

RUNNER'S PROFILE

by Joe Howell

The name McClenathen is synonymous with running in Santa Barbara. Whether it is Gordon McClenathen—Grand Prix champion in the men's 60-64 division, cross-country and track coach at Dos Pueblos High School and national class elite runner from high school to present—or his daughter Gae McClenathen—Grand Prix champion in the women's 30-34 age group, also cross-country and track coach at Dos Pueblos High School and also an elite runner with some remarkable performances (when was the last time you had your best race and worst race on a single day?)—the McClenathens continue an impressive tradition of contribution and commitment to our running community and consistent, impressive performances in local races.

Keep watching for top performances from both Gae and Gordon and their highly regarded cross-country and track teams from Dos Pueblos High School.

Basic Information

Name: Gordon McClenathen

Age: 63

Employment/Family: Retired Teacher - But still coaching Cross-Country and Track at Dos Pueblos High School

Wife - Merna

Kids - Mark, Gae and John

Other Sports/Interests: Hiking in the High Sierra Mountains; Indoor and Outdoor Track

Running Highlights

Favorite Distance & PR at same: High School and College Days: High School Mile (4:33) in 1952 at Santa Barbara High School; College Mile (4:15) and Two Mile (9:16) in 1956 at UCSB; Now 5K - 20:06 at age 60

Best Race and Why: Then: Ran my best mile (1956) at Easter Relays in front of the hometown crowd

Now: State Street Mile (5:44) - It was my first time doing it; Ran my best 5K in Camarillo on Thanksgiving Day and won a turkey for the effort.

Worst Race and Why: Then: 1956 Olympic Trials 10K run in Bakersfield because I didn't get to finish the race due to being lapped by lead runner; or NCAA (1955) Cross-Country Championship at

Michigan State University in cold weather (wind chill - 0 degrees)

Average Weekly Mileage (last 12 months): 25 to 30 miles

Favorite Local Race: Any race at UCSB Lagoon for obvious reasons (UCSB Grad)

Goals (Realistic) for 1996: Too late in the year to do what I wanted, but I did run my best 5K - 20:59 at the National Masters Championships in Spokane, Washington; spent too many days in Atlanta, Georgia watching the best doing it.

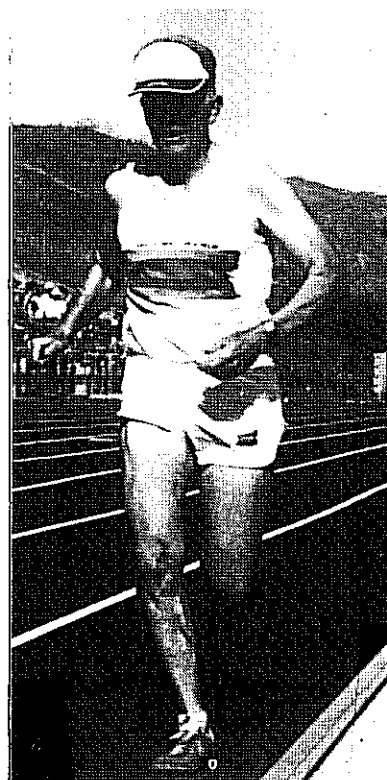
Goals (Wildly Optimistic) before Year 2000: Run under 20 minutes for 5K

Additional Information

Why I Run: I tried baseball and football, but did better at running. I've been involved with it most of my life, and as a coach its the best way to help a new runner. The obvious healthful reasons and the fellowship are why I continue to run.

My Runner Hero & Why: My heroes started with Bannister and Landy, but they are always changing to someone different depending on what they have accomplished.

Personal Training Tips: I like doing different types of workouts - long runs (one hour or more); short runs (30 minutes or less); hills; intervals on track or park trails; and REST (day off).



I love (hate) runners who ...: As a coach, I hate runners who quit in a race or don't show.

As a runner, I love runners who quit and don't show!

Suggestions for local races: Grand Prix was a great idea.

Suggestions for SBAA: Keep up the good work; maybe more relay races.

Quote: "You don't have to win a race to be a winner, you're already a winner if you're a runner."

SBAA Member since 1968. More of a supporter to SBAA over the years.

Basic Information

Name: Gae McClenathen

Age: 34

Employment/Family: Single

Bookkeeper silk floral business

Coach Dos Pueblos High School - girls cross-country and girls track-distance runners

Other Sports/Interests: Cycling (road and mountain), weight training, gardening

Running Highlights

Favorite Distance & PR at same: 5K (because no matter what kind of shape I'm in, I can still race one!) 18:38

Best Race and Why: League Finals Mile Race my senior year at Dos Pueblos—5:18. I dreamt about every aspect of the race, including the time, about a week before it happened. It was my best time (even though it wasn't the school record I was after) and I qualified for CIF competition.

Worst Race and Why: San Francisco Marathon '84. It was both the best and worst, all combined in one race. It was my first marathon, I was in great shape and I was on a sub-3 hour pace most of the race, running comfortably. Unfortunately, I was semi-dehydrated from the start and the last 3-4 miles were pretty ugly. I couldn't even see straight enough to find the aid stations for the last 3 miles. I did finish, collapsing on the finish line at 3 hours flat, with a 105 degree temperature. I had to be iced down, and the 30 minutes after finishing were worse than the entire 3 hours of the race. I felt like Wonder Woman for months after this race for making it to the finish line and in a time I was happy with.

Average Weekly Mileage (last 12 months): 30-40 miles

Favorite Local Race: Valentines Relay - it has become a tradition for my dad and me to run it together unless one of us is injured or sick. It is also getting tougher to win the father/daughter division as we both get older!

Goals (Realistic) for 1997: Have another injury free year and set PRs at 5 and 10Ks.

Goals (Wildly Optimistic) before Year 2000: Run another marathon and break 3:00

Additional Information

Why I Run: For my physical and mental health, to be with my running buddies and it's in my genes!

My Runner Hero & Why: My father who continues to run and race at 63 and who is not too far behind me! Also Joan Benoit Samuelson and Mary Decker Slaney for setting incredible standards in women's distance running in the "early" years.

Personal Training Tips: Less is more - listen to your body. Being a little undertrained is much better than being overtrained.

I love runners who...: go out and try to run up to their maximum potential every race.

I hate runners who ...: sandbag a race and chit chat with fellow sandbaggers right next to me while I am running my guts out.

Suggestions for local races: A handicapped race in which age groups and sexes take off at various intervals, the slowest starting first. Mike Smith organized a race like this years ago at Stow Park. It was great fun!

Suggestions for SBAA: Discounts on entry fees for SBAA members at SBAA sponsored races.

Grand Prix idea was great—I raced more than ever this year.

Quote: "Keep on runnin ..."

SBAA Member since 1982

