

	YEAR MEN	WOMEN
18/Under	2005 Nick Johnson	no champion
	2006 Nick Johnson	Mia Owens
	2007 Nick Johnson	Mia Owens
	2008 Tie: Nathaniel Block Nick Johnson	Lauren Van Valkenburgh
	2009 Walker Bell	Lauren Van Valkenburgh
19-29	2005 Steve Rider	Ann Marie Toth
	2006 Garrett Ince	Ann Marie Toth
	2007 Garrett Ince	Kimberly Burnell
	2008 Carl Legleiter	Kimberly Burnell
	2009 Michael Shalhoub	Kimberly Burnell
30-34	2005 Edward Mitchell	Melanie Estes
	2006 Matthew Ruane	Liz Lauderdale-Groom
	2007 Ricky Ho	Melissa Goode
	2008 Ricky Ho	Andrea McLarty
	2009 Ricky Ho	Andrea McLarty
35-39	2005 Todd Booth	Jana McKee
	2006 Todd Booth	Jana McKee
	2007 Todd Booth	Desa Mandarin
	2008 Todd Booth	Desa Mandarin
	2009 Todd Booth	Desa Mandarin
40-44	2005 Ted Cotti	Debra Powell
	2006 Fred Mellon	Melissa Marsted
	2007 Eric Forte	Debra Powell
	2008 Eric Forte	Mariann Thomas
	2009 Eric Forte	Jana McKee
45-49	2005 Shigy Suzuki	Dianna Hall
	2006 Shigy Suzuki	Maggie Mason
	2007 Fred Mellon	Romy Suzuki
	2008 Travis Bower	Gae Triplett
	2009 Dan Rudd	Gae Triplett
50-54	2005 Greg Horner	Cathy Kennedy
	2006 Pat Devaney	no champion
	2007 Joe Hilton	Maggie Mason
	2008 Joe Hilton	Maggie Mason
	2009 Don Faith	Maggie Mason
55-59	2005 Gary Milliken	Tie: Gail Ward Paulette Posch
	2006 David Groom	Paulette Posch
	2007 David Groom	Janice Maggiore
	2008 Michael Dungan	Paulette Posch
	2009 Johnny Stein	Fran Thayer
60-64	2005 Robin Taliaferro	Claire Johnson
	2006 Bill Arnerich	Marilyn Hansen
	2007 Joe Howell	Maria Perkins
	2008 Tie: Joe Howell Russ Jones	Marilyn Hansen
	2009 Russ Jones	Gail Ward
65-69	2005 Don Truex	Rose Marie Rockenbach
	2006 Don Truex	Pauline Freeland
	2007 Don Truex	Pauline Freeland
	2008 Ed Graper	Pauline Freeland
	2009 Al Sladek	Marilyn Hansen
70/Over	2005 Gordon McClenathen	Rosemarie DiSandro
	2006 Tie: Richard Shobe Gordon McClenathen	No champion
	2007 Richard Shobe	Linda Hill
	(70-79)	2008 Don Truex
(70-74)	2009 Don Truex	Linda Hill
(75-79)	2005 Gordon McClenathen	No Champion
(80/over)	2008 George Harrower	No Champion
	2009 George Harrower	No Champion

For a complete listing of Grand Prix Champions from 1996-2010 go to www.SBrunning.org

Santa Barbara
Athletic Association
4476 Meadowlark Lane
Santa Barbara, CA
93105

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Santa Barbara Athletic Association 2011 Calendar of Events



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Santa Barbara Athletic Association 2011 Calendar of Events

The Santa Barbara Athletic Association publishes this calendar every year to promote Santa Barbara area running related events and to encourage membership in the SBAA and participation in the SBAA Grand Prix Series. The SBAA sponsors several of its own races and strongly supports the entire running community. Annual membership dues for the SBAA are \$30 and for the Grand Prix \$10. A membership application and more information about the SBAA are included in the calendar.

GRAND PRIX SERIES

2011 is the 16th year of the SBAA 'Grand Prix' series. Its purpose is to generate competition in a series of races. It's a fun and exciting format that will benefit your running and be a positive influence to the running community. Over 50 male and female age group top finishers will receive recognition and awards at our year-end banquet. The names of the annual age group champions are engraved on the permanent SBAA Grand Prix plaque which is on display at Outfooters.

