

Submissions are welcome from everyone, including rivalry participants!

To get the rivalry column started, who could be better than two Ironwomen--Terri Thomas and Bobbi Janowiak. Yes, both have competed in and finished, with impressive performances, the Hawaiian Ironman. Both have some major races to their credit, including head to head competition ranging from the 1983 Santa Barbara Triathlon to the 1995 Sacramento Marathon and the 100th Boston Marathon in 1996. To hear these two friends engage in their creative "trash talk" is entertainment at its best. To give you an example, if you ask either of them about the other, the conversation quickly turns to the last time one of them "kicked the other's butt". Don't worry about a description of the event, the date or the time--details will be provided immediately. The competition between these two can get a little tense; informed sources report that when an exasperated Bobbi told Terri that Bobbi would actually pay Terri to get out of Bobbi's face as the two ran the 1996 Boston Marathon, the enterprising Terri refused until she was able to push Bobbi to a big payoff amount. (Note: The check is still "in the mail".)

Now for the best part--these two have declared the time and place for their next head-to-head competition--the 1999 Santa Barbara Triathlon--Long Course. When asked about the competition, Terri, two-time winner of the SB Tri long course, dismisses the challenge from Bobbi. "Poor old Bobbi; she needs a new hobby." Not to be outdone with the fighting words, Bobbi, who considers her 1983 S. B. Tri defeat of Terri a personal triumph, quickly responds: "today she can boast--in '99 she'll be toast". Readers, stay tuned for updates on this ongoing rivalry. While husbands Duncan Thomas and John Wiskel, also Ironmen and endurance athlete phenoms in their own right, claim that they are staying out of it, each reportedly has spoken to a major casino in Las Vegas about making book on the 1999 Santa Barbara Triathlon.

Again, your rivalry stories are needed. Dave the Rave v. Dave "Big Mac" Peterson; Wally M. v. Mikey D.; come on, let us hear from you! Provide your stories, leads or suggestions to Joe Howell, 812 Presidio Avenue, Santa Barbara, 93101; e-mail: jhowell@hmgclaw.com.

RUNNER'S PROFILE

by Joe Howell

The subject of this month's profile is Joe Banach--rocket scientist (I mean it--check his profile below), dedicated SBAA Board member and a fiercely competitive runner.

While Joe has devoted far less time to his running and competitive racing this year, Joe and fellow brainiac, good friend and runner Steve Johnson truly set the standard for competition in last year's Grand Prix. While Jim Kornell won the men's 45-49 age group in the 1997 Grand Prix, Joe and Steve had a year-long battle for second place. They had ten head-to-head battles; they each won five. In several of their races, the winner was determined in the last two to three hundred yards. Such an incredible level of competition, coupled with their strong friendship and some great cyber trash talk via e-mail, made the Banach/Johnson competition an exciting part of last year's Grand Prix. (Joe nipped Steve for second place.) In 1999, when Joe Banach, Steve Johnson and others "age up" to the 50 to 54 category, look for another great year of competition.

One more thing about Joe--he certainly will go down in history as the most tactful yet effective solicitor for SBAA volunteers. When the SBAA Board divides up the membership list for calls to members, requesting help at any one of the SBAA-sponsored races, it is always Joe who produces the largest number of volunteers. Perhaps he should make a career change--from rocket science to telemarketing!

Basic Information

Name: JOE BANACH

Age: 50

Employment/Family: Aerospace Program Manager, Raytheon SBRC

Single; shelter for niece Helen (8) and nephew Drew (10) as needed.

Other Sports/Interests: Hiking, financial securities analysis, reading about various non-fiction topics.

Running Highlights

Favorite Distance & PR at same: 10 mi; 59:40

Best Race and Why: Actually a string of three races in 1990. Lakewood Half Marathon 1:20; L.A. Marathon 2:50; Chardonnay 10 mi 59:40. My workouts were challenging. I was focused and confident enough to push a good consistent pace at my limit in each race. It is nice to be fortunate and have everything go right.

Worst Race and Why: 1998 Santa Barbara Winery 10 mi. I was in my normal race position for the first 3 miles and simply dropped off my usual pace by 30 sec/mile for the next 5 miles. I lost focus and don't know why. My only feeling was to move ahead and run a better race at the Law Day 15K (which I did do).

Average Weekly Mileage (last 12 months): 35 miles. Long, slow 17 mi Sunday distance run and about 5 workouts 3-4 mi each at 5K race pace for repeat miles or fartlek.

Favorite Local Race: Chardonnay or S.B. Winery 10 mi. It is the right distance for me. I enjoy springtime and the course along the beautiful ocean front.

Goals (Realistic) for 1998 or 1999: 18:15 5K (with the help of Jim Triplett's workout!)

Goals (Wildly Optimistic) before Year 2002: Get inspired to do three quality months of the right training, diet, sleep and confidence and run a 3:05 marathon.

Additional Information

Why I Run: I started running 20 years ago at 6 or 7 days per week to be in top physical and mental condition. It worked. My physician says my physical exam results are very good and near his model, Joe Howell. Otherwise, there is nothing quite like completing a hard workout and being thankful for the opportunity to just do it.

My Runner Hero & Why: John Brennan is an extraordinarily consistent distance runner, who inspires me at my best races to stay with him and keep running. You can count on John to do the right things for the SBAA and its races.

Personal Training Tips: Vary workout interval training with scenic long, slow distance (>12 mi) at least 3 times a month to avoid boredom. Try to run half your running miles on grass or cross train equivalently on bicycles or running in a pool to prevent overtraining injuries. Run weekly with a group for inspiration. Take antioxidant vitamins C & E and a carrot daily to reduce free radicals and calcium to keep your bones strong.

I love runners who ... : are pleasant and interested in talking about the ups and downs of training, running, and life. I love volunteers ... Ethel, Dale, Des, John, Robin, Patsy, etc. who make the SBAA and races happen. Finally, I enjoy the SBAA personalities--Jim Kornell's insights, Joe Howell's wit, Kevin Young's running event ideas, the charming running ladies, and the list goes on.

Suggestions for local races: Over the past 10 years, I feel I have seen most of the combinations of race formats, terrains and distances. An interesting race might be a 30K race which extends the S.B. Half

Marathon course into the Montecito foothills for the added 3.1 mi.

Suggestions for SBAA: Keep the new ideas flowing. The Grand Prix, youth programs, Sunday morning runs, and SBCC workouts with Jim Triplett are all good ideas of recent years. They give people opportunities to enjoy running with others. A quarterly meeting or social event has been suggested by many over the years. Perhaps with the right ½ hr movie or lecture or even sporting goods promotions, it might work out.

My views on ...: Running and life. Balance between family, friends, work, your spirit, mind, and health require thinking and being proactive. I am convinced that aerobic exercise--whether running, biking or swimming, is a key to good health, quicker recovery from illnesses, and simply the extra energy to go out and make the best of your relationships.

Quotes: Training is specific. You reap in races, what you sow in training.

Jim Kornell (1990)

If you're injured in running: no whining, be patient, sweat, keep a routine, eat properly, focus on the present, stay connected with friends/family.

Jim Henderson

SBAA Member since 1989.

