

Truex, McClenathen rock in Long Beach. Don Truex, 65, ran a 5:55 Mile at the Long Beach Master's Track meet, surpassing the All-American standard by 20 seconds. Gordon, 67 (68?) ran the 2000 Steeplechase in 9:30, a full 60 seconds faster than the All-American standard, despite being the only entrant in the event and running without competition. Outstanding running by both men. (5/27)

Half-Ironman at Keahou-Kona. Wally Marantette reports: Lee Carter led an impressive showing of Santa Barbara triathletes at the Keahou-Kona Half-Ironman on Sunday, May 26 (www.keahoutriathlon.com). Under ideal conditions of moderate temperature, very little wind and overcast skies the sold-out field of 850 raced up and down the Kona coast. Entering the race with a very relaxed attitude and proving that moderate or even undertraining might be the better discipline, Lee posted a P.R. of 4:48. Other SBAA race regulars were Dave Gonzales (training for the big Ironman in October), Paul Kleine and Ray Unzueta. Congratulations to all for a fine showing on the Big Island! (5/27)

Thomas, Mock in Brentwood. Mariann Thomas, 38 (on paper, anyway - she's about 22 in person), finished as 2nd woman today in the Brentwood 10K, running 39:39. After what might have been an over-quick first mile (5:45), Mariann led until mile four, when the eventual winner went past. Tim Mock, 45, was 12th overall, 3rd master, and first in his age division in the 5K, running an excellent 16:54. Tim ran an even race, and even though he was used up enough not to have a kick at the end, he still feels he hasn't quite left it all out there yet. Congratulations to Ms Thomas for another sub-40 and to Mr Mock for his first sub-17 of the season.

Chadwick in LA. Ann Chadwick was inadvertently left off the LA Marathon results list. (I neglected to check finishers from McKittrick). She finished 6th of 42 in the W65-69 in 5:49:38.

4. [www.glorydaysrunning.net](http://www.glorydaysrunning.net)  
by Lauren Udden

Those of us privileged enough to be SBAA members appreciate the joys of running in Santa Barbara: fantastic weather, scenic runs and a whole lot of nice people to run with. But some of us may not realize how talented the runners in this community really are. A new web site provides empirical evidence that there are some pretty darn

good runners among us as well. Glory Days Running ranks the top ten runners in Southern California in each age division based on their three best races during the past 12 months. The runner's score is then calculated based on 10K equivalent times. Also, although there may be in the future, no adjustment is made to accommodate the differences in race courses.

SBAA members hold the number one spot in three of the age divisions: Elaine Campo in Women's 50-54, Carl Schulhof in Men's 55-59, and John Brennand in Men's 65-69. And Jim Kornell is ranked second in the Men's 50-54 division behind the legendary Nolan Shaheed.

Other SBAA members in the rankings are:  
Mariann Thomas, 10<sup>th</sup> Women's 35-39  
Judy Kewley, 9<sup>th</sup> in Women's 55-59  
Rosemarie DiSandro, 9<sup>th</sup> in Women's 70-74  
Gregg Horner, 3<sup>rd</sup> in Men's 45-49  
Tim Mock, 8<sup>th</sup> in Men's 45-49  
Don Truex, 7<sup>th</sup> in Men's 60-64

Congratulations on these remarkable achievements on the part of the above SBAA runners.

**RUNNER'S PROFILE**  
by Joe Howell

Todd Booth? Isn't he the guy who showed up at Tuesday track workouts several years ago wearing a bike jersey and listening to a Walkman during the workout? Was he a biker just posing as a runner (or vice versa)?

In fact, Todd Booth has demonstrated that he is not only a biker and a runner, he is a top competitor at both. Last year he finished in the top five in the California State Mountain Bike Racing Series while winning the SBAA Grand Prix title in the 30-34 age group, one of the most competitive. Todd is continuing his two-sport top performances this year. In early May, he had a great run at the Law Day 15K on Saturday, followed by an impressive race at the Firestone Mountain Bike Series on Sunday.

Smart money says Todd will continue to compete and succeed in mountain biking, running and everything else he undertakes. Go Todd!

**Basic Information**  
Name: TODD BOOTH  
Age: 32

**Personal Information - Basic**  
Employment (Company, title, describe job if not obvious): Santa Barbara Cottage Hospital. Special Procedures Technician in cardiac catheterization lab. Assist in opening blocked vessels in the heart.  
Family - who they are; what they do: Rosa - wife - computer trainer at Sansum - SB Medical Foundation Clinic. Runs to keep up with Sky. Skyler - 2-year old son - constantly on the go.  
Other Sports/Interests/Hobbies: Mountain bike racing, surfing, snowboarding, wakeboarding.

**Personal Information - Additional**  
My friends describe me as ...: Excessive.  
If money were not a consideration, I would love to be a ...: Stay at home dad. My son Sky means the world to me. I hope to guide him in the right direction.  
Goals - In the next 5 years, I hope to ...: Retire.  
In the next 10 years ...: Retire, J.K. I love my job. I can train at lunch, help people in life threatening circumstances and get paid for it. There's nothing better.  
Accomplishments - I am really proud of the fact that ...: Last year I got 5<sup>th</sup> in Cal. State series mountain bike racing. Won the Grand Prix 30-34 age group while working full time and still spent plenty of time with the family.

**Running Highlights**

**Favorite Distance & PR at same:** 5K, P.R. 16:22  
It's short enough to hold my breath.  
**Best Race and Why:** Santa Barbara Half Marathon (1:17)  
I'm ...er able to run more than six miles at a time due to commitments.  
Thankfully my boss, Kit Robbins, allows us to run at lunch.  
**Worst Race and Why:** Semana Nautica 15K - I always get blisters!  
**Average Weekly Mileage (last 12 months):** 25 miles of running/ 90 miles of cycling.  
**Favorite Local Race:** Pier to Peak 1/2 Marathon. A true accomplishment to finish.  
**Running Goals (Realistic) for this year:** Break 16:22 at a 5K.

**Running Goals (Wildly Optimistic) for this year:** To win the Grand Prix 30-34, tough competition this year - Johnny O., Jay, Ludvig ...  
**Running Goals - (Lifetime)—Before I die, I hope to ...:** To Race the Hawaiian Ironman Triathlon.

**Additional Running Information**

**Why I Run:** I started running 3 years ago to keep up my cardio for cycling. We had a baby and time was of the essence ... running was the best workout. I'm hooked ever since.  
**My Local Runner Hero & Why:** Gregg Horner and Jim Kornell - age truly doesn't matter.  
**Personal Training Tips:** Caffeine (Up Time) and weight loss.

**I love runners who ...:** Try hard, no matter what your P.R. is.  
**I hate runners who ...:** I haven't met an uptight runner yet. Well, maybe Johnny O. on a bad day (J.K.).

**Suggestions for local races:** I love the organization, price and the volunteers. Post results sooner after the race, before most people go home.  
**Suggestions for SBAA:** Cash incentives for the Grand Prix. The P.R.s will start dropping like bowling balls!!  
**Quote (on running, life, whatever):** I truly believe you can accomplish anything you put your mind and energy towards. Just don't give up!

**Miscellaneous**  
SBAA Member since 1999

