

(www.suzyfavorhamilton.com). Jacobs won a \$25,000 bonus for the WR, paid by the meet organizers. "She's never given herself the opportunity to go out in 2:06," said Tom Craig, Jacobs' coach and husband. "Men always do that. They go out in 1:50 and they positive-split for their records. That's what she did. There was no scintillating kick, was there?" Jacobs credits "trying since 1992 to break 4 minutes" and "16 weeks of my hardest training ever" for the record. "I just willed myself to get back in the best shape that I have been in. Fifteen mile runs, tempo runs, hilly runs, really intense training where that's the end of your weekend after that Saturday morning run, because you're so tired".

COLLEGIATE RECORD

The men's 3000m at the Boston indoor meet was galvanized by the entry of 2000 Olympic 1500m champion Noah Ngeny, who took the lead when the pacemaker stepped off and held it into the last half-mile. However, South African-born Irishman Alistair Cragg of the University of Arkansas had been shadowing Ngeny along with his teammate, Fayetteville native Daniel Lincoln. Cragg seized the lead with barely two laps remaining and managed to build a lead of nearly a full second before breaking the tape in 7:45.22. Cragg's time established a new collegiate best, bettering Adam Goucher's 7:46.03. "I wasn't thinking of him as an Olympic champion before the race," said Cragg. "But I will now that I've won." Third finisher Markos Geneti of Ethiopia lowered his own indoor world junior best to 7:46.59

Indoor World Record Progression, Women's 1500 meters (sub 4:15) (from Runner's World)

4:14.62 - Tamara Pangelova (SOV)	3/12/72
4:12.2 - Francie Larrieu (USA)	2/15/74
4:10.97 - Tonka Petrova (BUL)	3/10/74
4:10.4 - Francie Larrieu (USA)	2/14/75
4:09.9 - Francie Larrieu (USA)	2/15/75
4:09.8 - Francie Larrieu (USA)	3/3/75
4:08.1 - Mary Stewart (GBR)	2/19/77
4:05.0 - Natalia Marasescu (ROM)	2/21/78
4:03.0 - Natalia Marasescu (ROM)	2/10/79
4:00.8 - Mary Decker (USA)	2/8/80
4:00.27 - Doina Melinte (ROM)	2/9/90
3:59.98 - Regina Jacobs (USA)	2/1/03

RUNNER'S PROFILE

by Joe Howell

Linda Cheresh is: (a) your typical Santa Barbara mom with a husband, two kids and a schedule that would frighten many; (b) a concert level violinist who shares her talent as a violin teacher; (c) someone who is not certain of her marathon PR but has done marathons at Big Sur, Chicago, Boston and wants to do many more; (d) a loan officer at Montecito Bank & Trust; or (e) all of the above. OK, if you know Linda, it will be clear to you that the correct answer to this quiz is (e) all of the above.

If you run or bike early, whether during the week or the weekend, you undoubtedly have seen Linda, running around Santa Barbara with Dave Dickinson, Cherie Topper or other running buddies. She clearly is a talented runner, but needs to become less humble and more obsessed with her PR at various distances if she wants to fit in the "normal" running crowd.

Oh, I forgot to mention she is a gourmet cook and big time volunteer at her kids' school.

Basic Information

Name: LINDA CHERESH

Age: 45

Personal Information - Basic

Employment (Company, title, describe job if not obvious): Montecito Bank & Trust, Vice President, Commercial Lending Group (loans to businesses, private banking)

Family - who they are; what they do: Matt - husband, founder of Motion Engineering - Go Kart enthusiast

Elliott, age 10 - waterpolo, squash, reads a lot.

Julia, age 6 - every sport she gets her hands or feet on (she likes sports like mommy).

Other Sports/Interests/Hobbies: Play and teach classical violin, gourmet cooking, active in Vieja Valley School, love just about every sport.

Personal Information - Additional

My friends describe me as ...: a good friend, genuine, an iron hand in a velvet glove.

My trademark expression is ...: "Practice"; "Sure, lets do it!"

