

800m split was 1:49, 2:46 at the 1200m. Good Luck Alan Webb: six runners broke 3:33 in the race

SBAA runner Sue DiMarco set another American age group record in the pole vault at a Eugene Oregon track meet this summer -- OLYMPIC COVERAGE: Check www.nbcolympics.com, Track and Field is Aug. 20-29; Athens is 10 hours ahead of our time; these events may be live: Men's 10,000 Aug. 20 sometime between 12 and 4:30PM, Women's marathon some time Aug. 22, Women's 5K (12:30-2AM!) and 800m (8PM-12) Aug. 23, Men's 1500 (8PM-12) Aug. 24, women's 10K (12:30-4PM) Aug. 27, men's 5K, 800m, women's 1500 (8PM-12) Aug. 28, men's marathon Aug. 29 (10AM-6PM) -- Paul Heitzman was named top age-group runner in the USA by USATF 5 years in a row from 1998 to 2002. Heitzman started running when he was 60 (he was a farmer). At 69 he ran 39:21 for 10K and 19:12 for 5K -- Ed Eyestone's latest column in Runners World says a breathing cadence of 2 steps per inhale and 2 per exhale "usually indicates a good pace for longer runs and races". Two strides breathing in and one stride while breathing out "is tempo-run pace, a little slower than 10K race pace", where you reap the benefit of aerobic conditioning. One per inhale and one per exhale is "when the finish line is in sight". Who breathes one per inhale and one per exhale in the 2nd half of 5 and 10K's? -- At the Boulder, CO Bolder 10K there were 47,000 runners who started in 76 waves starting at 7AM, leaving every 54 seconds. 26 musical acts lined the course.

RUNNING RELATIONSHIPS

In the early 1980's I met Denise at a road race in Payerne, Switzerland. In subsequent visits we always run a road or mountain race together. She ran the SB marathon in the late 1980's, on the old Las Positas/Modoc/SBCC course. This year during my visit we met at the Tour Des Alpage 17K above Sion, Switzerland. The first 4K most people (around me) walked because the course rose 3000 feet in 4 miles. After a drizzly 4PM start, water stops each 5K were hot tea and alpine horns. The course then descended for 6 miles through green fields full of cows and wildflowers and next to streams. At 1/2 way I looked behind me and to my horror did not see too many people. Where were the jogger types? My 10K split was a PW, personal worst of 62 minutes. The Ethiopians were

finished by now! All finishers got a racing singlet. The Swiss have running clubs and crazy mountain races every weekend during the summer, including cantonal (regional) grand prix's. In 1994 Roger Hotz of Switzerland lived in SB for 5 months while taking English classes. We met him on the track when he joined Tuesday SBAA interval sessions. This summer he entertained us several days near Zurich and took us on a great hike. After driving me to the airport at the end of our trip, he went for a 5 hour ride on his new \$7,000 road bike, training for Hawaii Ironman, for which he qualified at Brazil Ironman. The big company he works for, Syngenta, pays for 1/2 his expenses to Hawaii if he wears their singlet.

RUNNER'S PROFILE

by Joe Howell

Last month I gave Semana Nautica 15K men's winner Brian Kostock a simple introduction by stating "Brian Kostock is a stud." With equal confidence, I can introduce the subject of this month Runner's Profile (women's winner of the Semana Nautica 15K) in a similar fashion: Annie Toth is a stud (or should it be studette?)

If you have run in any one of Santa Barbara's recent running events, you no doubt have seen Annie as she proudly yet quietly receives her hardware. For details on her hardware count in recent events, simply go to edhat.com (see our Links page), click the SB Race Results button, type in "Annie Toth" as the runner's name and you will immediately see results from her last five races. (By the way, edhat.com is a very slick way to get a quick reference to historical race results for locals running in local races.)

