

RUNNER'S PROFILE by Joe Howell

In Santa Barbara, we have a rich tradition of running events. (On the 4th of July this year, we hopefully will see everyone reading this column either running or volunteering at the 42nd Semana Nautica 15K.) Many other running events have been created over the years, but few have become as successful and popular as the Nite Move Series. This is the eighth year for the Nite Moves, and the subjects of this month's profile are personally responsible for the renewal, expansion and outstanding quality that now define the Nite Moves. (By the way, I have been informed that while John Baron and Sharon Smith are co-producers of the Nite Moves, they are not a couple--just two dedicated runners who decided to collaborate on an event.)

As their individual profiles will demonstrate, both Sharon and John are seasoned runners, with many marathons and other events in their respective running portfolios. It is clear that when Sharon sees two closely scheduled events that others might consider a problem, she has a ready solution--do both of them! A good example is her run in the Boston Marathon in 1994, followed by the Paris Marathon only six days later. This year, Sharon was a member of the Run for Research group running in the 100th Boston Marathon on April 15. Not wanting to miss an opportunity for double Grand Prix points, she stayed in Santa Barbara through Saturday, April 13, in order to compete in the Chardonnay 10 mile race two days before Boston!

John shares the distinction of having a long list of marathons to his credit, as well as some impressive times at shorter distances. John can be seen almost every Wednesday night this summer, acting as co-host, co-producer and event emcee at the weekly Nite Moves events. (Although not a runner himself, another co-producer is John's brother, Jeff Baron. As Course and Results Director, his involvement keeps him behind the scenes but he is a big part of the Nite Moves.)

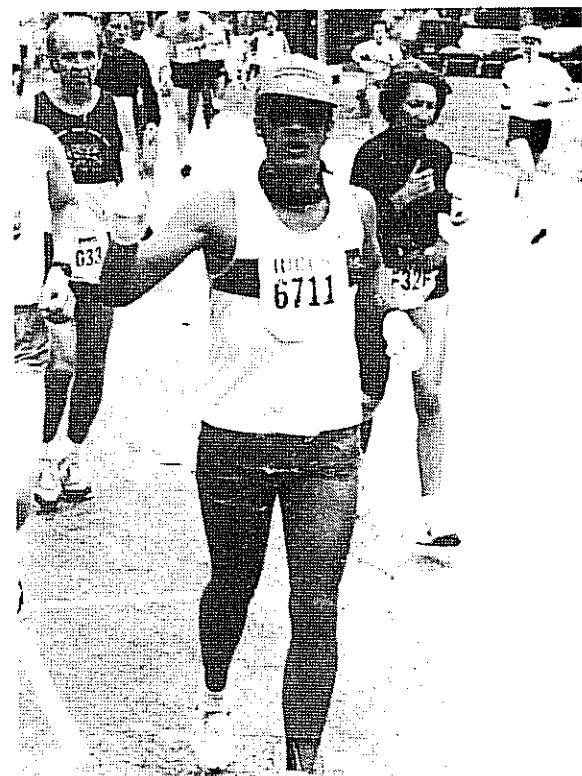
Our running community is fortunate to have dedicated runners like John and Sharon who are willing to maintain and in fact enhance quality events like the Nite Moves. The next time you compete in the Nite Moves, be sure to let them know you appreciate their efforts. (On the other hand, in the unlikely event that you have a less than wonderful experience, please let them know--they are continuously trying to improve the event.)

Basic Information

Name: John Baron
Age: 46
Employment/Family: Self employed
1. State Street Arcade
2. Mr. C's Pizza Place
3. Nite Moves
Single
Four brothers in Santa Barbara.
Other Sports/Interests: Like to shoot pool, swim, motorcycle, love the movies - nothing like the big screen.

RUNNING HIGHLIGHTS

Favorite Distance & PR at same: The marathon: 3:17:09 S.F. 1990
Best Race and Why: 1. N.Y. City Marathon - ran wire to wire non-stop in 1995.
2. Nite Moves 5K, 1990, July 11, ten days after S.F. Marathon - went out with Mary Rzyner and pushed all the way from Elise Way thinking she was right behind me. Ran an 18:08, only time I've run that distance with a sub 19.
Average Weekly Mileage (last 12 months): 30 - 35
Favorite Local Race: Nite Moves - miss running this.
Goals (Realistic) for 1996: Get conditioned to the point where I could set new P.R. at 26.2
Goals (Wildly Optimistic) before Year 2000: Break the 3 hour barrier in the Marathon.



ADDITIONAL INFORMATION

Why I Run: Softball and tennis stress my legs too much - lateral movement gets me! It keeps the weight down; gives me time to think.
My Runner Hero & Why: None in particular - enjoy watching a good effort, be it professional or amateur.
Personal Training Tips: Don't hurt. "Listen" to your body, back off and run within yourself.
I love runners who...: run SB Hash House Harriers.
I hate runners who...: think the Nite Moves course is "too hard" on them.
Suggestions for local races: 1. A city wide marathon, running over Loma Alta and APS.
2. A good 10K (remember News-Press 10,000?).
Suggestions for SBAA: Reach out to younger runners and encourage good training programs.
My views on ...: 1. Politics - too radical.
2. Life - Optimistic.
3. Sponsors - can't get enough.
Quote: "Try to be nice - sooner or later it will catch up with you."

BASIC INFORMATION

Name: Sharon Smith
Age: 43
Employment/Family: Nutritionist - Cottage Hospital.
Single.
Other Sports/Interests: Renewed interest in cycling, hiking, dancing, attempting to learn to swim. Running for 7 years.

RUNNING HIGHLIGHTS

Favorite Distance & PR at same: Continuing to explore distances to determine favorite. Each distance has its own unique level of pain.
Best Race and Why: Tucson Marathon '95. Qualified for Boston after pulling a hamstring four days earlier (my last training run). My watch broke two miles into the race, there were no split times along the course. I ran by how I felt and was ecstatic to see my 3:33 PR at the finish.
Worst Race and Why: Cate School two-mile dog run with my dog. Being loyal and competitive she got hyperthermic after placing in her weight division. (She now oversees canines at Nite Moves.)
Most Memorable Race(s): Boston Marathon '94, followed by Paris Marathon six days later.
Average Weekly Mileage (last 12 months): 20 - 30 miles.

Favorite Local Race: Nite Moves (without any bias whatsoever, of course) which is why I have been involved with the event on some level during its eight-year history.
Goals (Realistic) for 1996: Any PR at any distance and at least a couple more marathons.
Goals (Wildly Optimistic) before Year 2000: How about three marathons in one week?, or bike harder, learn to swim and qualify for Ironman--whichever fantasy comes first.

ADDITIONAL INFORMATION

Why I Run: Most challenging and rewarding physical activity I have ever tried and to keep life in perspective.
My Runner Hero & Why: Uta Pippig. She combines strength, beauty and discipline.
Personal Training Tips: Eating the right foods at the right times enhances performance and recovery.
I love: especially elite runners who have a genuine interest in how other runners are progressing.
I hate: male runners who pace on me during a race, pass me right before the finish line and beat me.
Suggestions for local races: Change Pier to Peak 1/2 Marathon to a cooler time of the year.
Suggestions for SBAA: Be more visible in the community and the local media. Have more social events.
My views on ...: It's great to be part of such a wonderful running community in Santa Barbara.
Quote: "Running is my strength . . ."

