

IT'S OFFICIAL - REJOICE - the movie Endurance, starring Haile Gebrselassie, the world's greatest runner, is available at Video Visions on the Mesa, check your local video store. Runners will love this film. It starts with Geb at the line of the '96 Atlanta 10,000m, and as the race progresses flashes back to him growing up, running 12 miles round trip to school as a child, arguing with his Dad who wants him to work instead of run, coming in 99th in his big first race. You will love the ending... The US Men's Olympic Marathon Trials are May 7 in Pittsburgh. The IOC is spending \$150 Million to advertise in 200 countries. It's been proven in studies that the exercise you do later in life is much more important than the exercise you didn't do earlier in life. Amanda McIntosh, 35, won the USATF National 50-Mile Trail Championships and the Leadville Trail 100. 12 years ago she was an obese bartender with a pack-a-day cigarette habit. Blueberries and tomatoes are high in anti-oxidants, which all runners should be expressly consuming. SBAA member Stu Sherman has a goal of finishing a 100-miler later this year. Joey LeMay, 33, of Danbury, Conn., is the 2nd American to break 2:14 for the marathon this year, and he works 40-hour weeks as a software engineer while he trains 140-mile weeks. He is 6'4"; check him out at www.joylemay.com. You can enter most SB road races at www.active.com.

Joan Benoit Samuelson was first Master's finisher at the Marathon Olympic Trials, running 2:39:59 for 9th overall. For the race she trained "with all the intensity that her schedule of volunteering at her children's school and other parental duties would allow". Only 23 masters women qualified for the trials. 54-year old Sister Marion Irvine remains the oldest Marathon OT finisher in 1984... SB resident Payton Jordan, 82 set a pending single US record in the 100m with a 16.09.. Paul Reese, age 83, has run across the country and across each state of America, a total of 7646 miles and 60,000 miles of motorhome driving by his wife Elaine. Reese ran a 2:39 marathon at age 54 and has written 3 books on his running... John Whittemore, of Santa Barbara, age 100, broke the WR for his age at the San Marcos High School Distance Festival by 3cm...

RUNNER'S PROFILE

by Joe Howell

I remember well the first time I met Ann Chadwick. We were at the 1999 Grand Prix awards dinner and I congratulated her when I learned she had won her age group. She had edged out Rosemarie DiSandro, the perennial winner in the Women's 65-69 age group. Ann allowed as how she was moving a bit slowly that night, having run the Tucson Marathon the day before. When I asked how she did, she said "not great, but I did win my age group". When I congratulated her, she said it was no big deal, since she was the only competitor in her age group. I was surprised at her comment, as none of the runners I know would ever downplay a running performance, much less a win. I tried to impress upon her that a key rule of competition is "a win is a win". . . how many were in your age group, who they were, and any other fact besides one's win is extraneous information!

As you will see when you read Ann's Profile, she is still competing fiercely, still setting goals and most importantly, still enjoying running and all that life has to offer. If you enjoy reading about Ann, I encourage you to introduce yourself to her at the next race (she is a regular at the local races) and if you really want to have some fun, double back on the course when you finish and run in with her!

Basic Information

Name: ANN CHADWICK
Age: 67 (68 in July)
Employment/Family: Married-work part time at Cal State Bakersfield in Archaeological Information Center and part time with my husband commercial fishing.
Four grown children-one, the street person with the cowboy hat, always runs with me.
Other Sports/Interests: Horseback riding, working cattle with my daughter (mostly we chase those crazy cows on foot-I've given up wearing cowboy boots and just go out in running shoes).

Running Highlights

Favorite Distance & PR at same: 26.2 - 5:18 (I've taken 31 minutes off my time this year, but of course I'm still slow.)
Best Race and Why: Santa Barbara Half Marathon. I love running along the water and I won my age group with a PR 2:24.

Worst Race and Why: Lake Tahoe Half Marathon. There's a great lack of O2 atoms at 6500 to 7000 feet. I got beaten by a little old lady that lived there-she came in 15 minutes ahead of me looking fresh as a daisy, while I arrived dead beat and a nasty grey color-never again!

Average Weekly Mileage (last 12 months): 50+. My basic run is 10 miles-long and slow.

Favorite Local Race: Pier to Peak. It was so great to come out of the fog and look out to the Islands-really fun people who put it on (they even had gin and tonic for me at mile 10-bless their hearts). (Also, I finished in 3 hours, not the 2-1/2 the newsletter said-I started with the walkers.)

Goals (Realistic) for 2000: I'm going to run at the Berlin Marathon with really fast little old ladies and I'd love to win my class-not a likely happening. Actually, I'm running with friends and family-one with AIDS. She's doing 2 miles and then will be driven to the finish and I'll give her my medal. She always goes to my marathons and is there when I finish. I'm really excited about doing this.

Goals (Wildly Optimistic) Year 2001: To finish 26.2 under 5 hours. Actually, I'm not sure I can do this but I'm giving it my best shot. I run on an average of 5 miles per hour, so I have a ways to go.

Additional Information

Why I Run: I'll have to tell you what my son said when I asked him this. "To support you Mom and to feel good about myself"-and that's me too. I'm old and very slow but I love running and there is nothing like coming in. It really makes me feel good about myself too.

My Runner Hero & Why: Steve Scott-he got up after a major illness and just went on-truly very hard to do. It was a thrill for me to see him running in as I'm going out-last as usual-the day he raced after the dinner the SBAA had for him. He was giving it his all for just a "small" race but every race is worth giving it your all no matter if you are last or first. You don't have to break the tape to be a winner.

Personal Training Tips: (Yeah, right-how to run really slowly!). Actually I do have one-what Hal Higdon and Jeff Galloway never mention. When I started distance running 2 years ago, I thought if I just lived through all the torn muscles and my knee which sincerely wants me to crochet, not run, that I'd be fine and could do speed work and become -really-fast. It's true that you need the physical strength and speed work but what I have to do is train my heart to be "happy" beating 135-145 beats per min. for 4-1/2 to 5-1/2 hrs. (my resting heart rate is 58; max 180-185) This has been quite a chore. All the muscles in

the world do you no good if you can't keep the O2 coming. I run at my marathon pace on all my runs (11-12 min miles). I only do speed work at the gym when I run on a treadmill at 9 min miles. I have gotten faster but at this age it's strength and endurance I need for the distances.

I love runners who ... : come back on the course and run in with me. In small 10K to 15K races people are so far ahead of me I feel isolated and it's great when someone shows up. I also love out and back races because I get to see the winners and cheer for them as they go by.

I hate runners who ... : tell me "you're almost there" when in fact I'm still 2 miles out.

SBAA Member since 1989 or 1999. (I'm having a senior moment.)

