

RUNNER'S PROFILE

by Joe Howell

The subject of this month's Profile, Kevin O'Bar, is a long-time Santa Barbarian. Like many who came to the area to attend UCSB, Kevin returned south for a short while but couldn't stay away for long. He has been a stockbroker, runner and all around good guy in Santa Barbara since the early '70s. As those of us in the noon, East Beach running crew can attest, Kevin's running is consistent. With his stockbroker's hours, he can be seen most days as he starts his run at 1:30 in the afternoon, after the market closes.

I particularly like Kevin's comments concerning volunteering. I remember well the race that Kevin mentions. He and his children Kelly and Scott were great volunteers, not only working hard but really getting into the volunteer effort. Perhaps Kevin's comments will inspire more of us.

Basic Information

Name: KEVIN O'BAR

Age: 48

Employment/Family: Branch Manager, Everen Securities

Married: wife, Dawn O'Bar

Children: Kelly (daughter 13), Scott (son 10)

Other Sports/Interests: Golf (when I can find the time)

Coaching my son's Little League team

Travel

Reading (Stephen King and Larry McMurtry)

Running Highlights

Favorite Distance & PR at same: 10K 42:10 PR

Best Race and Why: 1992 Long Beach Marathon.

It was my first marathon and I did great. I kept waiting to "hit the wall" but at mile 22 I felt better than I did at mile 13. Also, a little tail wind came up the last six miles. I sprinted in the last mile, passing about 75 runners.

Worst Race and Why: 1993 Los Angeles Marathon.

What a difference a year makes. The race started at 9:15 a.m. and by 11 a.m. it was 89 degrees. I did more walking than running the last five miles. Also, it was right after the '92 riots and we were running by lots of burned out storefronts and businesses. It was a very depressing experience.

Average Weekly Mileage (last 12 months): 25

Favorite Local Race: The Chardonnay. It's a perfect distance for me. I run it well (something about that time of the year) and you can't beat the post-race buffet.

Goals (Realistic) for 1998: I've already met one of them, which was to run a sub four hour marathon, which was accomplished February at the Las Vegas Marathon.

Also, to run a 45 minute 10K and to run a race with my family.

Goals (Wildly Optimistic) before Year 2000: Run a 3:30 marathon and get in five quality months (consecutive) of training without getting injured or sick. Finish ahead of Joe Howell in a race. (I have Tonya Harding on retainer to help me with this one.)

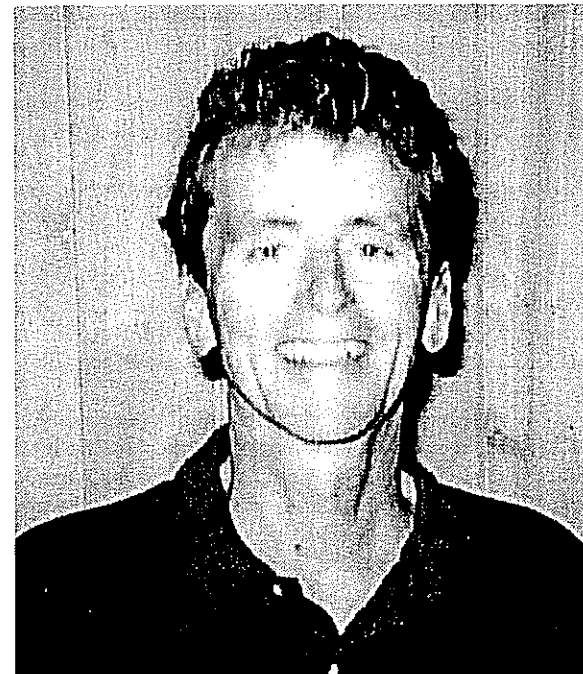
Additional Information

Why I Run: It started out as a way to control stress and gain the health benefits associated with the sport. Now, I enjoy the feeling of well being I get. There's nothing quite like a run on the beach, barefoot at low tide on a warm day.

