

year is new citizen Eddy Hellebuyck's 2:16:48. At the World Cross Country Championships in Belgium in March the USA was 4th in the Men's 4K, 3rd in the Men's 12K, 8th in the women's 4K and 8th in the 8K. US Juniors took 4th for men and 11th for women. Ventura's Josh Spiker was 24th in the Junior race... At the World Indoor Championships El Guerouj won the 3000m in 7:37, Silva of Portugal upset Oly Champ Ngeny in the 1500m... Alan Webb came to CA to win the Arcadia HS mile in 4:01.8. Ryan Hall was 4th in 4:08. 500 high schools from twenty states and two foreign countries participated in the 34th Arcadia Invitational. I don't see how Hall can train so hard in freezing Big Bear, CA.

Thomas Hill said of the marathon, "It's a little painful, but you get over it. The pain fades, and you're left with the joy."... At the Greater Buffalo Track Club Half-Marathon on Saturday, April 21, Ed Whitlock, 70, ran 1:22:23 to set a pending world age group (70-74) record. **WORLD RECORD:** After his world record tying performance (13:00) at the Carlsbad 5000 recently, Sammy Kipketer ran the Parelloop 10K in Hoensbroek, Netherlands in 27:18 to break the world record of 27:20 by countryman, Joseph Kimani who set the record at the Revco-Cleveland 10K on May 5, 1996... American River 50 Mile Endurance Run - April 7, 2001, Sacramento to Auburn California: Approximately 430 starters, and 396 official finishers, Santa Barbara finishers: Gary Wang - 47th, 8:07, Stu Sherman - 61st, 8:26, Mark Warren -185th, 9:47, Jeff Vinion - 313th, 11:21

**BOSTON MARATHON**

Catherine Ndereba passed ½ way in a large pack of women in 1:13, but averaged 5:24 per mile down the Newton Hills to finish in 2:23:53 after a 1:11 2nd ½ marathon. Lee Bong-ju of South Korea ran 2:09:43 for the men's win.

**LONDON MARATHON**

Ebdekkader El Mouaziz won in 2:07:11, pulling ahead of Paul Tergat at the 22 mile mark, Tergat was 2nd in 2:08:15 for his first marathon. Derartu Tulu of Ethiopia won for women: 2:23:57.

**HAMBURG MARATHON**

Julio Rey of Spain won in 2:07:46, just 2 seconds in front of teammate Javier Cortes. Three Kenyans followed. Sonja Oberem of Germany won for women in 2:26:12.

**ROTTERDAM MARATHON**

Josephat Kiprono of Kenya won in 2:06:50, with Kenneth Cheruiyot of Kenya just 28 seconds back. Susan Chepkemei won for women 2:25:45.

**RUNNER'S PROFILE**

by Joe Howell

First, my apologies for the Profile appearing in the "April Fools" edition of the Newsletter. I knew nothing about it. In fact, I wondered why people at the Tuesday night track workout were asking me strange questions like "do you really read poetry at local coffee houses? . . . did you really run in the London Marathon?". Of course, the reason for the questions became obvious when I received my copy of the April Newsletter. To Jim Kornell, Bill Rupp and their fellow co-conspirators – what goes around comes around. If you weren't so clever, I might be mad!

Now to the subject of this month's Profile – Maggie Mason. Maggie is the first to be featured with our "new and improved" Profile form. We had planned to feature Maggie in the April issue, hoping to give her a boost of recognition and confidence before she ran the Boston Marathon in mid April. As will be obvious as you read on, Maggie had an outstanding performance at Boston, and we are pleased to be able to include in the Profile a report of her race.

