

Women

18/Under

1. Krista Roessler, 2000
2. Elise Berg, 0

19-29

1. Ann Marie Toth, 4000
2. Lisa Dunn, 2900
3. Leah Etling, 2800
4. Michelle Burch McToldridge, 2700

30-34

1. Lynn Goebel, 4900
2. Amy Van'T Riet, 4600
3. Monica Devreese, 4000
4. Liz Lauderdale, 3500

35-39

1. Debra Powell, 7300
2. Amy Bigelow, 5400
3. Jana McKee, 4300
4. Heidi Rockenbach, 4100
5. Jill Zachary, 4000
6. Lisa Welch, 3200
7. Kristin Wise, 3000
8. Andrea Stouffer, 2800
9. Megan Rheinschild, 1000
10. Tammy Caba, 0

40-44

1. Mariann Thomas, 4000
2. Romy Suzuki, 3800
3. Sue Clinton, 3400
4. Michelle Greer, 2700
5. Gina Fennell, 1800
6. Dayna Jordan, 800
7. Jill Ireland, 0
8. Kim Nielsen, 0

45-49

1. Karen Beerman, 7000
2. Lisa Lewis, 4000
3. Dianna Hall, 4000
4. Maggie Mason, 3800
5. Denise Carbone, 600
6. Amy Frease, 0
7. Vanessa Kirker, 0
8. Marcella Young, 0

50-54

1. Deborah Flores, 5000
2. Paulette Posch, 2900
3. Nancy Dubie, 900

55-59

1. Stephanie Welch, 6800
2. Patsy Dorsey, 4200
3. Gail Ward, 4000
4. Tara Brown, 900
5. Judy Kewley, 0
6. Vicky Williams, 0

60-64

1. Pauline Freeland, 6000
2. Marilyn Hansen, 3600
3. Patricia Landis, 2500

65-69

1. Rose Marie Rockenbach, 6000
2. Jaki Cekada, 2700

70/over

1. Rosemarie DiSandro, 3900
2. Ann Chadwick, 2900

RUNNER'S PROFILE

by Joe Howell

Brian Kostock is a stud. Winner of the 50th Annual Semana Nautica 15K (time of 48:30, 9th best 15K time by a SBAA member), a guy who ran 2:42 in his first marathon (notwithstanding significant Gatorade overdose problems) and as humble and gracious a race winner as I have seen (hey - he stayed until the bitter end of the post race awards ceremony/raffle at the 15K race he had just won). Better yet, I asked him if he would consider being the subject of this month's Profile. He not only said yes, but set a new Runner's Profile response record with the fastest turnaround of Profile information and a photo.

In reviewing Brian's Profile, you will notice that he had nothing to say under the category "Glory Days P.R.". That category is often overflowing with information from many of our veteran Profile subjects who remember the way it used to be. In Brian's case, it is blank for good reason; all of Brian's glory days are yet to come.

Name: Brian Kostock

Age: 21

Nicknames: BK

Hometown: Santa Barbara, CA

Favorite Food: Any type of pasta

Favorite Movie: I like a lot of movies, but my favorite is *Without Limits*.

Employment: Not employed, but a student for most of the year at Humboldt State University

Family: Mother – Arlene Kostock, Father – William Kostock, and Dog -Bounie

Other sports, hobbies, interests, etc.: I like to watch baseball, softball and hockey. I used to play basketball. Most of the time I like playing video games (PS2) or games on my computer. I listen to music and sometimes watch movies. I want to learn to play the guitar.

My friends describe me as: A determined and kind person

My trademark expression is: "No pain, no gain"

If money were not a consideration, I would love to: Travel and run races all over the world.

In the next 5 years, I hope to: Graduate from Humboldt State with BS in Kinesiology,

In the next 10 years, I hope to: Graduate from a Graduate School with a Masters degree in Physical Therapy

Accomplishments: I am an Eagle Scout. I am very proud that I am at Humboldt State and competing well at a higher level of competition than high school.

Favorite Distance and PR: Half marathon – 1:11:04 (I think the marathon will be my favorite distance in a few years)

Best Race and Why: Bruce Drummond Invite (5000m) in 2002. I was still able to run a PR that day, even though the person in front of me fell down and tripped me up in the second lap. I still have the scars from the track on my shoulder and arm. I got up and was able to run a 15:30.

Worst Race and Why: Semana Nautica 2002. I was running very well for the first 10K but soon after my stomach wasn't agreeing with me, and I had to slow down. I really had to go to the bathroom after that race and many times later in the day.

Average Weekly Mileage (last 12 months): 80 miles a week

Favorite Local Race: Nite Moves

Most Memorable Running Experience: Channel League Championships during my senior year of high school. I won the mile by taking off with 900 meters to go. Also right up there is when I ran my first marathon last October at Chicago. I ran 2:42:10 even though I got sick from having too much Gatorade during the race.

Favorite Place to Run: Anywhere in the Humboldt forests; locally I run on the bike path to UCSB a lot.

Glory Days PR:

Realistic Running Goals for this Year: To go to NCAA Division 2 Nationals in Cross Country next fall and Track next May. To win a Conference title in either or both Cross Country and Track.

Wildly Optimistic Running Goals for this year: To win the NCAA Nationals

Lifetime Running Goals: To go to the Olympics in the marathon

Local Running Heroes & Why: Gregg Horner because someday I hope to be running as fast as he does now.

Personal Training Tips: Make sure you run easy after having a hard workout, and if you feel any type of pain that doesn't go away with ice, go see a doctor.

Why I Run: To see how much I can improve upon my personal records. Also to test the limits of my mind and body.

I love runners who: Say hi when I see them out running

I don't care for runners who: Kick the bottom of your shoes when you're in a race.

Suggestions for local races: Nothing, they are always great

Suggestions for SBAA: Nothing, I think you're doing a great job in every aspect

My views on: Do everything to completion; never give up even if it is too hard because you may regret it later. No one likes uncompleted work.

Favorite Quote: "To give anything less than your best is to sacrifice the gift" – Steve Prefontaine

SBAA Member since: 1998

