

Defending champion John Kagwe won this year's New York Marathon in 2:08:45, by only 3 seconds over Joseph Chebet, with just another 3 seconds to Tanzania's Zebedayo Bayo... As of November 8, 35 men and 96 women have qualified to compete in the US Olympic marathon trials, with 20 men and 22 women meeting the "A" (trip paid for) standards... In 1983 267 US runners broke 2:20 in the marathon. This year there have been 27... High School athlete of the year for 1996, runner Kim Mortenson, has quit running and is being treated for anorexia. She says: "I felt if I could be disciplined in all areas of my life, including eating, I could be disciplined on the track"... SBAA NEWS: Melissa Marsted ran 2:56:54 at the California International Marathon in Sacramento, 16 minute PR. Her coach's goal pace for her was 2:56:57. Melissa will try to qualify for the Olympic Marathon Trials at Grandma's Marathon in June.

TRACK AND FIELD NEWS' 1998 ATHLETES OF THE YEAR

US male athlete of the year was shot putter John Godina (Cheyenne, Wyoming and UCLA). He was undefeated in the shot, and led the world in distance for the shot and the discus. Hicham El Guerrouj's 3:26.00 1500m WR was voted the performance of the year (he was also undefeated with an average margin of victory of 3.31 seconds). Haile Gebrselassie won World Track athlete of the year with his 26:22 10K WR. (The only time El G raced against Geb was a 1997 indoor 1500m. They both broke the WR, with El G winning). Kenya had 8 out of 10 of the steeplechase rankers. Tegla Loroupe's WR marathon of 2:20:47 was voted top women's performance. In the 100m, the US men ranked world-wide #1-5-8-10. In the 200M: #3-5-6, in the 400m: #1-4-5-6-7-10, in the 800m: #5, and no one in distances above that. For women US runners in the 100m ranked #1-4, in the 200m #1-6, in the 400m #5, in the 800m #2-4, in the 5K #10, and unranked in the 3K and 10K. Gebrselassie ranked first in the world in the 3K, 5K and 10K. Marion Jones was Women's Athlete of the Year. She won 36 of 37 world class 100m, 200m and long jumps in 1998, losing only the final LJ of the season to Drechsler of Germany. Between Sept. 5 and 13, in 2 track meets, Marion, age 23, won over \$750,000. She married shot putter C.J. Hunter in October. She qualified to run on the Olympic relay team in 1992 at age 16, but declined. 2nd for women was Maria Mutola in the 800m. She won 12 out of 13 world class 800m, her only loss by .02.

RUNNER'S PROFILE

by Joe Howell

Sheryl shows up for the Tuesday night track workouts at Santa Barbara City College and for Sunday morning group runs—when the sun is shining. (I've got lots more to report but Sheryl wanted this short; see me for details of Sheryl's feats not discussed below!)

Basic Information

Name: SHERYL FANT

Age: 33

Employment/Family: Physical therapist at the Rehabilitation Institute of Santa Barbara.

Single (engaged to Brian King)

I am from a very active family. My oldest brother has raced USCF cycling since he was 15. My other brother is an avid runner and triathlete. My sister is a competitive swimmer and my youngest brother lives for volleyball. It is great when we all visit! I can swim with my sister, bicycle with my brother and do a run with my other brother. I admit, I have no hand-eye coordination, so I just spectate as my youngest brother plays volleyball.

Other Sports/Interests: I started running in high school and also competed at the community college level. When I transferred to Cal Poly San Luis Obispo, I joined the cycling team and "dabbled" in collegiate cycling. I started swimming in college and joined the local masters swim club after college. For several summers, I competed in the Northern California circuit of open water swims.

Running Highlights

Favorite Distance & PR at same: Marathon; 3:14 at the Lompoc 1997 Marathon. I enjoy the physical and mental challenge of this distance.

Best Race and Why: 1997 Catalina Marathon. I entered this race with no expectations for finishing place or time. I just ran it for fun. It was a gorgeous race, with incredible views, challenging uphill and downhill too. There was such a positive energy amongst all of the participants.

Worst Race and Why: San Francisco Marathon 1998. At mile 13 I started vomiting and got the runs. The entire second half of the marathon was spent ducking behind the trees in Golden Gate Park.

Average Weekly Mileage (last 12 months): 30 miles/week.

Funniest Local Race: 1998 Valentines Day Relay. It was raining cats and dogs. I was surprised at how many people showed up in spite of the weather. Brian and I had fun running in the pouring rain.

Goals (Realistic) for 1998: Don't get injured in this last month of the year.

Goals (Wildly Optimistic) before Year 2000: Break 3:10 for a marathon.

Additional Information

Why I Run: I love running because you can do it alone or with other people. I enjoy the solitude of running in the early morning and watching the world come alive as the sun rises.

My Runner Hero & Why: My parents are my runner heroes. My dad started running in the early '70's and still runs 3-4 times/week. My mom started running as a birthday present for my dad. On his 55th birthday, she surprised him with her race number for the San Francisco Bay to Breakers and they ran it together. She had been secretly training to get in shape. My parents are excellent role models for me. They belong to a hiking club and recently completed a four week cycling trip to Europe.

I love runners who ...: give an encouraging word as they zip by me in a race.

Compliments for SBAA: The track workouts on Tuesday night are invaluable! It is wonderful to meet other runners and have the camaraderie and support of others as we run on the track. What a terrific addition to the SBAA program.

Quote: "Don't suffer future pain."

I first heard this expression when I was swimming with a masters program in Berkeley. I admit I was whining about the next swim set and a gal in my lane turned to me and said, "don't suffer future pain". That thought has stuck with me now. I constantly remind myself, whether I'm doing a swim set or running a race—to be "in the moment". The gal in my lane at swim practice taught me an invaluable lesson.

SBAA Member since 1997



SBAA RACING TEAM

by Jim Kornell

Competitive distance running is an individual sport, but distance runners tend to be pretty gregarious, and a lot of us have good memories of relays and other team running events. Like the Tuesday track workouts, team events build a feeling of togetherness. They're intense, and they're fun. This year, the SBAA will be organizing teams for at least two, and possibly more, road relays. These will not be ad hoc, last minute groups pieced together the night before on an event-by-event basis, but real teams, with joint planning, group workouts (possibly including Tuesday night track and Sunday long runs), travel together, and so on. And when we go to the races, we'll run our buns off.

The first event will be the Jimmy Stewart Marathon Relay, a five-person (5.2M/ea) race in LA's Griffith Park on April 11th. After that, possibilities include:
De Celle Memorial 72M (7-person), Lake Tahoe, 12 June
Mt. Ranier to Pacific 155M (11-person), Ashford, WA, 16 July
Hood to Coast 195M (12 person), Mt. Hood, OR, 27 August

In the Fall, of course, there's the Westmont Cross-Country Invitational; there may be other X-C events. In addition, according to the level of interest, challenges to Team Inside Track, the Lompoc Distance Club, and the San Luis Distance Club may be issued.

If you'd like to be invited to the first meeting, please contact me, Jim Kornell, during the day (682-2835), the evening (682-6765), or (best) by e-mail, jkornell@syukhtun.com.