

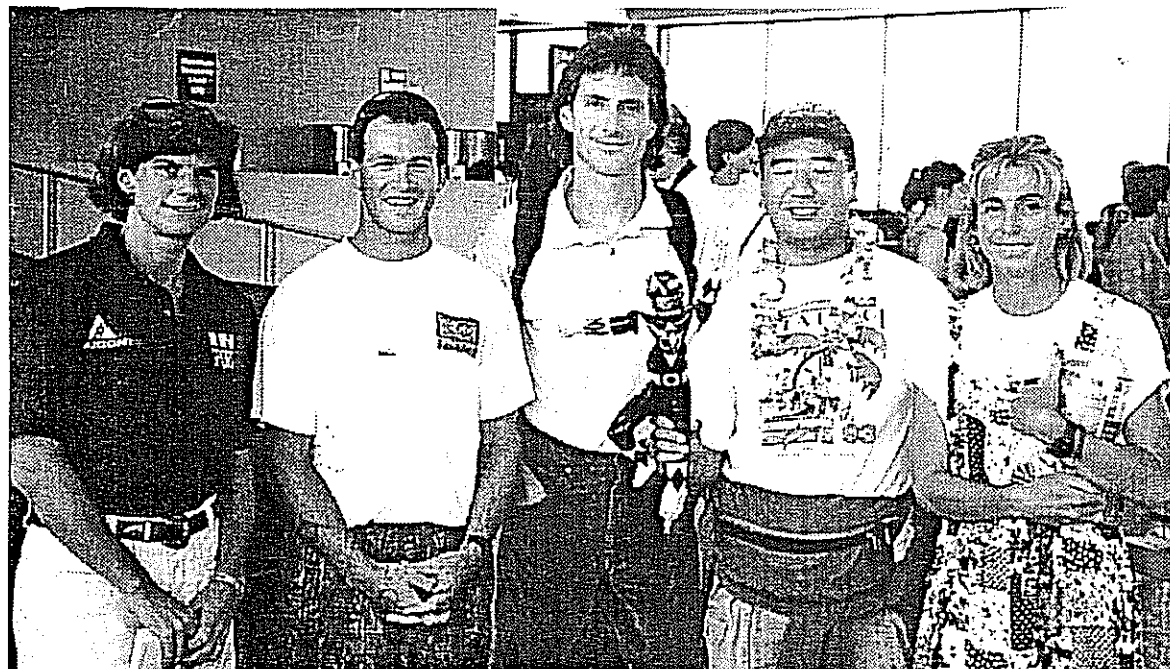
RUNNER'S PROFILE

by Joe Howell

Mike Takeuchi, known as Mike T., "Iron Mike" and other names that are clever but not appropriate for this publication, has quickly become a legend in the local triathlon community. Many of you will remember the 1994 Hawaii Ironman, when many local triathletes competed. Some had great performances, but few got the television coverage received by Iron Mike. As the credits rolled at the end of the broadcast, you could see Mike running to the finish line, pumping his fists in jubilation and exciting the crowd.

Mike used the same inspirational approach when he was honored as one of the several "local heroes" who participated in the Olympic Torch Relay in May 1996. He is one of those people who radiates enthusiasm and has a genuine excitement for both our local events and our local athletes. If you have not heard Mike doing his master of ceremonies/stand-up comic routine after a local event (the Adventours Brunch Series, the Gobernador Canyon Duathlon and the Santa Barbara County Triathlon are some good examples), be sure to catch him when he next appears.

You will also note that Mike has set a new standard for Runner's Profile photos. Pictured with Mike (the one wearing the lei) are four past Ironman champions, from left to right, Karen Smyers, Greg Welch, Mark Allen, Mike T (fantasy champion) and Paula Newby-Fraser.



Basic Information

Name: MIKE TAKEUCHI
Age: 32
Employment/Family: Writer, social worker, public speaker, master of ceremonies
 Uncle to two rabbits, Dusty and Gus
Other Sports/Interests: Yoga, triathlon, hot oil wrestling

Running Highlights

Favorite distance & PR at same: Any race that is not Ironman distance! Probably half marathon (1:40). Real favorite distance, 3 blocks (State to Garden Street) Olympic Torch Relay May '96 (PR: as slow as I could go)
Best Race and Why: Tie: Hawaii Ironman '94 and German Ironman '97. Both races had magical finish areas with thousands of fans cheering for you.
Worst Race and Why: Same races. In Hawaii—had to suffer through diarrhea at the beginning of the bike. In Germany, lost 1 ½ hrs fixing my bike to be able to ride 100 miles with 2 gears.
Average Weekly Mileage (last 12 months): 20-25 running miles; 150 bike; 8,000 swim
Favorite Local Race: S.B. Winery (great race director) S.B. Half Marathon Pier to Peak Half Marathon
Goals (Realistic) for 1998: 3:45 marathon (maybe even 3:30). Possibly St. George or Sacramento—but actually just to run pain free-currently injured.

