

Ken Saxon, New York City Marathon, November 7, 3,829, 3:38:43  
Bill Sheets, Boston Marathon, April 19, 2,472, 3:34:24  
Bill Sheets, Rock 'n' Roll Marathon, June 6, 511, 3:26:11  
Sarah Sinclair, Rock 'n' Roll Marathon, June 6, 12,557, 5:43:19  
Al Sladek, Boston Marathon, April 19, 9,533, 4:10:39  
Al Sladek, St. George Marathon, October 2, 1,579, 3:52:05  
Jim Sloan, St. George Marathon, October 2, 104, 2:56:59  
Maxi Staringer, Rock 'n' roll Marathon, June 6, 11,873, 5:32:46  
Shigy Suzuki, San Diego Marathon, January 18, 92, 3:19:50  
Shigy Suzuki, Los Angeles Marathon, March 7, 68, 2:59:40  
Mike Takeuchi, Los Angeles Marathon, March 7, 13,332, 6:41:38  
Mariann Thomas, Catalina Marathon, March 13, 38, 3:43:47  
Lauren Udden, Catalina Marathon, March 13, 59, 3:54:16  
Amy Van't Riet, Los Angeles Marathon, March 7, 352, 3:30:23  
Amy Van't Riet, California International Marathon, December 5, 394, 3:18:51  
Fred VanWingerden, San Diego Marathon, January 18, 102, 3:21;17  
Fred VanWingerden, Boston Marathon, April 19, 3,203, 3:38:54  
Lisa Welch, Boston Marathon, April 19, 5,284, 3:48:32  
Vicky Williams, Rock 'n' Roll Marathon, June 6, 15,941, 7:17:13  
Margie Withrow, Catalina Marathon, March 13, 593, 7:55:52  
Susan Ziegler, San Francisco Chronicle Marathon, August 1, 2,219, 5:18:32  
Susan Ziegler, Chicago Marathon, October 10, 27,337, 5:11:10

## RUNNER'S PROFILE

by Joe Howell

"Lance Leglifter and The Bonecrusher Destined To Tie the Knot; Numerous Celebrities, Including Fabio and Sweet Pea, Slated to Attend". Sound strange? If so, you clearly do not really know Carl Legleiter, subject of this month's Profile. Keep reading and you will have a much better idea of who Carl Legleiter really is.

Carl is an extremely talented local runner, often spotted with his similarly talented significant other, The Bonecrusher (sometimes called Annie Toth by those not in the know). Carl has to fit running into his schedule as a graduate student at UCSB. Last year, he did a pretty good job of that, winning the Goleta Rotary 10K,

placing third at the Long Beach Marathon in 2:40:25, and joining his Montana State University alumni running buddies to put in an impressive performance in the famous Hood-to-Coast relay in Oregon (sub-18:00 for 197 miles).

Just so Carl realizes just how many people read the Runner's Profile on sbrunning.org and in the SBAA Newsletter, when you next see him, please ask him to elaborate on his "stuffed animals have feelings" comments below.

**Name:** Carl Legleiter

**Age:** 26

**Nicknames:** Lifter, Legs, Lance Leglifter, Dude, Bruce, the Jackal

**Hometown:** I was born in Hays, Kansas, but moved to Colorado when I was less than a year old. We moved around Colorado a bit while I was growing up, and I went to grade school in Colorado Springs and high school in Denver.

**Employment:** I'm a graduate student in Geography at UCSB. I study river channels and I am currently working on a salmon habitat restoration project on the Merced River in the Central Valley.

**Family:** I'm engaged to Annie Toth (better known as the Bonecrusher). My father Floyd looks just like Fabio and investigates white collar crime, saving the world from financial ruin one bank statement at a time. My mother Joan, who doesn't look anything like Fabio, is a med tech and enjoys playing the stock market. My brother Kyle lives in Hollywood, enjoys death marches in the San Gabriels, and has devoted his life to finding the ultimate burrito. My sister Erica, better known as Sweet Pea, works at the NIH in Maryland and loves the rain.

**Other sports, hobbies, interests, etc.:** Gymnastics, ice skating, and motocross. Actually, that's a lie - those all fall in the class of "non-Carl" activities. I enjoy hiking, baseball, and stuffed animals. I used to think they didn't have feelings, but they do.

**Favorite Food:** Oats.

**My friends describe me as:** A stinkin' intellectual.

**My trademark expression is:** Yup. You might expect something more intelligent than that, but you'd be wrong.

**If money were not a consideration, I would love to:** Do what I'm doing now without applying for grants or looking for ways to fund my research.

**In the next 5 years, I hope to:** Beat my dad to retirement.

**In the next 10 years, I hope to:** Mow the grass at a minor league ballpark. With my dad, of course.

**Accomplishments:** I'm engaged to a beautiful young woman who crushes bones, I eat oats every day, and I'm in a position to make a difference for something that is very important to me: free-flowing rivers.

**Favorite Distance and PR (post collegiate):** Half-marathon - 1:12:58 at SB Half in 2002.

**Best Race and Why:** Lewis and Clark Half-Marathon in Bozeman, Montana, where I went to college. I ran 1:15 on a challenging, largely off-road course - the first race I'd ever won.

**Worst Race and Why:** Tom Gage Classic my freshman year of college - 5,000 windy, lonely meters of agony. I'd trained really hard all year, but as a red-shirt-I had only one chance to race, in a dinky meet on a lousy day.

**Average Weekly Mileage (last 12 months):** around 70, but I often suffer from "academic injuries," including field work.

**Favorite Local Race:** Orchard to Ocean

**Most Memorable Running Experience:** Training for cross-country over the summer with my best friend and teammate Jason Schlarb. We traveled all over southwestern Montana to run on forest roads and trails and soak in a stream afterward.

**Favorite place to run:** Cottonwood Trail outside Bozeman.

**Glory Days PR:** 20:28 4-mile Turkey Trot in Denver my freshman year in college (1997).

**Realistic Running Goals for this Year:** 33:33 for 10K, 54:59 for ten miles, and top five for our MSU Alumni team at the Hood-to-Coast relay in Oregon.

**Wildly Optimistic Running Goals for this year:** 8:59 at Vicki's, 1:09 at the SB half.

**Lifetime Running Goals:** Beat Jim Kornell's marathon PR (2:34); then I could die happy.

**Local Running Heroes & Why:** Gregg Horner is a very bad man, but there are a lot of candidates. I admire Wally Marantette and John Brennan for their efforts putting on races. Aaron Gillen is a class act, too.

**Personal Training Tips:** Patience is critical, and so is self-awareness. One of the harder lessons for me to learn has been how to deal with my zeal. I've come to realize that it's important to give yourself somewhere to go during your base training and to build up steadily so that you feel like you're improving rather than maintaining when you want to race well.

**Why I Run:** Because running is simple, pure, and beautifully primitive.

**I love runners who:** Cheer for others during races.

**I don't care for runners who:** Run on treadmills when it's a beautiful day outside.

**Suggestions for local races:** I'd like to see a race on either More Mesa or the Ellwood Bluffs, if we ever get permission. A relay race would be nice, too.

**Suggestions for SBAA:** Keep up the good work. The SBAA has been one of the best parts of living in Santa Barbara.

**My views on:** Life - keep your moral standards high and your living standards low and you will be happy and free.

**Add anything:** If you live on Earth, geomorphology matters to you.

**Favorite Quote:** "The mark of an educated man is to entertain a thought without accepting it." - Socrates.

