

## November 2000: Scott May

www.runningusa.org. The site, sponsored by active.com, is intended to be a reference library and town square for the American running community. The overall goal is to help build the sport by expanding the public's interest in distance running and providing easy to find information for runners of all levels...

### RUNNER'S PROFILE

by Joe Howell

Who could be more appropriate to feature in this month's Runner's Profile than our area's top finisher at the Hawaii Ironman competition on October 14? Scott May turned in an impressive performance of just over 11 hours in his first Hawaii Ironman competition. (Among the other familiar local runners/triathletes who competed were Ray Unzueta, Brian King, Vic Birtalan, Bruce Hanley, Jack Waddill and Wally Marantette).

Scott had a gutsy performance for his qualifier for the Hawaii Ironman World Triathlon Championship. In May of this year, Scott was leading the half Ironman distance triathlon at Kona, swimming, biking and running over much of the same course as the full Ironman race. He had a flat tire and as a result, fell back to third place. Nonetheless, he persevered, happily grabbed an age group Ironman qualification and as they say, the rest is history.

Besides being a great triathlete and rocket scientist (I'm not kidding; check his credentials!), Scott is an extremely nice guy and humble competitor. My prediction is that we will see lots more of Scott May at the top of the race results, both locally and in the big time races in which he chooses to compete.

### Basic Information

**Name:** SCOTT MAY

**Age:** 31

**Employment/Family:** Radar Systems analyst for Toyon Research Corporation in Goleta  
Wife Vicki, also runs, aspiring triathlete

**Other Sports/Interests:** Triathlon, hiking, rock climbing.

### Running Highlights

**Favorite Distance & PR at same:** Half Marathon; 1:18 (1998 S.B. Half Marathon)

**Best Race and Why:** 2000 Keauhou - Kona ½ Ironman (triathlon); 3<sup>rd</sup> overall, qualified for Hawaiian Ironman. Everything almost came together; I'm still striving for that perfect race.

**Worst Race and Why:** 1999 San Francisco Marathon - low point in a series of disappointing runs that summer.

**Average Weekly Mileage (last 12 months):** 20-30 miles, + biking and swimming.

**Favorite Local Race:** Santa Barbara County Triathlon.

**Goals (Realistic) for 2000:** Have fun at Ironman!

**Goals (Wildly Optimistic) Year 2001:** Run fast enough in my triathlons that I never have to look back.

### Additional Information

**Why I Run:** Sometimes for the mental relaxation it offers, and sometimes for the physical challenge.

**My Triathlon Hero & Why:** Duncan Thomas: He doesn't talk big or pose a lot, he just goes out and loves to race. (I hope this doesn't go to his head.)

**Personal Training Tips:** Remember, we're doing this for fun. Stairmasters and lifecycles are there if you just want the exercise.

**I love runners who ...:** are having a great time out there either training or racing-it's infectious.

**Suggestions for local races:** Just keep up the great work!

**My views on competition:** I want my competitors to have their best races possible-that makes the race more meaningful, enjoyable and memorable.

**Quote:** "You can only control the outcome of one person's race."

**SBAA Member since 1997**

