

Meb Keflezighi and Jen Rhines. Drossin's accomplishments at age 29 include World Record holder road 10K at Carlsbad this year in 14:54, 4:48 per mile, silver medalist at the last World Cross Country Championships, American record holder in the 15K in 48:12 set March 9, (5:11 per mile), American Record holder in the track 10,000m, set May 3 at Stanford, 30:50, 4:58 per mile. Attendees will run and interact with these and other top athletes who train at Mammoth Lakes, the high altitude training base for the Team USA California program (sponsored by Nike). Cost is only \$100 for the week plus the shared cost of an SBAA condo. More info <http://www.runningusa.org/> local contact Kevin Young 564-3400 [kyoung@sbre.com](mailto:kyoung@sbre.com)

**RUNNER'S PROFILE**

by Joe Howell

Some say that all runners are "a little different." That may be the case, but Hans van Koppen (known at track workouts by his sobriquet "Hans N. Franz"), is a really different runner. For example, check out his other sports interests and hobbies - how many runners do you know who enjoy unicycling, juggling and kickboxing?

Many of us enjoy an occasional trail run. Hans has not only created and still serves as race director for the Montecito Trails Foundation trail run each year, he has demonstrated just how good he is as a trail runner, running the Catalina Marathon four years in a row with a sixth place overall finish in 1984! Hans is a great runner, a fierce competitor and one of many who makes a real contribution to the Santa Barbara running experience.

**Basic Information**

**Name:** Hans van Koppen

**Age:** 47

**Personal Information - Basic**

**Employment (Company, title, describe job if not obvious):** Grow and sell flowers outdoors on a couple of acres in Summerland.

**Family - who they are: what they do:** Married for 17 years to "great wife and therapist" Eileen. (And yes, she fixes me up too!) We have one 14-

year old, "extraordinaire volleyball player", daughter named Mckenna.

**Other Sports/Interests/Hobbies:** Unicycling, juggling, mountain biking, kickboxing, kayaking, beach volleyball, art, photography, scuba diving.

**Personal Information - Additional**

**My friends describe me as ...:** an optimist.

**If money were not a consideration, I would love to be an ...:** owner of a large yacht that's sailing around the world.

**Goals - In the next 5 years, I hope to ...:** spend time with my family, pay bills, keep running and stay in shape.

**In the next 10 years ...:** Retire for sure and do some things I want to do (which will include running), make a difference somewhere.

**Accomplishments - I am really proud of the fact that ...:** I can still make it to the Tuesday night track practice (and once in a while run some youngsters in the ground).

**Running Highlights**

**Favorite Distance & PR at same:** 10K 32:32

**Best Race and Why:** Catalina Marathon - it's my kind of race, all on dirt and trails and great views. I ran the Catalina Marathon 4 years in a row and in 1984 I placed 6<sup>th</sup> overall in 3:02:27.

**Worst Race and Why:** Started running in 1975. After 2 or 3 training runs of a couple miles each, I entered a 10K in Ventura put on by Gary Tuttle. I swore I was never going to enter another race after that. That's how good I felt after that one!

**Average Weekly Mileage (last 12 months):** 15 to 25 per week, running two or three times a week (including the track on Tuesday). I have had to cut my mileage way down in order to be able to keep running and stay somewhat injury free.

**Favorite Local Race:** Pier to Peak

**Running Goals (Realistic) for this year:** I hope to enter a couple of races this year.

**Running Goals (Wildly Optimistic) for this year:** Run the State Street Mile under 4:45

**Running Goals - (Lifetime) - Before I die, I hope to ...:** I would like to run some long trails with some other runners, maybe a big piece of the Pacific Crest Trail, with a nightly support van of course.

**Additional Running Information**

**Why I Run:** Please check one:

Fitness

Friends

Stress Relieve

Get Outside

All of the Above

**My Local Runner Hero & Why:** Gregg Horner, he's my age and he runs a lot like he did 20 years ago. He still kicks some ass out there.

