

RUNNER'S PROFILE

By Joe Howell

Wally Marantette may well qualify as the "model" SBAA member. He has been a participant and strong competitor in local races for many years, he always seems to have an encouraging word for fellow runners, and he is more than willing to contribute to the improvement of the local race scene. You may recall Wally's article in September's Newsletter, asking for Grand Prix participants to respond to his poll about improvements to the Grand Prix. While the torch has not yet officially passed, it looks as though Wally (who hopefully will be joined by another soon to be identified dedicated runner and strong competitor) will be taking over responsibilities for the 1998 Grand Prix. Wally has lots of great ideas, an open mind, and a huge amount of enthusiasm.

If you have some good ideas for the Grand Prix and miss the chance to speak to Wally at one of the several upcoming Grand Prix events, just stop by the Sojourner Cafe, which is known for its great food and ambiance, enlightened management and strong support of the running community.

Basic Information

Name: Wally Marantette

Age: 48

Employment/Family: Have been owner of and have been owned by the Sojourner Cafe since its beginning in 1978. (An amicable separation is in store for the near future.)

Other Sports/Interests: Swimming and biking. Good food and wine, reading, foreign or alternative type films, opera.

Running Highlights

Favorite Distance & PR at same: 10K. Twenty years ago I could crank it out in 36 minutes. In the last few years my best is a 39:20.

Best Race and Why: The McConnells 10K in 1996. I went into the race not knowing what to expect. From the start I was able to gradually build to a pace and mental zone where I was able to push the limit and maintain that capacity to the finish. Everything was clicking that day which keeps me coming back for more.

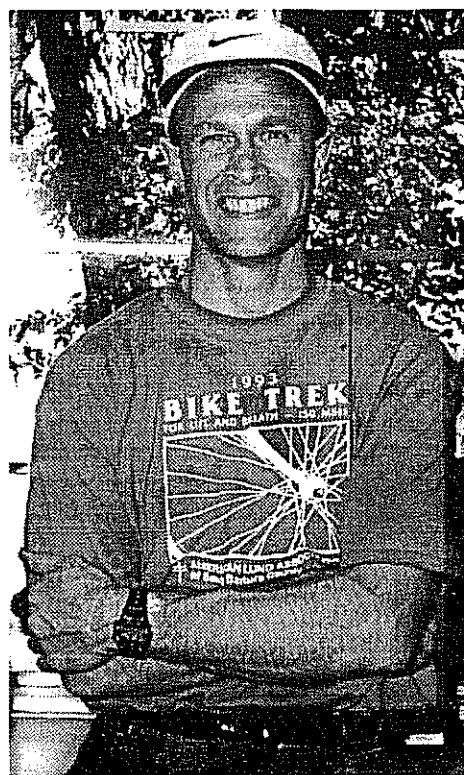
Worst Race and Why: The Big Sur Marathon in 1995. I felt great for the first 13 miles and was thinking of grandeur when the big running Kahuna decided to put the hurt on me. I had gotten caught up in the moment and made the stupid mistake of going out too fast. While feeling like a piece of dog turd, I was painfully looking ahead at the remaining 13 miles. Struggling on, I was never so happy to see and cross a finish line.

Average Weekly Mileage (last 12 months): 18-20.

Favorite Local Race: The Carpinteria Orchard to Ocean 10K. I enjoy the unusual make-up of this course that contains many different looks. The race receives great support from the Carpinteria community, and the money raised goes to their education system.

Goals (Realistic) for 1997: First of all, to have an injury-free year. Break 40 minutes for the Terry Fox/Fay Hobbs 10K, 5 minutes for the State Street Mile.

Goals (Wildly Optimistic) before Year 2000: Run a strong Big Sur Marathon (around 3:15). Enter more of the triathlete competitions and who knows what the future might have in store (Ironman???)



Additional Information

Why I Run: Nothing can match the exhilarating feeling of a good run. Facing the challenge in racing of pushing yourself to the edge is a compelling love/hate compulsion.

My Runner Hero & Why: I'll never forget Billy Mills pulling the 10K shocker in the 1964 Olympics. Bill Rodgers and Frank Shorter were inspirations for many years. Today my hero is the not so physically gifted person who still gets out there and gives their best.

Personal Training Tips: Be flexible. Vary your runs with hill workouts, track intervals and flat, easy runs. Enjoy a barefoot run on the beach. A bike ride or swim are great supplements or alternatives to your running regimen.

I love runners who...: will give a word or display of encouragement to fellow runners. Also, those runners who show their appreciation for the volunteers at races.

I hate runners who...: constantly complain how terrible they feel and then go out and have a great race.

Suggestions for local races: Incorporate into the Grand Prix season a 3K or 2 mile track race at S.B. City College Track. Run the races by age groups like the State Street Mile. This would add a new distance to the racing year as well as the excitingly different setting a track format would provide.

MORE THOUGHTS ON THE GRAND PRIX

In September's issue, Wally Marantette provided his reflections on the Grand Prix and asked for your input on possible changes to the format. Wally has heard from a number of you and hopefully, many more will provide Wally with ideas and suggestions for improving the Grand Prix. The Newsletter also included a reminder of the Grand Prix rule requiring that all participants serve as a volunteer in at least one local area race or perform other volunteer service for the SBAA. Many of you have responded with an e-mail, fax or letter indicating the race or races where you have volunteered. If you have not responded, please do so (Joe Howell, 812 Presidio Avenue, Santa Barbara, CA 93101--fax: 962-0534--e-mail: jhowell@hmglaw.com)

Most importantly, every SBAA member, and certainly every Grand Prix competitor, should make a commitment to serve as an official volunteer at a minimum of one local race or alternatively, perform some other volunteer service for the SBAA.

A few of our local races are for profit ventures, most are dedicating their proceeds to some nonprofit activity or community organization, and absolutely all require volunteers. Some people say they would like to volunteer, but are competing in virtually every local race. You no doubt have seen many runners, in fact some of our most competitive SBAA members, who are happy to arrive early to assist with registration, assist with results after their run, or stick around to help with clean-up. In the larger events, there often is pre-race check in and late registration the evening before the event. Finally, there are numerous non race-related volunteer opportunities, such as assisting John Brennand with the newsletter or race brochure mailings.

You may recall that one of the few expectations for SBAA members is to volunteer for at least one event per year. With everyone doing their part, races can continue, the burden on John Brennand and those who seem to single-handedly carry every event will be lightened, and the entire running community will benefit.

Please do your part. When an SBAA Board member calls to ask for your help for the next race or one of the other events sponsored by the SBAA, just say yes!

GRAND PRIX PLUS

by Jim Kornell

One more GP Option

I vote eight races, no double points. I think it should be possible to have a racing season, a four to six month period of racing. Then, to have a non-racing season, for fun running, goofing off, doing other sports, whatever. Better, in my opinion, for one's long-term health and enthusiasm as a runner. Fewer races and elimination of the double-point races scattered throughout the year means this is possible with full GP participation.

I've recently talked with three committed GP runners - Gregg Horner, Elaine Triplett, and Gene Ball - and all three felt the GP season is too long. It's a feeling I share myself. So I propose fewer races, without any "mandatory" events.

GP Track

Robin Paulsen and I will be adding a track race to next year's Grand Prix series. As part of the summer All-Comer's series at City College, we'll have a 3000 meters. Entry fees will go to the Special Olympics in memory of his daughter.