

**RUNNER'S PROFILE**

by Joe Howell

One of the great benefits of running in Santa Barbara is the opportunity to meet the wide variety of people who compete in local running events. My first introduction to the subject of this month's profile, Dale Rhine, was at the Lompoc Marathon in 1995.

Dale was excited about his first marathon and was discussing his marathon training program when I noticed that he was wearing an electronic gadget on his running shorts. Wondering what new-fangled running appliance Dale was using, I asked him about it. He then told me that his wife was pregnant, and just in case, he was carrying a beeper. Dale successfully finished the Lompoc Marathon and has gone on to run others. He and his wife, Anne, soon after the race welcomed daughter, Samantha, who has now become a frequent running and racing companion of Dale's.

Dale and fellow Montecito Bank & Trust officers, Steve Worthington and Bob Ellis, are training partners and occasional runners at East Beach. I had suggested that all three of them provide me with information for a "triple feature" Runner's Profile featuring "The Running Bankers." For some unknown reason (perhaps modesty, procrastination, or lack of interest--pun intended), Bob and Steve did not provide their information to me in time for this month's issue. When you next see Dale at a race, say hello to him; if you see Bob or Steve, tell them to get on the stick and submit their life histories for all of us to read!

**Basic Information**

**Name:** DALE RHINE

**Age:** 41

**Employment/Family:** Home Loan Officer—Montecito Bank & Trust. Married with two children. Wife's name is Anne, son Colin, age 8, and daughter Samantha, age 2.

**Other Sports/Interests:** Volleyball (in prior life, Captain of 1979 UCSB Men's team). Camping with family and friends.

**Running Highlights**

**Favorite Distance & PR at same:** 15K 1995 Semana Nautica 1:09

**Best Race and Why:** Tie between 1995 Semana Nautica 15K and Goleta Rotary 5K in 1996. Semana Nautica was memorable because I set the race up into three sections. I went out easy, maintained goal pace in the middle and finished strong. What a great feeling! The 1996 Goleta Rotary race was memorable

because it was the first race that my entire family ran in. (I pushed Samantha in a baby jogger and she beat me by a nose!)

**Worst Race and Why:** 1997 Semana Nautica. I set this race up in three sections. I went out too fast, struggled through the middle, and alternated between walking and jogging the end. Lesson learned on not being trained for a race.

**Average Weekly Mileage (last 12 months):** 20 to 25

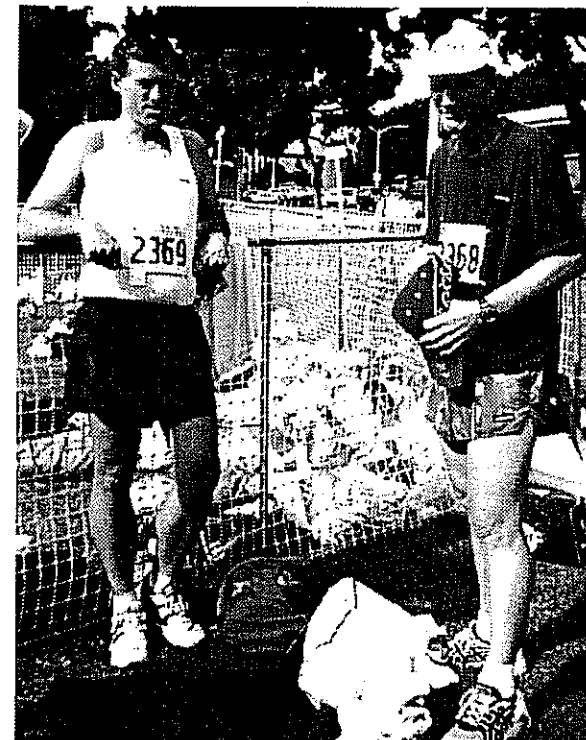
**Favorite Local Race:** Tie between Chuck's Run, a great excuse to run and eat with a lot of locals, and The News-Press Half Marathon, which is a great course, challenging with a view.

**Goals (Realistic) for 1998:** L.A. Marathon in March, and San Diego in June for the First Rock and Roll Marathon.

**Goals (Wildly Optimistic) before Year 2000:** Qualify for and run Boston!!!

**Additional Information**

**Why I Run:** For the physical and mental release. It is a perfect time to either sort out the days' demands, or socialize with all the great people who I get to run with.