The Grand Prix standings are posted throughout the year on the SBrunning.org web site.

Questions? Please call (805) 964-2591.

2010 Grand Prix Champions

Division	Men	Women
18/under	Jack Randmaa	No Champion
19-29	Ryan McGinnis	Chrissy Faulding
30-34	Ricky Ho	Lisa Dunn
35-39	Edward Mitchell	Desa Mandarin
40-44	Todd Booth	Kirstin Candy
45-49	Timothy Smith	Jeannee Diaz
50-54	Joe Hilton	Maggie Mason
55-59	Johnny Stein	Nancy Kaplan
60-64	Gary Milliken	No Champion
65-69	Gary Clancy	Patty Landis
70-74	Don Truex	JanClaire Elliott
75-79	Gordon McClenathen	No Champion
80/over	George Harrower	No Champion
Grand Prix Champion	Todd Booth	Maggie Mason
First Overall Champion	Todd Booth	Andrea McLarty

Prior years champions are listed on back page.

Sponsored by:



Cover photos courtesy of Dennis Mihora

2011 Grand Prix Series

1) Eligibility - Participants must be a member in good standing of the SBAA and submit a completed SBAA Grand Prix Series application with the Grand Prix entry fee of \$10.00. The Grand Prix Series is conducted on a calendar year basis and individuals can join the Grand Prix Series at any time during the year. A participant's race results will be used in Grand Prix scoring only after processing of a participant's application and fee. For example, if someone ran in several Grand Prix races from January through March and then joined the Grand Prix in April, only the post-March results would count in determining Grand Prix standings.

Advance notice to these volunteers' appropriate age-group competitors must be provided. These "pre-race" times will be officially entered into the final results except in cases where significant differences in weather or other running conditions may provide an unfair advantage. The viability of the SBAA and local running community is dependent upon everyone fulfilling their responsibility as a volunteer.

6) Grand Prix Standings - For an overall up-to-date view of the standings and results for each Grand Prix race log on to SBrunning.org.

7) Awards Event - There will be an awards celebration upon completion of the Grand Prix Series season. Awards will be presented for top finishers in each qualifying age group and special recognition given to the Overall Grand Prix Champions.

8) Overall Grand Prix Champions - Overall male and female Grand Prix Champions (GP GP's) will be determined by taking the average of the best four applicable age-graded races. The male and female runners with the highest average performance will be crowned Overall Grand Prix Champions.

9) Grand Prix First Overall Champions - Awards the fastest male and female Grand Prix age division champions who have the most first place overall finishes. They will be recognized as the Grand Prix First Overall Champions.

10) Tie Breaker Policy - In the event of a tie in any of the award categories the determining factor for deciding the winner shall be the "head-to-head" competition between the tied individuals in commonly run GP races. This will be based on place, not time.

4) Scoring - Finish points for individual races will be awarded as follows: 1st place - 1000 points; 2nd - 900; 3rd - 800; 4th - 700; 5th - 600; 6th - 500; 7th - 400; 8th - 300; 9th - 200; 10th - 100. The finish place is computed according to your finish against all other Grand Prix competitors in your age group over you will receive 50 points for finishing the race.

5) Volunteers - All Grand Prix participants should simply write "no shirt" on their pre-registration and deduct \$5 from the normal entry fee.

12) Rules Interpretation - Any issues concerning eligibility, race results or rule interpretations will be resolved by the Grand Prix Rules Committee.

- DESIGNATES CALENDAR EVENT
- DESIGNATES GRAND PRIX EVENT

Santa Barbara Athletic Association 2011 Calendar of Events

For information on races, up-to-date race results, and Grand Prix standings: www.SBRunning.org
For info about Kid's Running: www.SBRunning.org/kids



Santa Barbara Athletic Association Membership – Grand Prix APPLICATION

The Santa Barbara Athletic Association is a group interested in running or sport walking for fitness, competition and camaraderie. The membership is comprised of all kinds of runners or former runners ranging from the casual jogger to the elite class racer. We have appreciated the benefits of running and want to return something by contributing to the local running community. One of ways we do this is by organizing several running events each year. In 2011 we will direct the New Year's Resolution Run (5/10K) and the Semana Nautica 15K (July 4th) as well as be associated with the Santa Barbara International Marathon/Half-Marathon. To help support and encourage youth participation a free entry is available to runners 18 years-old/under for the Resolution Day & 15K events.