If money were not a consideration, I would love to be a ...: violinist and teacher.

Goals - In the next 5 years, I hope to ...: run more, travel more, worry less and enjoy what I have.

In the next 10 years ...: Help promote music education and help with our education system. Be famous but if not, just happy.

Accomplishments - I am really proud of the fact that ...: I did a lot on my own. I sent myself to college, traveled to Europe, sports. My family gave me a base and then gave me the motivation to do it all myself. Sports were not an emphasis in my family. I am glad it came out later in my life. My mother did say I used to do flips off of swing sets and cartwheel everywhere.

Running Highlights

Favorite Distance & PR at same: Marathon - PR?, haven't gotten it yet! 3:44 I think.

Best Race and Why: Big Sur. 1st Marathon. It was fun and felt so great I knew I could do it.

Worst Race and Why: Boston Marathon. I had to wait too long - went out too fast - hard finish.

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

Favorite Local Race: Pier to Peak, 9 Trails Chicago - great crowd, great place.

Running Goals (Realistic) for this year: One more marathon - qualify for Boston or get into New York.

Running Goals (Wildly Optimistic) for this year: To run a sub 3:30 marathon.

Running Goals - (Lifetime)—Before I die, I hope to ...: run Rim to Rim Grand Canyon, be able to run until I die.

Additional Running Information

Why I Run: Inspired by Dave Dickinson to run distance. Ran in college for fun, exercise. Jan wanted me to train with her for her marathon. I got hooked!

My Local Runner Hero & Why: Dave Dickinson - great runner, great trainer, great friend.

Cherie Topper - great runner, great trainer, great friend.

Jan Campbell - she inspired me to get up and run consistently at 5:30 a.m. She demonstrated the benefits of goal setting.

Personal Training Tips: meet with friends - a group have a goal.

I love runners who ...: say hello and share their passion for sports.

Suggestions for local races: More?

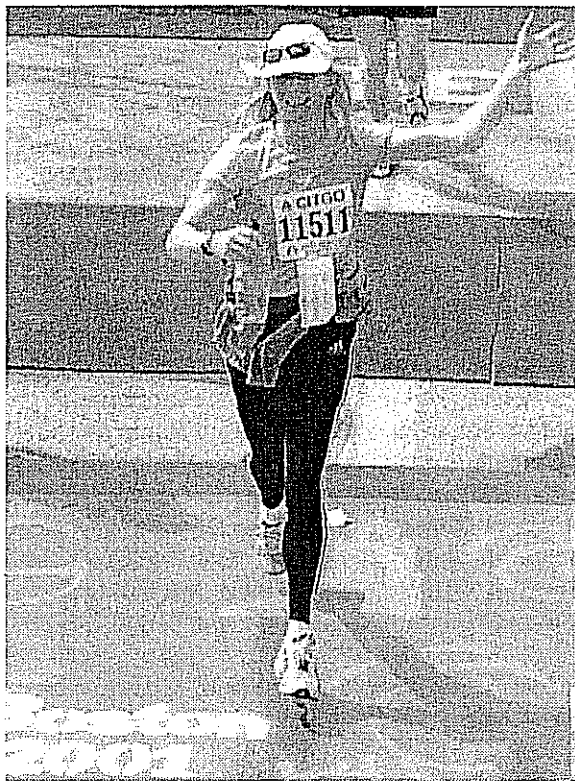
Suggestions for SBAA: None - it is great. Maybe spread the word somehow to newcomers.

Quote (on running, life, whatever): I was told "do it because you can" when talking about motivation for running distance.

Miscellaneous

Add anything you want! I think it would be fun to have a few more kids runs.

SBAA Member since 1997



NEW DUES

Starting January 1, 2003: \$25, \$5 for under age 18. Includes \$5 discount on SBAA races (NY Resolution Run, Fay Hobbs, Semana Nautica 15K and SB Half Marathon) IF PREREGISTERED. Discount starts with SN 15K on July 4, 2003.