

RUNNER'S PROFILE

by Joe Howell

The last time I saw Gina Fennell, she had just finished the Santa Barbara Triathlon and was walking back to her car with her family. I asked how she had done, and she noted that she had run "only" the running leg and had been fortunate to be on a relay team with a top swimmer (Sheryl King) and a top biker (Jill Gass). When I read the results in the paper the next day, I was impressed to learn that in fact Gina's team won 1st place in the women's relay category.

Gina also is a force to be reckoned with in her 35-39 age group in the Grand Prix. She is currently in 6th place in one of the most competitive age groups in the women's division; she turned in an impressive 3rd place finish in the 1999 overall Grand Prix standings.

Most importantly, Gina seems to enjoy both competition and running for the sake of running. As we go into the remaining months of 2000 with the largest number of Grand Prix participants ever, Gina Fennell serves as a great example of why the Grand Prix is so competitive and why so many of our members are participating.

Basic Information

Name: GINA FENNEL

Age: 37

Employment/Family: Analyst/programmer at Tecolote Research. I also teach Group Fitness & Spinning at Gold's. Married to Mark Fennell. Two kids-Alicia (8) and Brian (5).

Other Sports/Interests: I enjoy aerobics and Spinning (indoor cycling). I also like outdoor cycling and hiking. Soon I hope to enjoy swimming (see optimistic goals section). I also enjoy reading, watching movies and going out to dinner without kids!

Running Highlights

Favorite Distance & PR at same: ½ marathon (1:33:01 - 1999 Lompoc)

Best Race and Why: 2000 Boston Marathon. The name says it all. It was thrilling to be part of such a huge event.

Worst Race and Why: 2000 State Street Mile. I started out at what I felt was a reasonably fast pace but after about 100 yards, I realized I was all alone at the back and the nearest runner was about 100 yards ahead! I picked up the pace, but it was a little too late.

Average Weekly Mileage (last 12 months): 15-20 miles

Favorite Local Race: Goleta Noontime Rotary. It's in my neighborhood and my kids always chalk good luck messages on the road for me.

Goals (Realistic) for 2000: 10K under 42:30
S.B. Half Marathon in 1:33

Goals (Wildly Optimistic) Year 2001: 3:15
Marathon; sub 20:00 5K
Finish a triathlon

Additional Information

Why I Run: There are two main reasons I run: (1) I love the freedom of just being able to move forward at my own pace without thinking about what comes next. Since I teach aerobics, those workouts are more focused and require more thought; (2) I like to have a quantitative measure of my fitness. Running is perfect for that and as I get slower, I'll be able to use those age-graded times to compare my times over the years.

My Runner Hero & Why: I run a lot with the Cathedral Oaks Running Klub ("CORK"). Bill Cattoi is a founding member. He turned 70 last year and ran a marathon to celebrate. He is definitely my inspiration.



Personal Training Tips: Cross train - you prevent burnout and injury. I know "real" runners think aerobics is for sissies, but step class and muscle conditioning class are great for leg strength. Also train with people about your own speed. Marisa Garcia and I are great training partners because we run almost the same pace. It's especially good for marathon training.

I love runners who ...: I love all runners, but I especially admire the humble ones who consistently race well and still congratulate you on your race.

I dislike runners who ...: are never satisfied with their race times.

Suggestions for local races: It would be nice to have a race of some odd distance like 7.2 miles in some different place with no mile markers so we could all run without watches. A race through Hope Ranch would be fun.

Suggestions for SBAA: Somehow give Grand Prix "Extra Credit" points to runners who do lots of races.

My views on ...: running with people of different political views. I run a lot with John Feeley (also a CORK member). He can get me so riled up with his right wing political views that I can get a great tempo run in because he makes me so mad I go faster.

Quote: People don't grow old. When they stop growing, they become old.

SBAA member since 1998

HIGH ALTITUDE ADVENTURE RUN

by Stu Sherman

(Stu traveled to Peru in July 1999 for 8 days of running in the Andes Mountains. He wrote a report on his adventure which will be included in the newsletter in the coming months. I apologize to Stu for the tardiness of the article in appearing in the newsletter.)

I traveled to the Andes Mountains of Peru in early July, 1999 to spend 8 days running 140 miles at altitudes between 10,000 and 16,500 feet. At the completion of this organized run, I traveled alone to Machu Picchu, to view the spectacular scenery and ruins of the ancient Inca civilization. The run was offered by Andes Adventures, an outdoor adventure company owned and operated by Devy Reinstein, a Peruvian who divides his time between Peru and Santa Monica, California.

In the spring of 1998, I read an article in Runners World magazine about a run to Machu Picchu, and it aroused my spirit of adventure and my desire for an exciting outdoor physical challenge. Since I was recovering from a prolonged running

injury, I set my sights on joining the July 1999 run. July is the middle of the South American winter, which means that we would supposedly be spared the rain but we would be sleeping in tents in very cold temperatures.

Andes Adventures offered two adventure runs: the Inca Trail to Machu Picchu, and the Cordilleras Blanca & Huayhuash. "Cordillera" is the Spanish word for "mountain range". The Cordilleras Blanca & Huayhuash (two different mountain ranges) trip had double the total trail mileage of the Inca Trail trip, and consisted of 8 days of running over 10 days. That appealed to my sense of physical challenge.

The Cordilleras Blanca & Huayhuash trip consisted of two circuits: 40 miles in 3 days, a rest/travel day, and 100 miles in 5 days of running with one rest day in the middle. Each day we would have ascents and descents between 2,000 and 7,000 feet. We would be running and hiking between 8 and 9 1/2 hours each day, except for our first day, in which we covered "only" ten miles, to acclimatize to the altitude. After the first day, we would be covering 15 miles each day on the first circuit, and 20 miles daily on the second circuit.

Devy informed me that our group would be small, consisting of 7 participants. We would be supported by 4 guides (including Devy), a cook, and numerous porters to transport our gear, and set up and take down the camp each day. Our group of seven consisted of experienced distance runners, two from England and the rest from Southern California. The three women in our group, members of the same track club, all participated in the 1997 Andes Adventures Machu Picchu run. The group members besides myself were:

Mark, 35, a physical therapist and triathlete who competes in full ironman distance triathlons internationally in very respectable race times.

Andy, 40, a pathologist from England, who was the fastest downhill runner of our group.

Nigel, 46, an international businessman from England, who is also an extremely fast downhill runner.

Julie, 53, a nurse, who is a veteran of more than 20 marathons.

Shannon, 55, a high school psychologist, who has completed three 100 mile runs, including the very strenuous Angeles Crest 100.

Diane, 57, the director of operations and facilities at a university computing center, and a veteran of six 100 mile runs, including the Angeles Crest 100 (first place female) and four Western States 100 races, all in very respectable times.

We five Americans met for the first time as a group in the boarding area at Los Angeles