

## RUNNER'S PROFILE

by Joe Howell

The subject of this month's Runner's Profile is Vern Caloudes - consistent runner, Tuesday night track workout regular (and despite his best efforts to hide his past from me), legendary golfer and star high school athlete.

As time goes by, I find more and more athletes are discovering golf; many even drop their interest in other sports to pursue golf as their sports obsession. In Vern's case, he somehow has found a way to start as a golfer, continue life as a golfer and continue as a disciplined runner as well.

After many requests, Vern reluctantly agreed to be the subject of a Runner's Profile but gave me little information - the runner's equivalent of name, rank and serial number. Only after consulting my various sources around Santa Barbara (all of whom will remain anonymous) did I learn more about the "real Vern". He was a star basketball and golf athlete at San Marcos High School. In fact, I am told that Vern was the first recipient of a golf scholarship at UCSB, and he has numerous City of Santa Barbara golf championships and Santa Barbara Golf Classic titles to his credit. My golf source further states that Vern has to his credit hundreds if not thousands of rounds in the 60s (I know, I know, many of you can make a similar claim, but this is for a full 18 holes on a regular course, not the back nine at Golf N'Stuff). Vern continues his commitment to golf, serving in several capacities at Sandpiper Golf Course, which is considered by many to be one of the top public courses in the United States.

When you next see Vern, say hello, encourage him in his running and you never know, he may just give you that golf tip that makes the big difference in your game!

### Basic Information

**Name:** VERN CALOUDES  
**Age:** 50  
**Employment/Family:** Sandpiper Golf Course  
Mother - Marvel  
Brother - Bill  
Sister - Karen  
**Other Sports/Interests:** Golf, most sports

### Running Highlights

**Favorite Distance & PR at same:** anywhere from 5K to ½ Marathon  
5K 23:44  
10K 49:35

**Best Race and Why:** Winter 10 Miler because you get to see everyone in the race-ahead and behind you. Everyone is so supportive.

**Worst Race and Why:** July 4<sup>th</sup> 15K. I like the race but it got so hot (lost about 8 lbs of fluid).

**Average Weekly Mileage (last 12 months):** 20 - 30 miles a week

**Favorite Local Race:** Any race where everyone shows up.

**Goals (Realistic) for 2000:** To run injury free like the past year.

**Goals (Wildly Optimistic) Year 2001:** To break 23:00 for 5K so Tim McCollum will talk to me.

### Additional Information

**Why I Run:** I couldn't run for over 15 years. It's great to sweat a little.

**My Runner Hero & Why:** John Brennan and Elaine Triplett because I ran in races with them 20 years ago. They're still going strong.

**Personal Training Tips:** Run with a friend or two. The miles seem to go by easier.

**I love runners who ...:** try their best with a smile.

**Suggestions for local races:** The people who put on the races in this area do a fantastic job.

**Suggestions for SBAA:** To find an age division where I don't finish last. (Just kidding-I don't mind finishing last.)

**My views on health:** Drink a lot of water between meals and eat a lot of raw fruits and vegetables.

SBAA Member since 1999.

