

40-44

1. Dianna Hall, 4000
2. Margaret Mason, 2700
3. Patty Wiessner, 1900
4. Vanessa Kirker, 1700
5. Cheri Savage, 800
6. Louise Jansen, 0
7. Diane Wilson, 0
8. Karen Beerman, 0

45-49

1. Elaine Triplett, 6900
2. Deborah Flores, 4600
3. Sharon Smith, 3200
4. Mary G Ross, 2100
5. Ginger Reynolds, 1500
6. Anita Carter, 1400
7. Cindy Campbell, 900
8. Debra Roman, 500

50-54

1. Gail Ward, 5800
2. Stephanie Welch, 5400
3. Vicky Williams, 4200
4. Teri Van Cott, 3000
5. Robin Riblet, 2700
6. Maureen Donahue, 1000
7. Patsy Dorsey, 1200
8. Tara Brown, 400
9. Helena Hill, 0
10. B J Robertson, 0

55-59

1. Shirley Saunders, 4800
2. Marilyn Hansen, 2900
3. Judy Kewley, 1000
4. Patricia Landis, 0

60-64

1. Diane Erceg, 1000
2. Barbara Howell, 900

65-69

1. Ann Chadwick, 4000

70/over

1. Rosemarie Disandro, 3000
2. Margie Withrow, 0

RUNNER'S PROFILE

by Joe Howell

Marisa Garcia is a great addition to the local running scene. While she has been running in local events for a number of years, more recently she joined the Tuesday night track workouts and has also been a key member of the SBAA relay teams. (The performance of Marisa and her fellow SBAA members on the women's relay team at the Westmont Cross Country Invitational last fall is still a hot topic of discussion!)

Most recently, Marisa joined several locals who competed in the Boston Marathon on April 17. Marisa was wildly enthusiastic about the chance to run Boston. Despite some challenging conditions, she turned in a fabulous performance, running a 3:31 (which just happens to be the realistic goal that she suggested when she submitted the information below to me several weeks before Boston.)

As her photograph demonstrates, Marisa is not only a great competitor and a welcome addition to the SBAA training and racing circles, she is also a great mom to daughters Jenna and Kayla.

Basic Information

Name: MARISA GARCIA

Age: 33

Employment/Family: Bookkeeper, Sunray Properties; two active girls, Jenna 5, Kayla 4

Other Sports/Interests: Hiking, rock climbing, skiing, spending quality time with my kids, walking on the beach, watching the sunset, reading, just having fun.

Running Highlights

Favorite Distance & PR at same: Lompoc Half Marathon 1:32:25

Best Race and Why: '99 San Francisco Chronicle Marathon-ran a 3:30 on a challenging course and on a warm day-placed 6th in my age group.

Worst Race and Why: 1st L.A. Marathon-ran a 3:52:25. Didn't really know what to expect. About the last 4 miles had bad leg cramps, hands went numb, don't remember finishing.

Average Weekly Mileage (last 12 months): 30-35

Favorite Local Race: Winery 10 mile (not sure what they're calling it now)

Goals (Realistic) for 2000: 5K under 20; Boston under 3:30; complete the Nine Trails run in November.

Goals (Wildly Optimistic) Year 2001: Boston in 3:15; 5K under 19; complete Nine Trails before dark!

Additional Information

Why I Run: Running has always been a part of my life. It's a great way to relieve stress and I get very grouchy when I don't run (my kids don't like that).

My Runner Hero & Why: There are so many local runners I admire. I especially have great respect for those who continue to enjoy running throughout the years. Bill Cattoi of Goleta ran a marathon for his 70th birthday last year. He's one of my heroes.

Personal Training Tips: Sleep is a good thing and making sure you have rest days.

I love runners who ...: are happy and say Hi-not snub you.

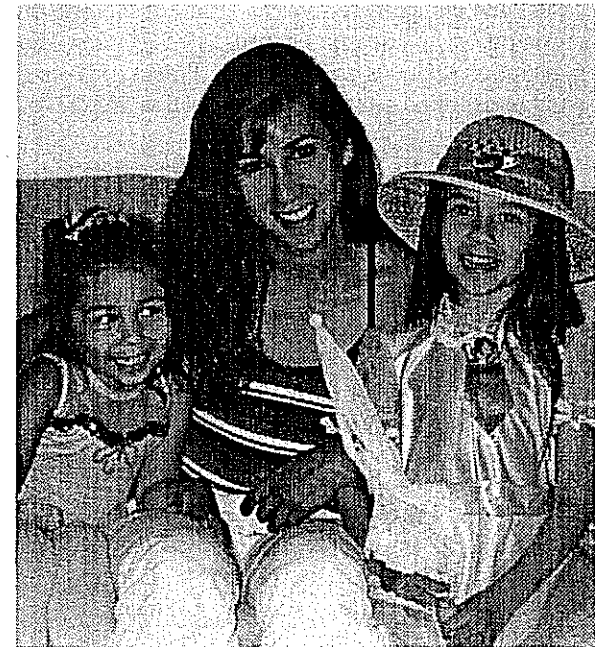
Suggestions for local races: More trail runs and some new courses.

Suggestions for SBAA: More social events and guest speakers.

My views on ...: Take time out to enjoy doing things you love to do and don't let running become a stressful part of your life. It's all good!

Quote: "You will never know unless you try."

SBAA Member since 1997.



PRESCOTT WHISKEY ROW MARATHON

May 6, 2000

by Fred and Terri Werber

My wife and I participated along with 800 runners in the 22nd Prescott Whiskey Row Marathon and Half Marathon. The marathon is the oldest and most scenic marathon in Arizona. The other three major marathons in Arizona are Tucson, Scottsdale, and Phoenix.

The last time we were in Prescott was 20 years ago. At that time the city and surrounding areas had a total population of 25,000. Today, the total population is 125,000. Prescott is located in the nation's largest contiguous forest of Ponderosa pines. It is a beautiful mile high city rich in the lore of the American West. To most tourists, it is the favorite gateway to Arizona's Grand Canyon, Sedona, Jerome, Flagstaff, and Wickenburg.

The city is approximately an easy two hour drive from the Phoenix Sky Harbor Airport.

1. Hotel A. There were four host hotels. We stayed at the Marriott's Suites. The hotel was a five minute walk to the start and finish of the race at the Prescott Courthouse Square. The hotel had special rates and late check-out for the runners. We definitely believe that this was the best Marriott Hotel we have ever visited. All the rooms were extra large with mini-kitchens, microwave ovens, refrigerators, pool, spa, and two televisions per room.

2. Expo. None.

3. Weather B. The marathon started at 6:00 AM at 42 degrees and was in the low 80's at the finish. There was not a cloud in the sky.

4. Race Organization B. The marathon started promptly at 6 AM. Each mile was clearly marked. There were aid stations every 2 miles with an ample supply of water and Gatorade. The aid stations did not run out of supplies for the slower runners. There were no porta-potties anywhere on the entire course.

5. Race Course B. Runner's World magazine rated this out and back course as one of the five most difficult courses in the United States. The race starts at 5500 feet and the elevation increases to 7500 feet over the first seven miles and then down to 5000 feet at the 13 mile turn around point. Then you run the identical course back to the start. The course is a paved road for the first and last 3.5 miles and the rest is on rugged forest service dirt roads in the pine