

As my friend Leah (and high-school students everywhere) would say, "That's stupid."

So I have both a resolution and a request.

My resolution is to be a more social runner. That means having the courage to accept that it's OK for me to run my pace. That means having the courage to try to make friends and running buddies.

My request is that others do the same. The SBAA is an amazing resource for people, and I think it can be an amazing resource for even more people. Maybe if enough runners like me come out of hiding, we can add some more variety to the "workouts" link on the www.sbrunning.org Web site and maybe even meet up for a drink now and then.

- Hold me accountable to get out and run in the rain. Say "stay strong" when you pass me and can tell I'm hurting.
- Push me that extra mile in the workout.
- Tell me I rock.
- And I'll do the same for you. Every time.

RUNNER'S PROFILE

by Joe Howell

Those of you who were pioneers in the SBAA Tuesday night track workouts will recall Coach Triplett's uncanny ability to come up with nicknames that always seemed to work - beauties such as Godfather, Crusher, Professor, Grasshopper, Pretty Boy, Dano and a classic - Wild Man. Once I included "nicknames" as one of the information categories in this column, several Profile subjects admitted sobriquets like Cook-a-lee, Annie Banannie, Super D, Moni, Smiley, Amster, Sunshine and one of my favorites, Baron Von Clean-a-lot. Last month we learned of Rocket Garratt's unfulfilled goal of being called by his high school nickname; I do hope you are doing your part to make Rocket's dream come true.

I mention the importance of nicknames in connection with the subject of this month's Profile, Bill Bittancourt. It seems to me that Bill is clearly a guy who deserves an appropriate nickname. I had threatened to call him "Down Tube Shifter Guy" as a result of his participation in the 2004 Santa Barbara Triathlon Long Course on his 1984 Schwinn. (Why he did not try to negotiate a one day rental of one of Jack Bianchi's fleet of 10+ bikes is a mystery to me.)

Given the diversity of his interests, names like Remo (as in remodel) Man, Jarhead (how many runners do you know who describe any obstacle course, much less the Marine Corps obstacle course, as fun?), or Two Bit might work.

I am now proposing a contest. If you think you have a particularly fitting nickname for Bill Bittancourt, send it to me in an e-mail, along with why you think it works. If the judges (Grasshopper and Remo Man . . . or whatever) determine that a fitting nickname has been submitted, an award of some sort will be given to the creator.

Name: Bill Bittancourt

Age: 38

Nicknames: None

Hometown: San Mateo, CA

Favorite Food: Berry Pie

Favorite Movie: Bond films, Hunt for Red October, Jerry Maguire, The Sting

Employment: Product Line Manager at Vetronix

Family: Wife Bonnie, daughter Maddy age 4, Black Labrador Cody age 9, Chocolate Labrador Sadie age 6

Other sports, hobbies, interests, etc.: backpacking, waterskiing, remodeling my house, swimming

My friends describe me as: Nuts - How else do you describe someone who has a full time+ job, a family, and also decides to tear down his own house? Oh, and also runs the Marine Corps obstacle course, for fun.

My trademark expression is: Duct tape it and move on.

If money were not a consideration, I would love to: teach, volunteer, play, run more

In the next 5 years, I hope to: Run 2:45 marathon

In the next 10 years, I hope to: Run NY, Boston, and an international marathon. Break 1:20 in the half.

Accomplishments: Continuing to live in town.

Favorite Distance and PR (post collegiate): Half Marathon because it's good to see the scenery. 1:22

Best Race and Why: Any race where I haven't blown up. Goleta 10K - It's the first race that I won - Marine Corps obstacle course run - Because it's just fun. Having very large imposing

DIS screaming in your ears is an added bonus. Oo-rah.

Worst Race and Why: The first Pier to Peak I completed was a disaster. I was running in 4th place to Sheffield Reservoir and then realized that there was a hill.

Rock and Roll Marathon - Becoming a "Fashion Don't"... "Confessions of a black sock runner." The silver lining to this run was that I was the first finisher, maybe the only, that carried a Camelback with a stretched cotton shirt down to mid-thigh. The look was more English bird-watcher hiker than runner. Look for me on TLC's "What not to wear."

Average Weekly Mileage (last 12 months): Tough to say - I try to run a consistent number of days and time versus counting miles. In Q1, I was running 3 1/2 hours week and by the EOQ2 I stopped. Now I am lucky to get 1 hour week.

Favorite Local Race: SB Half

Most Memorable Running Experience: Many to choose from - Great Wall of China, Running with a Friend from Hendry's to Goleta Slough at sunrise and then coming back to see only our footprints on the beach. Running with my dogs on More Mesa and watching them ga-lumpf through the weeds.

Favorite Place to Run: While traveling: St James and Hyde Park London. Once while running in the park in the rain I came across the Queen's mounted guard's band. As I was running the band played like my own personal cheering section. The scenery isn't bad either.

Locally: Haskell's Beach to Goleta Beach and back.

Glory Days PR: Still working on it.

Realistic Running Goals for this Year: Finish my house remodel and begin training again.

Wildly Optimistic Running Goals for this year: Run 1:20 half marathon in the next 12 months.

Lifetime Running Goals: National qualifying time.

Local Running Heroes & Why: First time runners who show up at a race put on a bib and run. Some run for fitness and others for time however these people are heroic as they made the commitment and had the guts to show up and race.

Personal Training Tips: Within my age group: Get a house to remodel. Use the remote control more. Drink more beer and eat deep fried

Hostess Twinkies and Breyer's double fat ice cream at every meal. Not in my age group: Run Consistently. Rest when you're tired.

Why I Run: It makes me feel good. It adds a component to rid the stress out of life. It's also the best way to sightsee when traveling.

I love runners who: Will crack a joke in the middle of a race.

I don't care for runners who: Spit.

Suggestions for local races: Let's get the Kenyan's here for Chardonnay or the SB Half. That would be quite a sight to see.

Suggestions for SBAA: SBAA does an outstanding job.

Favorite Quote: "It could be worse. It could be raining." Young Frankenstein

SBAA Member since: 1999

MCRD Boot Camp Challenge

