

**RUNNER'S PROFILE**

by Joe Howell

Rosemarie DiSandro is remarkable. Consider this: she wins her age group in the Grand Prix in 1997 and 1998. When she finished second in her age group in the 1999 Grand Prix to Ann Chadwick, Rosemarie appeared to be more excited about Ann's first place finish than Ann was! When not running or hanging out with her five grandchildren (her number one source of enjoyment), Rosemarie works at the Scholarship Foundation of Santa Barbara, a local organization that has distributed literally millions of dollars over the years to a variety of local students for their educational needs. On top of all of that, Rosemarie appears to enjoy every minute of the races she enters and is effective at motivating others. (I know from personal experience; when Rosemarie recognized me running by at the recent Semana Nautica 15K, she had words of encouragement and noted, correctly, that I should have been running faster. Rosemarie's assistance was welcome but at this year's 4<sup>th</sup> of July race, I am not sure anything could have helped my performance!)

Rosemarie should be an inspiration to all of us. Follow her advice, adopt her attitude, and while you may or may not run faster, you are certain to enjoy your running more.

**Basic Information**

**Name:** Rosemarie DiSandro

**Age:** 70

**Employment/Family:** Administrative Assistant with the Scholarship Foundation of Santa Barbara.

Two children; daughter who lives in Santa Barbara and a son in Manhattan Beach. Five grandchildren, whom I will encourage to be life long runners, have arrived within the last four years.

**Other Sports/Interests:** I played team basketball and volleyball in high school. Then I tried golf and tennis. I lost patience with these sports because I had to be so exacting with them. I gave them up for running and walking because I could just go. My five grandchildren are my very extra-special interests. Given the choice, they are what I love to do best. I began learning to play the flute 18 months ago and now I play in a band. I read almost anything in print, enjoy music and concerts, flowering plants, my computer and traveling.

**Running Highlights**

**Favorite Distance & PR at same:** My PR for a 5K is 36:13 made at the 1997 Law Day 5K. 5K seems to be a distance where I still have some control over my pace. I tend to start strolling at longer distances.

**Best Race and Why:** A recent Adventours Series Race comes to mind. I got a good start and felt stronger than usual that day. Ann, a fellow runner, ran me in at the finish so I almost beat my old earlier PR from 1997. I was happy about it all day long.

**Worst Race and Why:** The Fay Hobbs 10K Race in 1997 was my most miserable race. My very encouraging racing buddy, Barbara, could not be there. We had trained together in our own way to do that 10K. I had no fellow racers around me most of the time as I trailed everyone else. I was really plodding up that last hill. That was my last official 10K.

**Average Weekly Mileage (last 12 months):** 15 miles

**Favorite Local Race:** I enjoy the Terry Fox 5K the most. The course is challenging but distracting. The post race gathering with the huge buffet from Four Seasons is always very festive and palpable with community good will and energy. Also, the State Street Mile has to rank high. It's short and all downhill.

**Goals (Realistic) for 2000:** I hope not to slow down any further and maybe even come in consistently under 38 minutes.

**Goals (Wildly Optimistic) Year 2001:** My goal for the next year is to stay in my racing shoes and still hurry out and back for 5K.

**Additional Information**

**Why I Run:** I keep on going because my running partner, Barbara Robertson, won't let me quit. She keeps cheering me on. But I do need to qualify the word "run". Although I do run, I do a great deal of walking in these races and otherwise. I love being outdoors, the feeling of well being and knowing I am doing what is certainly healthy. Racing against my watch and trying to beat myself adds a challenge. I am so fortunate at my age to be able to get out, alone or with others, morning or evening, and enjoy Santa Barbara close up.

**My Runner Hero & Why:** Paul Gilbert is my hero because when I first hesitantly joined an SBAA race, he was there. He not only was busy helping to set up the race but also finished the race in respectable time. When I saw him there, I knew it was okay for me to be there too. I also very much admire all the over-60 runners. They run the short and long distances in extraordinarily fast times.

**Personal Training Tips:** Keep moving; keep at it, especially as the years pass or you will atrophy. You can enjoy your running for a long, long time if you keep it up.

**I love runners who ...:** give their all and have a good time doing it.

**I hate runners who ...:** who can hate a runner?!!??

**Suggestions for SBAA:** The races are well organized, fun and varied. Who could ask for anything more? Well, maybe for more competition in my age group and thereabouts. Winning by default has its rewards, but when you come in last sometimes, awards just don't seem appropriate. There is only one other woman for me to try to beat. I never do, not even close. I keep trying to lure other women to come participate.

**My views on ...:** The race directors, newsletter writers and volunteers are all doing a wonderful job. They are always the same people. They should have our constant appreciation for providing us with so many good times. With the SBAA, I am in the company of many excellent runners who teach and inspire me. I have had so much fun and made many new friends.

**Quote:** "Trying for it doesn't guarantee you'll get it, but not trying guarantees you won't get it."

Ashleigh Brilliant, Pot Shots

SBAA Member since 1997.



**RECOVERY AND INTERVAL TRAINING**

by Jim Kornell

Fitness increases during recovery. This is the central fact of training: the training effect occurs not while exercising but while recovering. The process is simple. Exercise stresses the body, and while recovering the body supercompensates for the stress. Supercompensation is the body coming back up to its previous state, and moving just slightly higher.

Despite its simplicity when stated, this frequently seems to be ignored. After all, if it's the work that makes you fit, then it seems like you're getting fit while you're working. But not so.

Emphasis is given to the amazing amount of hard work the Kenyans do to achieve their remarkable results. From what I've read, though, the true secret of the Kenyans is that they manage their recovery with the same focus as their running. In their three-a-day training camps, when they're not running, they're recovering. Sitting or laying around, napping, eating, and that's all. Complete recovery.

The implication is that to maximize fitness you want to have the best balance between work and recovery. The stress of training is the stimulus to recovery, and therefore the training goal is to experience the right amount of stress relative to your ability to recover. Too little stress and you don't stimulate the development of fitness as much as you might. Too much stress and you break down.

The latter is worse for the competitive runner, because the psychological sense of having worked very hard, being tired much of the time, and running poorly leads straight to burnout.

Recovery works on the small scale, too. In traditional interval workouts, the structure of the workout is to run hard for a set period of time, then recover for a set period of time (or until heart rate drops to a certain target), repeating the cycle for as many intervals as appropriate. The interval measured in interval training is the rest period between hard running, not the running itself. The training is for the body to become more efficient at clearing lactic acid and waste products from the cells, which is key to high performance, and which is what it does in the intervals. Recovery is the key to effective interval training.

If you think of fitness being built during recovery and your running as just the stimulus, it shifts the focus to effective and appropriate recovery. This is a useful perspective for me, and it may be for you.