

# last word

## BORN TO RUN

One designer's quest to get (and stay) healthy. By Diana Tuorto

**Bruce Hill, CKD is a kitchen and bath designer in Seattle, Washington and has been in the industry since 1971. After weighing in at over 300 pounds in 2003, he decided to re-discover an old passion for triathlon training and is now fit and healthy. Bruce enjoys kitchen and bath design because he believes it helps families live better and healthier.**

**NKBA:** When did you start training for triathlons and what made you interested? **BH:** I had always lived in beach towns in Hawaii and California, so open ocean swimming came natural to me. In 1981, a friend talked me into competing in the swim portion of the Santa Barbara Triathlon. The next year, I competed in all three disciplines. The race is a 1.5-mile swim, 56-mile cycle, and a half marathon. I completed about two to three a year at that distance, in addition to shorter distance races, until I moved in 1987.

Triathlons are a great equalizer. Generally, runners don't like to swim, swimmers don't like to run, and cyclists dislike both swimming and running. The swimming portion is usually the toughest of the three for most competitors—and realistically, the only time spectators can watch from start to finish. So, I shine early in the competition, and then people pass me all day!

**NKBA:** When you moved to Seattle, did you make the decision to start training again as a means to lose weight and be healthier or were there other motives involved? **BH:** Losing weight was necessary as a health (and visual) issue. I don't think anyone should be training at 320 pounds, so I made my diet work and went on frequent, vigorous walks. Once I weighed less than 200

pounds I started riding my bicycle again—I enjoy it because it's one of the few exercises where you can sit the whole time! When I changed jobs and moved closer to home, I started biking to and from work, three miles each way.

**NKBA:** Are there any other sports or related activities that you enjoy participating in? **BH:** I enjoy tennis, golf, soccer, and rowing.

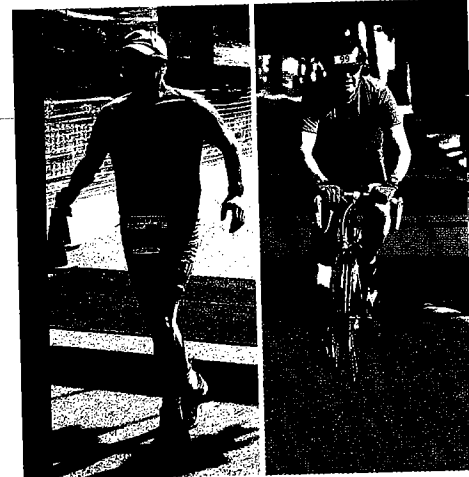
With golf, I can enjoy great company and beautiful scenery at a pleasant pace. The rowing community here in Seattle is very big, and the early morning water is normally glassy and quiet.

**NKBA:** July 20 was your first triathlon since the late 1980s. How did it feel to be back competing, and how did you perform?

**BH:** I finished. I did great! I beat all of my goals and earned my personal best times in both swimming (21:21) and cycling (50:17). My top speed at cycling was 34 mph. With no equipment malfunctions, physical injuries, or aches or pains the next day, at age 60, I'm amazed.

**NKBA:** What do you hope to accomplish in the future?

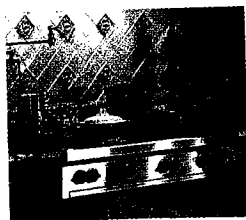
**BH:** I'm looking forward to competing in more triathlons this fall and in the future. I hope that by hearing my story, others will be inspired to dust off their bikes and take better care of their health.



**TAKE IT TO THE LIMIT**  
Bruce Hill, CKD achieved his goal of participating in a local triathlon during summer 2008.

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