

RUNNER'S PROFILE

by Joe Howell

Yes, they just keep coming ... the triathletes. Not only have their profiles dominated this column for the last few months, but you got a chance to see hundreds of them racing in late August.

This month we feature Nick Boyer ... known in the triathlon community as "the WAD". I have no idea where the name came from, but knowing Nick, it is well deserved. He is one of those guys who seems larger than life, can talk trash with the best of them and is full of surprises.

With that combination, you can imagine my anxiety several months ago when I spotted the WAD while dining at a local restaurant with my wife, sister, mother and two of my mother's friends. Despite my best efforts, I could not avoid eye contact with the WAD. He saw me, grinned like a serial killer and marched over to our table. Prepared for the worst, I was stunned when a gracious, polite and downright charming WAD entertained our table.

Nick's next big adventure is Ironman Florida, which will add one more to his impressive string of Ironman events starting with Hawaii in 1998. If you happen to see Nick swimming, biking or running, give him a wave or talk a little trash with him - not even Nick knows how he might respond! (Also note - Nick's running history includes some pretty amazing performances - once a runner, always a runner!)

Basic Information

Name: NICK BOYER

Age: 40

Personal Information - Basic

Employment (company, title, describe job if not obvious): Hollingsead Intl. - Director of Operations. We make stuff for aircraft. I'm responsible for the stuff getting made. Scared yet?

Family - who they are; what they do: Mom, dad and two brothers. Dad is a preacher (was a steelworker) and the brothers are in the construction industry. Mom's just the best. They're all back in Mechanicsburg, PA - poor saps.

Other Sports/Interests/Hobbies: What? Triathlons not enough? Reading and drinking beer rate highly.

Personal Information - Additional

My friends describe me as ...: a choirboy or "the Wad."

My trademark expression is ...: a scowl.

If money were not a consideration, I would love to be a ...: Cellist. I'm serious.

Goals - In the next 5 years, I hope to ...: Qualify for the Ironman. Retire.

In the next 10 years ...: Still be retired. Still be racing.

Accomplishments - I am really proud of the fact that I ...: Ran a 3:36 marathon off the bike at Ironman California with a blown IT band. Finished the Ironman in 1998 with a blown IT band.

Running Highlights

Favorite Distance & PR at same: Marathon - 2:43:02 in 1979. I like it even better at the end of an Ironman. It's a gut check.

Best Race and Why: Ironman 1998 - I finished in spite of an injury and in spite of the fact that I had no clue what I was doing.

Worst Race and Why: The whole 2000 season. I found every reason to fail - flat tires (Mission Bay), injuries (Ironman CA), nausea (Thailand), cramps (SBCT), blah, blah, blah.

Average Weekly Mileage (last 12 months): 12-20 hours a week swimming, biking, running and lifting.

Favorite Local Race: SBCT

Running Goals (Realistic) for this year: Run 3:20 off the bike at Ironman Florida in November.

Running Goals - (Wildly Optimistic) for this year: Run under 3:15 at Ironman Florida in November.

Running Goals - (Lifetime) - Before I die, I hope to ...: Run under 3:15 off the bike at the Ironman. Finish Ultraman. Finish the Western States 100. Run faster than I did when I was 18 in the marathon (2:43:02).



Additional Running Information

Why I Run: 1. Angst removal. 2. Better than watching TV. 3. Keeps me from getting fat. 4. Gives my crotch a rest after long rides. 5. Gives me an excuse not to attend social functions.

My Local Runner Hero & Why: Joe Howell - hard to believe anybody that old can still run. Or Duncan Thomas ... he'll lay waste to 99% of the athletic population half his age.

Personal Training Tip: Three words - stretch, ice, Advil. Oops, almost forgot do not go to LuLu's (Kona) the weekend of a race.

I love runners who ...: are women.

I hate runners who ...: race shirtless and don't complement the package with the flattering gold chains.

Suggestions for local races: Make it a contact sport. It is the only chance I have against skinny guys.

My views on ...: Meet me at the James Joyce and I'll give you an earful. Besides, there's not enough room to rant.

Quote (on running, life, whatever): "If you're going through hell ... keep going." - Winston Churchill.

"It's not the size of the dog in the fight, it's the size of the fight in the dog ..." - Somebody Else.

Miscellaneous

Add anything you want! Little known fact: I roomed with 1992 Olympic Marathoner Steve Spence in college. I was 0-38 against him lifetime.

RACE RESULTS

Park to Park 8 Mile Run. Lompoc.

1. Seth Waterfall, 45:59.
4. John Orach, 47:49.
11. Dennis Mihora, 50:52.
12. Mike Hamer, 52:17.
23. Kris Kircher, 61:48.
42. Steve Coombs, 70:02.
47. Stephanie Welch, 72:16
50. Carol Mihora, 74:35.

San Diego Rock N Roll Marathon.

Jack Clymer, 4:01:14 (1/2 marathon time - 1:54:52). This was Jack's first marathon.

MEMBER DISCOUNTS

Dr. Jim Cochran, chiropractor specializing in foot, knee, hip & back problems. Free exam. 683-1476.
Channel Islands Chiropractic. Two adjustments for \$40.
Dr. Aaron Austin, 966-7771.
10% discount at AJA restaurant, 3132 State Street (Tim Mock)

Precision Biomechanics Physical Therapy: Free initial screening. Wednesday evenings 5:00 - 6:00. For an appointment call 681-7440.

Justin Kojima, Real Estate Appraiser, 964-0646.

Outfooters - 15% off shoes & apparel

Hourglass - \$1 off per group

Kevin Young, RE/MAX - 687-2600

West Maui oceanfront condo, great for cross training, 30% off. Steve or Julie, 962-1895. www.halekai.com

Fred Romano, Massage Therapist, Acupuncturist, 568-5340 - 10% off.

Goleta Sports Center - 10% off shoes & apparel.

Montecito Sports - 10% off.

Stephen Fountain Sports Massage - \$10 off, 965-5339.

LOCAL RUNNING RELATED WEB SITES

Listed below are web sites which describe races in the tri-county area. Confirm race times with information contact before driving out of town.

www.impulse.net/~lvdc/. Administered by the Lompoc Valley Distance club (Karl Seelandt, Vice President and Nancy Perry, Newsletter Editor). Lists races in the Lompoc area.

www.m-cad.com/slde. Administered by the San Luis Distance Club (Stan Rosenfield, Newsletter Editor and Scott Hull, Webmaster). Lists races in San Luis Obispo area.

www.west.net/~scs/sbaa/ SBAA Grand Prix standings.

www.adventours-inc.com. Results for local races and information on Adventours races.

www.RunSantaBarbara.com. Organized by John Clinton, race director of Nite Moves series. Information on other races including Pier to Peak and Thanksgiving 4 Miler.

www.trackinfo.org. Administered by Andrew Hecker, race director of Twilight's Last Gleaming in Ventura. Lists races in Ventura, SB and SLO counties.

SCHEDULE OF EVENTS

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

Sundays - Trail Runs. E-mail Patsy Dorsey at patsybike@yahoo.com for information on weekly trail runs on Sunday. Patsy will create an e-mail list for location and time.