

RUNNER'S PROFILE

by Joe Howell

The subject of this month's Profile is a funny guy. David Groom talks funny: he claims he was born in England and thus has his accent. (In fact, he may have been born and raised in Needles, California and is trying to impress us!). He clearly dresses funny on occasion: amongst the possible photos he gave me for this article, there were photos of David wearing an assortment of funny hats, a photo of him staring at a dead fish (which presumably he caught) and a variety of others. Perhaps the best evidence that David is absolutely a funny guy is the leadership position he has assumed with the Santa Barbara chapter of the Hash House Harriers. Only recently, I saw David running through the courtyard area by my office, wearing running attire, a big smile and lots of Mardi Gras beads. Shortly thereafter, a wildly dressed group of Hash runners came by in pursuit. Does David sound like your average Rotarian?

David is also one of those occasional runners and casual triathletes who has become far better and far more serious in the last few years. He is one of the hardest working runners at the SBAA Tuesday night track workouts. With his surprise third place finish in the 45 to 49 age group in the 1999 Grand Prix, he is becoming a strong competitor in the 50-54 group (which those in the know consider to be the most competitive, most talent-filled age group in the entire Grand Prix).

Basic Information

Name: DAVID GROOM

Age: 50

Employment/Family: Married to Judy for 26 years; 19-year old son at Cal Poly SLO; 21-year old daughter at UCSD. I have been an insurance broker, representing principally Farmers Insurance for 21 years and handle mainly car, home, health and life insurance. I was born in England and emigrated to Santa Barbara in 1977.

Other Sports/Interests: I play golf badly and tennis even worse. Swim like a brick and ride a bike well enough to finish a Triathlon (my first real one was last year's Santa Barbara Triathlon long course). I have been a disc jockey on and off since I was 17. I love to cook. I am also on

the Board of the Santa Barbara Hash House Harriers and a Rotarian for 15 years (now there's an interesting mix.)

Running Highlights

Favorite Distance & PR at same: I do not have a favorite distance because I have not been running long enough to have experience to specialize. I have a 19:14 5K and a 3:43 marathon in Long Beach and managed to get through the Santa Barbara Triathlon in 3:53 (plenty to beat Kitson and Kauth).

Best Race and Why: My best race was the inaugural Rock and Roll Marathon in San Diego in 1998. I had done LA the year before but this time I really felt good at the finish and realized that I was actually capable of qualifying for Boston (more about that later).

Worst Race and Why: I can't do Orchard to Ocean, Carpinteria. Don't know why because I love trail running. I always blow up at that race.

Average Weekly Mileage (last 12 months): About 30 miles-sometimes up to 40 at the height of the season.

Favorite Local Race: I really enjoy most races. Nite Moves is probably my favorite because I am a social butterfly and enjoy seeing a lot of friends. I am also improving on the biathlon. Watch your back Kitson!

Goals (Realistic) for 2000: I would love to qualify for Boston and I know I can. I would also like to break 19 minutes for the Nite Moves 5K.

Goals (Wildly Optimistic) Year 2001: I don't have any wild goals. Well, maybe very wild would be in the top three for the Grand Prix for my age group, but the only way that would happen is if a couple of people I really like get hurt so I'll concede now.

Additional Information

Why I Run: I started running in 1994 when I was helping coach San Marcos girls soccer. I did it because I didn't think they should have to do anything I wasn't prepared to do. I lost some weight, felt great, met some lovely people, saw parts of SB I had never seen before and learned that I can do things I never thought possible.

My Runner Hero & Why: I have respect for so many people in the running community. It is difficult to single out one person, but as I think

about it one name keeps coming up and that's Fred Vega. He always has such a great attitude and when I first started running, my goal was to beat him. When I eventually did, he was encouraging. He always made me feel welcome at races and his determination is an inspiration. Thanks. Fred.

Personal Training Tips: It's tough for a newcomer to give tips. Most of the local runners have forgotten more than I know, but here goes. Listen to your body, it's the only one you have, rest when you need to. Run with friends, you'll do more and enjoy it more and take a yoga class, if you never have you'll love it.

I hate runners who ... : Hate is rather strong, but I get irritated when I hear runners complain that they have to run along the Cabrillo bike path again. PLEASE!!! Get out of town for a while-you'll never whine again.

Suggestions for local races: I would love to see a good off road race, maybe around More Mesa. I know it's been done before but a marathon here would be great.

Suggestions for SBAA: Don't mess with success, you're doing great.

My views on ... : Running and drinking beer-great fun. Race directors making money on races-why not? Don't we all expect to get paid for the hard work we put into our jobs?

Quote: You can quote me. "Thank you to my Sunday morning runner group-Andrea, Mike, Marty, Kristen and others from the past-you don't know how much you have helped me." SBAA Member since 1998



SKIN

by Stephanie Torres

Winter is here! And in full force with those driving rains and icy cold winds nipping at your face. With this comes dry chapped lips, itchy red blotchy skin, I'm certain by now you have experienced one of these. If you have experienced any of these symptoms then read up men and women of Santa Barbara help is on the way. Moisturize moisturize moisturize, yes, that is your answer to smooth, supple relieved touchable skin. Not sure what to use, with a multitude of products on the market and many inexpensive brands you can try until you find what works for you.

Skin Care 101 ~ 5 Steps to Feel Good Skin!

1. Use a good body soap or wash, one with moisturizers in it. Note: most soap, or lotion with fragrance will dry your skin. Use your regular fragrance free lotion first then apply your favorite fragrant lotion.
2. Daily use of a fragrance free lotion or body moisturizer from the neck down to your toes, this should do the trick.
3. Use a fragrance free extra emollient moisturizer with a sunblock during the winter months, this will really make your face and throat happy. "Yes your throat area" it is prone to sunburns and wrinkles.
4. Extra care is needed for your hands and feet, do take care of them, they can carry you and your dreams wherever you want to go. Get or Give yourself a pedicure and manicure early on in the winter months and maintain monthly with a super emollient moisturizer.

Not sure where to start or what to use? Send your questions to nanatorres@netscape.net or call Stephanie at (805) 965-7671.

Next Month: Spring "Shape Up from the Neck Up!"