RUNNER'S PROFILE
by Joe Howell

Among the youngest and most talented running couples in Santa Barbara is "Team Behrens"—otherwise known as Ed and Meghan Behrens.

As will be evident from reading Ed's profile, he had some impressive times at a young age, trained as seriously as one can get (check out that 118 mile week!) and yet still remains a very motivated runner.

Meghan has turned in several great performances in local races, continues to train at an intense level and as demonstrated by running in the 1996 100th Boston Marathon—she loves to compete at longer distances.

My prediction is that both Ed and Meghan will continue their commitment and success; they are yet another addition to the Santa Barbara legacy of outstanding running couples.

Basic Information

Name: Meghan Behrens
Age: 27
Employment/Family: Married—husband Ed
Other Sports/Interests: Swimming, spinning, Soo Bahk Do martial art

Running Highlights

Favorite Distance & PR at same: Half Marathon 1:28
Best Race and Why: 100th Boston Marathon—I was in the best shape of my life. I got to the top of Heartbreak Hill and thought "that's it?".
Worst Race and Why: 1995 S.B. Half Marathon—it was about three weeks after the St. George Marathon and my legs weren't recovered. I died!
Average Weekly Mileage (last 12 months): 50
Favorite Local Race: Chucks of Hawaii Run—I worked at Chucks for three years in college, so it's always like a homecoming.
Goals (Realistic) for 1998: Break three hours for a marathon (3:08 PR)
Goals (Wildly Optimistic) before Year 2000: Keep lowering marathon PR

Additional Information

Why I Run: I run to stay in shape, and my best friends are runners, including my husband.
Personal Training Tips: Training must incorporate speed workouts weekly.
I love runners who ... : finish races then warm down and cheer other runners on.
Suggestions for local races: More water stations, especially Semana Nautica 15K and Half Marathon. Otherwise, keep up the good work.
Suggestions for SBAA: Have more women on the Board or at least visible to the public. Sometimes, it seems like the 'ol boys club.
My views on life. Be bold and take risks. You'll regret the things you didn't do more than the ones you did. But most of all have fun.
Quote: "We're a drinking club with a running problem." Hash House Harriers of Santa Barbara
SBAA Member since 1996

Basic Information

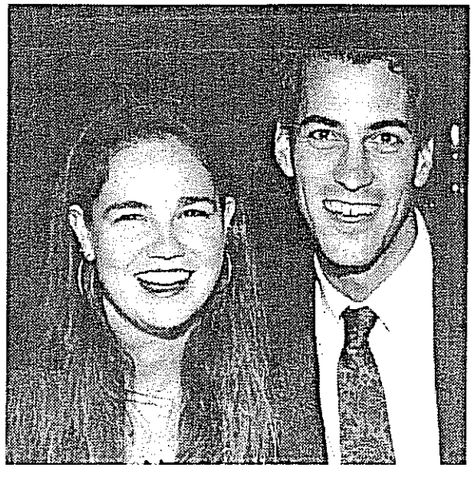
Name: Ed Behrens
Age: 32
Employment/Family: Assistant Principal, San Marcos High School
Married—wife Meghan
Other Sports/Interests: Triathlon—swim, bike, run

Running Highlights

Favorite Distance & PR at same: 10K 33:30 - 1982 17 years old
Best Race and Why: Wildflower Triathlon last year because I had a goal, focused on it and stayed consistent in my training. Best race ever was Las Vegas Cross-Country Invitational. I ran a 15:50 5K against the Tuba City Warriors of Arizona in 90 degrees heat.
Worst Race and Why: The Seattle Marathon. I ran a 1:31 first half and a 2:07 second half. The temps were in the 30s and it was raining. Once I reached Lake Washington, my legs began to cramp; that was at mile 18 with 8 miles to go. The worst race I "never" ran was at league finals in track my freshman year in high school. I was D.Q.'d in the mile for jumping the gun and that ended my season.
Average Weekly Mileage (last 12 months): (15-20) Most miles in one week—118 (1983)
Favorite Local Race: The S.B. Avia Scramble. A cross-country race of unknown distance, hurdling hay bales, running through puddles and up and down hills. Now that's what I call fun!
Goals (Realistic) for 1998: Run consistently without injury. Break 19:00 in a local 5K.
Goals (Wildly Optimistic) before Year 2000: Run a 37 minute 10K again.

Additional Information

Why I Run: Running is part of my life. I run to feel good, to compete, to spend time with my wife, to exercise and to clear my head.
My Runner Hero & Why: Mark Conover because he pulled a "Conover" and qualified for the Olympic Marathon when no one thought he would. Also, because he overcame cancer and is still running.
Personal Training Tips: Be consistent, stretch, vary your workouts, keep a running log and have fun.
I love runners who ...: make it look so easy.
Suggestions for local races: A big thank you to all the local race directors. Your efforts are appreciated. Keep up the good work!
Suggestions for SBAA: I have really enjoyed the addition of the S.B. Grand Prix—it motivates me to train.
My views on: It appears to me that there are a preponderance of races that are run at, through or by Chase Palm Park.
Quote: "Great works are performed not by strength, but by perseverance." Samuel Johnson
SBAA Member since 1996



REVIEW: "WITHOUT LIMITS" - STEVE PREFONTAINE MOVIE
by Desmond O'Neill

Here are some impressions of the movie. This isn't a film review as such, since quite honestly the movie itself wasn't all that together as to admit of a real review. To begin with, Billy Crudup as Pre looks the part quite well, particularly after the moustache grows; he even does a pretty good job of running like Pre, and the running sequences are probably the strongest part of the movie, with excellent attention to detail. Uniforms, shoes, even some runners who resemble the athletes they portray - Pat Porter in a beard looks just a little like Lasse Viren, as does the Ian Stewart character, even a Juha Vaitanen. Frank Shorter shows up as a sports analyst on TV for the 72 Games, and Kenny Moore, who co-wrote the screenplay, makes a couple of appearances. The races themselves are pretty well staged, and intercut with TV coverage of the actual contests, particularly, of course, the Munich 5000, although there is a tendency to rely a bit too much on slow motion (curse Leni Reifenstahl for making that a sports-coverage cliché) and close-up shots of pounding feet. I haven't checked the times of the various races, but those are matters of record and presumably are accurate. Donald Sutherland as Bill Bowerman does probably the best acting in the film, and creates the most enduring character. The love interest and the sexual escapades are, if true, not very important to the forward movement of the narrative, and there are several outright fictionalizations - Pre physically going after an Ollan Cassell character at a meet in Oulu, Finland is the most glaring such incident.

Sound track - Music and crowd noises. Tended to be way too loud, making the dialogue difficult to hear, and there was a lot of compressing of the chronology and jumping around, both of which made the story sort of jagged and hard to follow. This isn't a Great Movie, more a sports-based entertainment, but it will probably do better at the box-office than the first Pre movie, which opened and closed in about a nano-second last year, and deserved no better.

Anyone who wants to comment on the glossing-over of some aspects of the hero is welcome to do so, I suppose; Pre probably drank too much, and alcohol was certainly a factor in his death. He was rough on the people around him, and probably could be pretty obnoxious and loud and pushy. Perhaps he had to be, to achieve what he did in his tragically short life. Would he have wound up as a winner at Montreal (probably not) and thereafter a wealthy spokesperson for Nike? Interesting speculation.