

RUNNER'S PROFILE

by Joe Howell

Richard and Johanna La Claire are relative newcomers to the Santa Barbara running scene, but both share a passion for running and local runners.

Johanna is a full time student at UCSB and has really just started her running career. She enjoyed great success as a top Southern California high school volleyball player and played a year at UCSB. She is now devoting most of her time to pursuit of a degree in environmental studies, with hopes to continue her running, both farther and faster.

Richard is one of those guys you see all over town. He works as manager at Keeper's Lighthouse Restaurant and as a tour guide. If you hear the bell of the Santa Barbara Trolley and turn to see all of the passengers waving at you, just look for Richard, who undoubtedly has just given some interesting fact about you to his passengers. He recently returned to the world of competitive softball, having been recruited by one of our area's top teams for their playoff series. (Richard was worth recruiting—he had a great career as a pitcher for the San Diego Padre's AA minor league team.) Richard also had a bout with cancer only three years ago, fighting hard and emerging with a victory over cancer, a great appreciation for his good health and a new-found passion for running.

Basic Information

Name: JOHANNA LA CLAIRE

Age: 20

Employment/Family: Full time student at UCSB Environmental Studies major

Other Sports/Interests: Volleyball, surfing, biking, art

Running Highlights

Favorite Distance & PR at same: 5K at 27:50

Best Race and Why: My first race ever was a 5K at Nite Moves—I wanted to stop but Richard pushed me all the way.

Worst Race and Why: 5K Adventours Run Series—I had a cold so it was hard to breathe.

Average Weekly Mileage (last 12 months): 1-9 miles (it varies a lot).

Favorite Local Race: Terry Fox—there is beautiful scenery.

Goals (Realistic) for 1998: To beat my best 5K time and run consistently.

Goals (Wildly Optimistic) before Year 2000: To be able to run a half marathon.

Additional Information

Why I Run: For fun and exercise and to be with Richard.

My Runner Hero & Why: Richard—I could never do what he does after battling cancer and still being able to run so fast and far for his heavy weight.

Personal Training Tips: Enjoy what you are doing.

I love runners who ...: are senior citizens.

Suggestions for local races: A wider variety in the distance of races (1500 - marathon).

Suggestions for SBAA: More membership get togethers.

My views on success. As long as you try your best, that's all that matters.

Quote: "All you need in life is ignorance and confidence; then success is sure."

SBAA Member since 1998



Basic Information

Name: RICHARD LA CLAIRE

Age: 37

Employment/Family: Manager at Keeper's Lighthouse Restaurant and historical tour guide for the Santa Barbara Trolley.

Other Sports/Interests: Softball, skateboarding, surfing.

Running Highlights

Favorite Distance & PR at same: 5K 18:15

Best Race and Why: Carlsbad 5000, because it's my hometown and whether or not people know you they root for you unconditionally.

Worst Race and Why: Noontime Rotary, because they switched the 10K and 5K races the morning of the race and the gun went off and I didn't even have my shoes on.

Average Weekly Mileage (last 12 months): 20 miles

Favorite Local Race: McConnell's 5K and 10K.

Goals (Realistic) for 1998: To go from 194 lbs. to 175 lbs. and increase mileage while staying consistent.

Goals (Wildly Optimistic) before Year 2000: Break 17:30 for a 5K

Additional Information

Why I Run: To stay healthy and appreciate the sport because I've only been doing it for two years.

My Runner Hero & Why: Dennis Bourland, because he is always willing to share his running skills with myself and others without reservations. Simply put, he paced me in my race and turned around and ran his.

Personal Training Tips: Try to always run with somebody, whether they are faster or slower than you.

I love runners who ...: have a lot of experience and share their experiences and tips with new or old runners—like the guys who run Sunday mornings at the Bathhouse.

Suggestions for local races: Spread out the races to touch all areas of Santa Barbara; don't always concentrate on the beach courses.

Suggestions for SBAA: Consider weight categories in all races. Some people are just bigger than others.

My views on ...: If you truly love running, you enjoy any type of race whether it be a 50-yard dash or a marathon. Enjoy the fact that you are able to run and you are not one dimensional.

Quote: "Nobody is ever too good to not have a coach". ("one that sticks around")

Richard La Claire

SBAA Member since 1996



TRY IT - YOU'LL LIKE IT

Here are a few preliminary comments on the Interval Training Program which Jim Triplett is heading up at La Playa Stadium, Tuesday evenings at 5:30 p.m. So far we are getting rave reviews from those who have signed up. Everybody seems to be enjoying the runs, and it really is a good, hard, companionable workout. No experience necessary. All ages and levels of fitness and experience welcome, and benefits are practically guaranteed. You don't have to be a red-hot racer to get something out of these, and we would like to invite anyone who might be interested to come down and try us out.

Occasional social opportunities afterwards, dinner and a beer or other beverage at a local restaurant. It's a chance to get to know the others.

Tuesdays at 5:30 p.m., La Playa track. First couple of workouts free, \$20 per month thereafter.

Details: Call Des O'Neill at 966-2211 or Jim Triplett at 967-1986.