

of 30:04, with Kidane Werknesh 2<sup>nd</sup> in 30:07 just .05 of a second and a lean ahead of Sun Jingyie of China. The top 10 in the race set National or Personal Records. American Elva Dryer made the final and was 17<sup>th</sup> in 31:59. Masters-age runner Linda Somers Smith, from San Luis Obispo, winner of SB's July 4 15K this year, ran 2:37:14 through the streets of Paris for 37<sup>th</sup> place in the marathon. American record holder Deena Drossin (Mammoth Lakes, Calif.) placed 12<sup>th</sup> in the women's 10,000 meters with a season's best time of 31 minutes, 17.87. Drossin's 5K split of 15:16 was faster than her U.S. Record pace, but ten seconds behind the leaders here. The USA's Tom Pappas won the decathlon thanks in part to a PR 1500m in 4:44. The 50K Walk was won averaging just under 7 minute miles.

In the women's marathon Ndereba Catherine of Kenya ran a Championship Record 2:23:55 with Japanese runners in 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>. The fastest men's 800m this year was Bungei's 1:43.05, the World Championship final was won in 1:44.8. El Guerrouj won the 1500m again in 3:31, while in the 5000m Kipchoge Eliud of Kenya upset El Guerrouj in a lean, both running 12:52.8, with favored Bekele of Ethiopia just .3 seconds back in 3<sup>rd</sup>. Bekele went out hard, 4:05 for the first mile. Jorge Torres of Colorado ran the race of his life to make the final then ran 15<sup>th</sup> and last in the final in 13:43.

**THE WORLD CHAMPIONSHIP 10,000M:** The men's 10,000m was another incredible battle between Haile Gebrselassie and his compatriot Kenenisa Bekele. After a first 5K in 13:52, the two of them just hammered the 2<sup>nd</sup> half of the race: their 2nd 5K split was UNDER THE CURRENT AMERICAN RECORD FOR 5000M, and faster than the World Championship record for 5000m of 12:58 by Salah Hissou in 1999. Bekele clocked 12:57.24 for his 2<sup>nd</sup> 5K split. (Bob Kennedy's American Record for 5000 meters is 12:58.21.)

Eliud of Kenya won this year's World Championship 5000m in 12:53. They ran one of the fastest 5000 meters ever, after dropping a world class field in the first 5000m. How is that possible? Bekele ran 26:49.57, the year's fastest time, with Geb 2<sup>nd</sup> in 26:50.77. The previous Championship record was 27:13. The U.S. was led by 2003 national 10,000m champion Alan Culpepper who finished 14<sup>th</sup> in 28:14.92. Team USA California's Meb Keflezighi was 16<sup>th</sup> in 28:35.08. ---

## RUNNER'S PROFILE

by Joe Howell

In reading the Profile of Martino Poggio, check out the nicknames that Martino admits to and you will soon realize this is one unique runner. Think about it - the same guy moved to the United States on Halloween, weighed 75 pounds in the 7<sup>th</sup> grade, races a two-man 15 foot boat and apparently is considered an idiot savant by certain close friends.

I first noticed Martino as the new guy joining Mick Caruso and John Orach on their training runs. (No, you can't blame him for the fact that he started his local running career with some class B runners.) I then began to see Martino's name at the top in the results from some local races, but only when I sat next to Martino at Mick Caruso's surprise birthday party did I fully appreciate the man. His humor, self-deprecating wit and the remarkable stories people tell about him (in his presence!) combine to create nothing short of a legend. Think about it, how many people do you know who would ever admit to a nickname like "Baron Von Clean-a-lot"?

### Basic Information

**Name:** Martino Poggio

**Age:** 25

### Personal Information - Basic

**Nicknames:** Pog, Tino, Cleano, Cleans, Baron Von Clean-a-lot, Murray, Cap'n Chromino, Dr. Spin ... and assorted other unmentionables.

**Employment (Company, title, describe job if not obvious):** I am working in a laboratory at UCSB on my PhD in physics.

**Family - who they are; what they do:** My dad Tomaso is a professor of neuroscience at MIT. My mom Barbara works as a school psychologist and teaches school psychology at Northeastern U. My sister Allegra is headed into her sophomore year at Bates College in Maine, where she hops into her red Cherokee and hits the slopes every chance she can. They all live in Wellesley, MA (just outside of Boston) where I grew up. Everyone else: grandparents, cousins, aunts and uncles, live in northern Italy in and around Milan and Genoa. We moved to the US when I was 3 years old on Halloween of 1981. Wow, was I confused that first night ... all these whack-jobs in costume knocking at our door begging for food; where had my parents taken me?! My local family here in SB are my housemates Jon (with whom I went to high school

back in Boston), Chelsey (along with her dog Bailey), and Ryan who just moved in. We all live up on the Mesa near the old Wilcox property.

