

they were beaten by conference foes Utah State at the Stanford Invitational. At the Big West Championships Oct. 27 in the final sprint Utah State and UCSB combined for 10 of the first 11 finishers. UCSB's Eric Gans (DPHS grad-4:16 1600m) won the race, with UCSB's Josh Horton in 2nd, then UCSB runners finished in 5th-9th-11th for a score of 28, to 34 for Utah State. Cal Poly SLO, who had won the last 3 titles, was 3rd. Head Coach Pete Dolan earned 'coach of the year'. In the women's race UCSB Junior Katie Appenrodt, from Burlingame, took the conference championship race in 17:47 (that includes the hills). This year the Gauchos are hoping to advance to the National Championships for the first time by claiming an automatic or "at-large" bid. The Gauchos' West Region is regarded as one of the toughest regions in the country with #2 ranked Stanford, #7 Portland, #13 Arizona, #19 Arizona State and #20 Oregon. More info www.ucsbtrack.com/Xc

2001 City to the Sea 1/2 Marathon

October 21st, 2001

SBAA WOMEN were 1, 2 & 3 overall.

FEMALE Age Group: 30 to 34

1 Chrystee Perkins 31 F Santa Barbara 1:21:42.4 18th Overall

2 Jill Zachary 34 F Santa Barbara 1:27:54.8 51st Overall

FEMALE Age Group: 35 to 39

1 Mariann Thomas 38 F Carpinteria 1:23:48.4 31st Overall

2 Sheryl King 36 F Santa Barbara 1:32:13.7 82nd Overall

FEMALE Age Group: 45 to 49

1 Cheri Savage 46 F Santa Barbara 1:35:34.7 105th Overall

MALE Age Group: 25 to 29

3 Matthew Ruane 25 M San Luis Obispo 1:14:06.3 5th Overall

MALE Age Group: 30 to 34

1 John Orach 32 M Santa Barbara 1:19:29.3 10th Overall

MALE Age Group: 50 to 54

1 Jim Kornell 50 M Santa Barbara 1:17:25.2 6th Overall

3 Wally Marantette 52 M Santa Barbara 1:27:08.1 48th Overall

MALE Age Group: 55 to 59

1 Carl Schulhof 55 M Montecito 1:21:46.3 19th Overall

2 Dennis Mihora 57 M Santa Barbara 1:23:41.9 30th Overall

MALE Age Group: 65 to 69

1 John Brennand 66 M Santa Barbara 1:32:31.2 85th Overall

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RUNNER'S PROFILE

So who is this guy Don Truex? Jim Kornell anointed him as recipient of the "Excellence in Second Place" award for his two gold medals at the National Masters level while having the misfortune of being in John Brennand's Grand Prix age group. Some know Don as the brother of Max Truex, a legendary distance runner and member of the U.S. Olympic Team. Others see his times from recent National running events and ask "is this guy really in his 60s?" Next month, many of you will know him as "Host Don", the generous guy who is hosting the highly acclaimed SBAA Christmas Social at his home.

Check this guy out: he not only is a multi-sport athlete (bikes six times per week? Wow!), but also is a leading "runner dentist" who seems to become more competitive every year.

Basic Information

Name: DON L. TRUEX, DDS

Age: 64

Personal Information - Basic

Employment (company, title, describe job if not obvious): Don L. Truex, DDS, MAGD

Family - who they are; what they do: Sons: Russell Truex, 35, Lake Forest, CA, works for Camarco - cell phone equipment; Roger Truex, 32, Santa Barbara, works for Karl Storz Imaging (both single)

Other Sports/Interests/Hobbies: Biking, 6 days per week, snow skiing, scuba diving, backpacking, water skiing, travel and explore.

Personal Information - Additional

My friends describe me as ...: extremely competitive, committed, honest - high integrity.

My trademark expression is ...: "To me, it has to be logical."

If money were not a consideration, I would love to be a ...: half time jet pilot, half time dentist.

Goals - In the next 5 years, I hope to ...: compete well at the National Master Track and Field meet.

In the next 10 years ...: keep my age graded performance at the level it has been.

Accomplishments - I am really proud of the fact that ...: I have been running 50 years and able to still be competitive at National meets.

Running Highlights

Favorite Distance & PR at same:

5000 age 60 18:37

10,000 age 60 38:51

1,500 age 60 5:03

Best Race and Why: National Masters T&F meet, age 60, because I did track workouts and trained harder.

