

RUNNER'S PROFILE

by Joe Howell

If you have been paying attention to the local running community, you undoubtedly know about Joe and Monica De Vreese. Maybe you bought running shoes or gear from Joe at Santa Barbara Running; perhaps you saw him take his first overall win at the inaugural Moms In Motion 5K in early May. If you run the local trails or frequent Nite Moves, you probably have seen Monica - always smiling on the trails, usually near the front at Nite Moves.

Joe and Monica brought some impressive running credentials with them when they moved here last year - not only the time they have spent in two running Meccas - Portland, Oregon and Boulder, Colorado - but also some great personal performances. You will note that both Joe and Monica have ambitious goals for the Chicago Marathon this year. My bet is that each of them will not only meet their goals, but have a great time in the process.

When you see Joe and Monica at Nite Moves or in Santa Barbara Running, be sure to say hello and make them feel even more welcome in the real Mecca of running - Santa Barbara.

Name: Joe and Monica DeVreese

Age: 37 and 30

Nicknames: Super D and Mon/Moni

Hometown: Joe- Jackson, TN, Monica-Oklahoma City, OK

Favorite Food: Joe-Tofu Pad Thai, Monica-burritos and a Shiner Bock Beer

Favorite Movie: Joe- Breaking Away, Monica-When Harry Met Sally

Employment: Joe- owner of Santa Barbara Running, Monica- Product and Marketing Mgr for Decker's Outdoor Corp.- Simple Shoes

Family: Lucy, our 3 year-old Golden Retriever

Other sports, hobbies, interests, etc.: Joe-gardening, cycling, swimming Monica- traveling, Bikram yoga, cycling, music.

My friends describe me as: Joe- easy-going, can't ever stray from his routine, Monica- entertaining and eager, driven and funny

My trademark expression is: Joe- no excuses, Monica- don't tell me what you can't do; tell me what you can do

If money were not a consideration, I would love to: live part of the year in Joe's grandmother's

house on the Greek Island of Ikaria- run, relax, mingle with the locals

In the next 5 years, we hope to: start a family, have a successful business, and be more active and involved in the community.

In the next 10 years, I hope to: Monica- start my own product company

Accomplishments: We both feel very fortunate to be where we are today. We both have supportive families. We have lived in some great cities, had some wonderful traveling opportunities and we both feel we have been successful in our careers at this point in our lives. Being the runners that we are, we are always looking to do the next thing better. We feel very lucky to have landed in SB. We love the community here!

Favorite Distance and PR (post collegiate): Joe- the 10K, PR is 34:12 at a race in Portland, OR. Monica- the marathon. Ran a 2:57 at the Chicago Marathon.

Best Race and Why: Joe- the 1996 Ironman Canada. I broke my goal of 11 hours. Monica- Chicago Marathon. I wanted to break 3 hours. The year prior I had run 3 hours, 33 seconds....that next year I ran 2:57.

Worst Race and Why: Joe- Pikes Peak Ascent in Colorado Springs. Once I got up to 12,000 feet I got altitude sickness. Monica- the Bolder Boulder 10K. I had only been living at altitude for a month, and my legs just would not go. I am too embarrassed to give my time.

Average Weekly Mileage (last 12 months): Joe- 60 miles/week. Monica- 50 miles/week.

Favorite Local Race: We have not run them all yet, but our favorites so far: Joe- Pier to Peak, but looking forward to Chuck's Run, Monica- Nite Moves, looking forward to redeeming myself at next year's Chardonnay.

Most Memorable Running Experience: Joe and Monica- Right when we met we took a weekend trip to Taos, NM to eat some good Mexican food, try the local green chile beer and explore the endless miles of open trails. Even though you are at 7,000 feet, running in a very dry 90 degree heat, your mind was focused on the beauty surrounding you....the Rio Grande River, the sage, the pinion pines, mesas and the wide open blue sky.

Favorite Place to Run: Joe- the Mesa Trail in Boulder, CO, but running here on the beach in SB is a close second. Monica- Garden of the Gods in Colorado Springs. I have so much fun on all the twists and turns on the soft orange clay trails, and

then of course, the beauty of the rock formations is indescribable.

Glory Days PR: Joe- sub-16 minute 5K. Monica- I hope I am in my Glory Days as I speak. My 2:57 marathon is my proudest moment.

Realistic Running Goals for this Year: Joe- Run 2:40 at the Chicago Marathon this Fall. Monica- Run Chicago Marathon in 2:55 this Fall.

Wildly Optimistic Running Goals for this year: Joe- Run Pier to Peak in 1:40. Monica- Take off a week from work and run 100 miles. Do nothing but eat, sleep and run.

Lifetime Running Goals: Joe- continue to stay healthy and test my level of fitness. Monica- stay injury free and have fun.

Local Running Heroes & Why: Joe- Jack Bianchi. When I am his age I hope to be committed and fit as Jack. Monica- Amy Bigelow. She has more motivation and dedication than anyone I know. Especially with having her own business and keeping up with 2 little kids. I wish I could conquer those mountains like she does!

Personal Training Tips: Joe- shoes, shoes, shoes- you knew I was going to say that. Also, read the Summer of Malmo, it is posted on my website sbrunningco.com. Monica- never go out too fast! And always taper before the big day.

Why I Run: Joe- there is no better way to start the day. Monica- it frees my mind.

I love runners who: Joe- encourage other runners to continue to improve. Monica- who are dedicated to their training, but also enjoy the important, little things (like dessert).

I don't care for runners who: Joe- always have excuses. Monica- do not listen to their bodies.

Suggestions for local races: Joe- need more trail races. Monica- SB needs a marathon!!!

Suggestions for SBAA: Joe and Monica- keep doing what you're doing. We have lived in some great running towns- Boulder and Portland and you guys are fantastic!

My views on: Don't forget to take time out of the day for yourself! Get that run in!

Add Anything: SB rules!

Favorite Quote: Joe- It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the

man in the arena, whose face is marred by dust and sweat and blood; who strives valiantly...who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at best knows in the end the triumph of high achievement, and who the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who have never known neither victory nor defeat.

Monica- find your bliss and don't let go.

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