**Other Sports/Interests/Hobbies:** A fellow grad student and I own a high performance sailing skiff called a 29er. It is a 2 man single-hull boat about 15 ft long with a trapeze and 3 sails. We are still trying to improve enough to race ... it is a work in progress. If you see a couple of guys getting tossed around by the elements in a fast looking boat, check the sail number; we are USA 101 and we could probably use your help!

### Personal Information - Additional

**My friends describe me as ...:** Some say I tell entertaining stories; I'd say I am usually good for a few laughs. Also, I ask way too many questions when watching movies; suspending my disbelief is not my forte'. After knowing me for a while most people end up saying something like, "How can you be smart and such an f---ing idiot at the same time?"

**My trademark expression is ...:** "So last night we went out and ..." or "If we're not back by sundown, call the Coast Guard."

**If money were not a consideration, I would love to be a ...:** Money's a consideration? I guess I was never clued in to that one. I think I would do exactly what I am doing: livin' the dream in SB.

**Goals - In the next 5 years, I hope to ...:** Get my PhD, start my career, run faster, sail better, and party like a rock star.

**In the next 10 years ...:** To rule the world ...

**Accomplishments - I am really proud of the fact that ...:** I can get a semicolon into just about anything I write; it is really not that hard.

### Running Highlights

**Favorite Distance & PR:** 5K in 16:30. I know I could go faster ... hopefully faster is coming soon!

**Best Race and Why:** 2002 Pier to Peak half-marathon. I was 5<sup>th</sup>. It is a grind, but I think it is just a really great race... Short former wrestlers like me are built for the hills. I cannot wait to do better.

**Worst Race and Why:** St. George's Academy Cross-Country meet, circa 1995 (5K) near Newport, Rhode Island. It was damn hot and I was still thinking like a wrestler; I had not figured out that eating and drinking before a race is pretty important. I felt awful, ran awful, and scared my friends and family by passing out at the finish. Pretty much a disaster all around. It was, however, a beautiful New England

day by the beach on an opulent prep-school campus complete with its own cathedral.

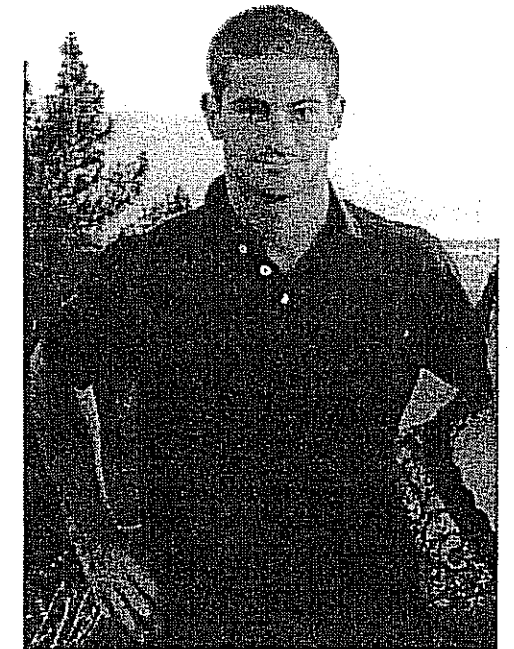
**Average Weekly Mileage (last 12 months):** 40-45 miles/week (not counting time off for injuries, work, etc.)... I am working on raising it to 50-55.

**Favorite Local Race:** Nite Moves. The whole thing just sums up why I like living here: beautiful scenery, casual atmosphere, post-race brews and partying on the beach, a competitive run (usually... you know, not counting when Rod wins in 17:28), and a general good time among friends. What a great idea.

**Running Goals (Realistic) for this year:** Break (or come close to) 16 minutes for a 5K.

**Running Goals (Wildly Optimistic) for this year:** Run sub 1:15 at the SB half marathon.

**Running Goals - (Lifetime-Before I die, I hope to) ...:** Consistently run 5Ks under 16, beat Steve Harding before he is senile and can't figure out what is happening to him (that way he will stop whispering, "you'll never beat me," in my ear before every race we run), win the Pier to Peak, become a legitimate local runner (wherever local may be).



