

## RUNNER'S PROFILE

by Joe Howell

Amy van't Riet is one of those runners who seems to be at every race, running fast, wearing a big smile and clearly enjoying herself. She also is typically leading the pack in her age group, as she dramatically demonstrated in 2002. With a great performance in one of the last races of the year, she scored the points needed to tie Ingela Larsson for first place in the 19-29 age group.

Amy appears to have made a quick transition from college basketball phenom to runner. (You will note that she lists skydiving as one of her many goals, so don't be surprised if she soon masters that sport as well.) She also strongly prefers the longer races over the short ones, so there undoubtedly are many more marathons (hey, how about an ultra or two??) in her future. In persuading Amy to be the subject for this month's Profile, I told her that others had experienced fame and fortune shortly after being featured, so the next time you see her at a race, please do me a favor – either hand her a \$5 bill or ask her for her autograph!

**Name:** Amy van't Riet

**Age:** 30

**Nicknames:** Amster, AJ

**Hometown:** Lamar, Missouri

**Favorite Food:** Ice Cream, King Crab

**Favorite Movie:** Hoosiers, Lord of the Rings Trilogy

**Employment:** RN, Diabetes Educator at Sansum-Santa Barbara Clinic

**Family:** My husband's name is Robert. He is the best radio controlled model helicopter pilot in Santa Barbara! If you want to know how to win an EBay auction, he's your man. He works as a software engineer. My awesome parents, John and Marlene, are back in Missouri.

**Other sports, hobbies, interests, etc.:** I love to exercise; I am addicted to endorphins. I enjoy hiking, cycling, yoga and any game with the word "ball". Cooking, gardening and reading fill any spare time I have left.

**My friends describe me as:** Hmm, too afraid to ask. Maybe determined, obsessed.?

**My trademark expression is:** By the grace of God, I am what I am.

**If money were not a consideration, I would love to:** Volunteer and travel more.

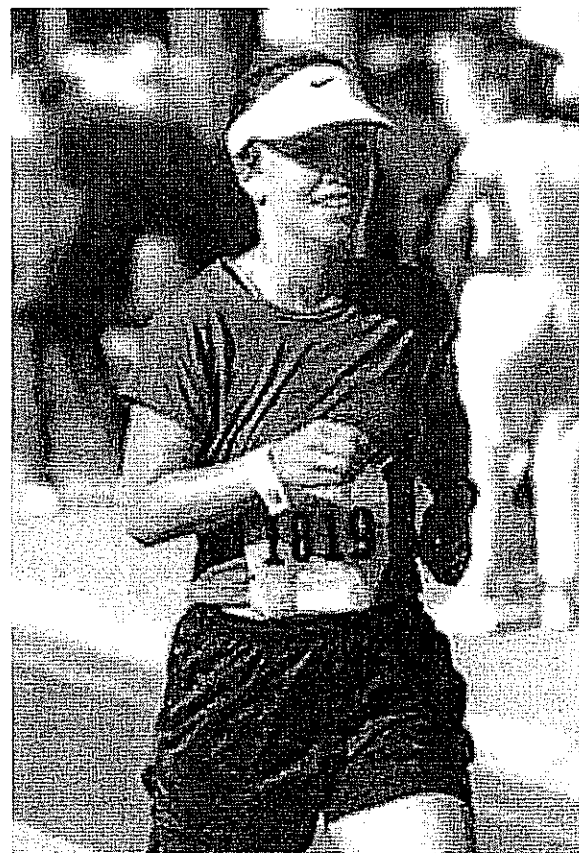
**In the next 5 years, I hope to:** pass my certified diabetes educator (CDE) exam on May 1st, go skydiving, own some real estate, travel in Europe and Australia, continue to grow in my relationship with Robert and have a baby.

**In the next 10 years, I hope to:** Have a bigger house and still get to live in Santa Barbara. Have my own business as a Diabetes educator. I would like to go watch the Olympics and Tour de France.

**Accomplishments:** I am really proud of the fact that I went to a great college on a basketball and academic scholarship. Being bold enough to run my first marathon and qualifying for Boston at the same time was a big breakthrough in my life.