Benefits to SBAA members include:

- ❖ A 15% discount at Outfooters and other valuable runner friendly discounts for a variety of local goods and services.
- ❖ A \$5 discount for early entries to the SBAA races.
- ❖ Eligibility to participate in the Grand Prix series
- ❖ Coached workouts (call for details)
- ❖ The SBAA website at SBRunning.org
- ❖ Our Calendar of Events provides a yearly listing of the organized local races and Grand Prix information
- ❖ An opportunity to be part of a group interested in promoting the welfare of running/walking in the Santa Barbara area

We expect our members to be participatory. The Association's bylaws specify that members be residents of the tri-counties (Santa Barbara, Ventura or San Luis Obispo) when they join. If they subsequently move away, membership is still possible.

- Joining or Renewing SBAA membership & entering the 2011 Grand Prix \$40 or \$15 under 18-years-old
- Joining or Renewing SBAA membership \$30 or \$5 under 18-years-old
- Already a member, entering 2011 Grand Prix \$10

Join online at www.sbrunning.org or fill out and return the following:

Name:
 Address:
 City: Zip:
 Phone (h): (w):
 E-mail:
 Today's Date: Birth Date: M/F:
 Amount enclosed: \$.....
 Please make checks payable to SBAA and mail to:
 4476 Meadowlark Lane, Santa Barbara, Ca. 93105
 Phone: 964-2591

