

Szabo won another \$200,000 for being a Grand Prix champion... Gebresellasié ran an 8:01 2-mile this year, short of Daniel Komen's 7:58WR... Marla Runyan, age 30, is legally blind, and won the USATF 1500m final. After a 76 first lap, she closed in 65-60 to take the win. She is 5'7" 135 pounds... The USATF National Masters Track and Field Championships were in Orlando Florida in late August. The temperature was 98 degrees. There were 900 entrants. The SBAA's John Brennand, 63, finished second in the 5000m, running 19:54, and he repeated his 10,000m title in 42:36. Gordon McClenathen, 65, ran 46:08 for 2nd in his race... According to Track and Field News, the women's world records look about the same as they did 11 years ago, because of rampant drug use in the 80's... At the USA 24-hour championship in Ohio in September, guest runner and superstar Yiannis Kouros of Athens, Greece won the race with 167.44 miles, about 8:30 miles, a US All-comers road record. Mark Godale of Ohio broke the American Record with 162.5 miles.

MORE WORLD CUP

Marathon winner (in 90 degree heat) Abel Anton of Spain is 36. He ran 2:13. American women marathoners finished in places 35-38, the men were 24th and over. In Michael Johnson's WR 400m, 2nd and 3rd were National Records for Brazil and Mexico and they were 10m back. In the 800m Kipketer was 2-time defending champion, was undefeated and had the year's fastest time. He won by .02. El Guerrouj's 1500m win in 3:27 was the fastest 1500m ever in a major championship, nearly 5 seconds faster than Coe's '84 Olympic record of 3:32. Ngeny in 2nd set a Kenyan record. The first 5 broke the World Cup meet record held by Morceli. Ngeny: "I have the great pride of beating my country's national record. I did all I could. There was nothing else left in me. Next year will be mine". In the 5000m 27-year old Moroccan Salah Hissou won gold in the first major championship under 13 minutes, the final 200m was under 27, he has run 4 sub 13:00's this year. In the 10,000 Gebresellasié's last 200m was 26.3. Anthony Washington of the USA won the discus, working a real job 40 hours a week, self-coached, with a family. Masterkova, 31, the reigning Olympic 800m/1500m champion, was 3rd in the 800m and won the 1500m ("I feared no one").

RUNNER'S PROFILE

by Joe Howell

The subject of this month's Profile is Mick Caruso. I remember well my first introduction to Mick. At the SBAA Grand Prix Awards Banquet last December at the Unitarian Church, there was one table that seemed to be having the most fun—laughing, joking and cheering all the winners. Only when I called the name of the First Place Finisher for Men's 35-39 age group did I realize that Mick Caruso was not only a talented runner, but also the life of the party (or at least one table).

Mick and his business partner Jackie Woods have recently assumed ownership of Frameworks. From my personal experience over the last several weeks, I can attest to the incredible attention they devote to the art, photographs or other items they are asked to frame and the outstanding quality of their workmanship. Where else in town can you get great framing accomplished while chatting it up about the next local race?

Mick brings his enthusiasm for running and a zest for life to the track every Tuesday night. As he smiles while zipping past with the lead pack in group #1, he undoubtedly is sharing his racing wisdom with close friends and rivals like John and Jeremy. (Hey guys, check out his in your face comments below.)

Basic Information

Name: MICK CARUSO

Age: 37

Employment/Family: Owner of Frameworks and De La Guerra Gallery with business partner Jackie Woods.

Other Sports/Interests: I enjoy hiking, football, cars and art.

Running Highlights

Favorite Distance & PR at same: 5K. It's short enough to push myself hard, and I know it will be over quickly. My fastest time is 16:23 in 1988.

Best Race and Why: I don't know the time of my best race. It was the running leg of a mixed team at the Wildflower Triathlon in 1988. As I waited for our biker, I counted six runners in our division leave the transition area. I had 6.9 kilometers to track them down and pick them off. That was my strategy and it worked!

Worst Race and Why: It is hard to pick. There have been many, but one of my worst races was in

1989 at the Cuesta Biathlon. A friend had hyped me to this fast biker, so I felt pressured to perform. I started too hard at the beginning of the 10K race. I was running 6th with about 300 feet from the transition area when my stomach started convulsing. I kneeled over, dry heaving in front of everybody. I lost about 10 spots before I could get to my biker. Morals of the story: Don't stress, it's about having fun; don't push yourself beyond your ability; start slow, finish fast.

Average Weekly Mileage (last 12 months): I was running 40 miles before the Los Angeles Marathon last March. Since then, it's been about 20 miles a week.

Favorite Local Race: There are two, for different reasons. The first is the S.B. Nine Trails. The 35-mile trail run organized by Patsy Dorsey. It is the most scenic local run, and it really pushes you to the edge. The second is the Nite Moves Summer Series organized by John Baron. I like the music, the drink, the food and the community spirit of just hanging out after the race. Also, it is the only local race in which I can dominate over younger loud mouth runners like John Orach and Jeremy Torres, week after week. I guess it's satisfying because I feel like I represent the older, more humble group of runners.

Goals (Realistic) for 1999: Increase my mileage back up to 40 miles a week and stay healthy.

Goals (Wildly Optimistic) Year 2000: Set PR in 5K, run a marathon under 2:55, run an ultra and survive, and take part in more relay races with the SBAA team.

Additional Information

Why I Run: Before I joined SBAA, I always ran alone. It was time by myself to sort things out and push myself physically; a way to relieve stress. However, the last few years, running has turned into a social activity with friends and acquaintances which has been a nice addition to running.

My Runner Hero & Why: I don't have a running hero but if I had to single out one person for their tireless dedication to the running community, it has to be John Brennand. His skill and commitment are an inspiration to me.

Personal Training Tips: Keep in mind I eat too much fast food and smoke occasionally, but I find that speed work at the track on Tuesday nights with Coach Triplett and long slow trail runs on the weekend keep me in shape.

I love runners who ...: talk a lot on the course and cheer you on.

I hate runners who ...: run in matching outfits, especially the ones with attitude. It gives me extra motivation to beat them at the races (if I can).

Suggestions for local races: Please, please more interesting courses to race on. There are a lot of great running areas from Carpinteria to Goleta. I think we all know where they are but for some reason the races keep migrating back to or through Palm Park. Ugh!

Suggestions for SBAA: I think the SBAA does a great job. Everyone is supportive and greets you with a smile all the time. I think we just need to figure a way of recruiting younger runners like Kimberly, Todd and Erik. I like seeing young people doing something healthy and being active in the community.

Quote: There are so many great quotes to live by. Most of my favorites are from Mae West, Ruth Gordon and Ann Richards. But I found it difficult to find one that is applicable for running, so let me express what goes through my mind at the start of a race.

"I look around and see people of both sexes, all races, all ages, all sizes and abilities and in that moment I understand what it means to participate in the human condition. I am inspired to be part of a group of people who are committed to experience the height and depth of training and pushing oneself to the limit."

