

RUNNERS PROFILE

by Joe Howell

This month's profile features Ross Adams. He has been an SBAA member since the early '80s and can be seen competing in all the local races, from 5K to half marathon. His daughters Amy and Katie have inherited his passion for running. Each can be seen running the beach front course with Ross when they are in town for a visit.

Ross is also a consistent East Beach runner, typically starting his run after the stock market closes, when many of the noon runners are returning to work. He always provides us with a quick smile, a good laugh and a quick review of the day's stock market activity.

On May 1, at the 12th Annual Law Day Race & Relay, be sure to check out Ross and his teammates (Superior Court Judge Tom Anderle and dentist/runner/biker Don Truex); their Screaming Eagles Relay Team has been burning up the course for years!

Basic Information

Name: Ross Adams

Age: 55

Employment/Family: Stockbroker - Smith Barney

Wife Mary (married 33 years)

Daughters Amy (27), Katie (24), son-in-law Joel (28)
(all three are runners)

Other Sports/Interests: Ocean Kayaking

Alpine and Nordic skiing

Hiking in the eastern Sierra and the San Juans in southwestern Colorado.

Visiting and running with my daughters and son-in-law in Washington D.C. and Seattle.

Running Highlights

Favorite Distance & PR at same: Half Marathon
1:37

Best Race and Why: 1998 S.B. Half Marathon. The race was held on my 55th birthday. I was getting back in shape after a summer injury and felt great on race day and finished 8 of 28 in my age group.

Worst Race and Why: 1981 S.B. Winter Road Run. Inexperience took me out too fast. I hit the hills in Montecito and had to shuffle home to the finish.

Average Weekly Mileage (last 12 months): about 22

Favorite Local Race: S.B. Half Marathon. Beautiful course held during one of the best running months in Santa Barbara. A good distance for me with much less recovery time compared to a marathon.

Goals (Realistic) for 1999: Run a 1:41 Half Marathon
Remain Injury free.

Goals (Wildly Optimistic) Year 2000: Run my Law Day 5K leg under 21:30

Additional Information

Why I Run: I started running after college football to lose weight. One of the best parts of my day is getting away from my desk for a good mid-day run.

My Runner Hero & Why: Mary Decker Slaney because she raced with no fear and always put the pedal to the metal.

Personal Training Tips: Some wisdom has come with age I hope. Cross train two days a week. Lift weights, stretch before bedtime and see Mark Brisby, a great athletic trainer when injuries bite.

I love runners who ...: wave and/or say hi when approaching and passing.

Suggestions for local races: We have terrific local races. All my running friends and relatives in other communities are jealous.

Suggestions for SBAA: SBAA does a great job. I really enjoy the Newsletter. Would the sale of SBAA T-shirts or hats be a good source of funds?

My views on ...: take time from concentrating on the training aspects of your run and enjoy being outside and feeling good.

Quote: "Your running should be only for you, and if you're comfortable with where you are, that's all that matters."

Bill Rodgers

SBAA Member since 1981?: (Memory dims with age.)