NEW YEAR'S RESOLUTION DAY ■ January 1, Saturday. Grand Prix - 5K	5K 8:00am, 10K 8:45am • Palm Park – Start the Year with an invigorating oceanfront run. Free for 17/under. Unusual raffle/no awards. Wally Marantette • (805) 965-3671 • wallytor@cox.net • www.sbrunning.org
CLUB WEST CROSS COUNTRY AT ELINGS PARK ■ January 15, Saturday	3mi 9:00am, 6mi 9:15am • Elings Park (Las Positas Road) – 2nd annual. Start/finish at the upper soccer fields. Free for 17/under. \$10 refund if you get lost. Bring an award to share. Kevin Young • (805) 564-3400 • kyoun@sbre.com
ROMEIO'S 4-MILER PRESENTED BY CITRIX ONLINE ■ January 29, Saturday	4 mi. 9:00am, 2 x 2 mi. Couple's Relay 10:00am, 1K Kids Dash (free) 10:45am • UCSB Lagoon – Only couple's race in SB! 2-loop course around UCSB Lagoon. Part 1 of 3, UCSB Running Series hosted by SB Independent, SB Running Co. & UCSB Alumni Assoc.. Individual & team prizes. (805) 893-8416 • info@UCSBruns.com • www.UCSBruns.com
SUPER BOWL 4-MILER ■ February 6, Sunday	4 mi. 9:00am • Stow Grove Park in Goleta (La Patera & Cathedral Oaks) – 4th annual Super Bowl 4-miler is a great way to start Super Bowl Sunday. Flat/fast course. Jose Gonzalez • (805) 962-3627 • jose@sbacktionpro.com • www.sbacktionpro.com
5th ANNUAL CARPINTERIA KIWANIS WINTER WARM-UP RUN ■ February 13, Sunday	5K 8:00am • Carpinteria Bluffs, Bailard Ave. – Unique, cross-country style race along the Carpinteria Bluffs. Post-race fruit & other goodies. Register at Active.com. Carpkiwanis@gmail.com • www.carpkiwanis.org
ROSES EN LA PLAYA ■ February 27, Sunday	5K 9:00am • Leadbetter Beach – Roses returns for another year. Out-and-back course along Shoreline Park and the Mesa. Awards/prizes & post-race activities. Jose Gonzalez • (805) 962-3627 • jose@sbacktionpro.com • www.sbacktionpro.com
SHAMROCK 5-MILER presented by Citrix Online ■ March 5, Saturday	5 mi. 9:00am, 1K Kids Dash (free) 10:15am • UCSB's West Campus – Fun run thru streets of IV & UCSB campus. 2nd part UCSB Running. Series hosted by SB Independent, SB Running Co. & UCSB Alumni Assoc.. Team, sprint competitions. Live music. (805) 893-8416 • info@UCSBruns.com • www.UCSBruns.com
CARPINTERIA EDUCATION FOUNDATION 19TH ANNUAL ORCHARD TO OCEAN ■ March 12, Saturday, Grand Prix - 10K	10K 8:00am, 5K 9:15am, 1 Mile Fun Run • Main School, 5241 8th Street – Run along ocean front bluff benefits Carpinteria schools. Awards/food/raffle/music. Patricia Alpert • 805-566-1615 • patricia@carpeducationfoundation.org
BARBARA IRELAND WALK FOR THE CURE ■ March 19, Saturday	10 mi. 8:00am • Chase Palm Park – scenic walk/run along the waterfront. 100% of proceeds benefit breast cancer research at Cancer Center of Santa Barbara. Stephanie Carlyle • (805)898-2116 • stephanie@ccsb.org • Online registration: www.ccsb.org/events/irelandwalk2011
