

RUNNER'S PROFILE

by Joe Howell

This month we feature Debra Powell, one impressive woman. She not only is busy raising three children (two teenagers and a 12 year old) with her husband Steve, she also works full time in the Cardiac Cath Lab at Cottage Hospital, appears to have a real life and real interests and still finds time to run.

Debra currently runs 30 to 35 miles a week and at the moment, she is leading the extremely competitive women's 35-39 age group in the Grand Prix. It is particularly impressive to note that of the 13 Grand Prix races thus far in 2004, Debra has run in all but two of them. Her consistency in training and racing, coupled with her great attitude, will undoubtedly serve Debra well as one of SBAA's most impressive "new" runners.

Name: Debra Powell

Age: 39

Nicknames: No nicknames, but I will answer to Debra, Deb or Debbie

Hometown: Goleta

Favorite Food: Soy Lattes, Blenders and anything with Garlic.

Favorite Movie: Pretty Woman and Pulp Fiction

Employment: Santa Barbara Cottage Hospital Cardiac Cath Lab

Family: My husband Steve, sons, Ryan 16, Collin 12, my daughter Briana who is 15, and Roxi (golden retriever) 4.

Other sports, hobbies, interests, etc.: I like to cycle, work out at the gym, read, garden, and cook.

If money were not a consideration, I would love to: Not work. Hire someone to clean the house and run my errands so I could go on long runs and rides and maybe even fit in a yoga or spinning class. I would also travel extensively.

In the next 5 years, I hope to: Have two children in college and the last one in high school. As far as running, I would like to compete in a triathlon and a marathon.

Accomplishments: 18 years of marriage to the same person and three wonderful children.

Favorite Distance and PR (post collegiate): Still deciding

Best Race and Why: The last "Nite Moves" I ran this year. I've been trying to break 20 minutes this season, and I just barely made it.

Worst Race and Why: 2004 New Year's Resolution. I had the Stomach flu, and there wasn't a much needed bathroom stop during the race....

Average Weekly Milcage (last 12 months): 30-35 miles

Favorite Local Race: Thanksgiving 4 miler. I love starting a day of total indulgence with a good run.

Favorite Place to Run: Shoreline and Cabrillo, along the beach early in the morning.

Realistic Running Goals for this Year: A 5K, well under 20 minutes.

Wildly Optimistic Running Goals for this year: A 5k under 18 minutes.



My friends describe me as: Thoughtful, assertive, energetic, and dedicated.

Lifetime Running Goals: To continue running in my sixties and seventies.

Local Running Heroes & Why: Dianna Hall and

Marianne Thomas. They are so encouraging and helpful. SBAA has some great runners and it's really nice that they take time to give running tips and train with the newcomers.

Why I Run: I love running because you can run anywhere, anytime, long or short. It fits into any schedule.

I love runners who: Make running fast look effortless and the obsessive ones who are always setting new goals for themselves.

Suggestions for SBAA: Great job SBAA. Keep up the good work.

Favorite Quote: In order to succeed, your desire for success should be greater than your fear of failure.

SBAA Member since: 2003

RACE REPORT

by Mike Rouhas

On September 19th, the Maui Half and Full Marathon were held. I ran the half and finished in 97:30 which was good for third place in the 50-54 age group. Eight hundred sixty eight entries in the half and 1700 in the full marathon. The day before, a 5K and a one mile race were held. The marathon starts in Kahului and finished at Whalers Village, while the half began and finished at Whalers Village.

The marathon was won by Jacob Ratich in 2:28:14 (he also won the 5K and 1 mile race). The weather conditions were as expected, temperature around 80 and very humid. A carbo Load dinner was held Friday night and an awards ceremony held on Sunday afternoon which included pizza and beer.

The race was well organized and the finisher's name was announced in English and Japanese (approximately 40% of the runners were from Japan). Recommended hotels near the finish line are Marriot, Westin, and Sheraton. At the finish line were samples of Starbucks, Jamba Juice, 5 minute massages, fruit, water and coke.

Overall, I would rate this race a B, due to the scenic location, awards ceremony, and good organization. For runners who can take the humidity and want a nice vacation too, this race is for you.

RACE RESULTS

St. George Marathon. September 24.

Jim Sloan, 2:56:59, 8th age group

Randy Berg, 3:04:37, 8th age group

Al Sladek, 3:52:05.

Vida Strong, 4:03:45.

Jeanie Sickafoose, 4:37:06.

Leann Sickafoose, 5:21:18.

15th Big Sur Trail Marathon. October 2.

8. Mo Chambers 4:28:42, 1st age group

10. Steve Miley, 4:39:30, 2nd age group

33rd Portland Marathon. October 3.

354. Gary Maxwell, 3:21:38, 14th age group

Twin Cities Marathon. October 3.

Margaret Mason, 3:22:25, 4th age group.

Paulette Posch, 4:00:01, 6th age group

Chicago Marthon. October 10.

Ian Leitch, 2:49:10

Joe DeVreese, 3:00:01

Silver Lumsdaine, 3:00:50

Terry Howell, 3:04:26

Monica DeVreese, 3:14:52

Long Beach Marathon. October 10.

Carl Legleiter, 2:40:45, 3rd overall

Annie Toth, 3:07:54, 37th overall

Patrick Higgins, 4:01:40, 4th age group

OPEN ADULT CROSS COUNTRY RACES

Southern California Association Cross Country Grand Prix Series. Any Cross Country race can count, simple scoring - 2 Minimum, 5 Maximum. For more information contact Andrew Hecker, P.O. Box 7793, Ventura, CA 93006, (805) 642-3879, info@trackinfo.org.

Remaining races:

October 30, Saturday - Ventura (Arroyo Verde Park), Twilight's Last Gleaming Cross Country Challenge

November 6, Saturday - Los Angeles (Lincoln Park), Middle School Cross Country Meet

November 13, Saturday - Walnut (Mt. San Antonio College) California Cup/SCUSATF Cross Country Championships

November 28, Sunday - Costa Mesa (Fairview Park/Estancia High School), USATF Western Regional Cross Country Championships. USATF Southern California Cross Country Grand Prix Final.

MEMBER DISCOUNTS

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

Santa Barbara Running now offers 10% off to all SBAA members. Located lower Anacapa Street 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)