### Additional Running Information

**Why I Run:** I was really into wrestling in junior high and high school. I started running on the cross-country team freshman year to get in shape for the wrestling season. I have not wrestled in a long time, but I used to be pretty good. In 7<sup>th</sup> grade my coach

called me, "pound-for-pound the toughest wrestler around." That year I wiped the mat with my competition in the 75 ¾ lb weight class. Now, my housemate's golden retriever weighs more than that ... I am not quite sure if that is sad or just plain funny. Anyway, I run because I love to compete. I also do it because I am an addict and I need my runner's high. It is a great way to break up the weekly workday monotony too.

**My Local Runner Hero & Why:** Johnny O. and Mick because they took me under their wing and were the first guys in town I was trying to catch. Aaron Gillen because he's so f---ing fast on 25 miles/week, but most of all because he is such a damn good guy too. Rod because the aspiring academic in me recognizes that he is the fastest professor I know. Carl Schulhof just because he is Carl. Steve Harding because he thinks his last name is Prefontaine. I could keep going ... perhaps I should stop before I get myself into any more trouble.

**Personal Training Tips:** I wish I knew something about training correctly; I am working on it. All I can say is, if you get injured, don't train through it. In my experience it always comes back to haunt you.

**I love runners who ...:** and people who are fun-loving, witty, and don't take themselves too seriously.  
**I hate for runners who ...:** who don't have any fun doing it. Come on guys, lighten up!

**Suggestions for local races:** How about certifying some courses? I think McConnell's is the only certified race in town. Also, a race up in the mountains would be fun... Mountain Drive, Stanwood, etc... I know parking is a problem up there, but it would be nice to have another race that didn't run along the coast. Or how about a cross-country style race up on Ellwood or More Mesas?

**Suggestions for SBAA:** Fund a travel team of SBAAers to compete with other clubs (I know some of you guys are already on top of this one). Otherwise, keep it up.

#### **PIER TO PEAK - MOST IMPROVED PERFORMANCES - 2002 TO 2003**

The following SBAA members showed the most % improvement in their 2003 run as compared to their 2002 race.

<u>Name</u>	<u>2003 Time</u>	<u>%</u>
1. Joshua Gustafson	2:01:55	22.4
2. Katharine Haber	2:29:16	13.2
3. Michelle Greer	2:15:39	11.3
4. Gary Milliken	2:10:51	8.9
5. Sue Clinton	2:31:03	7.4
6. Amy van't Riet	2:09:35	6.9

#### **PIER TO PEAK 2003**

by Josh Gustafson

This was my fourth year to compete in the Pier to Peak. My first three years were marked by great expectations, inconsistent preparation, exuberant starts, and brutally hard finishes as my legs and lungs fell victim to the relentless grade of the mountain road. During the final four miles of the previous races, my ability to control my gait would eventually slow to the point that I was unable to control my forward movement and would find myself walking without ever having the intention to do so.

Friends and family have asked me why I joyfully engage in such a difficult physical challenge. A quick and concise answer continues to elude me, but in the shadows of my conscious an answer is slowly forming. I think I love this test of muscle and will power because of my desire to quiet my own demons that tell me that I am becoming soft and weak. This fear continues to grow in me as I become more imbedded into a middle class lifestyle of creature comforts and office work. Without the deliberate inclusion of difficult physical challenges, I don't know if I could resist the ubiquitous pull of social lethargy and personal slothfulness that mark our culture.

On January 1<sup>st</sup> of this year, I made a promise to myself to have a yearlong celebration of my 30<sup>th</sup> birthday by getting fit again. As I held my newborn son, Erik, in my arms I knew that it would not do for him to have an out of shape father, with stooping posture, and a growing waistline. He deserved better. Thus began a slow process of running, not as a NAIA collegiate athlete, but as one dedicated to life long fitness. I viewed the Pier to Peak half marathon as the perfect crucible to test the mettle of my consistency.

My primary goal was to run the entire way without walking. Secondary I was hoping, but not expecting, to run a personal best (in 2000 and 2001, I think I ran in the mid 2:20's), and my dreamy goal was to run the race at 10 minute pace or 2:11. My