

RUNNER'S PROFILE

by Joe Howell

The subject of this month's profile is one of those people who displays a remarkable ability to achieve at a high level in every aspect of her life yet maintains a healthy sense of balance and perspective. In her professional life as Vice President/Employee Benefits Manager for Santa Barbara Bank & Trust, Paulette is without equal as an experienced professional who always seems to have time for her clients. (I once referred a Los Angeles client to her for a retirement plan/transaction matter. The client commented that he was fairly certain he could never have found such a capable, pleasant and responsive person in all of Los Angeles!) As a wife and mother, Paulette has enjoyed similar success. Paulette, her husband Art and her two sons are world travelers, with a great sense of adventure. As a runner and athlete, Paulette displays the same determination and success. A mutual friend, who has seen Paulette compete as a runner, a skier and tennis player, commented that Paulette had earned the nickname "The Nail"—a tribute to her remarkable physical and mental toughness.

Noting Paulette's ambitious but very achievable goals, I suggest that each of you be one of those "encouraging and supportive" fellow runners (see "I love runners who . . ."), assisting Paulette in achieving her individual goals. (How about "Hey Nail, you're looking great" the next time you see her?)

Basic Information

Name: Paulette Posch

Age: 47

Employment/Family: Vice President and Employee Benefits Manager for Santa Barbara Bank & Trust;

Married for 27 years to Arthur Posch (also a runner); 2 sons.

Other Sports/Interests: I like tennis, skiing and most outdoor sports. My favorite interest is travel, whether in the United States or abroad. There are some wonderful places to go and great people to meet. I was born and raised on a farm in Minnesota and never got to travel at all as a kid, so now I am trying to make up for it.

Running Highlights

Favorite Distance & PR at same: 10K in 46:43. That may seem really slow, but I am just happy if I can do any race at an 8-minute pace.

Best Race and Why: Law Day—it seems to be the only race I can win or used to be able to win before it became so popular. I have medals for the 15K, the family relay, and the corporate coed relay.

Worst Race and Why: My one and only marathon, the California International Marathon last December in Sacramento. My left leg cramped up at the end and I finished in 4:03 instead of under 4 hours. Someone built a brick wall at the 24 mile mark. I am hoping that now that I have done one, the next one won't seem so long.

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

Favorite Local Race: The Chardonnay Race. It always seems to be on a beautiful morning, it is a nice route along the beach, and a good distance.

Goals (Realistic) for 1997: To increase my weekly mileage to 30-40 miles each week. To complete one marathon in under 4 hours. That is why I am thinking of doing the Tucson Marathon - it is mostly downhill.

Goals (Wildly Optimistic) before Year 2000: 10K in under 45 minutes; Half Marathon 1:45; Marathon 3:50 (and to cross the finish line smiling and feeling good).



Additional Information

Why I Run: I started running 14 years ago when my youngest son was a baby and I needed to find a sport that could be done in a short period of time without much planning. Now I run for all the right reasons. It makes me feel good physically and emotionally, it is a great stress reliever and I have never met a runner I didn't like (the snobbish ones don't bother to talk to me). Actually, I find most runners to be strong, determined and independent people and I want to be like them. After growing up in Minnesota, I feel lucky to be able to run in such a beautiful place with such nice weather. I think I can appreciate good weather more than a native Californian.

My Runner Hero & Why: Mary Decker Slaney because she is only 10 years younger than I am, but she keeps competing and winning over girls much younger.

Personal Training Tips: I think I need personal training tips more than I can give them. My only tip is to make running a priority in your day and not something you just try to squeeze in.

I love runners who ...: are always encouraging and supportive and want you to do your best, which are must runners.

I hate runners who ...: run between 6-7 minute miles and then complain about how slow they run.

Suggestions for local races: Give entrants to a race the option of a tank top, T-shirt or sweatshirt. It could be something like \$10 for a tank top; \$15 for a T-shirt; and \$25 for a sweatshirt, or something like that instead of always a T-shirt. Like most runners, I have too many of them.

Suggestions for SBAA: Maybe sponsor some "fun runs" that aren't races, but aren't on the usual courses, but on track or back roads instead.

Quote: Actually, I like the quote "Just Do It", but since Nike has already used that one, I like "You've only failed if you have never tried."

SBAA Member since 1995

GROW OLD BUT NOT SLOW

by Jim Triplett

Over the years I have learned a thing or 2 about training and racing. An education that has taken 25 years; a journey of trial and error. From these experiences, my successes and failures, I have developed a running doctrine for the 40 and over crowd; a common sense way to improve performances while avoiding injuries.

As an aging runner you are aware of the unique relationship you have with time and energy: the older you get the less time and energy you have. Running is often times squeezed into an already full schedule. That alone can create enormous energy drains. Older athletes need more rest. Running tired usually means living tired.

Prolonged fatigue is a precursor to injury and other maladies. As energy wanes so to does enthusiasm and confidence. The fatigue factor is the great equalizer: back-of-the-pack-hacks and running savants have all been humbled by it.

Success has a common origin: positive thinking. A bad attitude is a losing life style.

Training and racing tenets:

Training

Too many miles & too many hard workouts is a lot of wasted energy. Save superhero efforts for races. Rest and rest some more.

Racing

Racing is not for sissies. Competition is a catalyst for opportunity. Cool your heels at the start: too quick too early puts the hurt on you.

Fuel is a limited resource, pace yourself.