2011 UCSB/KENDRA CHIOTA PAYNE MEMORIAL TRIATHLON ■ March 20, Sunday	8:00am • UCSB, Campus Point – Sprint distance 1K swim/30K bike/5K run, UCSB Duathlon (1.5 mi run/16 mi bike/3 mi run). 8th Annual. Beginners & veterans. UCSB Rec.Sports • (805) 893-3253 • J. Ritterbeck, USAT Certified Race Director (805) 448-8927 • jritterbeck@yahoo.com • www.ucsbtriathlon.org/race
ARE YOU TOUGH ENOUGH ■ April 2, Saturday	65 miles • Toro Canyon Park to Nojoqui Falls Park – Solo or five-person teams. An Italian finisher called it the most beautiful course in the world. Life is evanescent; this is fun. Jim Kornell • (805) 452-8660 • jim.kornell@gmail.com areyoutoughenough.wordpress.com
SANTA BARBARA "CHARDONNAY" 10-MILER & 5K ■ April 16, Saturday, Grand Prix – 10-miler	10 mi. & 5K 8:00am • Leadbetter Beach – Beautiful oceanfront course. Music/refreshments/awards. Jose Gonzalez (805) 962-3627 • jose@sbacktionpro.com • www.sbacktionpro.com
SANTA BARBARA ENDURANCE RACE ■ Friday – Sunday, April 29th – May 1st	Friday: 100 mi. solo, 100 mi. 3 person relay. \$7,000 prize money. Saturday: 100K, 50 mi., 50K, 35K, 25K & 15K run/hike – A challenge for all levels. Hosted at beautiful, historic Rancho Oso Ranch. Benefits Los Padres Forest Assoc.. Robert Gilcrest (805)896-6917 • www.sber.co or www.blacksmithendurance.com
GAUCHO GALLOP presented by Citrix Online ■ April 30, Saturday, Grand Prix – 10K	Doggie Dash 8:15am, 10K/5K 9:00am, Kid's Dash 10:00am • UCSB Harder Stadium – Final part UCSB Running Series hosted by SB Independent, SB Running Co. & UCSB Alumni Assoc.. Team & sprint competitions. Benefits UCSB student scholarships. (805)893-8416 • info@UCSBruns.com • www.UCSBruns.com
RUN SANTA BARBARA NITE MOVES SUMMER SERIES ■ Wednesday's, May 4 – August 31	5K Run/Walk 6:35pm, 1K Ocean Swim 6:25pm • Grand Prix – May 4 & August 24 • Leadbetter Beach – S.B.'s premier social, fitness event for casual or competitive. Refreshments/music/raffle/kid's events. Jake Clinton • (805) 284-4720 www.NiteMoves.org
7th ANNUAL PEABODY SCHOOL RUN ■ May 14, Saturday, Grand Prix – 10K	10K 8:00am, 5K 9:15am • Goleta Beach County Park (new location) – Flat & fast 5K/10K along the bike path. Refreshments. Garrett Headley • (805) 284-1152 • gtheadley@yahoo.com • www.peabodycharter.com
PLATINUM PERFORMANCE STATE STREET MILE ■ June 5, Sunday	1 mi. First Heat 8:00am • State St. & Pedregosa St. – Fast gradual downhill through downtown S.B.. Age Group, Family Fun Mile, Dog and Elite runner races. Benefits District Attorney's Office Victim/Witness Assistance Program. Prize money/course record bonus/refreshments. Megan Rheinschild • (805) 568-2400 • www.sbmile.com
SANTA BARBARA REEF & RUN ■ Tuesday's, June 7 – September 13	1 mi. ocean swim 6:25pm, 1K ocean swim 6:30pm, 5K run/walk 6:35pm. Duathlon 1K swim/5K run. • Cabrillo Bathhouse – flat, fast, fun run for family or competitive athlete. Beverages/music/raffle in a casual beach setting. Jane Cairns • (805) 886-8123 • www.reefandrun.org

