

RUNNERS PROFILE
by Joe Howell

Chris Tracy is not only a strong competitor and great guy to talk to on those long, so-called "low-key" Sunday morning runs, but he appears to be among the few who really understand John Brennand and Jim Kornell and their age-graded performance statistics and similar running technical trivia. Chris started his career as the typical "solo runner" but has found that he not only enjoys running more, but is running better than ever now that he has started racing consistently and training with others. While he at one time demonstrated a unique strategy in all races (something akin to starting the 10K and longer races with the pace of a quarter miler or half miler), he has learned from his mistakes and is improving with every race. My strong prediction is that he will just get better and better and without question, he will be the one to have the last laugh with those 50+ age bracket runners that he mentions below.

Basic Information

Name: CHRISTOPHER J. TRACY
Age: 43
Employment/Family: Electrical Engineer.
Married 25 years to my 8th grade sweetheart.
Daughter 25, son 20.
Other Sports/Interests: Enjoy biking, hiking and working outside around the house.

Running Highlights

Favorite Distance & PR at same: Don't have enough race experience to say what favorite distance is, but overall seem to do better in the shorter races: 5K, 18:21; 4 mile, 24:16; 10K, 38:14.

Best Race and Why: Carpinteria Avocado 4 mile last fall. That was my most recent race that I didn't disappoint myself with. Going up Santa Monica Road at around the beginning of the 4th mile, I was toast. Two or three people passed me. I toughed it out and was able to pick at least one of them off before the finish.

Worst Race and Why: Too many to choose from. I have repeatedly made the mistake of going out too fast and then "blowing up". Many of the guys in the 50+ age brackets tell me they enjoy seeing me at the races- I suspect this is the reason why...

Average Weekly Mileage (last 12 months): 35

Favorite Local Race: Adventours Series leading up to Chardonnay. Small races, beautiful location, good day & time.

Goals (Realistic) for 2000: 5K, 18:15

10K, 39:00

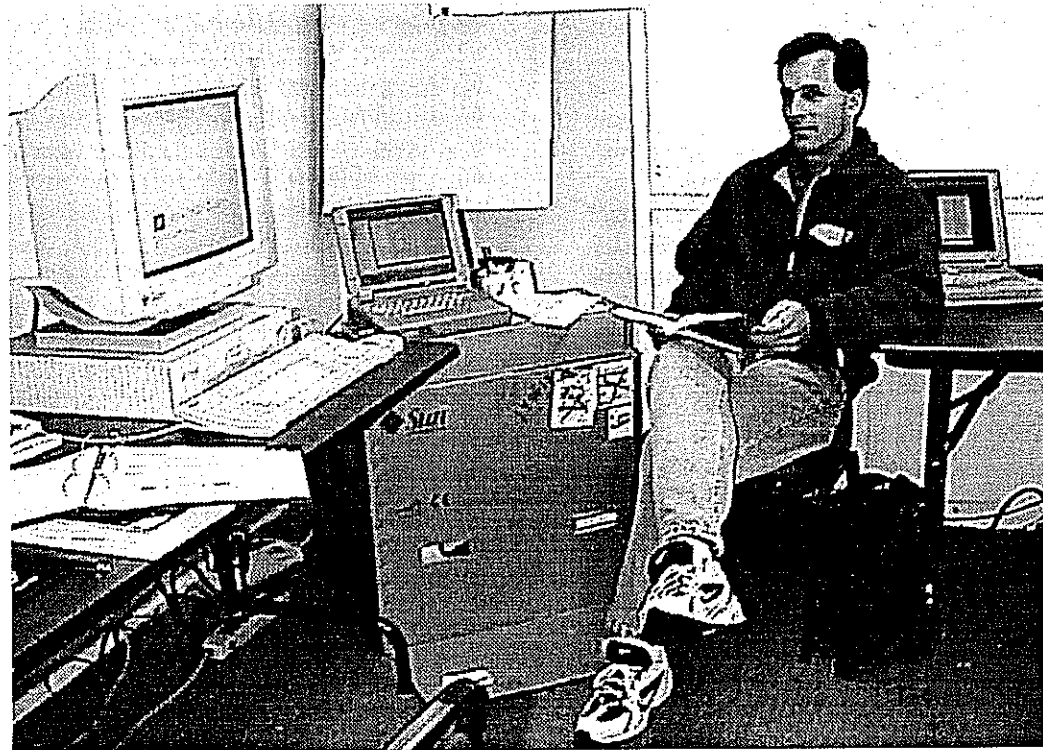
15K, 60:00

Goals (Wildly Optimistic) year 2001:

5K, sub 18:00

10K, sub 38:30

15K, sub 59:00



Additional Information

Why I Run: Health (both physical and mental) and friends. I started running 25 years ago just to "keep in shape". For the first 20 years, I ran by myself. It has only been in the last five that I have trained with others and entered races. I wish I would have started 20 years sooner.

My Runner Hero & Why: I've never had any "heroes", running or otherwise. On the other hand, there are many people I respect and admire. Just about every runner I've met locally falls under that category.

Personal Training Tips: Find the right running schedule, courses, and partners. Make your training something you look forward to.

I love (hate) runners who ...: No strong feelings one way or the other (come to think of it, I have no use for runners who constantly complain of their fitness level and various injuries but end up kicking your ass on race day!)

Suggestions for local races: Whoever is organizing these events, just keep doing what you are doing. I believe you are doing a great job and anyone who disagrees ought to try doing it themselves.

Suggestions for SBAA: Somehow recruit new members. I would target runners who have a running "self image" problem. I believe there are many runners who don't perceive themselves as competitive and thus not eligible for membership. These people are missing out on the opportunities that SBAA membership provides (e.g., races, organized training, Tuesday night track workouts, and many new friends).

My views on life: Don't waste time dwelling on past mistakes, because there is no bigger waste of time. Set goals and challenge yourself; it makes life interesting and is a motivator to greet each new day.

Quote: Heard a young guy at the track once sum it all up: "There are only two things I need to improve my running-speed and distance!"

SBAA Member since 1999.

San Marcos Track and Field Facility Renovation Project Update

Planning for the renovation of the San Marcos track and field facility is continuing. Preliminary engineering is in progress, and we have the lay-out for the renovated facility. The track will be converted from yards to meters and have an all-weather synthetic surface. There will be a large high jump area with a synthetic surface. Field event areas for shot put and discus will be greatly improved, and new long jump runways and sand pits installed as well as a pole vault runway.

We are very fortunate that the community supported the recent secondary school bond measure since this project has been allocated \$300,000 of those bond proceeds. However, since the preliminary cost estimates for the project are closer to \$400,000, we must continue our fundraising campaign.

The San Marcos track and field team is finishing a wonderful season this month, and hopes to be able to train and compete in the renovated facility next year. The team has been growing yearly, with 135 athletes participating this season. The new facility would attract even more participants as well as being a great place for other organizations to hold events.

If you have questions about the project or would like further information, please contact Richard Watkins, Heat Coach, at 967-4581, extension 359, or Arlene Kostock at 899-2400. Donations can be sent to San Marcos Track and Field Renovation Project, P.O. Box 1335, Goleta, CA 93116-1335.

Letter to the Editor
by Steve Gibbens

A recent house guest saw a photo of myself dated 1984 in running attire and was astonished at how little I had aged - attributing it to my running habits. She thought I looked no older now than then.

I told her I had just completed a 10 mile race when the picture was taken! So, if you want to know what you will look like in 2016, run a 10 mile race and have your snapshot taken as you finish.