

RUNNER'S PROFILE

by Joe Howell

In case you missed seeing a Runner's Profile in the June issue of the Newsletter, don't blame me! Editor Bill Rupp had more than enough copy for the Newsletter and was eager to get the June issue to the press and distributed early in the month, so he gave my column a "bye" for the month of June.

In the next several months, you will be seeing profiles on many runner/triathlete members of the SBAA. Several months ago, I sent an information form and request to a number of club members, asking that each complete the Profile form and return it to me with a photograph. For those of you who ignored my request, pull out the form, complete it and send it to me; I may not know where you live but I know where you run! For those of you who have filled out most of the form but are waiting to compose that clever quote to include in your Runner's Profile, send me the form; there is always time to add that last minute flash of brilliance. And finally, for all you triathletes who responded in such a complete and prompt fashion, thank you; your Profile will appear soon. (I am sure there is some deep-seated psychological explanation for the fact that such a high percentage of the triathletes responded. I know the reasons are not: that they have lots of free time; that they are all wonderful people and always do what they are told, etc. In fact, my guess is that they are so accustomed to programming their activities, creating schedules and then living by them, they added the Profile to their "to do" list, completed it, returned it and went back to their crazed training schedules.)

Ok, now on to this month's Profile. When you see the name and photos of this month's Profile subject – **Jim Adams**, you might ask (particularly if you have never been injured, are oblivious to top triathlon performances and/or prefer no contact with Santa Barbara triathletes) just who is Jim Adams?

My introduction to Jim Adams was eight or nine years ago, when a family friend kept telling me that Jim Adams, healer of broken bodies, was a miracle worker. The friend's high school-aged son was a promising water polo player with the all too familiar shoulder problems from over use. This woman had tried every specialist and every expert she could find. At every opportunity, after Jim treated her son, she extolled Jim's virtues and his ability to deal with her son's shoulder problem and get him back to top form. (By the way, the woman's praise must have been well deserved; her son went on to have a remarkable college water polo career, earned All American status and is now a professional water polo player in Australia!)

The next Jim Adams is a family man; he and his wife Maria, a chiropractor who practices with Jim, have five daughters. I have a vivid memory of working as a volunteer at the Carpinteria Triathlon several years ago. As many of you know, your perspective as a volunteer enables you to see the best and worst in an event's participants. After a series of jerk participants (must have been out of towners) came into the bicycle transition area creating problems by ignoring the rules and then blaming volunteers for their problems, I recall a mom and her two daughters coming in together on their bikes. They had the most remarkable smiles and all exuded a sense of joy and enthusiasm. Several of us commented on their incredible attitude, wondering why more triathletes couldn't follow their example. They displayed the same infectious smiles when they came across the finish line after the run. It was several months before I learned the smiling mom and daughters were Maria, Sarina and Michelle Adams.

Finally, there is Jim the competitor. My sources tell me he was a highly regarded volleyball player (which I am sure will invoke a "so what?" from many Newsletter readers) and also a top bike racer. Jim has now turned his focus to triathlons, and he is turning in some remarkable performances. Last year, he had the race of his life at the Pacific Grove Triathlon, held in Northern California in September each year. When Jim completed the Profile form, he listed Pacific Grove as his best race. However, Jim more recently took his triathlon performance to a whole new level. On March 3rd of this year, Jim completed his first full Ironman distance triathlon at the Ironman New Zealand. He was 29th in his age group of 99, turning in a scorching 10:59 overall time. To not only survive his first Ironman, but complete a full Ironman in less than 11 hours, is impressive. (Note in the photo: he is proudly wearing his SBAA singlet.)

Whether you have some underperforming body of parts that need the attention of a good sports chiropractor, want to see a happy family guy (who typically brings the whole family to sporting events) or meet a very tough triathlon competitor who keeps getting better, Jim Adams is your guy.

Basic Information

Name: Jim Adams

Age: 42

Personal Information - Basic

Employment (Company, title, describe job if not obvious): Chiropractor; Adams Chiropractic Clinic

Family-who they are; what they do: Wife: Maria, chiropractor. Daughters: Sarina 13, Michelle 12, Danica 10, Samantha 6, Kelly 2.

Other Sports/Interests/Hobbies: Windsurfing, surfing, volleyball, golf.

Personal Information - Additional

My friends describe me as ...: Optimistic

My trademark expression is ...: The wind is going to start blowing any minute.

If money were not a consideration, I would love to be a ...: Philanthropic athlete, full time student.

Goals-In the next 5 years, I hope to ...: Watch most of my children complete grade school.

In the next 10 years ...: Watch most of my children complete college.

Accomplishments - I am really proud of the fact that ...: My wife and I continue to be best friends.

Running Highlights

Favorite Distance & PR at same: Olympic Distance Triathlon 2:11:04

Best Race and Why: Pacific Grove Triathlon. The setting is spectacular. The Kelp is challenging, the water temperature gets your attention, and my family can participate.

