

## RUNNER'S PROFILE

by Joe Howell

Okay, this is it: the last triathlete Runner's Profile, at least for awhile. After four months straight, we will return to a "Runner's Runner" in the November issue, just in time for the Santa Barbara Half Marathon. Hint: next month's Profile features a local runner with impressive performances at national track and field meets, and he was born and raised in the same town as Rick Fox, a member of the World Champion LA Lakers who often has bad hair days.

Now, on to this month's triathlete/runner Profile. First, check out the photo of Fred - is that the look of a content man or what? Fred swears the photo was taken at "Lago Maggiore", a small town bordered by Switzerland and Italy. Was the lake named for Fred? Was Fred named after the lake? Fred is not talking.

While Fred Maggiore's claim to fame in the local athletic community may be more in the triathlon area, he has become a dedicated, fiercely competitive runner as well. He is a frequent participant at Tuesday night track workouts, and like an increasing number of SBAA members, he admits he is now totally hooked on the Grand Prix competition. Many can attest to Fred's skills on the bike. On the traditional Saturday morning rides from East Beach, he delights in leading the pack and taking on any and all challengers, the younger the better.

Talk about competitive, Fred even married into an athletic family, including step daughters Jessica, a college runner, Erica, a college swimmer, and wife Janice who runs, swims and bikes. A recent example of "Team Maggiore" at its best was when Fred, with the able assistance of members of his family, created, produced and flawlessly executed the first "Tri-For-Fun" event at Goleta Beach, which included a run around Goleta's version of Lake Maggiore.

### Basic Information

Name: FRED MAGGIORE

Age: 43

### Personal Information-Basic

Employment (Company, title, describe job if not obvious): Northrop Grumman PRB Associates, Inc. Software Engineer, 18 years

Family-who they are; what they do: Wife Janice, CRNO Sansum Santa Barbara Medical Foundation Clinic. Stepdaughters Jessica, BS Molecular Biology UCSD, working on her Ph.D., ran track for SBCC and UCSD, 400 and 200 meters, and Erica, UCLA sophomore, swims for Bruins, 50 and 100 yard freestyle.

Other Sports/Interests/Hobbies: Training for and racing in triathlons, motorcycling, puttering around the house and garden.

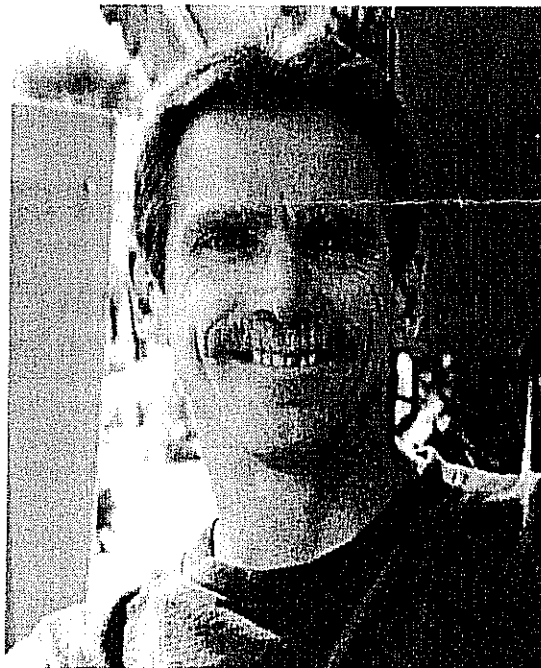
### Personal Information - Additional

My friends describe me as ...: an ex-New Yorker who's mellowed, a little.

If money were not a consideration, I would love to be a ...: professional motorcycle road racer or design and build bicycles.

Goals-In the next 5 years, I hope to ...: celebrate my fifth wedding anniversary with my new wife, give the 45 year old runners and triathletes a run for their money, and continue to pretend that I'm not getting any older, only faster.

Accomplishments - I am really proud of the fact that ...: I am able to participate and train with such a varied group of athletes, and share their knowledge, which inspires me to continue on, while hopefully sharing my knowledge with others to motivate them to achieve their goals, athletic or otherwise.



## Running Highlights

**Favorite Distance & PR at same:** 5K, 18:00 ( I swear it was 17:59 on my watch!) I don't really have a favorite distance, but for now it seems that it's easier to handle more pain for a short period of time, versus less pain for say a half marathon.

