

RUNNER'S PROFILE

by Joe Howell

This month, we feature one of the longest running (pun intended) members of the SBAA - Patrick Higgins. Those SBAA members who were among the "pioneers" of the Tuesday night SBAA track workout at City College will recall that Patrick was given the name "Professor" by Coach Triplett. I am not sure that anyone, including Patrick, knows where the name came from, but it certainly seems to fit.

The Professor has not only made appearances in virtually every local race and has done so over many years, he also can claim some very impressive performances. Check out his 2:50 marathon time at the Long Beach Marathon 20 years ago. (His 2:50 marathon undoubtedly looks very impressive to many SBAA members in their mid 40s!) As a sign of respect, I urge you to consider giving the Professor a military salute, followed by the words "nice job Professor" when you next see Patrick, preferably during a race. You will make his day!

Basic Information

Name: Patrick "Professor" Higgins

Age: 65 (66 in July)

Personal Information - Basic

Employment (Company, title, describe job if not obvious): OSH - part time semi-retired

Family - who they are; what they do: All four kids (3 sons, 1 daughter) grown and gone - thank God.

Significant other Dianne Bechen

Dogs - Allie and Toby

Other Sports/Interests/Hobbies: Biking (occasionally), snorkeling, swimming

Personal Information - Additional

My friends describe me as ...: Basically optimistic - with a slightly skewed outlook on life.

If money were not a consideration, I would love to be a ...: Retire and move to Maui.

Goals - In the next 5 years, I hope to ...: see above.

In the next 10 years ...: more of see above.

Running Highlights

Favorite Distance & PR at same: Marathon 2:50.19 (1983)

Best Race and Why: 1983 Long Beach Marathon - a race that went perfectly - seemed easy the whole way - in the zone - a then PR by 6 minutes.

Worst Race and Why: 2000 Rock & Roll Marathon - had plantar fasciitis and walked the last 5 miles.

Average Weekly Mileage (last 12 months): 25-40.

Favorite Local Race: Santa Barbara ½ Marathon - good course and good crowd.

Running Goals (Realistic) for this year: Run a marathon under 4 hours and qualify for Boston 2004.

Running Goals (Wildly Optimistic) for this year: Run a marathon under 3:45

Running Goals - (Lifetime)—Before I die, I hope to ...: Stay healthy and keep running as long as possible. Remain vertical and taking nourishment.

Additional Running Information

Why I Run: To stay healthy - it makes me feel good (most of the time)

My Local Runner Hero & Why: John Brennan - for obvious reasons.

Tim McCollum (aka Mr. Blob) - always encouraging and frequents good restaurants.

Personal Training Tips: Run long, run slow - get enough rest.

I love runners who ...: Say hi and smile when I see them on the roads.

I hate runners who ...: don't.

Suggestions for local races: None - a great local calendar of races with the exception of a local marathon.

Suggestions for SBAA: I am proud to be a member of a club that gives back to the local young runners - keep it up.

Quote (on running, life, whatever): "When in doubt run uphill."

Miscellaneous

SBAA Member since a long time

