

**RUNNER'S PROFILE** by Joe Howell

Who is Bill Rupp? These words were the lead-off for Bill Rupp's "From the Editor" column in the March 1993 Santa Barbara Athletic Association Newsletter, shortly after Bill took over as editor of the Newsletter. Under his leadership, the Newsletter has consistently improved. Bill has generated increased interest, has attracted a number of monthly contributors to the Newsletter (it must be the great pay!) and has made a real effort to maintain a quality publication that is still in keeping with the low-key, "let's not get too organized" character of the SBAA.

Bill is a fixture on the local racing circuit, challenging local runners (including his nemesis, the unnamed baby jogger runner) yet always ready with a kind word or two. Bill is an engineer who divides his extra time between running and golf, his other athletic pursuit. He has been a volunteer basketball coach for YMCA youth teams and when he is not racing in a local running event, he VOLUNTEERS for the event. (More of us should follow his lead.)

When you next see Bill, tell him that you think the SBAA Newsletter is both better and cheaper than *Runner's World*. With a little luck, he will continue as editor until the year 2000.

**Basic Information**

**Name:** BILL RUPP

**Age:** 38

**Employment/Family:** Engineer, Ferro EMD in Goleta. Mother, sister, brother-in-law and niece live in New Jersey. Drove to California 13 years ago to visit a friend.

**Other Sports/Interests:** Golf, reading, gardening.

**Running Highlights**

**Favorite Distance & PR at same:** Strawberry Festival 10K, 40:24

**Best Race and Why:** Hope Ranch 7 miles 1985. Ran with Chip Wessberg the whole way. He would speed up, I would catch up and so on. Passed people I usually didn't see until the buffet line.

**Worst Race and Why:** 1987 Discover Santa Barbara 10K. Pulled away from the 8 year old Garrison girl at the 3 mile mark (Carrie's younger sister).

**Average Weekly Mileage (last 12 months):** 17

**Favorite Local Race:** Chuck's Beach Run. Is it the great prizes, funny emcee, free food, seeing old faces, the run on the beach or the sunbathers on the course? All of the above.

**Goals (Realistic) for 1995:** Run under 19 minutes for 5K, 40 minutes for 10K.

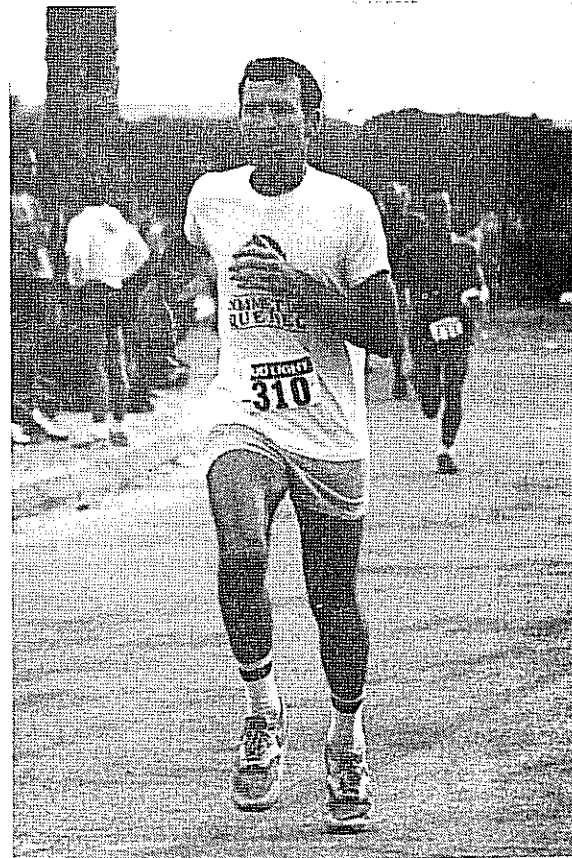
**Goals (Wildly Optimistic) before Year 2000:** Put in enough miles to run a marathon and qualify for Boston Marathon.

Find replacement for newsletter editor.

