

best way to get your muscles prepared for and recovered from running. We also did plyometrics, fast footwork running/skipping drills to get muscle memory for fast stepping. My favorite afternoon session was when Coach Vigil had Deena and Meb give a talk to the UCSD XC team that was training there that day. They take time to talk with young runners visiting Mammoth because they remember when they were encouraged as young runners by others. Meb told his life's story as a refugee to world class runner, and Deena encouraged everyone to have high goals, then they answered questions and took pictures. The evening sessions were highly technical. One evening Dr. Vigil spent 2 hours on "The physiology of altitude training". He had charts of the increases in VO2 Max in all his athletes. He said all runners should start with a blood test. My favorite evening session was when we saw videos of Deena's Carlsbad WR and Meb's AR Stanford 10K, then we had a Q and A session with the athletes where we submitted written questions. They all agreed that the synergy of the team helped them run better than they could as individuals. They rarely had bad races or bad workouts, trained 3-12 weeks at altitude before coming down to sea level for races. Some of the interesting factoids from the sessions: You can run up to 4 seconds faster per lap when you draft. Have a straight foot plant versus supinating saves 4 seconds/mile. Add 2 inches to your stride at the same cadence makes you 10 seconds per mile faster. A lighter shoe saves 2 to 8 seconds per mile. You can train these athletes to the highest standards, but you can't coach them how to "be a warrior", the attitude that champions have. Your ferritin levels must be adequate to train seriously, he made a vegetarian runner eat meat before she could join the team. You can flush lactate with massage, the top runners on the team got daily massages and did 3 hours a week of weights and plyometrics. Vigil said you should only give running scholarships to runners with high VO2's. As a track fan it was very interesting to see America's best runners train. These 'kids' are putting their lives on hold while submitting their bodies to the most intense world-class workouts and training imaginable, supported by world class coaches and support personnel.

29TH ANNUAL CLUB WEST MASTERS TRACK AND FIELD MEET OPEN TO ALL RUNNERS OVER 30

Saturday, October 5, 2002 NEW LOCATION: UCSB PAULEY TRACK

Volunteers/Info call 964-3005 or 897-2519. Other hurdles/field events also scheduled. Entry deadline for low price is Sept. 22. \$15 first event, \$5 each

additional event, \$25 relays. Must be USATF member, can sign up at the meet if you arrive 1 hour before the event. The SBAA's Gordon McClenathen is Meet Director.

8AM 2000m Steeplechase age 60+

8:30AM 3000m Steeplechase

9:45AM 800m.

10AM 55m

11:15AM 100m

11:45AM 400m.

12:30PM 3K Walk.

1:30PM 200m

2PM 1500m/Mile

2:15PM 400m Relay

3PM 5000m all divisions.

Club West is SB's Track Support Organization, meeting monthly for lunch and officiating at meets. All of you readers should join, call Beverley Lewis: 969-5854.

RUNNER'S PROFILE

by Joe Howell

Mike Swan is the subject of this month's Runner's Profile. He is a seven (yes I said seven) time finisher at the Ironman Triathlon World Championship in Hawaii (and has won "hardware" three times for a top five performance in his age group there), a recently converted ultra runner (with a seventh place finish in the National Ultra Championships this summer), a successful physical therapist and a gifted running/triathlon coach - Mike has got it all!

Mike just opened, with co-owner Kevin Brown, Elite Performance and Rehabilitation, a physical therapy facility. Although Elite offers the full range of physical therapy services, Mike devotes a great deal of time to diagnosis, treatment and prevention of athletic injuries. From a modest start of providing schedules and coaching for a handful of local triathletes, Mike has now built his coaching business SwanSports (check out his web page at swansports.com) into a very successful enterprise. An interesting fact about Mike's coaching is that he trains not only many of our area's top triathletes, he also trains new runners, experienced runners trying to reach the next level and athletes with a wide range of ages and abilities.

As one who has used Mike as both a coach and physical therapist for several years, I enthusiastically recommend him. In fact, every time I have referred someone suffering from a sports-related injury to Mike (previously when he was at Precision Biomechanics and now at Elite), I get an enthusiastic thank you from that person, along with their account of how Mike

addressed and ultimately helped them resolve an injury problem.

Mike is a great competitor and talented therapist and coach. Don't let his baggy shorts and friendly demeanor fool you; this guy can run (and bike and swim and heal and coach . . . and you should see how he trains dogs).

Basic Information

Name: MIKE SWAN

Personal Information - Basic

Employment (Company, title, describe job if not obvious): New co-owner of Elite Performance and Rehabilitation

Physical Therapist and running/triathlon coach (swansports.com)

Family - who they are; what they do: Anne - wife of 4 years. She is a vocational advisor with Santa Barbara County Special Education.

Other Sports/Interests/Hobbies: Dog agility training with my wife.

Personal Information - Additional

My friends describe me as ...: a fierce competitor with a smile.

If money were not a consideration, I would love to be a ...: coach and physical therapist ... really. (I also would like to spend a bit more time training.)

Goals - In the next 5 years, I hope to ...: build a successful business, start a family, keep from breaking myself.

Running Highlights

Favorite Distance & PR at same: So far 50 miles - best time is 6:01.

Best Race and Why: 1996 Hawaii Ironman
2002 Avalon 50

my best times for these distances

Worst Race and Why: Probably a couple of mid-1990's Ironmans where I essentially staggered through the run.

Average Weekly Mileage (last 12 months): 35-40

Favorite Local Race: Nine Trails - even in the rain

Running Goals (Realistic) for this year: Finisher Western States 100, top 5 in Montreal Ultra Running Grand Prix

Running Goals (Wildly Optimistic) for this year: Top 5 at Western States 100

Running Goals - (Lifetime - Before I die, I hope to: Crack 9 hours at Hawaii Ironman.

Additional Running Information

Why I Run: Santa Barbara is a perfect place to run. I love running and am a hopeless addict.

My Local Runner Hero & Why: George Harrower. He smiles always-even Pier to Peak!

Personal Training Tips: Hills!

Long shorts.

I love runners who ...: are understated about their achievements.

Suggestions for local races: More trail races on our great trail system.

Suggestions for SBAA: Keep up the good work. Have a coaching system that includes development of year round programs for runners.

Miscellaneous

SBAA Member since 1998

