

khannouchi.com... Out of 395 male road runners who ran a time equal to or better than a 28:40 10K, 143 were Kenyans, 42 were Japanese, then came Ethiopia and Morocco; USA was 8th with 8. For women, Japan had by far the most equivalent 33:00 10K performers, with 57 athletes out of the 238 who qualified. Then came Kenya, Russia and the USA... In 1998 an ultrarunner topped the men's prize money list with earnings from just one event - the Comrades Marathon (87K) in South Africa. Dmitri Grishine of Russia earned \$178,200 there...

Kevin Setnes was USA Champion last year for 100K (7:23, that's 7:08 miles for 62 miles) AND 24-hours (236,621 meters, which is about 148 miles, and a pace of 9:43 a mile)... Six American men achieved World Road Ranking status in 1998: Marc Davis, Rod DeHaven, Todd Williams, Keith Brantly, Ryan Wilson, John Sence. SLO resident Linda Somers-Smith made the women's world class list... Who saw that great Mile at the Pre meet on TV? 3:52 by a Kenyan with a bunch of Americans right behind... T-shirt: "Running is Life. The rest is just details"... Watch for track meets on TV in June: Pontiac GP June 13 on CBS, and the USATF Championships June 26-28 on CBS and ESPN... Summer is peaking time so hope you're all doing speedwork in the warm sun...

Santa Barbara Athletic Round Table Awards

Congratulations to the following SBAA members: Joe Coito - Russ Hargreaves Memorial Award for leadership in maintaining quality sports programs. John Brennand - Open Endurance runner of the year. Gordon McClenathen - Open track and field winner. Gordon won the 3000 meter National Indoor Championship in Boston last March. Racing for the first time in the 65-69 age division Gordon lapped the field. Vic Birtalan - Open triathlete of the year.

RUNNER'S PROFILE

by Joe Howell

Barry Ross and Mary Ross are great neighbors (we live two doors from one another), dedicated runners (Barry for many years, Mary, more recently) and among the many who ran in the first San Diego Rock 'N' Roll Marathon in 1998 as part of the Leukemia Society's Team-In-Training. They had so much fun that they followed that successful experience (again as Team-In-Training runners) with the Maui Marathon in March, 1999.

Both are disciplined runners, participating in almost every local race. Mary is focusing on her next marathon(s), while Barry is adding swimming and biking to his training in preparation for the Canadian Ironman Triathlon in August. He just recently returned from a week with Jim Howley's Tri 4 Life group, logging a 360 mile bicycle week over 2 huge mountain passes, and he ran in the 2<sup>nd</sup> Rock 'N' Roll Marathon in May. He will be ready for Canada!

Basic Information

Name: BARRY ROSS

Age: 41

Employment/Family: Physician - specializing in physical medicine and rehabilitation

Married to Mary Ross (an inspiring runner)

Stepson - Justin

Other Sports/Interests: Golf, bicycling, swimming

Running Highlights

Favorite Distance & PR at same: 10K - September 15, 1984 - Worthington, MN 36:58

Best Race and Why: First Sioux Falls 5K - 17:39 - September 23, 1984. I was in the best shape of my life and ran as good a race as I ever have before or since.

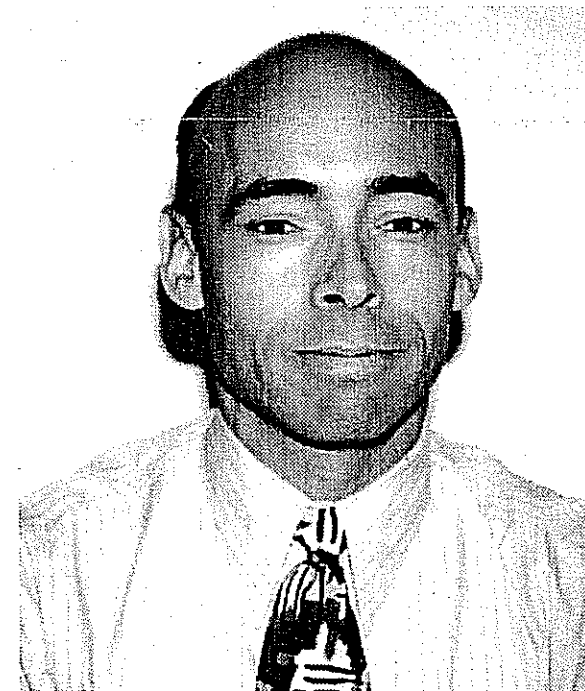
Worst Race and Why: My first Nite Moves 2 1/2 years ago. I was fat and slow 25:08.

Average Weekly Mileage (last 12 months): 30

Favorite Local Race: Chardonnay

Goals (Realistic) for 1999: Run a 19 minute 5K; break 40 minutes for 10K; keep running with the same enthusiasm I currently have; cross train more.

Goals (Wildly Optimistic) Year 2000: Run a sub 3-hour marathon; avoid injury, find the same running shoe I currently wear.



Additional Information

Why I Run: Peace of mind and sense of well being. Weight control and the joy of running.

My Runner Hero & Why: Jim Ryun. He inspired me to start running when I was in junior high school. His sub 4 mile as a high school student was an amazing feat.

Personal Training Tips: Get plenty of rest, cut back when injured and drink lots of water.

I love runners who ...: enjoy running and do their best.

I hate runners who ...: spit without looking.

Suggestions for local races: More races in 15 - 30K distance.

Suggestions for SBAA: Keep up the good work.

My views on ...: We best not go there.

Quote: "It takes a big dog to weigh a ton." SBAA Member since 1998.

Basic Information

Name: MARY ROSS

Age: 45

Employment/Family: Former Critical Care Nurse Manager

Real Estate Agent - Prudential CA Realty

Husband Barry (a great guy)

Son Justin Kane (24) (another great guy)

Other Sports/Interests: Golf, snow skiing, gardening, watching sports

Running Highlights

Favorite Distance & PR at same: 5K - 30:28

Best Race and Why: San Diego Rock 'N' Roll Marathon - my first marathon. I found myself having more fun with each passing mile. It was an accomplishment I had not expected.

Worst Race and Why: My first Terry Fox/Fay Hobbs 10K. Both the 5K and 10K runners were passing me - very tough to handle mentally.

Average Weekly Mileage (last 12 months): 20 miles

Favorite Local Race: Resolution Day Race

Santa Barbara Winery 10 Mile

Goals (Realistic) for 1999: Break 30 minutes for 5K on regular basis in '99

Goals (Wildly Optimistic) Year 2000: Run a marathon with my brother and sister with the rest of the siblings (4) watching. Of course we would finish under 4 hours.

Additional Information

Why I Run: I started running in an effort to spend more time with my husband. It did not work; he runs faster and now he is training for the Ironman!

My Runner Hero & Why: Kathleen Nolan - she makes running look easy, she loves to run hills and will slow down once a week to train with me. She is competitive yet fun and runs backwards!

Personal Training Tips: Allow for flexibility; listen to my body. This year I'm trying to add speed interval training.

I love runners who ...: have a good time and encourage new runners.

Suggestions for local races: I would like to see more variety of race courses.

Suggestions for SBAA: Increase membership.

Provide more opportunity for running groups of various levels.

SBAA Member since 1998.

