

leap-frogging the crew's vehicles, and enjoying the scenic lava field for the second time.

I had never ridden 171 miles in my life. I did a couple of 7 hour rides around Lake Casitas in October, and they were hard. So it was going to be a long day in the saddle. Before the start, Cory Faulk, who is a Kona local, told me it's basically three bike rides. You ride to Hawi first, then do the climb over Kohala, descend down into Waimea, and back to Waikoloa, and from there, it's an out and back to Hawi. Sounds easy, it's just LONG.

I quickly settled into a pace I felt I could comfortably maintain, letting others go on. I know I can make up some ground on the climb to Hawi and over Kohala. Day Two is also my birthday. My crew had made a chocolate cake for me. I had a choice of GUs or birthday cake. The cake was a nice touch, but a little tough to get it down during the climb. I enjoyed it nevertheless. There is no such thing as bad birthday cake. The climb up Kohala was 11 miles. The highest point was about 3564 ft. It was not a hard climb, but long and steady. The view at the ridge was magnificent. Long, green grass covered the mountain range. Blue sky blended in with the Pacific Ocean in the background. It was awesome!

The grass soon gave way to dirt and cactus as I crested over the ridge. The Waimea side of Kohala Mountain does not get as much rainfall as compared to the Hawi side. I was riding in a desert, on the big island of Hawaii. The descent into Waimea was a little scary with a gusty wind blowing at my face. I probably lost a little time in the descent, but I didn't crash. From Waimea, it's 11 miles downhill back onto Queen K. I was more worried about getting blown off the bike than trying to go fast.

There was a film crew from Brazil covering the event. They drove up next to me and filmed me for a minute or so. I didn't say anything, not because I was a little tired, but I don't know any Portuguese or Spanish.

Back on the Queen K the second time, the wind had picked up a little bit, but nothing really bad. My legs began to tire, and the bike seat was very uncomfortable. The climb back to Hawi was long. I was glad that they put the turnaround about 5 miles out of Hawi. I don't think anyone complained about that. There was a nice tailwind going back toward Kona. I was able to put in a pretty good effort, but I wasn't able to see anyone ahead of me. I finished the 171 mile bike ride a few seconds over 9 hours, and I was glad to be off the bike. I made up a little more time on Bruce Smith, the master's swim coach from Stanford, and moved into 4<sup>th</sup> place overall, with the 4<sup>th</sup> fastest bike split for the day. The routine after day two was the same as day one. As we were driving back to the

condo, we saw Kelly Clancy finishing the bike. All but one finished within the 12 hour time limit.

Compared with the old course, the bike on Day One is easier, and on Day Two is harder, by about one hour. I was pretty tired after the long bike ride on the second day. The evening was compressed; it was dinner then bed.

(To be finished next month)

**RUNNER'S PROFILE**

by Joe Howell

The guy with the hat that looks like a jersey cow; the gluten intolerant runner who dropped beer and pasta from his diet then runs all 5Ks in the low 17s; the speed merchant who pushes Johnny O, Mick, Rod, Seth and others who try to keep up with him; the Wisconsin wonder; the race driver wannabe who loves hot cars (and had 3 at last count); the Grand Prix men's 55-59 champ; the guy with a voice (and face) for radio.

Yes, only one guy fits all the descriptions above - Carl Schulhof. He flew into town a few years ago. With his remarkable running performances, indelibly painted mile markers, consistent chatter and a few more memorable traits, Carl has made his mark in the in the Santa Barbara running community. Go you cheesehead.

**Basic Information**

**Name:** CARL SCHULHOF

**Age:** 55

**Personal Information - Basic**

**Employment (Company, title, describe job if not obvious):** Television advertising

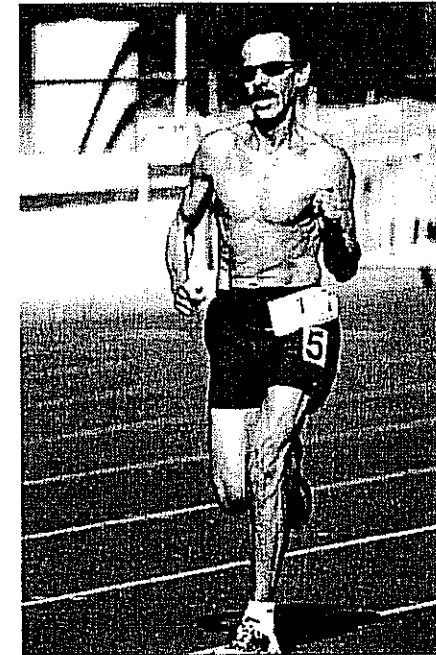
**Family - who they are; what they do:** Andy (my cat) - he is very gifted. We do long walks by the beach; quiet evenings by the fire; and he has just taken up scuba diving. Do you have any idea how hard it is finding a wetsuit for a cat?!? His latest deal is line dancing, but I think he will have to go alone.

**Other Sports/Interests/Hobbies:** XC skiing; cycling; weight training; yoga. Guys have won the Olympics with less training.

**Personal Information - Additional**

**My friends describe me as ...:** WEIRD

**My trademark expression is ...:** If it is worth doing it is worth overdoing. That's an original! The early bird gets the worm - that is not original.



**If money were not a consideration, I would love to be a ...:** I would be as wealthy as Bill Gates.

**Goals - In the next 5 years, I hope to ...:** I hope to still have all my teeth and be eating solid food.

**In the next 10 years ...:** still be walking upright.

**Accomplishments - I am really proud of the fact that ...:** Seriously folks, I am very happy that I have been able to compete at a very consistent level for a long time.

**Running Highlights**

**Favorite Distance & PR at same:** 5K is my race. My best is 16:48, although last season I ran a 17:15, which was my third fastest.

**Best and Worst Race and Why:** What I always say is that the difference between a good race and a bad race is that in a bad race I think about quitting every 3 seconds; in a good race it is every 5 seconds.

**Average Weekly Mileage (last 12 months):** 40-45 miles

**Favorite Local Race:** Anything that is either 5K or 18 minutes, whichever comes first.

**Running Goals (Realistic) for this year:** I would love to have the season that I had last year, which was my best season in 30 years of running.

**Running Goals (Wildly Optimistic) for this year:** Cut 4 minutes off my 5K and win the next Olympics.

**Personal Training Tips:** Don't run hard unless they pin a number on you and shoot a gun.

**I love runners who ...:** finish behind me.

**I hate runners who ...:** beat me consistently.

**Suggestions for local races:** Give me a head start.

**Suggestions for SBAA:** Don't change a thing! I love you guys, your beautiful - really (let's have lunch). I'll have my people call your people.

**My views on ...:** life ... don't take it seriously (as you can see from this profile)!

**Miscellaneous**

**Additional thoughts:** I will never forget the first race that I ran. It was Al's run, Milwaukee, 1978, 25,000 people ran. Running up a hill next to two guys, one guy says "How you doing man?" to his buddy. His buddy replies, "I'm dying man, I am not going to make it". He replied, "You gots to deal with it brother!". That kind of sums up running and most other things in life. The only other question I have, which I have pondered for years - is it ok to pet on the first date?!

**LOCAL RUNNING RELATED WEB SITES**

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

**www.SBRunning.org.** SBAA web page. Contents include a local race schedule, favorite runs, member articles, Running Shorts, current newsletter and Profile, and links to other running related sites.

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

**www.m-cad.com/sldc.** 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/~ses/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.