**Best Race and Why:** The best run I ever had was at the Escape From Alcatraz Triathlon, 8 miles (including hills, single track, sand, sand ladder climb), in under 56 minutes. I've never felt as good running that kind of distance during a triathlon. My best pure running race was this year's Resolution Day Run 5K, which is where I set my PR. I was able to maintain my pace in the whole race, versus dying and fading the last mile. The track workouts definitely paid off.

**Worst Race and Why:** '95 SB Half Marathon. I was under trained for the distance, under rested, and burned out from racing, but I did it anyway. I had a good four miles, a poor six miles, and a miserable finish. I was eight minutes off my worst guesstimated time. I redeemed myself in '98, going 13 minutes faster.

**Average Weekly Mileage (last 12 months):** 15-20, not counting three hours of swimming and 50-75 miles of biking per week.

**Favorite Local Race:** Nite Moves. It's a good hard run, you can get crazy and swim if you want. There's food, music and beer. What else could you ask for?

**Running Goals (Realistic) for this year:** give Larry Reynolds and Lee Carter a battle for the #2 slot in the Grand Prix (I'm just sorry that Steve Issaris devoted his training to Ironman California), and go under 1:30 for the SB Half and train for a marathon early next year.

**Running Goals (Wildly Optimistic) for this year:** Miraculously develop 16:45 5K speed, match my running PRs while racing triathlons, and not get too bored on my extra long runs.

**Running Goals - (Lifetime) — Before I die, I hope to ...:** Run the marathon at the Hawaiian Ironman Triathlon some October, after finishing the swim and bike strong.

## Additional Running Information

**Why I Run:** I used to run because I did triathlons. Now I run because it feels good to get out and run along the beach or a park or some trail. And it usually feels good afterwards too. A tougher question is why do I race? That usually doesn't feel too good during or afterwards. But there is that beer at Nite Moves to consider!

**My Local Runner Hero & Why:** Jack Bianchi. A real class guy who defies his age and has overcome such a terrible disease, looking at the brighter side, that it makes you think that nothing could be as bad as that, so just get over it.

**Personal Training Tips:** I think there's enough "coaches" out there that I hate to give advice, unless it's carefully followed by the words, "that's what works for

me." I have learned not to mix my hard hill workouts on distance days, breaking them up into separate workouts. I've also learned to listen to my body. It's okay to not feel like working out, and instead go home and relax and have a beer or just hang out with your significant other. You're not going to slow down just because you missed one workout. Plus, you'll probably feel better the next time you do. Other than that, I'm still learning and trying different stuff, "that's what works for me."

**I love runners who ...:** acknowledge you when they see you, whether it's a head nod or a wave or whatever. Lighten up, you're just running!

**I hate runners who ...:** always try to run faster than you when you're just out running. I always like to imagine thanking them for helping me finish the last few miles of my 20-mile run.

**Suggestions for SBAA:** Keep up the good work.

**Miscellaneous:** Make sure that whenever and wherever you race that you thank the volunteers you see along the way, the police officers on the course controlling traffic, and the race promoters when possible. They do it all for us. Let them know you appreciate their effort and they'll be back.

And whenever you don't really feel like going out for a run try this. Tell yourself that you're just going to run for 10 minutes. I guarantee you that once those 10 minutes are up, you're going to want to keep going. The first 10 minutes are the hardest.

SBAA Member since May 2000

## RACE RESULTS

Club West Track Meet, September 29.  
(Results listed by age group and place.)

1500 meters.

55 - 1. Dennis Mihora, 5:05.3 (Dennis won the Nick Carter Trophy for the best age-graded 1500 meters runner.)

2000 meter steeplechase.

35 - 1. Gae McClenathen, 8:52.7

60 - 1. Don Truex, 8:42.2.

65 - 1. Gordon McClenathen, 9:22.9

3000 meter steeplechase.

50 - 1. Jim Kornell, 11:13.6

5000 meters.

50 - 1. Lauren Udden, 19:50.37

55 - 1. Carl Schulhof, 18:09.9

65 - 1. Gordon McClenathen, 22:21.9 (Gordon received the Ray Williams Memorial Award for the best 5K runner over the age of 60.)