

**RUNNER'S PROFILE**

By Joe Howell

Based on my own experience and those of many fellow runners, this year's Santa Barbara Winery 10 Mile Run (previously known as the Chardonnay and even earlier, as the Santa Barbara Winter Road Run) was a great success. I can't remember post race festivities where I have heard more people gushing about their PR, more novice runners enthusiastically recounting their excitement over completing the 10 mile course or more friends commenting on having such a great race - finally.

Cindy Klempner is one competitor whose race time may be near the end of the list, but whose satisfaction level is at the very top. All of us who have been running awhile recall fondly those early "firsts" that seem to come with such frequency at the start of our running careers - the first time you completed a particular distance or the first time you broke a time barrier that once seemed unattainable. In Cindy Klempner's case, she went from being an absolute non-runner to a marathon finisher in less than a year. Not satisfied with merely finishing two marathons, she has now embarked on a disciplined training regimen with a training coach, and she is one of the most enthusiastic, disciplined runners I've ever met.

In your next race, if you are one of the many rabbits passing Cindy, give her that encouraging word, tell her she's bound to beat her goal at the New York City Marathon in November, and when you see her at the post race festivities, tell her that she is certain to exceed her wildly optimistic goal for the year 2000.

**Basic Information**

**Name:** Cindy Klempner  
**Age:** 45  
**Employment/Family:** Attorney at Griffith & Thornburgh  
Husband - Art  
Sons - Noah, age 19 and Seth, age 15  
**Other Sports/Interests:** Before taking up running 2 years ago, I was completely unathletic. I enjoy the theater, particularly musical comedy and 19<sup>th</sup> century literature.

**Running Highlights**

**Favorite Distance & PR at same:** S.B. Winery 10 Mile - 1997 PR 1:43

**Best Race and Why:** 1996 LA Marathon - This was my first marathon. I was absolutely shocked and thrilled that I finished. I enjoyed every moment of the race and never hit the wall or had a single pain.

**Worst Race and Why:** McConnell's Endurance Run 10K - 1995. My first real race. I came in dead last - except for the woman with a dog who had to make numerous pit stops.

**Average Weekly Mileage (last 12 months):** 35 miles/week

**Favorite Local Race:** Law Day Run - even though I've never run it, I've truly enjoyed serving on the Race Committee. It was a wonderful opportunity to meet fellow runners and do something positive for the community at the same time. It has made me feel like a true member of the running community.

**Goals (Realistic) for 1997:** 4:45 Marathon - hopefully at NYC Marathon on November 2, 1997

**Goals (Wildly Optimistic) before Year 2000:** 4 hour marathon



**Additional Information**

**Why I Run:** After I completed my first marathon, I was convinced that I could accomplish anything I set my mind to. Each time I complete my daily run, it reminds me of that feeling of infinite possibilities.

**My Runner Hero & Why:** My younger sister, Judy, who took up running marathons with no previous athletic experience and has now run 5! However, it was only after I learned that Oprah ran a marathon that I decided I could do it too.

**Personal Training Tips:** I trained for my first marathon by using Jeff Galloway's formula "How to Finish a Marathon". I went from not being able to run to the corner, to completing the marathon in one year. I am proud to say that I did this on my own, **by and from the book**, with no help except the long distance encouragement of my sister. In fact, everyone else I knew tried to discourage me - but that only spurred me on.

Although I was able to finish by this method, my speed remained constant; s l o w. I have recently had the good fortune and luxury of working with an excellent personal trainer, Peter Park (local triathlete), and am just now beginning to see a real improvement in my speed. This has convinced me that incredible discipline and hard work, alone, may not be enough for a novice runner to improve. I needed the advice of an expert runner to help me achieve my goals. That's why I think a running club or clinic, like Roadrunners, would be great, so beginners could get training advice that a book alone could never provide.

**I love runners who ... :** speed past, yet make that extra effort to yell out an encouraging word to urge me to keep it up.

**Suggestions for SBAA:** Establish a running club like the Roadrunners where beginners could receive training advice and encouragement.

**Quote:** "If I can run a marathon - anyone can!"

**About the Photo:** On this 10K, I came in so late they ran out of ribbons. It was my first real race and I was a bit disappointed. Someone (a veteran runner) overheard me say I didn't get a ribbon and gave me theirs. Only later did I realize it was for the 5K instead of the 10K. I was thrilled anyway.

SBAA Member since 1995

**GRAND PRIX MUSINGS**

by Wally Marantette

I think the Grand Prix racing series is a great addition to the Santa Barbara running scene. After reading Jim Kornell's article in the March newsletter concerning the Grand Prix racing format I would like to add a few more thoughts and suggestions about the Grand Prix series.

The first subject that merits attention is the "double point" system presently awarded the four races in the Grand Prix point system. I propose to eliminate altogether the "double point" status of races. There are several arguments for this proposal:

1. The "double point" system puts too much emphasis on these few races in regards to the overall point standings. Injury, sickness, being out-of-town or an emergency are all possible reasons why one could miss a "double point" race and therefore put a major hurt on their Grand Prix standing.
2. Do the "double point" races (more than a regular Grand Prix run) really add extra participation to the older, traditional Santa Barbara runs? This does not seem to be the case, because as far as participation is concerned there seems to be an excellent turnout of Grand Prix runners at any of the Grand Prix races ("double points" or not). The historic, long standing Santa Barbara runs like the Santa Barbara Winery (Chardonnay) and the Santa Barbara Half Marathon or popular runs like the Terry Fox/Fay Hobbs run will be well attended with or without the "double point" status. For that matter these runs stand on their own merit with or without the Grand Prix series.
3. Finally, the overall concept of fair and equitable competition questions the reasoning of why some races should carry more weight than others. Have a poor race at the wrong time and one is disproportionately penalized. Let's see the 1998 Grand Prix series composed with every race carrying the same weight.

Concerning another area, I would like to add support to Jim Kornell's idea of a Grand Prix track race. Either a 3,000 or 5,000 meter race would add a new and exciting dimension to the series. Experiencing the feeling of racing on a track, cheering on fellow runners in a stadium setting, and being part of the overall drama that track racing can produce would be one of the highlights of the racing year.