

## RUNNER'S PROFILE

By Joe Howell

Like each of us who has been running for a while, Mike Dungan has experienced some real highs and lows in his running career. Back in 1991, his race times were improving steadily until he broke his foot playing basketball on Christmas Day. Following a prolonged recovery, Mike was one of the local runners who comprised the "Run for Research" group who raised funds for cancer research through their participation in the 1994 Boston Marathon. Mike went to Boston with a great training base and high hopes; his performance was certainly respectable, but he fell short of his goal. Less than one year later, Mike demonstrated the benefits of a disciplined training program and his determination, comfortably reaching his goal of a sub-three hour marathon at the Napa Valley Marathon in March, 1995.

More recently, Mike took his training program to even higher levels, racking up major miles on the weekends with Aaron Goldschmidt and Dianna Hall (and the other brave souls who try to keep up with that crew), only to be frustrated by some nagging injuries. Once again, Mike went from disappointment to elation, with two great races in 1997 and a well-deserved third place finish in his age group in the Grand Prix.

If you are interested in Feng Shui (and that's not served at a Chinese restaurant), want to hear about "Running and Racing Tips for the Frugal", or would like to discuss any of his other interests and avocations, just join Dr. Mike Dungan on one of his grueling early Sunday morning runs.

### Basic Information

**Name:** Mike Dungan

**Age:** 45

**Employment/Family:** Senior Ecologist with SAIC; married to Geri Ige; 1 child (John) age 6

**Other Sports/Interests:** Biology, geology and all facets of natural history; skiing, surfing, good food and wine, home brewing, writing, photography, movies, Feng Shui; and generally whatever Geri and John want to do.

### Running Highlights

**Favorite Distance & PR at same:** Half Marathon 1:23:15 (that's soft)

**Best Race and Why:** Two races in 1997—Pier-to-Peak and the S.B. Half Marathon. I trained and psyched up for both. Both were competitive, peak efforts in which I ran my absolute best.

**Worst Race and Why:** 1994 Boston Marathon. I ran way too aggressively and got the full meaning of Heartbreak Hill. The last 10K was a 55-minute death march. All those screaming Bostonians sounded like Johnny Most ("He stole the ball!"). Bill Mason and Jeff Macaluso passed me at 18 miles and finished about 1000 places ahead. When I staggered across the finish line they were there smiling. "Have a beer", they said. I had three.

**Average Weekly Mileage (last 12 months):** 40

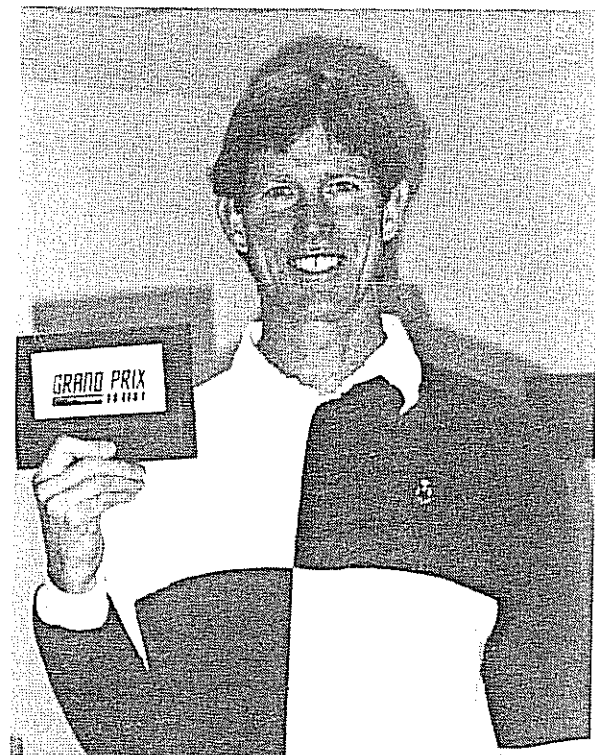
**Favorite Local Race:** Pier-to-Peak. I love that climb and the inexorable way it grinds you down, makes you humble, then rewards you with the view at the top. It's given me some great memories of passing and being passed by other runners.

**Goals (Realistic) for 1998:** To set new PRs, win another Grand Prix plaque, and get 2,500 miles out of a pair of shoes.

**Goals (Wildly Optimistic) before Year 2000:** A sub-5 minute mile; run the Nine Trails; win a race (I'd settle for Pier-to-Peak), and get 3,000 miles out of a pair of shoes.

### Additional Information

**Why I Run:** It's just something I want to do without necessarily understanding why. It's innate, probably an evolutionary by-product of our ancestors having to outrun predators and prey. Running connects you to the landscape and gives you a sense of place, and then there's the camaraderie that develops among friends sharing a 16-miler.



**My Runner Hero & Why:** When I was a little kid, Glen Cunningham was my hero because he became America's best miler despite having his legs badly burned and being almost crippled as a child. John Brennan is my hero now for all he's done and continues to do for local running, and for his perpetual excellence as a competitive athlete.

**Personal Training Tips:** Run hills, train in a fast-aerobic mode, be consistent and take days off.

**I love runners who ...:** set goals, train seriously, and push themselves and others to run better.

**Suggestions for local races:** More and better kids' races. I think a one kilometer loop course (like Law Day) works well and could be included in more local races.

**Suggestions for SBAA:** How about occasional articles on local high school track and cross country in the Newsletter?

**My views on ...:** running in Santa Barbara. We are blessed with an ideal climate and geography for running—great neighborhoods and open spaces—which we need to preserve to run in, and a remarkable community of folks to run with.

**Quote - 3 inspirational quotes from local runners:**

"This course sucks!" Bobby Powers

"I'm going to kick your ass!" John Wiskel

"Shut up and run!" Aaron Goldschmidt

SBAA Member since 1989

### 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.

### Grand Prix Feedback

The New Year of 1998 has started on a very positive note with a great turnout for the Resolution Day 5K & 10K's. We appear to be headed toward another outstanding year of running and racing as there were a substantial number of sign-ups for SBAA & Grand Prix memberships.

For the present and new Grand Prix members please be cognizant of the fact that the rule changes for the 1998 Grand Prix racing season were a direct result of comments and suggestions that we (Grand Prix Racing Committee) received from the members. If you have constructive ideas in regards to the Grand Prix format it is important to let us know what you're thinking. The rules are not etched in stone, a Grand Prix rules format that is open to changes and ever evolving is healthy for all concerned. If you do have some feedback let us know in person or write/call.

The 1998 Grand Prix commissioners are:

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### SCHEDULE OF EVENTS

*Wednesdays - Intervals* at SB City College. 5:30 PM warm-up, 6:00PM workout, different speed groups.

*Saturday, February 21 - Adventours Run Series 5K.* East Palm Park. 8:30am. SBAA Grand Prix race.

*Saturday, February 28 - Adventours Run Series 5K.* East Palm Park. 8:30am.

*Sunday, March 1 - 2<sup>nd</sup> Annual Douglas Family Preserve Cross Country Runs.* First race at 11 AM. See Running Shorts for information on these races.

*Saturday, March 7 - Adventours Run Series 5K and 8K.* East Palm Park. 8:30am. 5K is SBAA Grand Prix race.

*Sunday, March 8 - Run for the Whales 10K and 1 Mile Fun Run.* Location: Strawberry Festival Course - Sunset Lane Channel Islands Harbor. 10K starts at 8:00 AM, 1 Mile starts at 8:10 AM. Entry fees: 10K \$12 B4 2/22, add \$3 after 2/22. Information: Catherine Patterson - 382-8200 or Team Inside Track, 643-1104.