

RUNNER'S PROFILE

by Joe Howell

You may have noticed that while virtually all SBAA members are runners, past if not present, members also can be divided into a number of sub-groups. One such group is the triathletes, and the subject of this month's profile--Stan Jagoda, certainly qualifies as a veteran triathlete. When you read Stan's profile, you will note that Stan qualifies for, and is promoting greater recognition of, yet another sub-group--Clydesdales!

In fact, there are a number of triathlons and marathons (and perhaps running events at other distances as well) that have a Clydesdale category for men and an Athena category for women over a certain weight. (From personal experience, I know the triathlon at Zuma Beach has a Clydesdale division. I'll never forget when the combined Men Over 40/Clydesdale wave start began; I heard someone behind me yell "watch for the Clyde" as a very large Clydesdale--at least 6'8" and 280 pounds, wearing a canary yellow wetsuit and an aviator's cap--did a "Clyde glide" over the top of me as I hit the water. Based on that experience, I not only agree with Stan that the Clydesdale division should be recognized, but I feel even more strongly that they are entitled to their own wave start--as far apart as possible from my group!)

The U.S. Triathlon Board of Directors has recently announced official recognition of the Clydesdale (male over 200 lbs) and Athena (female over 145 lbs) categories for several national triathlon events in 1998. What local races will join the Santa Barbara County Triathlon in offering these divisions?

Basic Information

Name: STAN JAGODA

Age: 40

Background: Born in Santa Barbara, raised in Goleta. Attended Dos Pueblos High School (Class of 1975, Channel League Champs in almost all the varsity sports that year): Santa Barbara City College and Cal Poly San Luis Obispo. Played baseball and basketball in high school. Took up running at age 29.

Employment/Family: CPA and Contract Accounting Manager at Mission Research Corporation. Single.

Other Sports/Interests: Swimming, biking, snow skiing, college and professional sports, movies, Seinfeld, surfing the net, SportsCenter, reading my name in the newspaper after a race on those very rare occasions when I'm actually listed.

Running Highlights

Favorite Distance & PR at same: 50 yard dash--6.8 seconds in the eighth grade.

Okay, 10K @ 41:51 (Fay Hobbs 1996)

Best Race and Why: 1986 Bakersfield Triathlon. This was my first triathlon of any length. The run course was 15K, mostly over trails with lots of hills--and it was hot. I was scared and nervous before the race, not sure if I could complete the course. At the seven mile mark of the run, I realized I was going to finish in good shape. The last couple of miles were the most enjoyable I've ever run. I have not duplicated the feeling of accomplishment I experienced during this race in any subsequent event.

Worst Race and Why: 1986 Santa Barbara County Triathlon. The course was a Half-Ironman distance back then. The bike ride went to Lake Casitas and back, 51 miles and hilly. My hamstrings cramped running up Shoreline Drive. I entered Shoreline Park on the way back hoping to hang on. Soon I started to black out and had to walk a large portion of the remaining 3 miles. I remember being nauseated for several hours after the race and wanting to call a press conference to announce my retirement from triathlons.

Average Weekly Mileage (last 12 months): I only run 3 days a week, totaling 15 miles.

Favorite Local Race: The Santa Barbara County Triathlon. I enjoy doing triathlons more than the typical road races. Fewer people do triathlons. Being a triathlete gives credence to my inflated ego.

Goals (Realistic) for 1998: Complete the Santa Barbara Triathlon (last year I had to drop out with back spasms) and finish in under 3 hours and 40 minutes. Finish the Pier-to-Peak half-marathon by sundown.

Goals (Wildly Optimistic) before Year 2000: Complete the Wildflower Long Course Triathlon and beat Mike Kulper in a race, any race (remember Nancy Kerrigan and Tonya Harding?).

Additional Information

Why I Run: In my opinion, running provides the best workout in the least amount of time. I enjoy the beach so most of my runs take me along the Santa Barbara waterfront or the Atascadero bike path towards Goleta Beach. Running also burns a large amount of calories which makes it possible for me to indulge in my mom's cooking and my dad's BBQ every Sunday night.

Personal Training Tips: Don't push too hard too often in your workouts. Your body needs to rest regularly too. Eat the proper foods but don't be afraid to indulge in your favorites on occasion.

