

I spent my first hour in camp staring at these magnificent peaks. The final treat of the day was a dinner of freshly caught trout from the nearby lake.
(To be continued.)

RUNNER'S PROFILE

by Joe Howell

Remember the excitement of competing in those first races when you moved from the category of jogger/occasional runner to a "real runner"? Mike Bryant has certainly made that transition. He continues to compete in more races at longer distances and appears to be more enthusiastic at each event. (As an example, his level of enthusiasm at mile 10 at the Santa Barbara Half Marathon was downright scary.)

Mike played college soccer and only recently added running to his continuing soccer career as a coach and player. You will note Mike's impeccable judgment in noting that the Law Day Race is his favorite event. Watch for Mike as he continues to improve and compete.

Basic Information

Name: MIKE BRYANT

Age: 43

Employment/Family: V.P. Bryant & Sons Jewelers

Two young daughters: Charlotte, age 8 and Samantha, age 6.

Other Sports/Interests: Love playing and coaching soccer; enjoy snow skiing and water skiing. Also can hack up a golf course!

Running Highlights

Favorite Distance & PR at same: 10K

Best Race and Why: Law Day 1999. It was my first race and my relay team won 1st place mixed.

Worst Race and Why: San Ysidro Trail Run-because it is running straight up the side of a rugged mountain.

Average Weekly Mileage (last 12 months): 15-20 miles.

Favorite Local Race: Santa Barbara Triathlon.

Goals (Realistic) for 2001: Break 70 minutes for 10 miles.

Goals (Wildly Optimistic) Year 2001: Run under 20 minutes consistently at Nite Moves.

Additional Information

Why I Run: To stay fit and relieve stress and pressure. It makes me feel good.

My Runner Hero & Why: Patty Wiessner, because she encouraged me to participate in my first organized run-Law Day Relay.

Personal Training Tips: I don't have any tips. I've never been coached; I just get out and run.

Suggestions for local races: I love Nite Moves. It's great exercise after a day at work. The music and atmosphere are really relaxing.

Quote: "I run to stay in shape and think about things while I'm running, but finishing is the best part. It's satisfying and feels good to complete the course."



Mike Bryant, pictured with his running hero Patty Wiessner

SCHEDULE OF EVENTS

Tuesdays - Intervals at SB City College. 5:30 PM warm-up, 6:00 PM workout, different speed groups. Coached workout.

Saturday, January 20 - Vicki's 3000 Run. 3000 meters, first heat 8:30 am. Santa Barbara City College Track. Benefits the Special Olympics. Entry - \$8, no shirt, modest (but nice) awards. SBAA Grand Prix race. Note: last month's newsletter had the wrong date. Jim Kornell (805)682-6765, 965-1086. jkornell@syukhtun.com.