Profile Subject Dale Rhine (on left; #2369) with mystery runner #2368 (AKA Bob Ellis)

**My Runner Hero & Why:** My runner hero is Bill Cattoi, who along with John Feeley (the "Mouth Piece" of the Club), are the Founders of the Cathedral Oaks Running Club (CORC). Bill, in his "later sixties" runs five days a week, rain or shine, and doesn't miss a day. He still logs over 2,000 miles a year. He is a runner for life and his tips and philosophy (which we get to hear during the infrequent gaps in Feeley's stories on our weekend long runs) on running are an inspiration to be a lifelong runner.

**Personal Training Tips:** Make running a priority in your daily routine. (I'm still working on this one.)

**I love runners who ...:** encourage other runners to do their best. I'm not sure of his name, but there is one local runner at our local races who always yells at us midpackers to smile, "cause we are having fun out here!"

As corny as it sounds, running did change my life. I went from couch potato to completing my first marathon in one year (thanks to Steve Ainsley and the CORC). After being an athlete in college, and then doing nothing, it was great to discover running and be healthy again.

**RUNNING SHORTS**

by Kevin Young

The inaugural Rock 'N roll Marathon in San Diego next June 21 expects 5,000 out of the 12,000 runners to be Leukemia Society Team in Training runners. Their goal is to raise \$10 Million, \$2,000 per runner, during the event... One study of marathons between 1980 and 1995 showed the number of finishers completing in less than 4 hours fell from 62% to 28%... In 5 road races worldwide one weekend in October Kenyans took the top 3 spots in MA, the top 6 spots at Twin Cities Marathon, 8 of the top 10 at the El Paso 15K, top 3 in an Irish 10-miler, and top 7 in a Swedish 30K... American Jerry Lawson ran a 2:09:35 for 7<sup>th</sup> at the Chicago Marathon, breaking the AR for a loop course. Lawson lost 15 pounds after a breakup with his girl friend. He won't get the \$1 Million New Balance award because the shoe company says a US runner must break Bob Kempainen's 2:08:47, which was run on the tailwind-aided, downhill Boston course... Ten years ago a 2:50 at the Marine Corps marathon was good for about 250<sup>th</sup> place, this year it got you 82<sup>nd</sup> place. VP Al Gore finished it in 4:58 with his daughters... Kenyan John Kagwe won the NYC Marathon in the 2<sup>nd</sup> fastest time ever: 2:08:12... Tarahumara Indian (Mexico) runner Cirildo

Gonzalez won the Angeles Crest 100-Miler in September... Bone tissue breaks down and rebuilds itself not unlike muscle tissue. A recent study showed those who engage in high impact sports like running had much stronger bones than those who swam... Anyone for cross training? Enter the 3,000 mile transatlantic rowing race, requiring 845,000 strokes... The world's best triathlete is Van Lierde of Belgium. He wins world class triathlons with unbeatable speed over the last half of the marathon (he ran a 2:41 at Hawaii and a 2:36 winning the European Championships). He says "instead of laying a base of endurance and then building speed, you must sharpen your speed first so you have not deadened it by too much volume. Closer to the race once your speed is established, you add more distance." He and his coach analyze his blood at precise intervals in his workouts and then subject it to computer analysis which provide a blueprint for future workouts...A lot of runners are running in snowshoes now. It was 97 degrees one day last month here in SB... Winter is fun. Easy distance is the norm. 2 steps breathe in, 2 steps breathe out. No need to run faster while you build a base, just enjoy... When you jut your jaw out while running, more air gets into your lungs. Right?... Local runner Harold Ketting's Mai Kai restaurant has moved to 35 State Street... Indonesian runner Ruwiyati, gold medalist in the Southeast Asian Games in Jakarta, sucks her trainer's blood after races to feel refreshed... Track meet volunteers and officials are needed for the Easter Relays March 21, 27 and 28. Call Lloyd Albright, 682-9540, SCA USATF Officials Commissioner SB Area... The UCSB Gaucho Cross Country Men's Team won the Big West Championships at Cal State Fullerton. Five UCSB seniors finished in the top 12, beating defending Big West champs Boise State by 48 points. Ben Flamm, Nate Elston and Trent Bryson led the Gaucho runners and coach Pete Dolan won big West Coach of the Year honors... 40-page running book catalog available. Also leave message with your address to receive USATF membership application. It's only \$15! Our sport needs your help! Call 805-564-3400 or e-mail kyoung@west.net.