



RUNNER'S PROFILE

by Joe Howell

Mary Hershey is unique - how many top Grand Prix finishers do you know who are interested in Yoga for Very Stiff People and writing for children?

Most runners have their best race in ideal conditions; the poorer the conditions the worse the race. Not Mary - her best ever race - a marathon - was in 1997 at the Houston Marathon. The temperature was 27 degrees with freezing rain and sleet. Her worst race? - that would be with ideal conditions at what is considered one of the fastest marathon courses in the country - the St. George Marathon!

Whether she is gently pushing the pace with her running pals at the Tuesday night SBCC track workout or quietly working away on what she hopes will be America's next best seller, she is always gracious, always smiling. Go Mary!

Basic Information

Name: Mary Hershey
Age: 46

Personal Information - Basic

Employment (Company, title, describe job if not obvious): Program Manager - Department of Veteran Affairs Outpatient clinic

Family - who they are; what they do: Life Sidekick - Jill Gass, local Echelon cyclist and CCU Nurse at Cottage Hospital

Other Sports/Interests/Hobbies: Yoga for Very Stiff People, hiking, writing for children.

Personal Information - Additional

My friends describe me as ...: a person who is way too shy to ask my friends to describe me for publication.

My trademark expression is ...: Where ARE we? I really have no business running without supervision.

If money were not a consideration, I would love to be a ...: I'd buy myself a job as the CEO of a fabulous running shoe company and make sure all my stores had plenty of shoes for women with really big feet. (And all large-footed people would get a big juicy discount, just for the heck of it.)

Goals - In the next 5 years, I hope to ...: land a great book contract with a large publishing house (and to nail a 3:30 marathon).

In the next 10 years ...: I hope to have to fend off large publishing houses (and set a new goal of 3:20 for a marathon).

Accomplishments - I am really proud of the fact that ...: I quit smoking 13 years ago. It was the hardest and best thing I've ever done.

Running Highlights

Favorite Distance & PR at same: I'm quite fond of the old 26.2. PR'd at the California International Marathon at 3:43.

Best Race and Why: 1997 Houston Marathon. The temperature was 27 degrees with freezing rain and sleet. Took all the pressure off a PR I had planned. My adjusted goal was to run non-stop into a hot bathtub. It was a wild and wicked endurance venture.

Worst Race and Why: St. George Marathon. I was positive I would PR there. I trained right and the race day conditions were ideal. Unfortunately, I ran like I was towing a trailer. Ugh. I tanked for no apparent reason. The best laid plans ...

Average Weekly Mileage (last 12 months): 25 - 30 miles.

Favorite Local Race: The Chardonnay 10-miler. It was the first race I ever entered after I quit smoking. I felt very emotional at the starting lineup. I was so grateful that my lungs had repaired themselves after years of abuse and would allow me this great second chance. It is a nostalgic race for me.

Running Goals (Realistic) for this year: To run injury free and get back on the track! And to whop off some seconds on my State Street Mile.

Running Goals (Wildly Optimistic) for this year: For me, Gail Ward, Maggie Mason, Karen Rabin Seal, Jane Faulkner and Paulette Posch to make the cover of *Runner's World*.

Running Goals - (Lifetime)—Before I die, I hope to ...: Before I die, I hope to turn into Jack Bianchi for just one lap on the track.

Additional Running Information

Why I Run: Besides the amazing health benefits, running makes me a better writer, a better human and immensely more pleasant to live with. And I don't feel the need to count cookies any longer.

My Local runner Hero & Why: Robin Riblet - for being the all-time most generous and encouraging runner and because she had the good sense to marry my other hero, John Brennand.

Personal Training Tips: Never carry a foil Power Gel packet inside your sports bra during a marathon and then forget to take it out until after the race. You'll look like you've been in a sword fight.

I love runners who ...: remember to greet all the animals along their running route.

I hate runners who ...: are standing in front of me in line for the restrooms on race day (until I start talking to them and find out, gosh, they're really nice!)

Suggestions for Local Races: We all need to remember to volunteer. We need to remember to thank the volunteers and we should just pretty much genuflect when we see the race organizers.

Suggestions for SBAA: Give yourself a giant pat on the back for being such a great support and network, and thank you for making it possible for me to meet my beloved running buddies, AKA Fast Girl, Inc.

Miscellaneous

My views on ...: what-ever? Okay, I really think that cell phones should have an automatic disconnect feature after 60 seconds, and a mandated standard ringer that is a reasonable decibel level - and nothing you could sing the words to.

Quote (on running, life, whatever): "The silence of creation speaks louder than the tongues of men or angels."

Thomas Merton

LOCAL RUNNING RELATED WEB SITES

Listed below are web sites which describe races in the tri-county area. Confirm race times with the information contact.

www.SBrunning.org. SBAA web page. Contents include a local race schedule, favorite runs, member articles, Running Shorts, current newsletter and Profile, and links to other running related sites.

www.impulse.net/~lvdc/. Administered by the Lompoc Valley Distance club (Nancy Perry, Newsletter Editor). Lists races in the Lompoc area.

www.m-cad.com/slde. Administered by the San Luis Distance Club (Stan Rosenfield, Newsletter Editor and Scott Hull, Webmaster). Lists races in San Luis Obispo area.

www.west.net/~scs/sbaa/ SBAA Grand Prix standings.

www.adventours-inc.com. Results for local races and information on Adventours races.

www.RunSantaBarbara.com. Organized by John Clinton, race director of Nite Moves series. Information on other races including Pier to Peak and Thanksgiving 4 Miler.

www.trackinfo.org. Administered by Andrew Hecker, race director of Twilight's Last Gleaming in Ventura. Lists races in Ventura, SB and SLO counties.

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.

MEMBER DISCOUNTS

Massage Therapy, Tobi Chauvet, LMT, Deep tissue, sports, canine, heated stone therapy. 15% discount, 455-2778.