Goals (Wildly Optimistic) before Year 2000:

Boston 2000
 President of the United States

Additional Information

Why I Run: To maintain my powerful physique. I really do look good in shorts don't I? The feeling of being on a mid-distance (10-13 mile run) and running without too much effort. Awareness of your own body within your surroundings; running because you can.

My Runner Hero & Why:

1. Jack Bianchi and Jim Howley for overcoming life-threatening diseases.
2. Lee Carter and Joe Howell for their enthusiasm and willingness to help.
3. Pre—because he was the best!

Personal Training Tips: Stay healthy.

I love runners who ...: just run because they love it and support local races.

I hate runners who ...: brag, who are too concerned about times, whiners and complainers, people who litter.

*Actually, when there is a race such as the S.B. Winery with distances of 5K and 10 miles, and when asked what distance they are doing and they say "I'm just doing the 5K". I always correct them by telling them to omit the "just" from their sentence. They're out there aren't they? That's good enough for me.

Suggestions for local races: A local race shirt that is original (I love dolphins but enough of Flipper!)

My views on ...: Politics—convincing Joe Howell to run on my ticket for my candidacy for President in 2000 and then convincing Lee Carter to be my attorney general.

Quote: "Be thankful you can run because there are many who can't and would like to."

ATTENTION MARATHONERS

Anyone going to run in the New York Marathon? Looking to share hotel with 1-2 persons. Contact Al Perez: Business - 564-2702, Home - 569-3722 by July 15.

VICKI's 3000

Nelson Laux dominated the first Vicki's 3000, held Saturday 20 June at Santa Barbara City College. After trading leads with former UCSB star Jeff Jacobs through 2000 meters, Laux put on a decisive move, surprising Jacobs with a bold acceleration despite having 1000 meters still to go. Laux maintained both form and drive, however, finishing in an excellent 8:47.3. Jacobs ran exactly 9:00.0.

Deborah Flores won the women's race in 11:57.0. Gae McClenathen was second in 12:48.7.

The top age-graded performance of the day belonged to John Brennand, 62, whose 10:36.5 earned an 88.3% on the World Association of Veteran Athlete's table of equivalencies. For comparison, Laux had the second-best performance of the day at 85.1%.

The event, sponsored by Syukhtun Research and the Santa Barbara Athletic Association in association with SBCC Track & Field, was named for SBCC Coach Robin Paulsen's daughter, and the funds raised by the event will be donated to the Special Olympics in her memory.

Nelson Laux	8:47.3	
Jeff Jacobs	9:00.0	
Steve Harding	9:30.5	
Craig Godwin	9:37.8	
Jose Juvenal	9:43.8	
Mick Caruso	10:11.5	
Frank Ogilvie	10:25.5	
Wally Marantette	10:27.1	
John Brennand	10:36.5	
Robby Beamer	10:42.8	
Kyle Phillips	10:48.2	
Joe Banach	10:50.3	
Rollie Cavaletto	10:59.2	
Richard LaClaire	11:06.4	
Johnny Stein	11:17.8	
Joe Howell	11:18.3	
John Graff	11:18.6	
Bill Rupp	11:41.8	
John Foran	11:42.4	
Bill Dodson	11:44.0	
Robert Tremblay	11:44.3	
Kevin Young	11:51.9	
Deborah Flores	11:57.0	1 st F
Gordon McClenathen	12:13.6	
Elliot Feinberg	12:26.0	
Dick Kentro	12:45.0	
Gae McClenathen	12:48.7	2 nd F
Patrick Higgins	12:58.4	
James Kentro	13:33.9	
Kevin O'Bar	13:44.9	
Ralph Philbrick	15:27.0	
Marilyn Hansen	15:28.9	3 rd F
Gene Welch	15:40.0	
Johanna LaClaire	16:40.1	4 th F
Kimber Young	19:43.0	5 th F
Rachael Hochhouser	21:08.0	6 th F