

RUNNER'S PROFILE

by Joe Howell

There are several of you out there--and you know who you are--who have promised me that you have "almost finished" preparing your Profile and "I'll look for a photo tomorrow". Hey, I'm still waiting! Faced with a looming deadline and a fear that I would once again disappoint editor Bill Rupp with a late Profile, I asked Mariann Thomas, a relatively new addition to the Sunday morning East Beach running group, if she could deliver information and a photo immediately. She said yes, and despite a bout with the 24-hour flu, responded and delivered as promised.

From my brief observation of Mariann as a runner and after reading her Profile, it is clear to me that she is destined to meet and in fact exceed her running goals. It is always healthy for our running community to have new, motivated runners who become active in local races, and Mariann has both an appreciation for Santa Barbara and an enthusiasm for running. While I am sure that Mariann is a talented physical therapist, if she ever wants to pursue another career, I suggest she consider being a spin doctor--check out those great quotes of hers.

Basic Information

Name: Mariann Thomas

Age: 34

Employment/Family: Physical Therapist at David Dallmeyer Physical Therapy.

Married with two dogs.

Other Sports/Interests: Biking, spinning, astronomy, snow boarding, hiking and swimming with my dogs.

Running Highlights

Favorite Distance & PR at same: 10K @44:04

Best Race and Why: Las Vegas Half Marathon. The course is downhill the entire race which makes it easier to run a good race, especially since you are bused out to the start at 5 a.m. in February!

Worst Race and Why: Santa Monica Marathon. Two very boring loops - no scenery and too few water stations. No wonder it no longer exists.

Average Weekly Mileage (last 12 months): about 25 miles. Bike/spin on off days.

Favorite Local Race: I haven't run very many local races, but I am currently enjoying the Adventours Run Series.

Goals (Realistic) for 1998: I would really like to break 40 minutes in a 10K.

Goals (Wildly Optimistic) before Year 2000: To be able to purchase a running shoe twice before the shoe guy says "that shoe is no longer made, but this one is better."

Additional Information

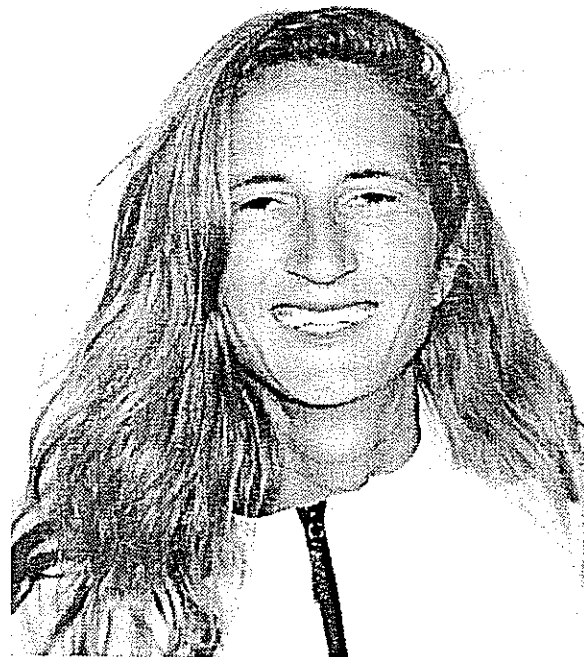
Why I Run: I started running while in graduate school as a deterrent to my nose being in the books all day long. The longer I ran, the less studying I had time for--made good sense to me! I never really thought about going fast or even the distance I was running until I moved to Santa Barbara last year. I somehow attached myself to the very early Sunday morning runners who have given me tremendous motivation and the will to try to be faster and faster.

My Runner Hero & Why: Well, I would have to say it's whoever is in front of me in a race (female).

Personal Training Tips: Take days off when your body tells you to. I have been injured so many times in the past because of pure stupidity. Rest is important.

I love runners who ...: don't snivel on the uphill.

Suggestions for local races: I would like to participate in trail runs and more events with hills. A race up on Bella Vista or Mountain Drive would be fun.



Suggestions for SBAA: I don't really have any suggestions because I haven't been a member long enough, but give me until next year and I'll come up with a few.

