

August 28 SB Triathlon, "Lay arrows from Harbor Way to Mesa"

1994 - Age 80 - ran 9 races March to November 304.3 miles for the year

Best 5K 37:33, 12:05 per mile, Follow your Heart April 16

Feb. 12 Partner's Relay: "Monitored at bridge."

Feb. 26 Joe Coito's Winter Series 5K - "Monitored"

May 7 Law Day "Should have allowed 2 hours for marking"

June 1 "Start of Chem 1"

July Detailed elevation and distance charts of his running at Crowley Lake, Eastern Sierras

July 4 "Lay arrows. DNF race"

August 21 Pulse 40, 37 eve., weight 144

Tuesday Sept. 13, "repainted Avo course"

Nov. 20 Terry Fox 5K "Kimber Young (6 years) ran 36:50"

1995 - Age 81 ran 4 races August to November, 325.2 miles for the year

Best 5K 38:41, 12:27 per mile Nov. 4 Channel Commun.

March 15 - "Translation: German. Ionic mobility in ion exchanges. Time 28.3 hours"

July 4 15K "monitored Patterson"

August 23 - "Doubled Beta Carotene and Vitamin E"

1996 - Age 82 ran 10 races February to November

Best 5K 37:51 March 9 Adventours 12:11 per mile 134/136

Feb. 10 "Essentially within 3 seconds better than all but 2 runs over 1/2 mile in 1995"

April 10 calculations tracking a comet

June 23 new knee brace

Weds. July 3 "Chalk bikeway 2.5 hours"

August 7 "first run since June 23"

October "jogged to Mono Lake Nature Center, back along creek"

1997 - Age 83 - 221.3 miles for the year, ran 9 races Jan. to October

Best 5K 45:25 Feb. 22 Adventours, 14:37 per mile

March 15 "measure changes to Adventours course"

June 18 Nite Moves "take vest. Monitored run and swim. To chalk park I need to leave by 5:10"

In 1994 Paul was 80 and in a new age group, so he showed up at the McConell's 5K to break 36 minutes and earn a national ranking. He came so very close with a 36:02, and correctly argued that because of the time it took him to cross the start line, and because certified courses have to be measured a tad long, he really broke 36:00, but he didn't get the

national ranking. In his workout book he wrote it was the McConnell's 5.007K. At that time he was quoted: "While I would have enjoyed being recognized for my hard work, the thrill I get from running runs much deeper than awards". In 2001, at age 87 Paul just had to finish the McConnell's 5K to earn a national ranking certificate. Paul starts with all the 5K runners at 8:30AM. Precisely at 9:30AM we are about to start the 10K, with 150 runners getting in the set position to start the race when somebody yelled "Hey here comes Paul!" We held up the start of the 10K and Paul received a standing ovation from the entire crowd and finished with a huge smile. Paul earned his national ranking certificate that day and proudly put it up in his study. This was Paul's last race.

Paul had a difficult last 2 years health wise, though he was infinitely happy to meet and marry Erlinda after Hazel died in 2000. He was always upbeat even when diabetes forced the amputation of his leg. He refused to allow them to take his other leg. He died Oct. 2<sup>nd</sup>, 2003 at 3:15PM. Any remembrances in his name may be sent to Serenity House Hospice Care, 1014 Calle De Los Amigos, SB CA 93105.

**GRAND PRIX CHAMPION - CORRECTION**

Last month, the newsletter listed SBAA members who were multiple Age-Group Grand Prix champions but inadvertently missed Deborah Flores who has three victories, and in three different age groups.

**RUNNER'S PROFILE**

by Joe Howell

The subject of this month's Profile is Kelly Knowles. Many of you know Kelly or will recognize her from the photo. Others may well have seen Kelly but may not realize it. If you have: (1) ever noticed the local runner who makes a point of cheering for virtually every finisher at our races; (2) run or otherwise participated in Nine Trails the last few years; (3) gone on a kayak tour at Santa Cruz Island; or (4) noticed the tough (or is it crazy?) few

women who do the Nite Moves swim without a wetsuit, then you probably have seen or met Kelly Knowles. Kelly began competitive running at a very young age (e.g., she won a 10K at age 16!) and still competes regularly as a runner and multi-sport endurance athlete. (The photo shows Kelly celebrating her ascent of Mr. Whitney; she probably ran most of the way!)

