

RUNNER'S PROFILE by Joe Howell

One of the bright new stars on the Santa Barbara running scene is Brian Culley. Like many other Santa Barbara-area runners, I first met Brian at the first official Grand Prix Race of the year, the February 24 Adventours Series 5K run at Palm Park. While Brian was unknown locally before that race, a victory in his first local race, coupled with his impressive running credentials, assured his quick introduction to the running community.

Brian will certainly be the fastest amongst the 15 plus local runners competing in the 100th Anniversary of the Boston Marathon on April 15. Brian has enthusiastically joined the Run for Research/Santa Barbara group who hopes to raise a significant amount for cancer research. (See article re Run for Research/Boston Marathon.)

In interviewing Brian for this month's Profile, I was impressed with both his times and his humility. (Can you imagine how insufferable a few of our fellow runners—who will remain unnamed—would be with times like Brian's?) When I asked Brian about the photographs that he had given to me, he explained that one was from a recent 10K that he had run with a time of 30:38. The other photo (which appears with this article) shows Brian competing in the Balboa Park 4 mile race in 1995. The photo was taken on Powder Hill, at the 2-mile mark of the race. Shown behind Brian is Steve Scott, who was following Brian at the half-way point but ultimately won the race, with Brian finishing an impressive second place.

Basic Information

Name: Brian Culley

Age: 24

Employment/Family: Currently a graduate student in Biochemistry at UCSB

Other Sports/Interests: My interests are very diverse. As a newcomer in town, I have been doing a lot of things on my own. I think you learn a lot about yourself when you have to be self-reliant. Recently, I have gone camping, seen a musical and even gone out for beers and pool by myself. It's interesting how things are different when you get away from the security and familiarity of having friends around. Of course, as I meet more and more people, I'm less inclined to do things on my own but I hope I don't stop entirely. My next project is restoring an old piano I bought last year. I don't play very well, but maybe I can change that someday.

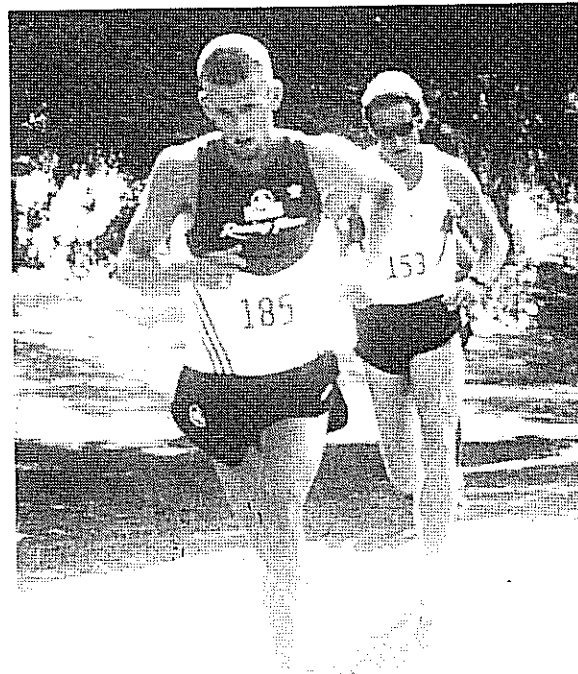
Running Highlights

Favorite Distance & PR at same: 8K/5 miles. I've run one at 24:12. I like the distance because I seem to focus well for 5 miles. For some reason, I have trouble with the 10K—that extra 1.2 miles really gets to me.

Best Race and Why: Probably the 1994 Cross Country Nationals in Portland. I organized a bunch of friends to go up there and try to beat my old Boston team. We were all from San Diego and called ourselves "The Border Patrol". We had a blast. I was on the jazz that day and I couldn't believe it as I passed so many people who are (were?) better than me. I wish I could remember what I had for breakfast that day!

Worst Race and Why: Definitely my first marathon. I ran St. George last October. A terrible pre-race massage really tore up my calves. I was tightening up by two miles and by 11, I had to let go of the pack trying to qualify for the Olympic Trials. I still hit 13.1 in 1:11, but between there and 16, I walked four times and even hopped off the course to speak with Ma Nature. My legs loosened up and I ran the last 10K in 33; low but the damage was done and I ran 2:32:00. Most people say "Wow, that's a great time", but I know I'm much faster than that.

Average Weekly Mileage (last 12 months): 80 miles. I hardly ever break 90 and always ease off after a season ends.



Favorite Local Race: The second 5K of the Adventours Winter Run Series (because it's the only one I've done so far).

Goals (Realistic) for 1996: Realistic goals for me start with a big PR at the 100th Boston Marathon. Then I hope to break 30:00 for the 10K and 14:30 for the 5K. I've been focusing on the marathon this year and I'm excited about returning to shorter stuff this summer. I also hope to do well at XC Nationals and maybe I'll do an 800m so I can get a sub-2:00 PR and be done with it.