My views on living in Santa Barbara. In all the world, Santa Barbara is an absolute jewel. I believe it is each and every person's responsibility who lives here to keep that jewel polished and beautiful, lest by the ever encroaching forces of sloth, greed and avarice our jewel is turned to a dirt clod.

Quotes: Running in old shoes is like driving on bald tires ... you might make it to the next town, but then again, you might have a blowout.

Listen to your body. Do not be a blind and deaf tenant.

SBAA Member since 1997

RACE RESULTS

Adventours Run Series Race #1 - February 21, 5K. (102 finishers).

1. Mike Smith, 16:35. 3. Benny Witkowski, 17:11. 4. Jim Kornell, 17:33. 5. Mick Caruso, 17:39. 7. Joseph Banach, 18:31. 8. John Tilford, 18:39. 10. Wally Marantette, 18:55. 12. Mike Dungan, 19:00. 13. John Brennand, 19:01. 14. Melissa Marsted, 19:02. 15. Johnny Stein, 19:28. 16. Richard LaClaire, 19:32. 17. Jill Zachary, 19:37. 18. Tom Bolt, 19:39. 20. Alan Gratzner, 19:40. 21. Joe Howell, 19:44. 22. Kyle Phillips, 19:50. 24. Gae McClenathen, 19:55. 25. Jack Bianchi, 19:58. 29. David Groom, 20:29. 30. Lauren Udden, 20:30. 31. John Foran, 20:34. 33. Salvadore Salas, 20:57. 34. Tim Allison, 20:57. 35. Mariann Thomas, 20:59. 36. Mark Brisby, 21:21. 37. Gordon McClenathen, 21:22. 40. Krista Roessler, 21:54. 41. Elizabeth North, 22:02. 42. Patrick Higgins, 22:18. 45. Mike Kelly, 22:25. 46. Tim McCollum, 22:29. 47. Dick Kentro, 22:48. 49. Mike Saunders, 23:02. 51. Kevin Young, 23:22. 52. Kevin O'Bar, 23:26. 56. Joseph Garcia, 23:33. 58. Melany Miners, 23:39. 60. John Erceg, 24:02. 63. Wendel Sasaki, 24:44. 64. Stephanie Welch, 24:51. 65. Lynn Goebel, 24:57. 67. Shirley Saunders, 25:14. 73. Ginger Reynolds, 26:42. 75. Gene Welch, 27:07. 77. Ralph Philbrick, 28:01. 78. Tara Brown, 28:09. 87. Trish Weatherby, 30:06. 89. Ellen Wall, 31:53. 92. Kimber Young, 32:36. 97. BJ Robertson, 37:14. 98. Rosemarie Disandro, 38:36.

U.S. MASTERS STANDARDS OF EXCELLENCE

5000m

Age	Men	Women
30-34	15:45	19:45
35-39	16:00	20:15
40-44	16:15	21:00
45-49	16:45	22:00
50-54	17:30	23:30
55-59	18:25	24:50
60-64	19:30	26:00
65-69	21:00	28:00
70-74	23:30	30:00
75-79	26:00	34:00
80-84	29:00	36:00

10000m

30-34	32:30	41:30
35-39	32:50	42:40
40-44	33:30	44:00
45-49	36:00	48:00
50-54	38:00	50:00
55-59	39:00	52:00
60-64	40:30	56:00
65-69	44:00	60:00
70-74	48:30	66:00
75-79	54:30	76:00
80-84	61:15	85:00

MEMBER DISCOUNTS

- Justin Kojima, Real Estate Appraiser, 964-0646.
- Outfooters - 15% off shoes & apparel
- Hourglass - \$1 off per group
- Kevin Young, RE/MAX - 687-2600
- Kim Brubeck, Ind. Mannatech Assoc., (800)290-7617.
- Free samples of pre-workout, post work-out and energy booster drinks/supplements. 25% discount on all products.
- West Maui oceanfront condo, great for cross training, 30% off. Steve or Julie, 962-1895. www.halekai.com
- Fred Romano, Massage Therapist, Acupuncturist, 568-5340 - 10% off.
- Goleta Sports Center - 10% off shoes & apparel.
- Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. Call for a complimentary facial and/or makeover.
- Montecito Sports - 10% off.
- Stephen Fountain Sports Massage - \$10 off, 965-5339.