**Favorite Distance and PR (post collegiate):** 10k and yes the marathon

**Best Race and Why:** Thanksgiving 4 miler 2002. I ran a 27:04, over a 1:30 improvement from a previous 4 mile race. I had to beat Ingela in order to tie her for first place in the Grand Prix.. I was successful and owe much of it to my Mom being there. It was the first race she had seen me run; knowing she was at the finish line was a big motivator for me.



**Worst Race and Why:** Any of the 5Ks I have raced. I don't have a good relationship with them. I am not a speedster and the lactic acid buildup I experience doing them sucks! (This is the only time you'll hear me complain about running.) So I avoid them when possible and during Nite Moves I go running 10 miles at the beach with Jonathan instead, then partake in the socializing after. Running 10 versus racing 3.1 equals total bliss in my book.

**Average Weekly Mileage (last 12 months):** 40-50 when training for a marathon, 30 ish otherwise

**Favorite Local Race:** Chardonnay 10 miler with Chuck's run close second

**Most Memorable Running Experience:** The two LA marathons I have done.

**Favorite Place to Run:** running on the cliffs at More Mesa and UCSB

**Glory Days PR:** Still yet to come. I just started this running adventure a few years ago so I am just getting to the "glory days".

**Realistic Running Goals for this Year:** To transform my 5K experience to a positive one. That means doing more speed work. Also to take out the significance I have put into racing and make it more fun. To make them "just like a training run". Run a 3:25 marathon in Sacramento.

**Wildly Optimistic Running Goals for this year:** To qualify for the Olympics in the Marathon- oops too late, the race was today, darn!

**Lifetime Running Goals:** to take care of my body so I can continue to run and still be competitive into my later years

**Local Running Heroes & Why:** Aaron Gillen-he makes it all look so effortless and kicks butt! Maggie Mason-I admire her training efforts and determination. She is excellent at pacing too.

**Personal Training Tips:** Be committed, make a plan but don't get so attached to the outcome, you'll miss all the good stuff in the middle and set yourself up for possible disappointment at the end. Physically, develop a strong core (abs/back) and work on flexibility (yoga). Workout with friends and eat lots of ice cream!

**Why I Run:** The strength, confidence, and perseverance it gives me to accomplish anything. I can be having the worst day and be completely spent, then go out for a run and come back in a state of peace.

**I love runners who:** volunteer at local races and the people in my running group

**Suggestions for local races:** Add some trail races

**Suggestions for SBAA:** Have an occasional running clinic on different topics such as running form, training workouts, racing advice, etc.

**My views on: Life:** As my friend Dave Groom says "Life is not a dress rehearsal, you only get one shot at it so make the most of it". Take risks and play full out. Life is 10% what happens to you and 90% how you react to it.

**Add Anything:** I want to acknowledge Jim Kornell for all of his work he does for the SBAA website. My day is not complete unless I have checked it out. Keep up the great work.

**Favorite Quote:** " We are never more fully alive, more completely ourselves, or more completely engrossed in anything than when we are playing"- Charles Schafer

SBAA Member since: 2002

## RACE RESULTS

**Leona Divide 50 mile trail race,** April 17. Race is near Lake Hughes with 8000 feet of elevation gain. Stu Sherman, 11<sup>th</sup> / 150 runners, 8:17  
Scott Jurek, who has won the Western States 100 the last 5 years, won the race in 6:47.

**Boston Marathon,** April 19.

Fred Van Wingerden, 3:38:54

Gary Maxwell, 3:44:30

Lisa Welch, 3:48:32

Al Sladek, 4:10:39

Joe Howell, 4:16:27

## SCHEDULE OF EVENTS

**Tuesdays - Intervals** at SB City College. 5:30 PM warm-up, 5:45 PM workout, different speed groups. Coached workout. Starts promptly, 10 laps (2 ½ miles) of interval work.

**Sundays - Trail Runs.** E-mail Patsy Dorsey at patsybike@yahoo.com for information on weekly trail runs on Sunday. Patsy will create an e-mail list for location and time.

**Saturday, May 1 - Law Day 15K Race / Relay.** Palm Park. 15K & 3x5K Relay 8:30 am. Individual 15K and 3x5K relay. An individual 5K this year! Beachfront course. Awards & prizes for top finishers in many categories. Buffet/raffle. Benefits Legal Aid Foundation. 15K is SBAA