

of the world's best yearly track meets, the Weltklasse in Zurich, will be on ESPN2 on Friday, August 17 at 10PM.

SBCC TRACK MEETS AND PUBLIC ACCESS IN JEAPORDY
By Kevin Young

Runners who like to train and compete at SBCC should consider carefully the following article. Ben Partee is the new athletic director at SBCC, in the past he was athletic director at Santa Rosa Junior College, where he resigned after a basketball scandal and lawsuit. According to an article in the Santa Rosa Press Democrat, "Partee and activists in Santa Rosa running organizations have been feuding for the past 3 years over public access to the track - ever since Partee came to SRJC and began taking steps to limit unsupervised use". The article goes on to say "Veteran runners who have used the track for decades say that the college has in recent years become less and less inclined to allow non-students to use the track", an observation that Partee readily concedes. "People don't realize this is a teaching station; this is not a park area" Partee is quoted. "The chemistry lab is not open to anyone who wants to walk in". The track was closed for over 5 months with a sign: "Bailey track and field are closed to the public. Only scheduled classes with P.E. instructors are allowed". Many of you also read the front page article in the SB News Press how Partee was studying replacing the infield of the track with artificial turf for soccer, rearranging the pits and possibly preventing the javelin and major track meets from being held here. I also heard Partee kicked off a visiting track team from running on the track. Any runners interested in preserving the public's right to run on the SBCC track should immediately write a letter to President McDougal at SBCC, 721 Cliff Dr., SB CA 93109.

SBAA CLUB RECORDS ON THE WEB

The first version of the club records are now on the web, at www.syukhtun.com. Feel free to check them out. A lot of readers probably ought to be in them - after you've had a look, please e-mail Jim Kornell at jkornell@syukhtun.com with any of your own records that ought to be in the record books.

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.

RUNNER'S PROFILE

by Joe Howell

Remember my warning last month: Be prepared for Profiles on lots more tri-geeks? This month we feature one of our areas real up and coming female tri-geeks-Lisa Welch.

Lisa's triathlon accomplishments include her selection last year as the Female Triathlete of the Year by the Santa Barbara Triathlon Club and her 10th place age group finish at the Lake Placid USAT World Championship Qualifier Triathlon on 6/2/01. Lisa's performance earned her a slot at the World Triathlon Championships in Edmonton, Canada on 7/21/01. Lisa is not only a talented triathlete and fierce competitor, she is also someone who knows the importance of being a volunteer for local events. Whether it is serving as a volunteer on the race course or undertaking the daunting task of being the co-director (with fellow tri-geek/World Champion Jon Beeson) of the Santa Barbara Triathlon club clothing order - Lisa volunteers as well as she races.

Basic Information

Name: Lisa Welch
Age: 35

Personal Information-Basic

Employment (Company, title, describe job if not obvious): Human Resources Vetronix Corp.

Family-who they are; what they do: Ryan Welch: 11 years old. Very gifted athlete. He's quite a fast runner: consistent Top 5 finisher at his school's jog-a-thons. He chooses to apply his skill on the football field.

Tyler Welch: 5 years old. Tyler has yet to reveal where his athletic talent lies - although he definitely has the "can do" and "wants to do anything" attitude.

Other Sports/Interests/Hobbies: Triathlon - that'd be cycling and swimming! And who has time for anything else??? I enjoy reading, good wine and BBQs with friends.

Personal Information-Additional

My friends describe me as ...: Oh, very "low key, introverted, quiet and shy"...NOT! More like psychospaz, endorphin junkie!

If money were not a consideration, I would love to be ...: who I am but WAY less stressed out and I'd race all over the world.

Goals-In the next 5/10 years, I hope to ...: I try not to project too much or too far. I'm pretty much of a here and now thinker. I want to complete a 3:30 marathon, an Ironman (maybe) and move up a lane in Masters (and hopefully not have to cut my hair from chlorine damage

while doing so!). I hope to sustain the passion and power that athletics (both training and racing) has for me - especially running I am happiest when I am running.
Accomplishments - I am really proud of the fact that ...: I survived the sheer can't-put-my-face-in-the-water panic attack of my first Nite Moves open water swim.

Running Highlights

Favorite Distance & PR at same: I am an eclectic runner. I enjoy the speed of the track and a 5K as well as the challenge of a marathon. A 10 miler rates high in my mind - long enough to be a mental challenge, but not so long that I can't make excuses for not running hard.

PR's: 10 miles: Chardonnay Run 2000 - 1:11:55; 5K Mission Bay Triathlon 2000 - 20:20

Best Race and Why: Again, I go back to triathlon as that's where I do the majority of my racing. Best race would have to be my 10 mile run at the S.B. Triathlon last year. No matter what happens in a triathlon, it always comes down to the run - that is the defining factor for me. The run is the gut check - it is what you finish with - the very last thing you feel. 2000SBCT was such a perfectly scripted race for me. My run strategy and execution felt flawless and effortless - my body did absolutely everything I asked it to when I asked for it. Anyway, I felt like I was floating during that run.

Worst Race and Why: I don't really see any races as a "worst". I'm pretty good at racing within myself - me against me. The moment I feel myself going outside of my own head during a race (i.e. find myself getting frustrated by having people run past me), I reel it back in hard by pulling my hat down, looking at the ground and focusing inward and on the fact that on any given day my body can only give what it's capable of. NOT that I haven't thrown a tantrum or two at a less-than-glamorous performance at one time or another.

Average Weekly Mileage (last 12 months): 15 - 30 miles/week depending on the distance I'm training for and what body parts are working or aren't.

Favorite Local Race: No one particular favorite. They all have their character. I enjoy each race as an opportunity to participate in the running community. I enjoy getting out to see and talk to people.

Running Goals (Realistic) for this year: I want to up my average weekly mileage. (I love recording those big numbers in my training log!) I'd like to complete a marathon this year (hopefully with a 3:30 time!). I really want to see my track workouts put some speed on my race times.

Additional Running Information

Why I Run: Because I can. Because it's there (the road, the race, the trail, the track). I love to feel my legs pound the ground, knock off the miles, feel my heart pump and the rhythm of my breathing. I love the pain (more so

when it's over!). I love "flicking the switch off" to everything except my physical being. Running is beautiful. Cathartic. Meditative. Therapeutic. Escape.
Personal Training Tips: Ha! I'm a rookie. Who'd take my advice? Wear a good jog bra and keep your IT bands intact. Oh, yeah ... and have fun!

I love runners who ...: make running look so effortless. It's a thing of beauty to watch - kind of like a thoroughbred at the track.

I hate runners who ...: "Hate" is such a strong word! But I get irritated by runners who don't say "hey, whassup?" in passing. I realize your run may be hurting, but at least a flick of the wrist, nod of the head or a forced grimace ...

Suggestions for SBAA: Keep going and good job! SB has a great athletic community. Fun, warm and friendly people, great races and events that I always look forward to.

Quote (on running, life, whatever): "Just Do It!" ...oh, sorry that's already taken. OK...um..."Go girl! (or boy!)". "It's all good! (most of the time)" "WHATEVER!"

