

Since SBAA member Patsy Dorsey is undergoing treatment for breast cancer, I think we should form "Patsy's Team"! Patsy can be part of the team and walk part of it if she would like to, but the other team members could make a commitment to cover all 24 hours to show Patsy how much we care.

If anyone is interested in joining the team and would like more information please call me - Marilyn Hansen, 967-4746 or e-mail marilyn.hansen@verizon.net. I've been on teams and/or been a team captain for the past four years. We always have a great time along with raising money for the American Cancer Society.

RUNNER'S PROFILE

by Joe Howell

Chrystee Bradley (until recently racing as Chrystee Perkins) has had a major impact on the local running scene. A few years ago, she "arrived" by winning the Santa Barbara Half Marathon. Since then, she has won virtually every local race she has entered. She has also made her mark as a volunteer extraordinaire. At last year's Santa Barbara Half Marathon, Chrystee arrived early with her crew of La Cumbre Middle School volunteers; when the results were delayed and few were willing to wait for the awards ceremony, Chrystee and her group of students stayed on, cheering all of the winners and hanging in there until the last award was presented.

Check out the message board on the sbrunning.org web site and you will see Chrystee providing comments and offering encouragement to elites and back of the packers alike. Last year, Chrystee was recognized by the Santa Barbara Athletic Round Table as Road Running Athlete of the Year; with her goal to qualify for the Olympic Marathon Trials and enthusiasm for running, we can look forward to more great things from Chrystee Bradley.

P.S. As we go to press with the Newsletter, some additional stats on the way too modest Chrystee: 36:52 10K time at Brentwood 10K (a 33 second PR!) and 17:47 5K time (another PR) at June 4th Nite Moves.

Basic Information

Name: Chrystee (Perkins) Bradley

Age: 32

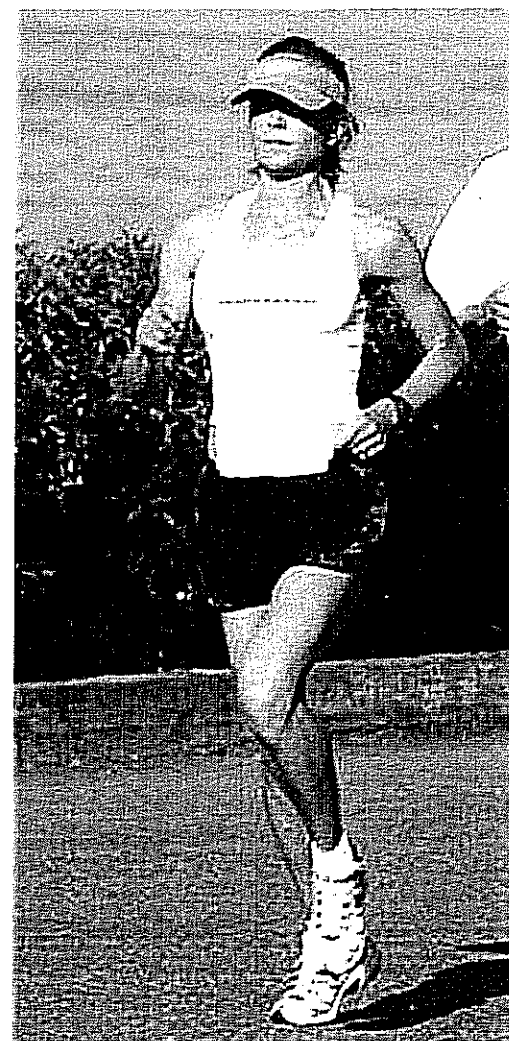
Personal Information - Basic

Employment (Company, title, describe job if not obvious): Full-time teacher at La Cumbre Middle School

Family - who they are; what they do: Scott, my husband; he is a lending officer with GMAC Mortgage. His family lives in town and dad Glenn is an M.D. Mom Lenora is a real estate agent.

My family lives in Clovis, CA where my mom is a retired teacher. Brother Dan is a firefighter (Fresno), sister-in-law Stacy is a nurse and nephew Skylar is a 9th grader, niece Allie is a 7th grader.

Other Sports/Interests/Hobbies: I love to garden, bake, read and live vicariously through my friends with children! I'll be there soon. Anything active interests me.



Personal Information - Additional

My friends describe me as ...: "turbo"

My trademark expression is ...: should-a, could-a would-a

If money were not a consideration, I would love to be a ...: I'd still teach P.E. (but only part time!)

Goals - In the next 5 years, I hope to ...: Qualify for the Olympic marathon trials

In the next 10 years ...: Be a Mom!!

Accomplishments - I am really proud of the fact that ...: My husband and I bought a "fixer" house here in SB and did all the work ourselves. A ton of blood, sweat and tears.

Running Highlights

Favorite Distance & PR at same: Marathon - 2:55

Best Race and Why: Long Beach International Marathon because that's where I gained the confidence to actually try and train for the trials.

Worst Race and Why: 2002 L.A. Marathon because I had to practically walk the last 4 miles due to abdominal cramping from pancreatitis. I spent the next 5 days in Cottage Hospital - yuck!

Average Weekly Mileage (last 12 months): 65 - 70

Favorite Local Race: Pier-to-Peak and Nine Trails (even though I got lost and didn't complete the first half).

Running Goals (Realistic) for this year: To run a 2:47:59 marathon and go to the Olympic trials.

Running Goals (Wildly Optimistic) for this year: To run in the Olympic marathon trials and be a "contender".

Running Goals - (Lifetime)—Before I die, I hope to ...: I hope to run a marathon with my husband Scott.

Additional Running Information

Why I Run: So I do not drive the people I love crazy!

My Local Runner Hero & Why: I have several. Carl because he can still kick my butt. Mariann because she trains like a maniac and still kicks butt. Peter Park because he trains like a maniac, trains other people like maniacs all day and still has time to be a great father.

Personal Training Tips: Always, always listen to your body - it will tell you when it needs a break.

I love runners who ...: train hard, race hard and play hard.

I hate runners who ...: it's really hard to hate a runner.

Suggestions for local races: We need a marathon.

Quote (on running, life, whatever):

The Optimist Creed.

Promise yourself ...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievement of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself, that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

MEMBER DISCOUNTS

Tri Paradise Sports (Mary & Barry Ross) - 2939 De La Vina, 10% off apparel

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

Dr. Jim Cochran, chiropractor specializing in foot, knee, hip & back problems. Free exam. 683-1476.

Channel Islands Chiropractic. Two adjustments for \$40. Dr. Aaron Austin, 966-7771.

10% discount at AJA restaurant, 3132 State Street (Tim Mock)

Precision Biomechanics Physical Therapy: Free initial screening. Wednesday evenings 5:00 - 6:00.

For an appointment call 681-7440.

Justin Kojima, Real Estate Appraiser, 964-0646.

Outfooters - 15% off shoes & apparel

Hourglass - \$1 off per group

Kevin Young, RE/MAX - 687-2600

West Maui oceanfront condo, great for cross training, 30% off. Steve or Julie, 962-1895. www.halekai.com

Goleta Sports Center - 10% off shoes & apparel.

Montecito Sports - 10% off.

Stephen Fountain Sports Massage - \$10 off, 965-5339.