Maggie has been running for over 20 years, but training and racing for only the last four. She and her running-buddy Paulette Posch began training together with a common goal of qualifying for the Boston Marathon 2001. Maggie, Paulette, Karen Rabin-Seal, Larry Reynolds, Nick Boyer (together with undoubtedly numerous other Santa Barbara runners) competed in this year's Boston Marathon. Maggie had the run of her life—a marathon PR and a six minute improvement over her best marathon time. I insisted that Maggie provide me with a quote about the race, and she graciously responded as follows:

*This race is as good as it gets: excellent organization, wildly enthusiastic cheering throngs, challenging course, and a beautiful and gracious host city. In addition, something changed for me in this marathon. I ran harder, but felt much more in control. It's hard to articulate, but I was simultaneously working, and relaxed. Does that make sense?*

Undoubtedly, Maggie Mason has years of enjoyable running and lots more great races ahead of her. She is a wonderful example of all of the positive aspects of running in Santa Barbara and why it is so much fun to be an active member of the SBAA.

**BASIC INFORMATION**

**Name:** MAGGIE MASON

**Age:** 44

**PERSONAL INFORMATION-BASIC**

**Employment (Company, title, describe job if not obvious):** English teacher at Dos Pueblos High School.  
**Family-who they are; what they do:** Husband: Herb Fox, attorney and superb chef!  
**Other Sports/Interests/Hobbies:** Cycling, gardening, carpentry, reading, writing, eating Herb's sumptuous cuisine.

**PERSONAL INFORMATION-ADDITIONAL**

**My friends describe me as ...:** Determined; multi-faceted.  
**If money were not a consideration, I would love to be an ...:** English Teacher at Dos Pueblos High School! (Money? What money?)  
**Accomplishments - I am really proud of the fact that ...:** I kept showing up at races even though I felt like a bumbling outsider. As I soon learned, the SBAA extends a warm, inclusive welcome to newcomers. Oh, and I'm also proud that I figured out how to operate my Nike watch.

**RUNNING HIGHLIGHTS**

**Favorite Distance & PR at same:** Marathon 3:33  
**Best Race and Why:** I'm relatively new to racing various distances, but this year's Vicky's 3000 was inspiring. I ran much faster than I thought I could, and felt strong. Thanks, Juan "Ironlung"!  
**Worst Race and Why:** My first Marathon, L.A. in '98. I finished in over 4 hours. WAY over. I ran much too conservatively, holding back for most of the race. I wasn't even sore the next day! How disappointing ... after all that training, I left most of the race in my legs.  
**Average Weekly Mileage (last 12 months):** 35 -40  
**Favorite Local Race:** Resolution Run. I like jumping into the New Year wide awake and sweaty!  
**Running Goals (Realistic) for this year:** Marathon 3:30; 15K 1:10; 10K 45:00.  
**Running Goals (Wildly Optimistic) for this year:** 1. Marathon 3:20; 15K 1:07; 10K 44:00. 2. To run well enough to make Patty Wiessner just a teensy bit anxious.  
**Running Goals - (Lifetime)—Before I die, I hope to ... :** have kept running integrated into my life in a happy, healthful way up until the end.

**ADDITIONAL RUNNING INFORMATION**

**Why I Run (Poetic version):** To cheat death; affirm life! Aren't we all, like Hamlet, holding the skull?  
**(Practical Version):** To stay fit and sane.  
**My Local Runner Heroes & Why:** Jack Bianchi, an "awesome dude," who persisted despite Sisyphusian challenges, and encouraged and inspired me. Also my Sunday running faithfuls—Gail, Karen, Mary and Paulette—an inspiring group of women.  
**Personal Training Tips:** Eat only beige food before a long race. Get massages while training intensively. Read about running.  
**I love runners who ...:** clearly love to run, and do it not because they have to, but because they want to.  
**I hate runners who ...:** pass you because you passed them ... and then sputter because they can't maintain the pace. Actually, I love these runners.  
**Suggestions for local races:** I'm too new to presume.  
**Suggestions for SBAA:** You're doing well. Keep being friendly, open and encouraging. What a terrific group of people.  
**My views on ...:** Stop complaining. Face your "petty tyrant."  
**Quote (on running, life, whatever):** "Try to be one of the people on whom nothing is lost."  
 Henry James

**MISCELLANEOUS**

SBAA Member since 1999.