Vicki's 3000 ■ June 11, Saturday	3000 Meters, 1st Heat 8:30am • Westmont College Track – Benefits Special Olympics. Entry \$10; no shirt. Liz Werhane (805) 690-2944 • lizwerhane@yahoo.com
SEMANA NAUTICA 15K ■ July 4, Monday	15K 8:00am • San Marcos High – Granddaddy of central coast events. 57th annual Semana Nautica 15K traditionally on 4th of July • Free for 17/under • Goleta Valley • John Brennand • (805) 964-2591 • brennand@alum.mit.edu
SANTA BARBARA KID'S TRIATHLON ■ July 16, Saturday	8:00am • Dos Pueblos High School, Goleta – Juniors (7-10) 100m swim/5K bike/1K run, Seniors (11-15) 200m swim/10K bike/2K run. J. Ritterbeck, USAT Certified Race Director • (805) 448-8927 • jritterbeck@sbkidstriathlon.com • www.sbkidstriathlon.com
MONTECITO HALF-MARATHON "RUN OFF MATTERS" ■ July 16, Saturday	Half Marathon, 10K, 5K Fun Run/Walk, Kid's Run, Times TBA • Coast Village Road – A great course with flat, fast sections mixed with a few climbs. Benefits Santa Barbara Channelkeeper and C.O.A.S.T.. Robert Gilcrest • (805) 896-6917 www.montecitohalfmarathon.com or www.blacksmithendurance.com
DUCKY TRI I ■ August 14, Sunday	Super Sprint Triathlon: 400m/10k/3k 8:00am • Goleta Beach – Warm-up for SB Triathlon. Flat & fast. Open for all levels - beginners to experienced. Limited to 100 entries. Paul Williams • (805) 705-7968 • duckytri@sbtiming.com • www.sbtiming.com
WESTMONSTER 5K ■ August 18, Thursday	5K 6:15pm • Westmont College Campus – 2nd annual cross-county race on beautiful Westmont campus. Open for all runners. DeAnna Odell • (805) 455-0579 • deannaodell@gmail.com • www.westmont.edu/athletics
33rd MCCONNELL'S ICE CREAM ENDURANCE EVENTS ■ August 21, Sunday. Grand Prix - 10K	5K 8:30am, 10K 9:30am, Kid's Mile (beach run) 11:00am • Goleta Beach County Park – USATF certified out-and-back course. Free entry for under 18 or over 70. Fruit buffet/awards/ribbons & ice cream to all! Kevin Young • (805) 564-3400 kyoun@sbre.com • www.runforlife.org
SANTA BARBARA TRIATHLON & SPORTS EXPO ■ August 26 – 28th, Friday - Sunday	Long course (Sat.7am): 1 mi. ocean swim/34 mi. bike/10 mi. run. Sprints (Sun.7am): 500 yd. ocean swim/6 mi. bike/2 mi. run • East Beach, Cabrillo Bathhouse – 30th Anniversary! With Long Course or one of Sprint courses you're guaranteed memorable moments at this popular community event. Co-Ed, Women-Only, Parent-Child & Just-For-Fun categories. (805) 682-1634 • www.santabarbaratriathlon.com
RUN SANTA BARBARA PIER-TO-PEAK HALF-MARATHON ■ September 4, Sunday	13.1 mi. 6:30am • Stearns Wharf (Cabrillo at State St.) – The "World's Toughest Half-Marathon". Uphill from sea level to 4,000 ft. finish overlooking S.B.. Prizes/refreshments. Limited entries. Jake Clinton • (805) 284-4720 • www.RunSantaBarbara.com
DUCKY TRI II ■ September 11, Sunday	Super Sprint Triathlon: 400m/10k/3k 8:00am • Goleta Beach – Warm-up for Carpinteria Triathlon. Flat & fast. Open for all levels - beginners to experienced. Limited to 100 entries. Paul Williams • (805) 705-7968 • duckytri@sbtiming.com • www.sbtiming.com
GOLETA EDUCATION FOUNDATION 4-MILER ■ September 18, Sunday	4 mi. 8:30am • Goleta Union School District Office (401 N. Fairview Rd.) – Fun & unique course through scenic Lake Los Carneros. Benefits music & physical education programs in Goleta's elementary schools. Refreshments/awards/raffle/music. Nancy Knight • nknight@goleta.k12.ca.us
14th ANNUAL CARPINTERIA TRIATHLON ■ September 25, Sunday	Olympic 7:30am: 1.5K swim/40K bike/10K run. Sprint 8:15am: .5K swim/15K bike/5K run • Carpinteria Beach – Ocean swim, rolling foothills bike & scenic run. Novice & seasoned racers. USAT sanctioned. Limited entries! Ann Meyer (805) 684-5405 x 432 • annm@ci.carpinteria.ca.us • www.carpinteriatriathlon.com
34th ANNUAL CARPINTERIA KIWANIS BIG AVOCADO RUN ■ October 2, Sunday	5K 8:00am • Carpinteria Bluffs, Bailard Avenue – Unique, cross-country style race along the Carpinteria Bluffs. Post-race fruit & goodies. Register at Active.com. Carpkiwanis@gmail.com • www.carpkiwanis.org
FOX FALL XC CLASSIC ■ October 15, Saturday	5mi. 8:00 am • Lake Los Carneros – Octoberfest running in Santa Barbara. No major hills but plenty of attention-worthy footing. Free to 17/under. Andrea McLarty • dreapink@hotmail.com
CANCER CENTER OF SANTA BARBARA 5K WALK/RUN & 10K RUN ■ October 16, Sunday	10K 8:00am, 5K Walk/Run 8:30am, Kid's Fun Run 10:00am • Montecito Union School – 100% of proceeds benefit local cancer research. Unique Montecito course, Biltmore buffet/prizes/raffle. Stephanie Carlyle • (805) 898-2116 • stephanie@ccsb.org Online registration: www.ccsb.org/events/walkrun2011
SANTA BARBARA INTERNATIONAL MARATHON & HALF-MARATHON ■ November 12, Saturday, GP - HM	26.2 mi. & 13.1 mi. • Santa Barbara City College – Santa Barbara's premier running event, the SBIM returns for 3rd fantastic year. Relay teams for Marathon. Limited entries. Excellent race expo. Rusty & June Snow • www.sbimathon.com
33rd ANNUAL UCSB RECREATIONAL SPORTS TURKEY TROT ■ November 19, Saturday	10K 9:30am, 5K Run/Walk 9:45am • UCSB – Benefits Chad Briner Student Professional Development Fund & the SB Foodbank. Trail run along the lagoon & thru IV. Awards/raffle prizes, free Woodstock's pizza. Bring donations for SB Foodbank. UCSB Recreational Sports, Paul Lee/Marcus McMullen • (805) 893-3908 or 893-3253 • Register: www.gauchosplay.com
RUN SANTA BARBARA THANKSGIVING FOUR MILER ■ November 24, Thursday	4 mi. 9:00am • Magnolia Center – Santa Barbara's flattest & fastest 4-miler. Prizes/gifts courtesy of Run Santa Barbara & State Street Arcade. Jake Clinton • (805) 284-4720 • www.RunSantaBarbara.com
SANTA CLAUS 5K & FUN RUN ■ December 17, Saturday	5K 9:00am, 1 mi. Fun Run 10:15am • Palm Park, Santa Barbara – 2nd annual festive holiday run. Santa hats for all. Raffle prizes. Jose Gonzalez • (805) 962-3627 • jose@sbacktionpro.com • www.sbacktionpro.com



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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