

each (below cost). They are white with a cobalt blue stripe at the chest and gold 'Santa Barbara Athletic Association' lettering. Send check for \$10 made out to SBAA with your SEX and SIZE (S,M,L,XL) to 119 Cooper Road, SB CA 93109. These will probably just last two more months so order TODAY!

RUNNER'S PROFILE by Joe Howell

Finish the Hawaiian Ironman? Sure, a number of our local pro triathletes compete regularly in the Ironman, and of course there is local masters phenom Duncan Thomas, but how many "normal" people do you know who have done the Ironman once? Okay, how many people do you know who have completed the Ironman three times?

Bill Mason is a three-time Ironman finisher, a good (but not yet great) runner whose sense of humor and quick wit make him a great running partner. (For a good example of the Mason humor, check out Bill's description under the category "Worst Race and Why".)

When pressed (but not very hard), Bill is willing to talk about his Ironman experiences. At some point, he emphasizes that he competed in the Ironman in the early '80s, when the race was considerably tougher. (As an example, he emphasizes that in the early '80s there were no aero-bars on the bicycles, competitors wore bizarre tri-suits, and, according to Bill, the entire 2.4 mile swim was uphill.)

Bill is also a key member of the Team McDonald's Tough Enough Team. His specialty is any downhill leg, thereby resulting in his name "Downhill Bill". His back to back legs on the Tough Enough course are legendary; the photo shows what happens when others try to match his pace! (Note: Informed sources indicate that Bill does not run uphill. We're looking forward to his reaction at Heartbreak Hill at this year's Boston Marathon, where he'll run as one of the five members of the local "Run for Research" team.)

Basic Information

Name: Bill Mason
Age: 40
Employment/Family: Director of Marketing at Echo Speech Corp. Wife Sue, Nick (5), Katie (2), and Kelly (.5).

Other Sports/Interests: Triathlons, Skiing, Surfing, Hiking.



Running Highlights

Favorite Distance & PR at same: Marathon, 2:54.

Best Race and Why: 1982 Hawaiian Ironman Triathlon. It was my first triathlon and was an adventure in fear and uncertainty. I was so afraid of dehydrating that I drank constantly until I noticed that I was spending more time peeing than running. I think I actually weighed more at the end of the race than at the beginning, but I felt great.

Worst Race and Why: 1983 Hawaiian Ironman Triathlon. By now I was a battle-hardened triathlon warrior. I knew exactly what I was doing. There was nothing left to uncertainty. I had no fear. After a good swim, I gulped down a secret formula of 32 ounces of Coke, 2 bananas and 2 oranges. It turned out it was a secret formula for a reverse osmosis festering tropical daiquiri. It sucked all the water out of me and anyone near me and neatly stored it in my stomach. Luckily, my Lycra racing tri-suit was able to stretch to accommodate my sloshing gut. I looked like a full-term woman in a leotard as I walked the entire marathon developing unspeakable rashes.

Average Weekly Mileage (last 12 months): 40

Favorite Local Race: Are you Tough Enough 5 Person 100K Relay.

Goals (Realistic) for 1994: Run under 2:54 in the Boston Marathon on April 18.

Goals (Wildly Optimistic) before Year 2000: 2:50 in some marathon.

Additional Information

Why I Run: It helps to maintain my edge.

My Runner Hero & Why: Dave Peterson, because he is always so fast, thin and humble (did I mention the uniforms?)

Personal Training Tips: Take it easy if you're sore.

I love (hate) runners who...: Love runners who whine humorously. Hate runners who whine seriously.

My views on...: Warm beer is really tough to drink if it's flat.

Quote: "Bald spot? What bald spot?"

Boston Marathon Run for Research

Five local runners (Jack Bianchi, Mike Dungan, Joe Howell, Jeff Macaluso, Bill Mason) have formed the Run for Research to support the Cancer Foundation of Santa Barbara and strike a blow against cancer when they run the 98th Boston Marathon on April 18th. Contribute \$26.20 (\$1/mile; all but \$5 is tax deductible) and receive a T-shirt with logo and dedication listing all individuals - as identified by contributors - to whom the run is dedicated. Team runners will wear the same design and dedication on their racing singlets in Boston. Deadline for contributions is March 25, in order to have shirts printed before race day. Send contribution (plus T-shirt size and dedication (optional)) to: Cancer Foundation of Santa Barbara, 300 W. Pueblo, SB, CA 93102-4311. Local contributors pick up T-shirt at Hind Sports (301 Motor Way, SB); others will be mailed shirts. For more information contact Martha Lange at 898-2115.

THE 7th ANNUAL LAW DAY 15K RACE, RELAY AND WALK IS BACK!

On Saturday, May 7, 1994, the Santa Barbara County Bar Association will hold the 7th Annual Law Day 15K Run and Relay at Palm Park along Cabrillo Boulevard in Santa

Barbara. In the past, SBAA members have turned in impressive winning times and come away with many of the great prizes this race offers every year.

This year a new event will be offered for baby joggers. Those of you who like to run while pushing your tots in a baby jogger, can enter this non-competitive 5K run.

Registration starts at 7:00 a.m. and the first race is at 8:30 a.m. There will be a post race buffet, awards and T-shirts. Race proceeds will benefit the Santa Barbara Legal Aid Foundation. For more information call (805) 962-3443.

RACE RESULTS

January 23 - European Cross Country 6.6 miles. 2. Gregg Horner, 43:30. European Cross Country 2.2 miles. 7. Gregg Horner, 15:02.

February 6 - Long Beach Marathon. Mike Dungan, 3:17:33 (Boston qualifier). David Kille, 3:48:55, 2nd age group, 70+.

February 26 - AOE 5K Winter Series Run (36 finishers). 1. Gregg Horner, 15:56. 5. Terry Howell, 16:40. 17. Margaret Barbour, 19:23. 19. Carol Knox, 20:01. 22. Gary Milliken, 22:21. 28. Patsy Dorsey, 24:14.

MEMBER DISCOUNTS

- Fred Romano, Message Therapist, Acupuncturist, 563-1863 - 10% off.
- Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% reorders.
- Goleta Sports Center - 10% off shoes & apparel
- Hind Sports - 10% off
- Montecito Sports - 10% off
- Baby Joggers - Jeff Waxman, 683-3840
- Stephen Fountain Sports Massage - \$10 off, 687-5767
- Hourglass - \$1 off per group
- Katy Jacobsen Chiropractic - 50% off initial consultation & treatment
- Kevin Young, Realty 3 - 20% off selling side, 0.5% discount when buying, 682-1330
- Outfooters - 15% off shoes & apparel

NEXT MONTH Completion of 1993 Age-Graded Runs (I promise).