Worst race and Why: They have all been good, just some better than others.

Average Weekly Mileage (last 12 months): 20-25 miles.

Favorite Local Race: McConnell's Ice Cream - because ice cream is my big vice.

Running Goals (Realistic) for this year: Stay healthy and get 8 Grand Prix races in for 2001.

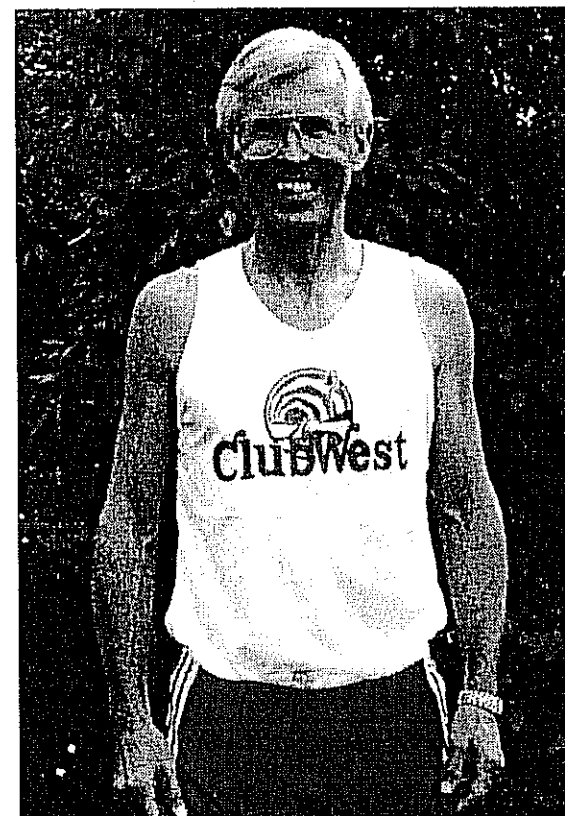
Running Goals (Wildly Optimistic) for this year: Run a mile under 4:00

Running Goals - (Lifetime)—Before I die, I hope to ...: To be mentally and physically functional and still running at age 100.

Additional Running Information

Why I Run: Health, fitness, relaxation from life's stresses and the good feelings and satisfaction of racing well. To try to win the one big race, the longevity race.

My Local Runner Hero & Why: John Brennand, for his early organization of this club, his computer programs of race results and his ability to stay competitive year after year.



Personal Training Tips: Enjoy the great outdoors, the scenery both here and when you travel, and pick your races for serious training.

I love runners who ...: are positive, enjoy running and support youth track.

I hate runners who ...: Never saw a runner I didn't like.

Suggestions for local races: No suggestions, as we have lots of variety now.

Suggestions for SBAA: Continue social functions and have events for local and special visitors.

My views on ...: We have a super Newsletter and I extend my appreciation and thank you to Bill Rupp, Kevin Young, Jim Kornell, Joe Howell and all those who contribute.

Quote (on running, life, whatever): "He who runs longest wins life's race!" DLT

Miscellaneous

Add anything you want! We should all feel blessed to live in one of the great small cities of the world, to have good year-round running weather, the SBAA and lots of good competitive races.

SBAA Member for about 30 years.

MEMBERSHIP RENEWAL

Membership dues cover 12 months. Check your mailing label for when your membership expires. The SBAA will not mail you a reminder. It is up to the member to keep their membership current. Send a check made out to the SBAA to John Brennand for the current dues. You will receive your membership card with the next newsletter.

GRAND PRIX BANQUET

This year's Grand Prix banquet will be held Tuesday, December 4th, at the Unitarian Hall, 1535 Santa Barbara Street at 6:00 PM. Donation request of \$10 (\$1 for drinks). Catering by Tim Mock and Sandy Shiruzu of AJA. Questions, call Wally Marantette (965-3671) or Jim Kornell (682-6765).

GRAND PRIX STANDINGS

The following pages list the Grand Prix standings after the SB Half Marathon. The standings indicate your place in each race. Please review the results and make sure that you were give proper credit for all of the Grand Prix events you ran. If you have a question, call Jim Kornell (682-6765) or Wally Marantette (965-3671).

<http://www.citytothesea.com/2001/c2s2001age.html>
(582 officially ran the race)