**Personal Training Tips:** If you are not getting anywhere, do another sport for a few months, it feels great to come back after a break.

**I love runners who ...:** are slower than I am.

**I hate runners who ...:** Trip you out of one of your shoes halfway through a 20K run, while you are running at a PR pace, and then tell you to watch what you are doing. (That happened to me once.)

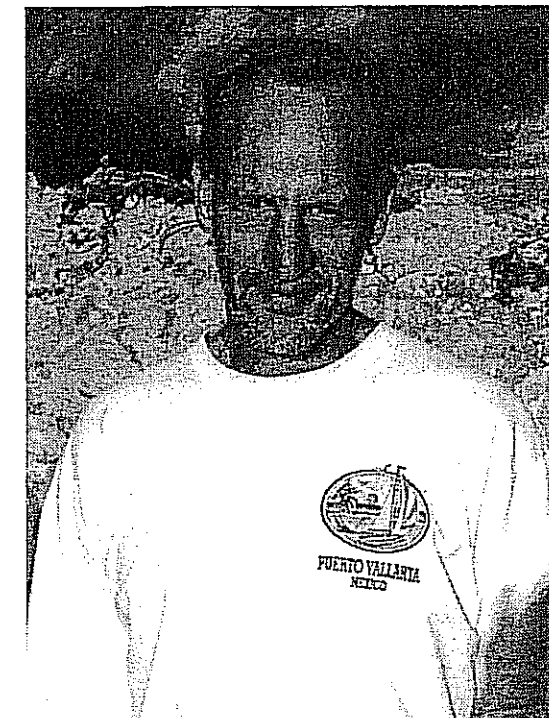
**Suggestions for local races:** We're doing pretty well; I think we're lucky with all the choices of races here throughout the year.

**Suggestions for SBAA:** Great organization, thank you.

**Quote (on running, life, whatever):** Stay healthy, keep smiling, keep running for life!

**Miscellaneous**

SBAA Member since 1980



**NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

Stanford CA 21-23 June 2002

by Des O'Neill

For a non-Olympic, non-World Ch'ships year, this meet was pretty high-quality, and entertaining, and perhaps proof that despite some recent obituaries, Track and Field isn't dead in the U.S., and might even be revivable. It got 90 minutes on ESPN Sunday afternoon, and if you were watching closely, yes, fans, that was me in the stands, about twenty feet North (I think) of the finish line.

Stanford's Angell Field, with the Cobb Track and the Otis Chandler Infield (it's the gifts, you see?) is an ideal location, and except for Friday, when it got pretty cold (last race at 10 p.m.) the weather was wonderful, a little warm and bright for the distance races Saturday and Sunday, but clear. The facility, a purpose-built track and field site (no other sports played there) features a state-of-the-art track and aprons, and accommodates not only the shot, discus and javelin in the infield area, along with HJ, LJ, TJ, PV, but also has a hammer area right outside the track, so that from the stands one can even see that usually-orphan event in progress. Add good and speedy information on the PA, a do-everything giant screen for instant replays, lane assignments, race results (within about ten seconds of the finish, mind you) and large-screen real-time interviews with the athletes....Track Heaven. Hey, even the parking was great - plentiful, close and free.

The contests, the athletes? I won't give you the results, which were in the papers (not much in the News-Press, I know, but the L.A. Times covered it, and you can also go on-line ([trackandfieldusa.org](http://trackandfieldusa.org)) for every little jot and tittle, if you're interested.) What I do want to celebrate is the performances, the great athletes, and contests, and races - no world records, but fine competition, close finishes and gracious winners and losers (and "losers" is not used as a put-down).

Mike Miller, now in the Army but formerly living and training here, ran the second-fastest heat time, leading all the way, and in the final ran a courageous race from the front for three laps before, alas, being swallowed up by the kickers in a mass finish off a 54-second last 400. Alan