

RUNNER'S PROFILE

by Joe Howell

Mike Kulper is one of those guys who has been putting in great times at local races, biathlons and triathlons for many years. I recall my conversation with Mike a few years ago, shortly before the Santa Barbara County Triathlon. He had just sold his road bike to friend and fellow triathlete Stan Jagoda. For a change of pace, Mike still competed in the Triathlon racing the thirty-four mile course on his mountain bike. It is probably no surprise that Mike had an impressive time, notwithstanding the size of his tires and the weight of his bike.

In the last few years, you may have noticed more and more runners wearing black socks in various races. (This does not include those select few rock-hard runners who qualified for their black socks at the annual Day Before Thanksgiving track workout; more about that in a future issue). As far as I can tell, Mike Kulper may be the creator of the black sock look, at least in Santa Barbara

I remember well seeing Mike at the Senior National 15K several years ago, wearing what then appeared to be an extremely odd looking pair of black running socks. Little did I know that Mike was merely ahead of his time.

Watch for Mike at our next race - smiling, certainly not worrying about his tax return, and probably wearing the signature Kulper black socks.

Basic Information

Name: Michael Kulper

Age: 40

Employment/Family: CPA and accounting professor at SBCC; and Single

Other Sports/Interests: Biking, swimming, hiking, reading, investments, travel, music and art.

Running Highlights

Favorite Distance & PR at same: 10K @ 35:45

Best Race and Why: Two races stand out to me—the Pier-to-Peak Half Marathon in September 1995, and the Wildflower Mountain Bike Triathlon this past May. I finished fifth overall in the '95 Pier-to-Peak race. I finished second in my age group (35-39) at the Mountain Bike Triathlon and had the fastest run time overall.

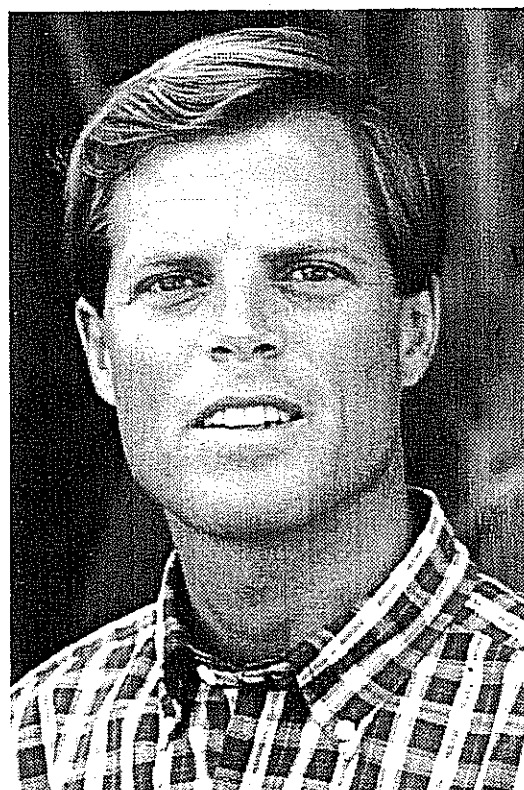
Worst Race and Why: The 1981 Santa Barbara Half-Marathon (this makes me feel like an old-timer!). This was my first half-marathon, and the only race I've almost not finished. My calves cramped up, and the final two miles or so were very painful. Over the years I've learned to back off a bit when something starts to give.

Average Weekly Mileage (last 12 months): I only run about 15 miles a week, because of running and cycling on alternate days.

Favorite Local Race: My two favorite races are the Pier-to-Peak Half-Marathon and the Santa Barbara County Triathlon. The Pier-to-Peak is a one-of-a-kind, challenging race. The feeling of accomplishment when you're at the finish up on top of La Cumbre Peak looking back down at the wharf from which you started is beyond description. I've competed in the SB County Triathlon the last six years in a row. It's the annual event that tests my overall fitness at the end of the summer.

Goals (Realistic) for 1998: To compete in the Wildflower International Distance Triathlon, in May and do well in my new age group category (40-44). It's supposed to be a tough course!

Goals (Wildly Optimistic) before Year 2000: The year 2000 is not that far off. I'd like to run a marathon - specifically the Big Sur Marathon. I've run several half-marathons, but never a FULL marathon.



Additional Information

Why I Run: I started running when I was in college to stay in shape. I started feeling like I was getting "soft" after competing in sports in high school. I've come to realize through the years that running is also quite beneficial from a psychological perspective, as well. Additionally, I think I enjoy the social aspects as much as anything nowadays.

My Runner Hero & Why: My first "runner hero" was John Walker, the great New Zealand miler. He was about my height, yet was a record-setting miler. It showed me that even taller runners could compete successfully. My runner heroes now are all those runners who are older than me and are still out there running strong - they inspire me!

Personal Training Tips: Listen to your body when it's telling you it's hurting. I've always been sorry when I haven't. I'm convinced that cross-training has saved my legs so that, hopefully, I can enjoy many more years of running.

I love runners who ...: are out there running consistently year after year, no matter where they finish in races.

Suggestions for local races: *More cross-country type races (5 to 10K distances).

*More bike-run (duathlon) events in Santa Barbara.

Suggestions for SBAA: No suggestions. I enjoy the SBAA newsletter, and the Runner's Profile. I appreciate the SBAA's involvement in local races.

My views on ...: living in a community that has such a great climate year-round for training, and provides so many opportunities to participate in local races. I feel extremely fortunate to be able to practice my profession in an area like Santa Barbara, which is so conducive to training and competing throughout the year.

Quote: "We are what we repeatedly do. Excellence, then is not an act, but a habit." - Aristotle

UPCOMING RACES

Adventours Run Series

Location: Santa Barbara - East Palm Park
 Start Time: 8:30am
 Distance: Varies (See Below)
 T-shirt: No
 Fee: \$5 prereg. \$7 race day.
 Contact: Adventours Outdoor Excursions
 PO Box 215
 Santa Barbara, CA 93102-0215
 Phone: (805)963-2248
 Email: aoe@adventours-inc.com
 URL: adventours-inc.com

Type of Course: Oceanfront course flat and fast.
 Other Features: Fruit & Bagels Buffet, post race raffle. Kids 16 & under run for free.
 Date/Distance:
 February 21, 1998 5K
 February 28 5K
 March 7 5K & 8K
 March 14 5K & 10K
 March 28 5K & 12K

Santa Barbara Winery 10 Mile Race & 5K Fun Run

Location: Santa Barbara - Leadbetter Beach
 Start Time: 8:00am
 Distance: 10 Mile & 5K
 T-shirt: Yes
 Fee: 10 Mile = \$20 & 5K = \$12
 Add \$5 after March 15th.
 Race Day: 10 Mile=\$25&5K=\$18
 Contact: Adventours Outdoor Excursions
 Type of Course: Out & back, scenic mountain and ocean views.
 Other Features: Breakfast buffet and post race entertainment & award ceremony.
 Date: April 4, 1998

Santa Barbara County Triathlon

Location: Santa Barbara - East Beach
 Start Time: 7:00am
 Distance: Long(1 Mile Swim, 34 Mile Bike, 10 Mile Run).
 Sprint (500 yd Swim, 6 Mile Bike, 2 Mile Run)
 T-shirt: Yes
 Fee: Long = \$60, Sprint = \$40
 After July 31 add \$5
 Race Day: Long \$75, Sprint \$50
 Contact: Adventours Outdoor Excursions
 Type of Course: Challenging. Spectacular ocean and mountain views.
 Other Features: Post race pasta lunch. Entertainment & award ceremony.
 Date: August 22, 1998