Goals (Wildly Optimistic) before Year 2000: Well, if I had the kind of breakthrough that would enable me to do the IAAF European summer track series (B-level, of course), I could retire a very happy man. As for a more realistic optimistic goal, I just want to improve each year, stay healthy and make the most of my training. That should allow me to make the Trials in 2000, which is far beyond where anyone (including myself) would have thought I could get.

Additional Information

Why I Run: It feels sooooo good when you stop.

My Runner Hero & Why: Records come and go. I'm impressed by anyone who can get the most from themselves in training as well as on race day.

Personal Training Tips: Read. All the tips are out there, you just have to start collecting them!

I love runners who...: have the courage to face tough competition when they're not 100% fit. They are focused on their goals and don't worry about the intermediate steps. I can't always do that—I'm too self-conscious.

I hate runners who go out too fast. Don't you KNOW you can't run a 33:00 10K PR by going out in 4:50? The second row will not kill you!

My views on ...: sex before competition: Call me superstitious but . . .

Quote: "Running a marathon is not difficult, racing one is." Brian Culley, 1995

Last Words/Shameless Plug: Many thanks to Gold's Gym for sponsoring me and for their support of many races in the Santa Barbara running community.

RACE RESULTS

Adventours Winter Run #1. February 17. 61 finishers, 13 - 18 and under. 1. Russell Beste, 16:10. 2. Mark McNeese, 16:48. 8. Steven Johnson, 18:25. 9. John Tilford, 18:41. 10. Stuart Sato, 18:55. 13. Jack Bianchi, 19:19. 18. Melissa Bermant, 20:04. 21. Steven Miller, 20:09. 26. Joyce Brisby, 21:26. 27. John Baron, 21:30. 29. Leo Schumaker, 22:18. 32. Blake Sova, 23:08. 36. Stephanie Welch, 23:35. 38. Fred Vega, 23:59. 45. Patsy Dorsey, 27:47. 47. Lynn Goebel, 28:06. 51. Steve Gibbens, 32:12. 54. Jean Perloff, 40:06. 61. Paul Gilbert, 50:18.

Adventours Winter Run #2. Grand Prix Race. 136 finishers, 16 - 18 and under. 1. Brian Culley, 15:36. 2. Michael Smith, 15:45. 3. Paul Lee, 16:27. 4. Aaron Goldschmidt, 16:34. 5. David Larson, 17:07. 7. Matthew Fisher, 17:15. 13. Gene Ball, 17:54. 15. Jim Kornell, 18:01. 19. Steve Ainsley, 18:20. 20. Steven Johnson, 18:24. 23. John Tilford, 18:38. 25. Mike Dungan, 18:51. 26. James Quinn, 18:54. 27. Steve Close, 18:56. 29. Rollie Cavaletto, 19:10. 31. Jack Bianchi, 19:11. 32. Stuart Sato, 19:13. 38. Larry Reynolds, 19:31. 40. Dianna Hall, 19:34. 41. Joe Howell, 19:41. 43. Daniel Stephens, 19:46. 45. Kevin Young, 19:49. 51. Gary Wang, 20:03. 54. Gae McClenathen, 20:16. 55. Carrie Sova, 20:28. 57. Wayne Nelson, 20:34. 59. Bill Rupp, 20:49. 60. John Baron, 20:55. 61. Gordon McClenathen, 21:14. 64. Dick Bartek, 21:40. 66. Dale Rhine, 21:58. 69. Leo Schumaker, 22:15. 70. Patrick O'Hara, 22:18. 71. Blake Sova, 22:20. 73. Sharon Smith, 22:31. 74. Mark Brisby, 22:32. 75. Bruce Davis, 22:34. 77. Mike Saunders, 22:37. 80. Fred Vega, 23:06. 84. Stephanie Welch, 23:40. 101. Shirley Saunders, 25:30. 107. Patsy Dorsey, 26:10. 113. Lynn Goebel, 27:23. 116. Gene Welch, 27:29. 134. Paul Gilbert, 39:20.

Adventours Winter Run #3. March 2. 82 finishers, 13 - 18 and under. 5. Steven Johnson, 18:42. 10. Jack Bianchi, 19:10. 14. Daniel Stephens, 19:43. 20. Dick Kentro, 20:07. 21. Melissa Bermant, 20:08. 22. Douglas Dillard, 20:15. 23. Wayne Nelson, 20:16. 24. Joyce Brisby, 21:05. 27. Gordon McClenathen, 21:14. 30. Blake Sova, 22:22. 32. Patrick O'Hara, 22:30. 34. Leo Schumaker, 22:44. 39. Bruce Davis, 23:26. 42. Stephanie Welch, 23:43. 43. Fred Vega, 24:08. 48. Karen Schizas, 24:31. 58. Ralph Philbrick, 27:04. 59. Patsy Dorsey, 27:12. 69. Steve Gibbens, 31:15. 71. Mary Grace Torres, 31:58. 72. Stephanie Torres, 31:58. 82. Paul Gilbert, 39:41.