

RUNNER'S PROFILE

by Joe Howell

Jill Zachary is our Profile feature this month. Jill is so competitive that when she placed second in her Grand Prix age group in 1997, then easily won the Grand Prix in 1998, she felt she had to move from Santa Barbara to a larger metropolitan area to find solid competition. (In fact, she did move away for a short time, only to return to Santa Barbara. Jill is way too humble to have ever made the above statement, but it is fun to start rumors about nice people like Jill!)

Jill represents one of the reasons the SBAA Tuesday night track workouts are so much fun. She is always smiling, always seems to enjoy the workout and consistently encourages everyone around her. She has had a few injuries of late that have kept her from maintaining her Grand Prix winning form but look out - she's coming back stronger than ever!

Basic Information

Name: JILL ZACHARY

Age: 31

Employment/Family: Single

City of Santa Barbara Regional Planner

Other Sports/Interests: Biking, hiking, backpacking, camping, swimming, pottery, gardening

Running Highlights

Best Race and Why: San Luis Obispo City to the Sea ½ Marathon 1997. My first and only ½ marathon. Felt great entire race. Still had energy at end. Time: 1:30

Worst Race and Why: Falmouth Road Race 1997. Make the mistake of eating too close to race time and had terrible stomach cramps. Very painful 7 miles.

Average Weekly Mileage (last 12 months): 20-25

Favorite Local Race: Santa Barbara Winery. There is always someone to run with.

Goals (Realistic) for 1999: Get back to level of performance in 1997/1998. Recover from lingering injuries.

Goals (Wildly Optimistic) Year 2000:

5K - under 19:00

10K - under 38:00

10 mile - under 65:00

½ Marathon - under 1:30

Marathon - under 3:05

Additional Information

Why I Run: Stress relief. Great way to enjoy Santa Barbara's environment. Easy to do on business and vacation trips. General physical fitness.

Personal Training Tips: Cross train - I prefer swimming.

Rest 1 -2 days/week.

Run hills to increase endurance.

I love runners who ...: share training tips and aren't always focused on competition and winning.

Suggestions for local races: 1. Include women's style t-shirts and/or more singlets.

2. Vary some of the courses?

Suggestions for SBAA: Great organization. I really appreciate the Tuesday track workouts, Grand Prix competition, all the local races, etc. My only suggestion is to perhaps have quarterly social events.

My views on ...: running in Santa Barbara. Runners in Santa Barbara, in fact all residents of Santa Barbara, are extremely lucky to have 365 days a year to walk, bike, run, swim, hike, sail - just be outside. I feel very fortunate to be here to enjoy the quality of life and environment.

SBAA Member since 1995.