Worst Race and Why: 1979 Santa Barbara Marathon. Woke up race morning, got a wild hair, talked my roommate into doing it with me with absolutely no training.

Average Weekly Mileage (last 12 months): 24.07 mi/wk

Favorite Local Race:

- Santa Barbara Triathlon; I have participated in this race in all of its incarnations over the years.
- Any training run with Vic Birtalan.

Running Goals (Realistic) for this year:

- Do a sub 40 10K off the bike in an Olympic Distance Triathlon.
- Do a sub 2:10 Olympic Distance Triathlon.

Running Goals (Wildly Optimistic) for this year:

- Feel comfortable running.
- Finish Ironman New Zealand 2001 with a smile. (Editor's note: He finished in under 11 hours and with an ear to ear grin!)

Running Goals - (Lifetime) — Before I die, I hope to ...: Participate in the Hawaii Ironman.

Additional Running Information

Why I Run: I believe that running should be a part of everyone's arsenal of activities. It does not need to be your primary activity, but I feel it is vital to make contact with the planet for optimal balance and health.

My Local Runner Hero & Why: My local running hero is anyone who laces up their shoes and makes that commitment towards a life that includes regular exercise.

Personal Training Tips: Learn how to enjoy the intrinsic reward of the process rather than focusing on the outcome.

I love runners who ...: Smile when they run and acknowledge other runners when they're out.

I hate runners who ...: I try to not hate any runners.

Suggestions for local races: All that are responsible for putting on the races should be commended.

Suggestions for SBAA. 2-3 x/per year have 5K time trials at the Tuesday night track workout.

My views on ...: I am constantly impressed with all the athletic talent in this town. It is a pleasure to be able to train amongst all this talent.

Quote (on running, life, whatever): There is no exercise that is bad for you but exercise can be done badly.

Miscellaneous

Add anything you want! Special thanks to Richard Ward for all the hours spent as my ally in training for Ironman New Zealand. Thanks also to Fred, Steve, Vic, Tom and Ron.



RACE RESULTS

Flower Festival Parade Route 3 Miles. Lompoc, June 23.

1. Gregg Horner, 15:26.
5. Jim Kornell, 16:20.
6. John Orach, 16:30.
10. Mick Caruso, 16:45.

World Masters, Brisbane, Australia.

- 5,000 meters. 65-69. 5. John Brennand, 18:49.
10,000 meters. 65-69. 6. John Brennand, 40:20.

MID-YEAR GRAND PRIX REVIEW

by Jim Kornell

What will happen in the Grand Prix this year? What epic contests, what heroic competitions, what intriguing stratagems, leading to what astonishing denouements? *This* is the place for answers.

Let's start with the women.

Eighteen-under. Krista Roessler is all like, totally dominating again, totally like last year. She's all like, totally unbeatable and everything. (Actually, I don't know Krista, but I'll bet she doesn't really talk like that.)

Women's 20's. Lynn Goebel leads, just picking up a win at State Street, and now that she's done being pursued by Laker owner Jerry Buss, she can be counted on to accumulate GP points pretty reliably. Melissa Heyward is gaining, though, and has beaten Lynn in their two head-to-heads. Melissa Leier won the La Cumbre to La Playa strongly in her first race of the GP year, finishing more than 30 seconds ahead of the next GP woman. Two-time NCAA 10,000 champion Jamie Park has been coming to the races, though, smiling in the finish chute, and if she runs eight races she'll win.

Women's 30-34. An interesting division this year. Katherine Haber leads, but gorgeous Silver Lumsdaine and charismatic Meghan Behrens look like the powers in the division. Meghan has defeated Silver the two times they've met this year, but at State Street Silver's 4:54 made her the #2 miler all-time in the SBAA. Meghan and Silver could have a great GP series. Meg Barbour would normally be part of this group, but after her 2:51 at Chicago last year, she's taking some time off from training. Jill Zachary and Melissa Garcia are contenders as well.

Women's 35-39. The most competitive division this year. Melissa Marsted and Mariann Thomas are both running very fast, and they are closely enough matched that they've spit their four meetings so far two-and-two. Then Gina Fennel ran a very good La Cumbre to lift herself into contention in this division. Then Sue Smith ran really fast at State Street to establish herself as a contender. And there's the resurgent Gae McClenathen.

Women's 40-44. Dianna Hall is laughing a lot while mercilessly crushing her opposition in her mighty fists. Actually Dianna worries that Patty Weissner is going to run her down, but that hasn't meant she's given Patty any chance to finish in front of her. Great thing about this division is the top rivals both smile so much.

Women's 45-49. Debbie Flores, shaking off the rumors Gray Davis has tagged her to resolve the California energy crisis, will be the GP champ this year.

