

RUNNER'S PROFILE

by Joe Howell

Larry Reynolds, pictured with his mother after a strong performance recently at his "hometown" marathon (St. Louis Marathon last fall), is a fascinating guy. Seventeen years ago he hitchhiked to Santa Barbara, camped out on East Beach and quickly decided this was the place to live. He has been an Electrical Engineer with Raytheon for 16 years, but his hobbies include tree farming and commercial real estate!

While Larry has been an on-again, off-again member of the SBAA since 1993, his renewed interest in running and competing has now made him a regular at the Tuesday night track workouts. Larry is one of those talented yet humble runners who can stay in the middle of the pack with one group at the track, genuinely enjoy himself and only a week later move up two groups and never miss a beat. He has big racing plans for the year, and knowing Larry, I predict that he will meet or exceed them.

Basic Information

Name: LARRY REYNOLDS

Age: 42

Employment/Family: Raytheon-Electrical Engineer 16 years.

Single, 7th of 12 children. About 32 nieces and nephews. Grew up in St. Louis, MO. Hitchhiked to Santa Barbara in 1983. Camped on East Beach, ran out of money, then got a job.

Other Sports/Interests: Construction time lapse photography (S.B. Air tower); tree farmer (walnut, oak, pecan); commercial real estate investor/developer.

Running Highlights

Favorite Distance & PR at same: 5K 17:07 5/1/93 Law Day Run (team 1st place)

Best Race and Why: May 29, 1993 Chardonnay 10 Miler 59:59. Achieved multi-year goal to break one hour at that race.

Worst Race and Why: 1990 S.B. Half Marathon 1:32:07

Threw up at miles 9 and 12. I pushed a little too hard.

Average Weekly Mileage (last 12 months): 25

Favorite Local Race: Nite Moves 5K - love that last downhill mile.

Goals (Realistic) for 2001: Sub 17 5K

Sub 3 hour marathon.

Goals (Wildly Optimistic) Year 2001: Sub 4:30 State Street Mile

Sub 16:30 5K

Additional Information

Why I Run: So I can drink beer without getting fat and maybe to enjoy being in shape.

My Runner Hero & Why: My brother Tom because he had no limits.

Personal Training Tips: Run fewer days and improve quality. (e.g., 4 days per week keeps you eager to run.)

I love runners who ...: don't whine.

I hate runners who ...: give micro descriptions of their every ailment while ignoring glazed eyeballs. (No one in SBAA falls into this category.)

Suggestions for local races: Moonlight beach run - maybe Leadbetter to East Beach and back.

Suggestions for SBAA: Once a month group mystery run.

My views on ...: Life

- Take some risks.
- Have some fun.
- Don't get caught.

Quote: "Adopt the positive attitude and negative people tend to get out of your way."

Proud of my marathon improvement:

1st San Diego 1998 - 4:10:51

2nd St. Louis 2000 - 3:08:33

Motivator: One of my older brothers who told me "you can't qualify for Boston!"

SBAA Member since 1993 (Intermittent)



Larry Reynolds and his mother (race volunteer) at the St. Louis Marathon.