In Annie's case, she won her age group in each of the five races listed and was the overall women's winner in the most recent three. With Annie and significant other/fellow runner Carl Legleiter (another scary fast young runner) hopefully to continue their stay in Santa Barbara for an extended period, you should have many more opportunities to see Annie run. (Just to surprise her, I suggest that you address her by one of the several nicknames listed.) Informed sources report that one of her next big events will be as the runner on a highly touted, yet to be announced co-ed relay team competing in the Santa Barbara Long Course Triathlon in late August. Stay tuned!

Name: Annie Toth

Age: 24

Nicknames: Annie (the name on my birth certificate is Ann Marie), Dude, Doodler, Dood-d-lion, Oni, Annie Banannie

Hometown: Tolland, Connecticut

Employment: I am a graduate student in the Molecular, Cellular, and Developmental Biology Department at UCSB.

Family: My parents, Greg and Rosemary Toth, live in Tolland, Connecticut. My mom is a talented musician who teaches piano, writes music, sings and plays guitar and saxophone. She's a tough woman and if she ever started running seriously, she'd beat me in any race! My dad is an excavating contractor and a mechanical genius. My older sister Amy is a graduate student at the University of Illinois. She's a lot like me (or should I say I'm a lot like her??) except I run and she hasn't tried yet. My fiance Carl Legleiter, also a graduate student at UCSB, is my best friend and is the world's greatest teammate - both in running and in life!

Other sports, hobbies, interests, etc.: I like to be outside, particularly when it's sunny. I enjoy hiking, backpacking, traveling to new places, playing with my digital camera and helping out Carl with his field work. I love animals, music (especially jazz and bluegrass), reading and people.

Favorite Food: Vanilla ice cream

Favorite Movie: Gladiator

My friends describe me as: Silly, innocent, kind, hard-working, accident-prone, lucky.

My trademark expression is: "It's at least five hours past my bedtime."

If money were not a consideration, I would love to: be a wildlife photographer.

In the next 5 years, I hope to: get my PhD, get married, travel to Alaska, run a PR in the marathon.

In the next 10 years, I hope to: have a challenging, interesting job, own a dog, have kids, continue running competitively.

Favorite Distance and PR (post collegiate): Probably the marathon (2:59:12 at the American Discovery Trails Marathon in Colorado Springs, Colorado).

Best Race and Why: 1999 NCAA Division III Cross Country Championships in Oshkosh, Wisconsin. My team (Hamilton College) placed 7th in the nation, better than ever in its history. I was an All-American, and our coach won Coach of the Year.

Worst Race and Why: 2000 NCAA Division III Outdoor Track Championships. I qualified in the 5K, and decided to compete instead of attending my sister's college graduation. I hurt my foot, and ended up coming in dead last.

Average Weekly Mileage (last 12 months): Anywhere from 0 (dang Achilles!) to 70 miles.

Favorite Local Race: Orchard to Ocean

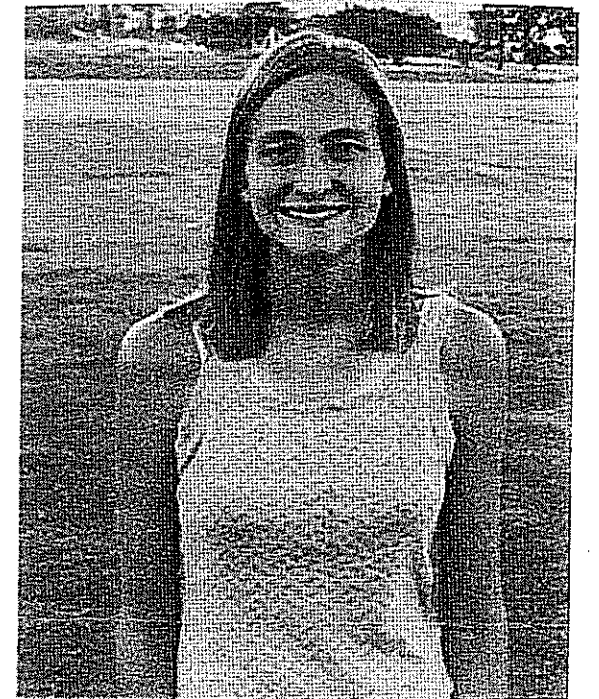
Most Memorable Running Experience: Running through the cedar groves in Glacier National Park with Carl and his brother Kyle.

