MaiKai restaurant (217 State Street, across from the train station). Plaques will be distributed for first, second and third place for each age group division. Door prizes will also be awarded and the 1997 Race Schedule may be available.

Standings after Fay Hobbs 10K.

Women

18/under

1. Kiley Putz, 4100

19-29

1. Meghan Behrens, 10900
2. Lynn Goebel, 8000
3. Katherine Watson, 6700
4. Jill Zachary, 2700

30-34

1. Gae McClenathen, 10800
2. Carol Knox, 7900
3. Susan Petronio, 7600
4. Melissa Bermant, 5500
5. Misty Allen, 5000
6. Patricia Currey, 4700
7. Jill Ballantyne, 3800
8. Liz North, 3300
9. Maureen Bakey, 1000
10. Lori Russell, 100

35-39

1. Dianna Hall, 9100

40-44

1. Sharon Smith, 13000
2. Bobbi Janowiak, 5300
3. Sara Cobb, 3500
4. Deborah Flores, 3000