

**RUNNER'S PROFILE**

by Joe Howell

Do you recognize Patty Wiessner from her picture? If you run with the Tuesday night group at the SBCC track, you will recognize Patty as one of the regulars who always shows up with a big smile and a compliment for her fellow runners. If you have been racing in Santa Barbara over the last year or two, you may well have noticed Patty competing in more and more races, improving in each event. Consider her predicament for this year's Santa Barbara County Triathlon. She wanted to compete in the entire event but had a scheduling problem. As a result, she did the 10 mile run before the start time (7:00 a.m.), then did the swim and bike leg as part of the regular event. While her effort did not qualify her as an "official" finisher of the long course, her willingness to finish all three legs of the race on the same day, despite the scheduling problem, is an indication of her level of discipline.

Like many who become interested in running, Patty decided it was time to run the Boston Marathon. She ran the San Diego Marathon early in the year, thinking she would qualify later in 1999. To her delight, she qualified at San Diego, leaving the rest of her year for increased training for not only the Boston Marathon in 2000, but also her climb of the 20,000 foot Mount Kilimanjaro on New Year's Eve. Patty will be making the climb with her significant other Bob Bryant in memory of Danny Bryant, Bob's son who died in 1995. The two of them are committed to complete "a Summit for Danny" and in the process, raise thousands of dollars for the Daniel Bryant Adolescent Treatment Center, an adolescent alcohol and drug treatment program to be operated by the Santa Barbara Council on Alcoholism and Drug Abuse. It is hard to imagine a more inspirational way to celebrate the arrival of year 2000: conquering Mount Kilimanjaro, dedicating the effort to the memory of a loved one and raising money for such an important facility.

**Basic Information**

**Name:** PATTY WIESSNER  
**Age:** 40  
**Family:** Mom/Carpenteria  
Dad/Florida  
Brother/Utah  
Sister/Boston  
**Other Sports/Interests:** Skiing, snowboarding, backpacking, kayaking, canoeing, biking, travel, scuba, water-skiing, cooking, reading and wakeboarding.

**Running Highlights**

**Favorite Distance & PR at same:** San Diego Marathon - qualified for Boston (3:35)  
**Average Weekly Mileage (last 12 months):** 35 miles  
**Favorite Local Race:** Pier to Peak  
**Goals (Realistic) for 1999:** Climb Kilimanjaro for the millennium. Complete the Nine Trails Race.  
**Goals (Wildly Optimistic) Year 2000:** Boston Marathon under 3:30  
5K under 20:00  
Half Marathon 1:30



**Additional Information**

**Why I Run:** For health and physical conditioning, challenge of the races, fellowship and sharing with others.  
**My Runner Hero & Why:** Bob Bryant - because he makes me feel fast.  
**Personal Training Tips:** Run the local trails. It's a great way to get your hill training in while enjoying the beauty of Santa Barbara.  
**I love runners who ...:** have a passion for the sport and like to share it with others.  
**Suggestions for local races:** More variety in the courses.  
**My views on life.** Those who bring sunshine to the lives of others cannot keep it from themselves.  
**Quote:** "Good luck comes to callused hands."  
SBAA Member since 1999.

**MEMBER DISCOUNTS**

Howie Gaynor, Certified Rolfer, 568-0999. 20% off initial session.  
Channel Islands Chiropractic. Two adjustments for \$40. Dr. Aaron Austin, 966-7771.  
10% discount at DaJa Vous restaurant, 3132 State Street and AJA, 1812 Cliff Drive (Tim Mock)  
Precision Biomechanics Physical Therapy: Free initial screening. Wednesday evenings 5:00 - 6:00. For an appointment call 681-7440.  
Justin Kojima, Real Estate Appraiser, 964-0646.  
Outfooters - 15% off shoes & apparel  
Hourglass - \$1 off per group  
Kevin Young, RE/MAX - 687-2600  
West Maui oceanfront condo, great for cross training, 30% off. Steve or Julie, 962-1895. www.halekai.com  
Fred Romano, Massage Therapist, Acupuncturist, 568-5340 - 10% off.  
Goleta Sports Center - 10% off shoes & apparel.  
Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. Call for a complimentary facial and/or makeover.  
Montecito Sports - 10% off.  
Stephen Fountain Sports Massage - \$10 off, 965-5339.

**SCHEDULE OF EVENTS**

**Tuesdays - Intervals** at SB City College. 5:30 PM warm-up, 6:00 PM workout, different speed groups.

**Saturday, November 20 - 21<sup>st</sup> Annual Turkey Trot 5K/10K Run & Walk.** At the UCSB Lagoon behind the UCEN. 10K run at 9:00 AM, 5K run/walk at 9:10 AM. Pre-registered \$12, race day \$17. Registration begins at 8:00 AM. Refreshments and raffle prizes including pizza provided by Woodstock's and ice cream from Hobson's. Proceeds go to benefit the Jack Canfield Chicken Soup fund, a student emergency medical fund. Information: UCSB Rec Sports, 893-3253.

**Sunday, November 21 - Eighth Annual Dick Tropea Memorial 10K Turkey Trot, 5K Run/Walk.** Lompoc. Note: the date change from Saturday to Sunday. All of the events start and finish at the Miguelito School, V Street and Olive Avenue. 5K walkers start at 8:15, 5K starts at 8:30 and the 10K starts at 9:15. Registration begins at 7:30. Entry fees: 5& 10K runs \$8 pre-reg, \$10 day of race; 5K walk \$6 pre-reg, \$8 day of race. Awards: turkeys to first place, Cornish hens to 2<sup>nd</sup> place runners, Cornish hens to first place male and female walkers. Contact Mark Jasso at 736-0332 for more information.

**Thursday, November 24 - Thanksgiving Day 4-Miler.** 9:00 AM. Magnolia Shopping Center in Goleta between Patterson and Turnpike. Information: 563-2710.

**Saturday, November 27 - Santa Barbara Nine Trails Run.** 35 mile trail run. Start at the Cater Water Treatment Plant, run to Romero Canyon and back. Entry forms and sweatshirts at Outfooters. Volunteers are needed. Patsy Dorsey, 452-1273 or PatsyBike@yahoo.com.