

RUNNER'S PROFILE

by Jim Kornell

This month's profile is of Joe Howell, our well-respected Profile editor and long-time local runner. While many know Joe as a friendly, outgoing member of the SBAA Board, not everyone knows that Joe is also a five-time World Cross Country Champion, and twice won Silver medals in the Olympic 10,000. Joe is currently preparing for the London Marathon, where he will make his elite marathon debut. As well as participating in local races when his international racing career doesn't conflict, Joe has been a mentor to a number of lesser local runners.

Basic Information

Name: Joe Howell

Age: 53

Employment/Family: Partner in the law firm of Howell, Moore, & Gough.

Married, a daughter, a Santa Barbara High and Cal water polo star and a son, at Stanford.

Other sports/interests: Joe cycles, juggles, reads his poetry at local coffehouses, solos frequently with the Santa Barbara Chamber Orchestra, is active in a number of charities, skydives, performs the occasional "guest" neurosurgery, and enjoys religious self-flagellation.

Running Highlights

Favorite distance & PR at same: 10K, 26:27.85, 1997. Ivo Van Damme Memorial. This was a wonderful race for me, setting a new WR and breaking my good friend Haile Gebresalassie's month old record of 26:31.32; Haile got the record back, though. Half-Marathon, 59:06 (WR), Milan, Italy, 1998

Best Race and Why: Besides the WR's, I'd say the last Olympics. The race with Haile, I gave my all with an open heart, and it was a wonderful race.

Worst Race & Why: That Resolution Run 5K a few years ago when Jack Bianchi beat me. Terrible.

Average Weekly Mileage (last 12 months): 120

Favorite Local Race: Vicki's 3000. I used to like the Pier-to-Peak when it had the million-dollar bonus for sub-69, but I never found a way to fit it into my schedule.

Goals (Realistic) for 2001: Victory in the London Marathon, possibly with a new WR; defeating Kornell when he moves into my age group.

Goals (Wildly Optimistic) Year 2001: Sub-2:04 at London and victory in the World Championships; discovery of an error in my birth certificate moving me directly into the 55-59 age group.

Additional Information

Why I Run: The pure joy of movement, the competitive excitement of international competition, not having to paint the bathroom this weekend, the cool shoes.

My Runner Hero & Why: John Cleese, whose Monty Python television show taught me the running form I use today.

Personal Training Tips: Never do your easy runs faster than around three-minute per kilo pace; otherwise you don't have a chance to recover enough to do the harder runs. To prepare for a longer race, I recommend 8 x 1 mile at 4:20 pace, with short breaks.

I love runners who... participate in a humble yet serious manner.

I hate runners who... play tubas or Souzaphones as they run.

Suggestions for local races: Moving the Law Day 15K & Relay to More Mesa, with perhaps a change in the rules regarding team uniforms.

Suggestions for SBAA: Include some of the European "A" meetings in the SBAA Grand Prix.

My views on... My view on the Rule in Shelley's Case. I concur with the sagacity of the court in *Stamper v. Stamper*, 28 S.E. 20, 22 (N.C. 1897), when it held: "[T]he rule in Shelley's Case, the Don Quixote of the law, which, like the last knight errant of chivalry, has long survived every cause that gave it birth and now wanders aimlessly through the reports, still vigorous, but equally useless and dangerous."

Quote: "Turgenev's Russia is but a canvas on which the incomparable artist of humanity lays his colours and his forms in the great light and free air of the world."

Motivator: The glory and satisfaction of international victories; moving up a group at the Tuesday night track workouts.

SBAA Member since 1989

