

Avila 5K. See the Schedule of Events for dates and times.

Dr. Paul Spangler, 95, of San Luis Distance Club died in March while running his three-times-weekly seven miles in San Luis Obispo. He began running at 67 and set over 200 U.S. & World age group and individual age marks on the track and on the roads, at distances from 100 meters to the marathon. He entered his first age group track meet, the Corona Del Mar TC masters meet at Cal Poly, when he was 76. He ran the mile in 7:28 and went home between events. When he returned for the three mile, he learned that his mile time was a new age record. Looking at the mark for three miles, he found he could not only break that mark but the two mile record en route during the race. He was timed at the intermediate distance as well and by day's end, Paul held three American records. He ran in the World Veterans Championships in Japan last October.

RUNNER'S PROFILE by Joe Howell

The subject of this month's profile is well known in our local racing circuit, as a top competitor, as a sponsor of local events and as a soon-to-be race director.

Lori's most recent accomplishment as a competitor was her first-place women's time at last year's Santa Barbara Half Marathon. In connection with Lori's marketing activities for the Santa Barbara Athletic Club and Cathedral Oaks Club, Lori has been instrumental in those organizations' support as race sponsors and prize donors. Finally, Lori will be joining that truly elite group who are responsible for our outstanding local races--the race directors! Lori is the organizer and director for the "Historic El Paseo's State Street Mile" and "Flavia Children's Dream Mile" on June 4. It is great to get this popular and unique race back on our race calendar, and Lori will undoubtedly produce a successful event.

Basic Information

Name: Lori Russell

Age: 29

Employment: Director of Sales & Marketing at Santa Barbara Athletic Club and Cathedral Oaks Tennis Club. Owner of 2 businesses: Lori Russell Marketing and State Street Mile Inc.

Family: Parents: Willard & Lois Russell (Scotch Plains, New Jersey).

Brother & Sister-in-law: Glenn & Kirsten Russell (Boulder, Colorado)

Live with boy friend: Barry Cappello, his 15 year old son, Brent and dog, Robbi.

Other Sports & Interests: I was born and raised in Canada and figure skated until college. I miss it and wish Santa Barbara hadn't lost their ice rink. Growing up, my sports background was all the traditional female sports: gymnastics, ballet and figure skating. I spent my summers in school working at a resort in Lake Louise, Alberta where I got hooked on hiking. Barry and I have been taking a 1-2 week hiking trip every summer. It's great to get away from the phones and faxes. Our goal is to see all of the National Parks.

Running Highlights

Favorite distance & PR at same: 10K, PR = 39:56

Best Race and why: Santa Barbara Half Marathon 1993. The Santa Barbara Half Marathon was my first race in 1988. I ran it in 1 hour and 55 minutes and my goal was to finish without stopping. It was a real accomplishment and an honor to win it in 1993 (1 hour, 31 minutes).

Worst Race and why: Most 5K's I've run. They're always a chore for me.

Average Weekly Mileage (last 12 months): 50

Training schedule: Long (1.5-2.5 hr) runs every Sunday morning, (a 2 year tradition with Misty Allen, Alyson Bostwick and Kelly Park - our "Joy Luck Running Club"), track or speed workouts twice a week, a beach run with my dog once a week, fun running the rest of the week with one day off by either choice or time constraints.

Favorite Local Race: The Cate School 2 Mile Dog Race. It is hilarious. Owners run with their dogs on leash 2 loops around the Cate School track and campus. The start is wild; the dogs fight with each other and of course don't want to follow the course. Everyone's leashes get snarled. I'm usually laughing so hard I can barely breathe throughout the race. My Dalmatian, Robbi is incredibly fast and basically drags me through the course and pulls my arms out of their sockets. The dogs are fiercely competitive and they really have fun.

Robbi and I have won the Women & Dog division for the past two years.

Goals (Realistic) for 1994: To get my 5K time consistently in the 18's, and that my boy friend Barry Cappello's running injury will heal so that we can run together again.

Goals (Wildly Optimistic) before Year 2000: Run a sub 3 hour marathon.



Lori Russell & dog, Robbi
1993 Cate School Dog Race

Additional Information

Why I Run: To spend time with my friends and family; to be healthy and feel great, to challenge myself to get faster, to clear my head and have time to myself.

My Runner Hero and Why: My sister-in-law Kirsten Russell (formerly Kindt) competes for the Mountain West team; 5K: 15:48, 10K: 32:52. She and my brother inspired me to start running when I visited them in Boulder six years ago. She has so much natural talent as a runner, I wish she were my "GENETIC" sister - incredibly fast, very humble and definitely the most balanced runner I know.

Locally, Master's runner Elaine Triplet is real inspirational for demonstrating that you can always keep improving.

Personal Training Tips: If you train hard, relax hard; take a bath, a nap, a slow walk on the beach. Your body and mind will benefit.

I love runners who: cheer in the rest of the runners after they finish a race.

Suggestions for local races: Keep them going. Don't let our established SB races die off. I love these new creative races that Bobby Powers and Kelly Lovejoy are doing and the Hope Ranch race in 1992 was really unique.

Suggestions for SBAA: I'd love to see and participate on a Santa Barbara running team. I've always noticed the group from San Luis Obispo that compete in our races. We have so many talented runners and it would be great to see some unity for runners of all levels.

My views on the Santa Barbara running community: It's the best. Incredible places to run, really friendly runners at all levels, lots of community support.

SBAA member since: 1988.

MEMBER DISCOUNTS

- Outfooters - 15% off shoes & apparel
- 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

SCHEDULE OF EVENTS

Sundays, Trail Runs, call Patsy Dorsey, 682-2124.

Wednesdays, Intervals at SB City College. 5:30PM warm-up, 6:00 workout, different speed groups.

Saturday, May 21 - Follow Your Heart Fitness Series 15K & 5K. Palm Park, 8:15AM. \$5, add \$2 race day.