Ellwood Bluffs.

Glory Days PR: 37:03 in 10K; 17:34 in 5K.

Realistic Running Goals for this Year: Not get injured!!

Wildly Optimistic Running Goals for this year: Run the Long Beach Marathon in sub-2:50, run a 10K in sub-38.



Lifetime Running Goals: To still be running when I'm 85.

Local Running Heroes & Why: Mariann, Chrystee, Megan, Martha, Melissa, and Suzy because they train so hard and they still manage to have such full lives. John B. and Jim K. because they're just so into running.

Personal Training Tips: Train hard enough to get stronger, but not so hard that you get injured. It sounds so simple, but it's really not.

Why I Run: It feels so good!

I love runners who: Try it and stick with it.

I don't care for runners who: Pass you just because they can't stand being slower than a girl, and then stay exactly 20 meters ahead of you until you turn your separate ways (then, of course, they slow down).

Suggestions for local races: I'd like to have more opportunities to race on the track.

Suggestions for SBAA: Nothing. SBAA is great!

My views on: Stuffed animals. They have feelings.

Add anything: Yay SBAA!

Favorite Quote: "If the problem can be fixed, it's not worth worrying about. If the problem can't be fixed, then worrying won't help." "the Dalai Lama"
SBAA Member since 2002

MEMBER DISCOUNTS

Bianchi Motor Co. offers 10% off on all mechanical repair

Santa Barbara Running now offers 10% off to all SBAA members. Located at 735 Chapala inside Hazard's Cyclesport.

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)

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.

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.

Wednesday, September 1 - **Nite Moves Summer Sunset Series.** Leadbetter Beach. 5K Run/Walk 6:35 PM, optional 1K Ocean Swim 6:25 PM. Every Wednesday through September 1. Santa Barbara's premier social & fitness event for casual or competitive runners. Season awards. Info: RunSantaBarbara.com, (805)564-8879, active.com, keyword: "Nite Moves"

Saturday, September 4 - **Cambria Pinedorado Days 5K:** (7:45 A.M.) This race is held in conjunction with Pinedorado Days and takes place just before the parade. The race starts and finishes at Coast Joint Union High School, 2550 Santa Rita Creek Road in Cambria. Entry fees are \$10 without a shirt and \$15 with one with medals in ten year age groups based on participation. It is a fund raiser for American Field Service club and contacts are Sharon Bisso, 995-1432 & Jim Hurley, 528-6576.

Sunday, September 5 - **Pier to Peak Half Marathon.** Challenging uphill from sea level to 4,000 ft. finish overlooking Santa Barbara & Channel Islands. Prizes/refreshments. Limited entries. SBAA Grand Prix event. RunSantaBarbara.com (805)564-8879, online registration at active.com, keyword "Pier to Peak".

Monday, September 6 - **Sweetheart Relay.** 23rd annual, 8:00 am, Ventura Beach Promenade. The female runs 5K, hands the baton to the guy, he runs 5K. Contact Inside Track, 1410 E. Main St., Ventura 93001, call 643-1104 for info, or register on Active.

Saturday, September 18 - **Santa Maria Valley Y.M.C.A. Triathlon.** 8:00 AM. A 1/4 mile pool swim, an 18 mile bike ride, and a 5K run on roads around the YMCA and through Waller Park. \$40 entry fee for individuals, \$90 for teams by September 13, entries accepted after that date are \$10 more. T-shirts go to all pre-entries and to late registrants as available. Awards will be given to the top two finishers in nine age categories for males and females. Shannon Seifert, Santa Maria Valley YMCA, 3400 Skyway Drive, Santa Maria, 93455, 937-8521, www.smvymca.org