

## August 1995: Kristin, Rick & Annelise Battles

Street Mile, Joe Howell of Schramm & Raddue and the Santa Barbara Athletic Association.

### OLYMPIC DREAMS THANK YOU

Dear SBAA,

The tidal wave of enthusiasm generated at the recent fundraiser was both motivating and inspirational.

A heartfelt thank you from Meg Barbour, Misty Allen and myself, Elaine Triplett for your encouragement and support of our efforts to qualify for the 1996 Olympic Trials.

Many swift and injury-free miles to you all...

### RUNNERS PROFILE by Joe Howell

In the 2-1/2 year life span of the Runner's Profile column, we occasionally have featured running couples or friends who train together. This column is a first—a Profile of a running family! Kristen and Rick Battles are familiar faces on the local racing circuit; daughter Annie has just started her running career and young Benjamin claims to be one of the most proficient baby jogger riders in the area.

Kristen has many outstanding performances, with impressive times at both short (a win at a recent Nite Moves) and long distances (including top finishes at the Avia Scramble and Pier to Peak race) as well as two marathons and numerous triathlons to her credit. Rick is a swimmer turned runner. His annual claim to fame is as both the co-race director and as a key member of the seemingly perpetual winning team in the law firm division of the Law Day 15K. With luck, daughter Annie will inherit her mother's running genes to become a great runner in her own right. Her most impressive race (and yes, her only race to date) was the 1995 State Street Mile.

Watch for more great things from the Battles family.

### Basic Information

**Name:** Kristen Battles

**Age:** 34

**Employment/Family:** Part-time physical therapist at Human Performance Center. Mother of two wonderful children: Annelise, 3 1/2; Benjamin, 21 months.

**Other Sports/Interests:** Swimming & mountain biking. Right now my primary interests revolve around being a Mom.

### Running Highlights

**Favorite Distance & PR at same:** 10K; 39:29.

**Best Race and Why:** Nite Moves 5K; 18:21, PR by 50 seconds. Felt surprisingly easy. I wish all races could feel that way.

**Worst Race and Why:** Law Day 15K. Was not training enough for that distance and I died the last 5K.

**Average Weekly Mileage (last 12 months):** 35 miles.

**Favorite Local Races:** Avia Scramble & Pier to Peak.

**Goals (Realistic) for 1995:** To find the right balance between training and other obligations (mostly family), so that I can consistently run 40 miles/week plus one speed workout/week.

**Goals (Wildly Optimistic) before Year 2000:** To train seriously for another marathon and to run it in a competitive time. My husband said this is not "wildly optimistic," but with two small children, I disagree.



### Additional Information

**Why I Run:** To compete, to stay in shape, to socialize and to challenge myself. Plus, I love endurance sports.

**My Runner Hero & Why:** Joan Benoit Samuelson, for all that she has accomplished in running and in balancing her family and career.

**Personal Training Tips:** Take care of an injury (no matter how small) right away before it gets too serious and keeps you from running at all.

**I love runners who...:** Cheer for other runners.

**Suggestions for local races:** More trail runs/races in addition to Nine Trails. Maybe a little shorter in distance though.

**My views on ...:** Running - it keeps you young. I hope I can run until I'm 100.

### Basic Information

**Name:** Rick Battles

**Age:** 37

**Employment/Family:** Attorney with Mullen & Henzell. Married to Kristen Battles. Two children: Annie, age 3 1/2; Benjamin, 21 months.

**Other Sports/Interests:** Swimming, skiing and mountain biking.

### Running Highlights

**Favorite Distance & PR at same:** 10K: 40:01.

**Best Race and Why:** Pier to Peak - 1994. I took 11 minutes off my prior year's time while running a much easier race. It's one of the few races I've run in recent years that I actually trained for.

**Worst Race and Why:** Ventura 1/2 Marathon. Classic "bad race": no energy, no endurance, and after the first few miles, no hope of finishing with a respectable time. Even with a slow time, I felt sick and exhausted afterwards. The worst part was that everyone else in the group I ran it with had a great race and it was all I could do to hold my breakfast down on the way back to Santa Barbara as they happily relived each successful mile of their race.

**Average Weekly Mileage (last 12 months):** 25-30 miles.

**Favorite Local Races:** Pier to Peak and Are You Tough Enough?

**Goals (Realistic) for 1995:** Run a sub 40-minute 10K and a sub 19-minute 5K.

To run on the East Beach team that beats Team McDonalds in the Are You Tough Enough Race.  
**Goals (Wildly Optimistic) before Year 2000:** Complete an ultra marathon. Beat my wife someday in some race, at some distance, somehow.

