

## RUNNER'S PROFILE

by Joe Howell

Brigid Freyne is just what Santa Barbara needs: an enthusiastic, talented runner who loves to race. While her schedule as a resident physician allows her limited training time, she loves to compete and has already enjoyed success on the local racing scene. She was the second woman finisher at the Semana Nautica 15K, with an impressive time of 1:00:47.

Brigid was a cross country and track competitor in both high school (Riverside) and college (two years at U.C. Berkeley and one year at U.C. Riverside). She then attended medical school at St. Louis University followed by her residency in Santa Barbara at Cottage Hospital. She has enjoyed some impressive times (check out her 1:19:40 half marathon) and success in races at various distances. Brigid is one of the Tuesday night track regulars, often pushing the pace and keeping everyone in her group honest. She looks forward to increasing her training time and mileage when her schedule permits, and she undoubtedly will enjoy even greater local success in the future.

### Basic Information

**Name:** BRIGID FREYNE

**Age:** 28

**Employment/Family:** Resident Physician, Internal Medicine

Single

**Other Sports/Interests:** Bike-riding

### Running Highlights

**Favorite Distance & PR at same:** 10K (36:18) and ½ Marathon (1:19:40)

**Best Race and Why:** Recent - ½ marathon in Sendai, Japan; March 1998. Enjoyable week-long trip representing Riverside in its sister-city race; ran only 4 and ½ minutes off PR.

Remote - Kinney Cross Country Nationals 1986 - culminated season where I went from 2<sup>nd</sup> runner on my team to 6<sup>th</sup> runner in the country.

**Worst Race and Why:** My first and last marathon - LA'96. Over the last 10 miles, I was passed by grandmothers, mohawked rockers, weekend warriors and elementary school children.

**Average Weekly Mileage (last 12 months):** 30

**Favorite Local Race:** Winery 10 mile - beautiful course and plenty of fast runners.

**Goals (Realistic) for 1999:** Finish my residency, find a

job, pass the internal medicine board exam and continue running without any more injuries.

**Goals (Wildly Optimistic) before Year 2000:** Do all of the above and still make it to the finish lines in a respectable amount of time.

### Additional Information

**Why I Run:** A runner since age 11, I enjoy the calming and refreshing effects of a daily run. In addition, it is a time-efficient way to stay in shape and keeps me self-disciplined.

**My Runner Hero & Why:** Sonia O'Sullivan, Catherina McKiernan, Eamonn Coghlan, and John Treacy because they headline a strong tradition of Irish running. Also, Algerian Nourredine Morceli because he went from obscurity to World Champion during his college days in Riverside, CA, my hometown.

**Personal Training Tips:** Include variety over distance, pace and terrain; cross-train and take days off.

**Suggestions for local races:** All of the races are well organized, attendance is good and of course the weather and scenery never fail.

**Suggestions for SBAA:** Recruit more younger runners - perhaps a rollerblade or volleyball for running shoe exchange program.

**My views on health:** Exercise, get plenty of sleep, eat a nutritious diet and avoid hospitals.

**Quote:** "Live each day as if it were your last."