When Kelly is not training for her next ultra event or considering an upcoming gnarly adventure race, she is devoting time to her very successful massage therapy practice. She has a large group of very devoted clients - many local runners and triathletes and all four members of my family! Whether it is for maintenance/injury prevention, dealing with a specific injury or perhaps as a healthy reward to yourself, I strongly endorse Kelly if you are looking for a massage therapist with appreciation for people like you and me.

**BASIC INFO**

Name: Kelly Knowles  
Age: 36 (Gulp)  
Nicknames: Jolly/Sunshine  
Hometown: Lived in lots of places -- Parents in Lake Oswego, Oregon  
Employment: Great Massage Therapist; Kayak guide for Santa Cruz Island Caves  
Family: Brother in New Hampshire and folks in Oregon  
Other sports, hobbies, interests, etc.: Endurance sports junkie: biking, hiking, swimming, kayaking, etc. ... love foreign movies, wine tasting and Wed. trivia at Dargan's Irish Pub

**PERSONAL INFO**

My friends describe me as: Hyper and a social butterfly  
If money were not a consideration, I would love to: Travel the world to every tropical island and swim in warm waters to my heart's content. (Anyone out there interested?)  
In the next 5 years, I hope to: Stay injury free to continue all the sports and work that I love.  
In the next 10 years, I hope to: Tie the knot with a great guy and we buy a little SB shack and live happily ever after. Oh, and of course stay injury free so I can keep on running.  
Accomplishments: Graduated from Oregon State University with a Bachelor of Science

**RUNNING HIGHLIGHTS**

**Favorite Distance and PR (post collegiate):** Trail ½ Marathons in 1:42

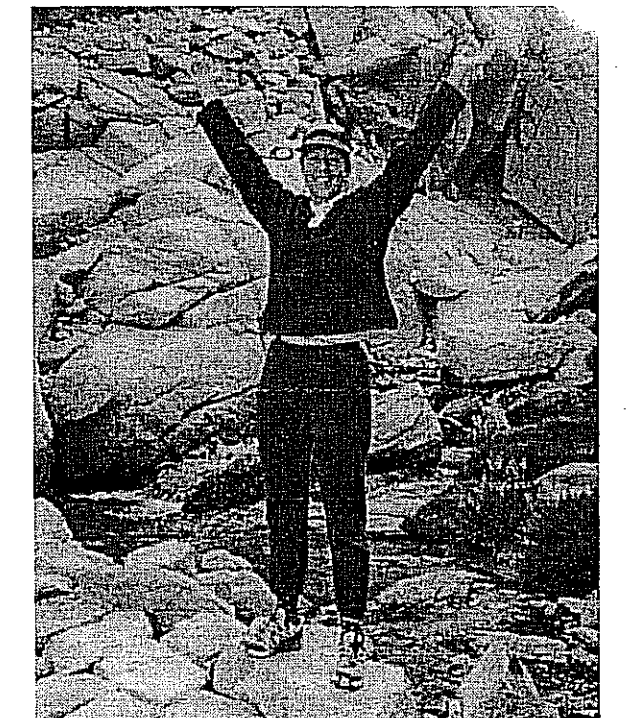
**Best Race and Why:** 9 Trails – great conversations and lots of heavy breathing going on for hours.

**Worst Race and Why:** Catalina Marathon – got seasick on boat ride to the start.

Good news was that it was a beautiful sunny day so I enjoyed a long walk until my stomach let me run and I enjoyed hanging with Patsy Dorsey.

**Average Weekly Mileage (last 12 months):** 15 - 50

**Favorite Local Race:** Chuck's Bouncing Barefoot Bikini Beach run



**Most Memorable Running Experience:** Wow, Grand Canyon Triple Rim and Pacing at Badwater are both pretty special experiences that every insane runner should try.

**Favorite Place to Run:** More Mesa and Ellwood Mesa (Bunny Runs)

**Glory Days PR:** Won a 10K when I was only 16 in Oregon with a 40:14

**Realistic Running Goals for this Year:** State Street Mile run under 6 min.

**Wildly Optimistic Running Goals for this year:** Win the Olympic Marathon in Athens

**Lifetime Running Goals:** Run and have fun like Margie Withrow in my golden years.

**Local Running Hero & Why:** Jack Bianchi – he just gets faster with age and I'm jealous.

**Personal Training Tips:** I believe in recovery days; overtraining takes the fun out of it.

### ADDITIONAL

**I love runners who:** Smile and cheer for others. Lars can be in the top 5 while wearing a silly hat and still say hi to all his adoring fans.