My Runner Hero & Why: All those people in their late 50s and 60s who blow by me in races. What determination they show. I want to be out there running when I'm their age.

Personal Training Tips: As you get older, your feet tend to elongate and spread. Before you buy your next pair of running shoes, take the time to re-measure your foot size. (I learned this one the hard way after a bad case of "Black Toe".)

I love runners who: say "hi" when they are running by you the other way.



Suggestions for local races: How about a point-to-point race. A few years ago there was one on fiesta weekend that went from Goleta Beach to Leadbetter. It's nice not to cover the same territory twice, sometimes.

Suggestions for SBAA: Encourage every member to sign up or sponsor one new member (preferably younger) in 1998. Along these lines, a quarterly meeting or social hour would be in order. We could bring in a guest speaker like a Sports Psychologist or Podiatrist and also invite a shoe manufacturer's rep. There are lots of possibilities. I would also like to see the SBAA give me 1000 Grand Prix points for being the subject of this month's Runner's Profile. (I'm off to a slow start this year.)

My views on ... Volunteering: We all have busy schedules, what with family, careers and other outside activities. Many of us run when we can, trying to fit it in our busy schedules. However, I believe the running experience is not complete until you volunteer or otherwise give something back to the sport. I volunteered for the first time at a race last year and it gave me a deeper appreciation for the work and dedication that race organizers bring to their events.

Quote: "Fatigue makes cowards of us all." Vince Lombardi

SBAA Member since 1995

SBAA GRAND PRIX STANDINGS

- 1. Standings after Law Day 15K.
- 2. Don't forget the volunteer obligation.

Women

18/under

- 1. Krista Roessler, 5000
- 2. Kimber Young, 2800
- 3. Katie Keast, 0

19-29

- 1. Lynn Goebel, 6000
- 2. Johanna LaClaire, 900
- 3. Meghan Behrens, 0

30-34

- 1. Jill Zachary, 5700
- 2. Melissa Marsted, 4000
- 3. Melany Miners, 2500
- 4. Mariann Thomas, 1700
- 5. Julie Broughton, 1600
- 6. Marisa Garcia, 0
- 7. Carol Knox, 0

35-39

- 1. Liz North, 5600

- 2. Jill Strauser, 4100
- 3. Gae McClenathen, 3000
- 4. Kristen Battles, 2000
- 5. Karen Longshore, 1700
- 6. Darla Maciel, 0
- 7. Susan Petronio, 0

40-44

- 1. Mary Ross, 2800
- 2. Deborah Flores, 2000
- 3. Cherie Topper, 900

45-49

- 1. Sharon Smith, 2800
- 2. B. J. Robertson, 2300
- 3. Elaine Triplett, 2000
- 4. Ginger Reynolds, 1800
- 5. Jan Campbell, 1600
- 6. Bobbi Janowiak, 1000
- 7. Fadumo Wignot, 900
- 8. Christine Green, 0

50-54

- 1. Stephanie Welch, 6000
- 2. Marilyn Hansen, 2700
- 3. Tara Brown, 1800
- 4. Judy Kewley, 1000

55-59

- 1. Shirley Saunders, 3000

60-64

- 1. Julie Lopp, 0

65-69

- 1. Rose Marie Disandro, 3000

Men

18/under

- 1. Kyle Phillips, 4000
- 2. Erik Sergott, 2000
- 3. Elliot Feinberg, 1800
- 4. Eric Hopkins, 0

19-29

- 1. Joseph Garcia, 3800
- 2. Benny Witkowski, 2000
- 3. Salvadore Salas, 1900
- 4. Antonio Almanza, 1000
- 5. Steve Harding, 0

30-34

- 1. Tom Bolt, 2000
- 2. Pete Feldman, 2000
- 3. Tim Allison, 900
- 4. Ed Behrens, 0