**Additional Information**

**Why I Run:** Fitness, competition, miss it when I don't. Weight control - I love to eat.

**My Runner Hero & Why:** John Patterson. When I first came to the Santa Barbara area, I ran the Sunday Lagoon Fun Runs at UCSB fairly often. John was a regular and one of the faster runners, but he didn't run very often. One day before the start of the 5 mile run, he came up to me and said he hadn't run for 32 days. I thought to myself I got him now. With a mile to go, he came up to me, said hello, and glided by.



**Personal Training Tip:** Run some hills. My "favorite" hill course is Farren Road. I run a six mile loop. It has some tough hills, few cars and great views.

**I love runners who...:** Say hello the day after a race who I just met at the race.

**Suggestions for local races:** Don't let the old races die.

**Suggestions for SBAA:** Weekend long runs.

**Favorite book:** The Moonstone by Wilkie Collins

**8TH ANNUAL LAW DAY USA RUN/WALK**

On Saturday, April 29, 1995, the Santa Barbara County Bar Association will hold the 8th Annual Law Day 15K Run, 3 X 5K Relay, 5K Walk and Baby Jogger 5K at Palm Park along Cabrillo Boulevard. Volunteers are needed to help with the event and will receive a free tee-shirt and post-race buffet pass. All entrants will receive a one week free pass from the Santa Barbara Athletic Club.

Registration begins at 7:00 a.m. and the first race is at 8:30 a.m. Post-race buffet, awards, prizes and tee-shirts. Race proceeds will benefit the Santa Barbara Legal Aid Foundation. For more information call the Santa Barbara Bar Association at (805) 962-3443.

**See Arthur Lydiard's Training Video**

Santa Barbara Athletic Club will be hosting a special showing of renowned running coach, Arthur Lydiard's training video on Tuesday, April 25th at 7pm. This showing is part of a fundraising effort for local runner, Meg Barbour, winner of the 1994 State Street Mile among other races. Meg has spent the last 3 months training under Arthur in Australia and is gearing for the 1996 Olympics. There will be a \$5 donation which will benefit Meg's training efforts 100%.

The video is inspirational for anyone interested in improving their cardiovascular system and for runners who aspire to improve their levels of endurance and speed. See the video on a 150 square foot movie screen in a comfortable social setting. There will be lots of free munchies. Santa Barbara Athletic Club is located at 520 Castillo Street, across from the DMV. For more information contact Lori Russe" at 966-6147 x23.

**RACE RESULTS**

Adventours 5K Race #3, March 18.

- 1. Corey Welles, 16:01. 8. Steven Johnson, 18:45. 9. John Tilford, 18:48. 13. Jack Bianchi, 19:13. 14. Dan Stephens, 19:23. 15. Kevin Young, 20:05. 18. Bill Rupp, 20:22. 19. Patrick O'Hara, 20:33. 22. Mark Brisby, 21:01. 24. Joyce Brisby, 21:06. 27. Fred Vega, 21:45. 30. Leo Schumaker, 22:15. 34. Mary Hershey, 22:39. 39. Stephanie Welch, 23:37. 40. Richard Box, 23:43. 41. Bob Kitson, 24:32. 50. Whitney Stafford, 27:00. 53. Margie Ranc, 28:47.

Adventours 5K Race #4, April 1.

- 1. Corey Welles, 16:18. 7. John Tilford, 18:09. 8. Gregor Robin, 18:19. 10. Kevin Young, 19:20. 13. Dan Stephens, 20:02. 17. Patrick O'Hara, 21:03. 23. Fred Vega, 22:12. 26. John Baron, 22:36. 28. Mary Hershey, 22:42. 32. Sharon Smith, 23:32. 34. Stephanie Welch, 23:59. 43. Kimber Young (6), 28:32. Eight people did all 4 races.

LA Marathon, John Baron, 3:45.

Disneyland Marathon, John Baron, 3:50. Runners were steered off course, so course was extended at finish.

**MEMBER DISCOUNTS**

Fred Romano, Massage Therapist, Acupuncturist, 563-1863 - 10% off  
Goleta Sports Center - 10% off shoes & apparel  
Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% off reorders.

Hind Sports - 10% off  
Montecito Sports - 10% off  
Stephen Fountain Sports Massage - \$10 off, 965-5339

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