

RUNNER'S PROFILE

by Joe Howell

It is May in Santa Barbara, and local runners' thoughts turn to what? (Lawyers in general and more specifically, the highly acclaimed, always wonderful Law Day 15K Race/Relay. It is on May 4 this year; check your 2002 Calendar of Events for details.) So, it is appropriate that we feature local lawyer/runner Lynn Goebel this month.

Lynn is a UCSB graduate who like many, couldn't imagine moving away. She has graduated from law school, joined a local law firm and judging from her Profile and historical results, enjoys great success in the local races. (She is a three-time winner in her Grand Prix age group.) As you read Lynn's Profile, you will also note that she displays an important talent – a good sense of humor. No wonder she and the members of her group seem to be having so much fun at the Tuesday night track workouts.

Basic Information

Name: LYNN GOEBEL

Age: 30

Personal Information - Basic

Employment (Company, title, describe job if not obvious): Attorney - Misho, Kirker & Pina [Just across the Koi pond from Ironman Joe Howell's esteemed firm.]

Family - who they are; what they do: Dad, Mom, older sister and twin brother live in Bay Area; locally looked after by friends Kate and Vanessa and roommates Brian, Melinda and Roberta.

Other Sports/Interests/Hobbies: Believe it or not, but I also tap dance.

Personal Information - Additional

My friends describe me as ...: Depends who you ask but I suppose it varies between quiet/asleep or easygoing.

My trademark expression is ...: somewhat of a flat affect due to an uncanny ability to fall asleep at the drop of a hat.

If money were not a consideration, I would love to be a ...: Park Ranger or one of those professional camp counselors at a small camp somewhere back east.

Goals-In the next 5 years, I hope to ...: hang up my clothes at the end of the day instead of heaping them on the floor.

In the next 10 years ...: own more dress shoes than running shoes (wildly optimistic.)

Accomplishments - I am really proud of the fact that ...: I've stayed in Santa Barbara post-UCSB and managed to make something of a life here.

Running Highlights

Favorite Distance & PR at same: Probably 10K. PR? I always forget to keep track of those things.

Best Race and Why: The first 5 miles of the America's Finest City ½ Marathon. Did them in approximately 43 minutes (fast for me).

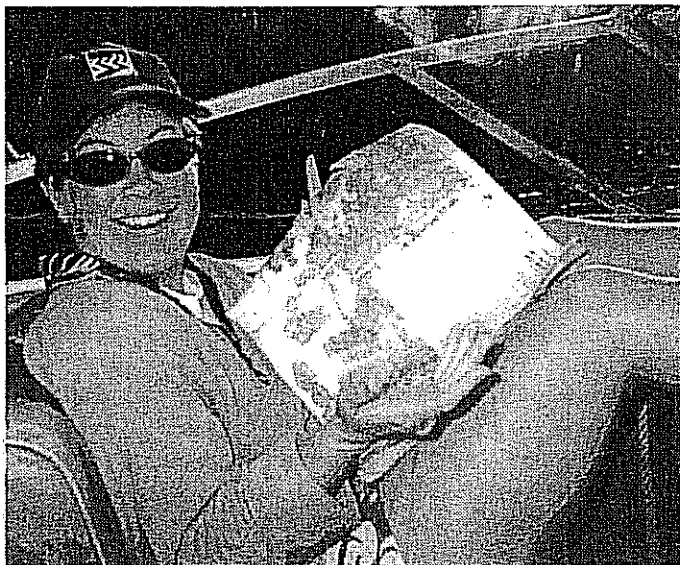
Worst Race and Why: The last 8 miles of the America's Finest City ½ Marathon - nothing short of ugly as I petered out. Oops.

Average Weekly Mileage (last 12 months): Something just a little better than sedentary. Maybe 20? 30?

Favorite Local Race: The Chardonnay or whatever they're calling it now. Nice course, nice distance, nice adult beverages.

Running Goals (Realistic) for this year: Try and nail a few 5K's consistently below 25 minutes.

Running Goals (Wildly Optimistic) for this year/Lifetime: Buy more sports bras so I can reduce the frequency of my need to do laundry. Seriously, run a race on another continent.



Additional Running Information

Why I Run: You should see what I eat. I've got to burn those calories some way. Also, I love the mental health benefits and endorphin rushes.

My Local Runner Hero & Why: I have 2 heroes: One is Ralph Philbrick for providing consistently fun competitiveness. The other is Vanessa Kirker. She gives so much of her time, talent, energy and insight to little ole me daily.

Personal Training Tips: I certainly am not the one to be giving out tips, but there seems to be a lot of folks recommending that stretching thing.

I love runners who ...: say hello or offer words of encouragement as I straggle along.

I hate runners who ...: make it look so ding-darn easy. Can't you guys sweat more or breathe harder?

Suggestions for local races: More duathlons or multi-sport events. Also, offer different colored T-shirts than white.

Suggestions for SBAA: Do we have some type of online directory or E-mail directory?

My views on ...: wearing white after Labor Day. I say go for it.

Quote (on running, life, whatever): "Life is not a problem to be solved but reality to be experienced."

Kierkegaard (on the less serious side, I love anything Dorothy Parker has to say.)

Miscellaneous

SBAA Member since 1996?

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/~lydc/. Administered by the Lompoc Valley Distance club (Nancy Perry, Newsletter Editor). Lists races in the Lompoc area.

www.m-cad.com/slhc. 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.

www.sb9trails.homestead.com Santa Barbara's only ultra held on the Saturday after Thanksgiving.

MEMBER DISCOUNTS

Tri Paradise Sports (Mary & Barry Ross) - 2939 De La Vina, 10% off apparel
Massage Therapy, Tobi Chauvet, LMT, Deep tissue, sports, canine, heated stone therapy. 15% discount, 455-2778.

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

Goleta Sports Center - 10% off shoes & apparel.

Montecito Sports - 10% off.

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