I love runners who ...: nod or say hello as they breeze by me.

Suggestions for local races: Add a large person's division to the races (200 lbs for men and 150 lbs for women) so the larger runners have a change to compete for awards too.

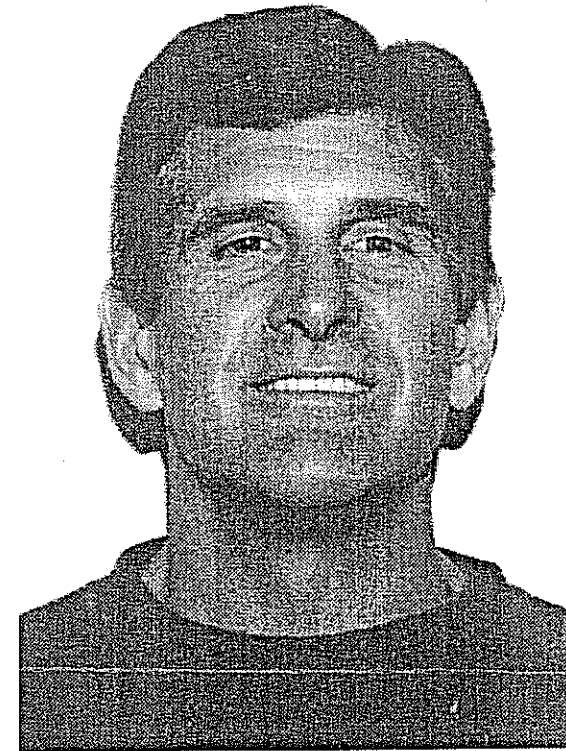
Suggestions for SBAA: Organize a singles function for all interested SBAA singles.

My views on ...: living a fulfilling life. Live your life with honesty and integrity. Don't compromise these values for monetary gain and don't give in to anyone who tries to keep you from achieving your goals. Follow your heart. It's usually the right direction to go. And lastly, laugh often, it's good medicine.

Favorite Restaurant: Taqueria Fresh on the Mesa.

Favorite Local Pub: The Brickyard.

Quote: "Insanity is doing the same thing over and over again and expecting different results." - Mariah Ford SBAA Member since 1996



OBLIGATORY RUNNING

by Jim Kornell

Recently a friend asked me if my running was obligatory. I always bristle slightly at this question. There seems to be just a faint whiff of the pejorative in it - "Are you neurotically compelled to run every day, or are you a normal, healthy person?" My friend was certainly not intending to accuse me of being neurotic. Nevertheless, the implication is there, lurking under the surface.

I responded by asking her if thinking or eating were obligatory. But those are the wrong analogies. Sex might be better - Do you *have* to have it? No, but that doesn't mean you don't *like* to. There are a couple more layers to the running question, though.

Competition is one level. Competition is a deep human drive. Many people deny this aspect of themselves. ("I'm not competitive at *all*.") Humans are social animals, though, and all social animals have an evolutionarily-derived interest in status, since higher-status members tend to greater reproductive success and leave more offspring for you and I to be descended from. Competition is a way to get status, and competitiveness is a deep-seated human attribute.

Racing is a healthy, honest outlet for competitiveness. It seems to me that for the great majority of us, the very purity of racing competition has the paradoxical effect of freeing us from concern about status. Most of us want to race well against our peers, and we run hard, but almost all of us leave it at the finish line. It's always more interesting who ran to their potential or had an especially good race than simply who ran fastest. That status is so exquisitely measured seems to free us of interest in it.

But competition is a very small part of running, really. It might be possible to be a good competitive runner without a love for running, but it's hard to see what the point would be. The real substance of running has nothing to do with clocks or finish lines.

Running takes me out into the world of the physical, the tangible, the breathable, and the beautiful. I don't think humans evolved to stare at computer screens from dawn to dark. (I'm almost certain I didn't.) Running lets me feel my body, makes me highly aware of my body in a way that is otherwise very hard to achieve. Movement, rhythm, engagement in the world, unification of body and mind - how can we not love it?

Perhaps the best analogy, then, is with simple happiness. Do we *have* to be happy? No, we can carry on despite great hardship when we must. But if happiness is available simply by stepping outside the door, then it seems a pretty straightforward choice. Is running obligatory, then? No. It's just ... nice.