**Suggestions for local races:** How about more trail races

**Favorite Quote:** PACE IT. Positive Attitude Conquers Everything

### **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.

*Sunday, March 7* - UCSB Spring Hazard Sprint Triathlon. UCSB 8:00 am. 0.75K swim/20K bike/5K run. UCSB's triathlon team presents an exciting new race to start the season! Ocean swim/ flat bike/scenic, rolling run. This half-Olympic distance is ideal for beginners or veterans. Post-race refreshments/ceremony. Awards. USAT sanctioned. Limited entries! Matthew Hirschey (805)637-6648, race@ucsbtriathlon.org, www.ucsbtriathlon.org.

*Friday, March 19* - Easter Relays Community College & Open Track and Field Meet. Santa Barbara City College, 10 AM.

*Saturday, March 20* - Carpinteria Education Foundation 12<sup>th</sup> Annual Orchard to Ocean Run. Main School, 5241 8<sup>th</sup> Street. 10K 8:00 am, 5K 9:15 am. 10K is Grand Prix event. Cross country run along oceanfront bluff benefits Carpinteria schools. Awards 3 deep/division. Food/raffle/music. Marybeth Carty (805)566-7186, CEF/OTO P.O. Box 9, Carpinteria, CA 93014, mbcarty@aol.com

*Saturday, March 20* - Fourth Annual Dr. John C. Trettin Memorial 5K Run/Walk. 9:00 AM, Lompoc. **NOTE DATE CHANGE.** This race was established to honor the memory of John Trettin, a local runner, who was tragically killed while

bicycling in the summer of 2000. This race starts and finishes at the Cabrillo High School Track, 4350 Constellation Road, Vandenberg Village. The run will be held on the Cabrillo High School cross-country course out in the hills behind the school. Registration begins at 8:00 AM. Awards three deep, male and female in each division and overall male and female plaques. Contact Kent Yankee at (805)733-0754.

*Sunday, March 21* - Ventura Half-Marathon and 5K. Westview Park, Ventura. Half marathon/ 8:00 am, 5K/ 8:15 am. \$34 / half marathon, add \$3 for T-shirt, \$15 / 5K, add \$4 for T-shirt. Contact Gary Tuttle (805)643-1104, 1410 E. Main Street, Ventura, CA 93001, gt10k2826@aol.com

*Saturday, March 27* - Easter Relays High School Track Meet. Santa Barbara City College, 9 AM.

*Sunday, March 28* - Easter Relays 5K & All-Comers Track Meet (Youth, Open, Masters). Santa Barbara City College, 5K 9:30 am. 5K is a scenic, challenging course winding throughout SBCC. Start & finish at SBCC track. Track events: 100m-10:00 am, 400m-11:00 am, Mile and Mile Walk-12 Noon, 4x100 & 4x200-1:00 pm. Field events: Long Jump - 10:00 am, Shot Put - 11:00 am. Clinics ½ hour before 100m, Long Jump & Shot Put. \$5 allows entry to all races. Race day entries only. Kevin Young, (805)564-3400, kyoung@sbre.com

*Sunday, March 28* - 8<sup>th</sup> Wine Country Half Marathon and 5K. Paso Robles. 8:15/9:00 AM. Both races start and finish at the Martin and Weyrich Winery Amphitheater just off Highway 46, a few miles east of Paso Robles. The 5K goes first, followed by the half marathon with a kids' half mile for ages 10 & under at 9:00. The courses are picturesque, paved loops and the winning man and woman in the half marathon will receive their weight in wine. Other awards are three deep in 13 age groups for both distances. There will be a post-race party with plenty of food and beverages, a live band, and great raffle prizes. The race web site is www.winecountryruns.com or register on-line at www.active.com.

*Saturday, April 17* - Run Santa Barbara Ten Miler & 5K. Leadbetter Beach. 10 mile & 5K, 8:00 AM. "The Chardonnay" features Santa Barbara's oceanfront & rolling hills of Montecito on an out-and-back course. A crown jewel in the racing season. Live bands, post-race refreshments, traditional wine tasting. 10 mile is SBAA Grand