### Additional Information

**Why I Run:** Running relieves stress and helps me keep my priorities straight. It keeps me in shape, helps keep me young and allows me to pursue my favorite hobby (desserts) without getting fat. It's also an activity I can share with my wife and many good friends.

**My Runner Heroes & Why:** 1. My wife, because she truly loves to run; she makes it look easy and she inspires me to keep running.  
2. Will Degen, because he was once a great runner and because he is now making the greatest comeback in running history.  
3. Joe Howell, because of his enthusiasm for running and his promotion of the sport. Also, who else would ever feature me in a runner's profile?

**Personal Training Tips:** To run fast, you need either a lot of natural talent, or long mileage. Having little of the former, I hope to one day be fast by finding (or making) time for the latter.

**Suggestions for local races:** More trail runs.



### Basic Information

**Name:** Annelise ("Annie") Battles

**Age:** 3.75 years.

**Employment/Family:** One mommy, one daddy, one little brother (Benjamin), one dog (Mac) and two cats (Jake and Titch).

**Other Sports/Interests:** Swimming, gymnastics and swinging.

### Running Highlights

**Favorite Distance & PR at same:** 1 mile. 11 minutes +.

**Best Race and Why:** State Street Mile 1995. It was my first (and only) race and my two days of consistent training by running laps around the living room sofa really paid off. I also achieved my goal of finishing the race before it was time for my nap.

**Average Weekly Mileage (last 12 months):** 100 to 200 laps around the sofa; 50 to 75 hall repeats.

**Favorite Local Race:** Law Day Race. My daddy does a great job as co-director.

**Goals (Realistic) for 1995:** To complete another 1 mile race, to learn to swim, and to turn 4 years old.

**Goals (Wildly Optimistic) before Year 2000:** To double my weekly mileage and my age.

### Additional information

**Why I Run:** I like going fast; to be like mommy.

**Personal Training Tips:** Never skip your nap. Eat all your vegetables and don't eat too many sweets.

**Suggestions for local races:** Don't use starting pistols to start races. The noise scares me and makes me cry.

**Quote:** "Hard work and perseverance bring rewards." (from the Tortoise and the Hare)

### RACE RESULTS

Parade Route 3 Mile, Lompoc, June 24. 2. Gregg Horner, 14:54. 3. Sean McCormick, 15:03. 5. Aaron Goldschmidt, 15:36. 14. Mike Dungan, 17:27. 21. Dianna Hall, 18:50 (first woman). 42. Stephanie Welch, 22:14. (72 finishers).

### FOR SALE

Painting - San Francisco Marathon runners. Brush Art by Guerdon Smith (Sunday Arts and Craft Show). \$400, 967-8310.

### MEMBER DISCOUNTS

West Maui oceanfront condo, great for cross training, 20% off. Steve or Julie, 962-1985, HKcondo@aol.com.

Fred Romano, Massage Therapist, Acupuncturist, 563-1863 - 10% off

Goleta Sports Center - 10% off shoes & apparel  
Mary Kay Cosmetics & Skin Care - Stephanie Torres, 965-7671. 15% off first order, 10% off reorders.

Hind Sports - 10% off

Montecito Sports - 10% off

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

Hourglass - \$1 off per group

Katy Jacobsen Chiropractic - 50% off initial consultation & treatment.

Kevin Young, Realty 3 - 20% off selling side, 0.5% discount when buying, 682-1330

Outfooters - 15% off shoes & apparel

### SCHEDULE OF EVENTS

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

*Sunday, August 20 - McConnell's Endurance Events.* 10K run (9:30 AM), 5K run (8:30 AM), 1 mile swim (11:30 AM), biathlon (9:30 AM), kid's mile (11:00 AM). Goleta Beach. SBAA members: \$7. Proceeds benefit SB Youth Track Club. Information: 963-7524.

*Wednesday, August 23 - Nite Moves/the Mississippi 5K,* sponsored by the Rio Bravo. Leadbetter Beach, 6:30 PM. Music afterwards by Rob Henderson.

*Saturday, August 26 - Santa Barbara County Triathlon.* Long Course (1 mile swim, 34 mile bike, 10 mile run) 7:00 AM. Sprint Course (500 yard swim, 6 mile bike, 2 mile run) 7:30 AM. East Beach. \$250 to first place Male & Female in Open Division. Information: 963-2248.