

**RUNNER'S PROFILE** by Joe Howell

Record cold temperatures, in the low 20s with the wind chill. A 3-1/2 hour wait, outside, unprotected, followed by an opportunity to run through the streets of New York City with 28,000 other runners. The scene was the New York City Marathon on November 12. Among the 28,000+ frozen runners were Bob and Leigh Huhn.

Bob is known and appreciated by many as the founder and director of the Human Performance Center, a comprehensive out patient rehabilitation facility. Bob is a physical therapist who has devoted himself to the recovery of elite athletes and seriously injured patients alike. He is active in numerous organizations in Santa Barbara, including his presidency and continued position on the Board of Directors of the Santa Barbara Athletic Round Table (SBART).

Leigh Huhn is continuing the Huhn Family tradition of running. While she began serious distance running only recently, she completed both the Los Angeles and New York Marathons this year. She describes the experience of running a marathon with her father in such extreme weather conditions as being a "truly unique experience". The difficult pre-race conditions, followed by record cold temperatures during the race, presented both mental and physical problems to all of the runners. Leigh is proud that both she and her father persevered, avoiding the temptation to drop out like so many others. They ran the entire race together, taking turns encouraging one another; one would experience a "second wind" while the other seemed to be fading.

As this column goes to press, Bob and Leigh both report that they are fully recovered and feeling great. Bob is planning to run the Sacramento Marathon on December 3 (perhaps in an effort to match Leigh's impressive performance of two marathons in 1995!). Bob and Leigh are great examples of how running can have such a positive influence on one's life.

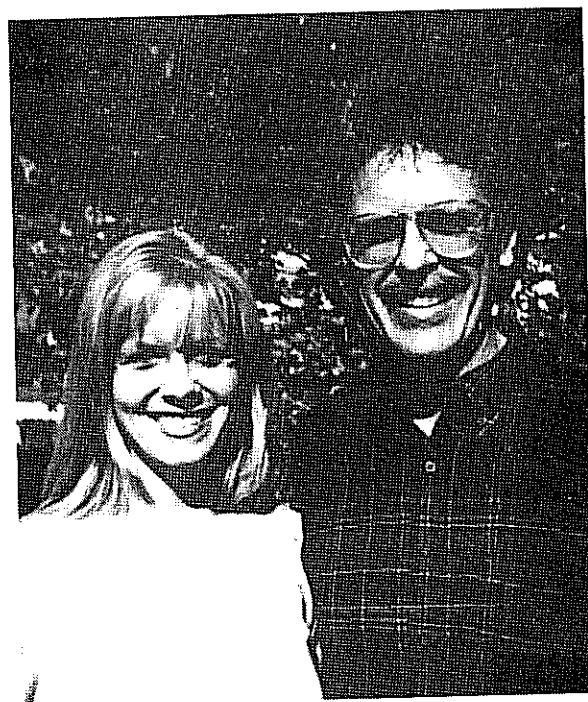
**Basic Information**

**Name:** Robert R. Huhn  
**Age:** 50  
**Employment/Family:** Owner/Director Human Performance Center.

**Wife:** Jane.  
**Daughter:** Leigh (28)  
**Sons:** Ross (26), Jay (24).  
**Other Sports/Interests:** SBART.  
 Minnesota Vikings.  
 Canoeing--Boundary Waters, Canada.

**Running Highlights**

**Best Race and Why:** 1974 Santa Barbara Marathon 2:54:14. I won the "slow group" (those to finish over 3 hours started 1 hour ahead of the faster group.)  
**Worst Race and Why:** 1977 Honolulu Marathon. Cramped at mile 17, walked 5 miles--finished 4 hours--severe cramps--to medical tent--hospital 3ivs--vomiting.  
**Average Weekly Mileage (last 12 months):** 25.  
**Favorite Local Race:** Resolution Day Run.  
**Goals (Realistic) for 1995:** Complete New York Marathon with my daughter; sub 4:00 Sacramento.  
**Goals (Wildly Optimistic) before Year 2000:** Complete Boston Marathon; continue regular running.



**Additional Information**

**Why I Run:** Health benefits; example to my patients; habit--just like brushing teeth.  
**My Runner Hero & Why:** George Sheehan--many humorous, insightful comments.  
**Personal Training Tips:** Meet a buddy once a week. I've run with Jacque McCoy for 25 years on Sunday--regular time--AM's best. Take your shoes wherever you go.  
**Suggestions for local races:** Include a cardiac division.  
**My views on ...:** you don't need to drink alcohol to be a successful runner.  
 I started running in 1970 because I didn't desire to be a fat physical therapist! Ken Kidd, M.D. had a running group at the YMCA at 7 a.m. That was my start--I've never run over 40 miles/week, but have run regularly for 25 years. I've run six marathons, a 36:48 10K, but I never did like to compete. My wife does not like my marathoning after my Hawaii experience.  
 My long-term goal is to run regularly as long as my body will allow. If I cannot run, I will alter my program and find a way to train, but it will be unusual not to run.  
 I have been blessed not to have any substantial injuries which have kept me out of training. Possibly my 25/week and 4 days per week with no competitive instincts has had an effect on this.  
 To run with my daughter feels wonderful. Where in this busy world does one have 2-1/2 hours to talk to your daughter? Both of my sons run as well.  
**Quote:** Exercise is part of the answer. One I love--"Train, don't strain."

**Basic Information**

**Name:** Leigh Huhn  
**Age:** 28  
**Employment/Family:** Single; Advertising Sales, Santa Barbara News-Press.  
**Other Sports/Interests:** Step aerobics, walking, biking.

**Running Highlights**

**Favorite Distance & PR at same:** 1/2 Marathon - Las Vegas, December 1994.  
**Best Race and Why:** 1/2 Marathon - Las Vegas, December 1994. It was only the second 1/2 Marathon race I had ever done and I beat my first time by five minutes. I felt good about that.

**Worst Race and Why:** '95 Chardonnay. Only one month after I had completed the Los Angeles Marathon. I hadn't been running as much and I went out too fast and walked part way to the finish.  
**Average Weekly Mileage (last 12 months):** 25  
**Favorite Local Race:** Santa Barbara News-Press 1/2 Marathon of course!  
**Goals (Realistic) for 1995:** New York Marathon, November 12 in 4 hours.  
**Goals (Wildly Optimistic) before Year 2000:** 4 more marathons - Boston? (1 per year). Sprint Triathlon - begin swimming. I am not a swimmer.

**Additional Information**

**Why I Run:** It's a real stress releasing technique for me. I feel very independent and can establish my own pace (fast or slow). I love it!  
**My Runner Hero & Why:** My dad--I've always watched him from afar--my whole life. Running before work and Sundays before Church (of course he would fall asleep in Church).  
**Personal Training Tips:** Water helps me--I drink a lot of it and pasta.  
**I love runners who...:** wave as they pass. When I was in the L.A. Marathon, a woman said "I've been trying to see what your shirt says for the past 10 miles and now I can see it up close." She obviously sped up!  
**My views on...:** Exercise--I wish everyone could get involved somehow. It's amazing how much better you feel about yourself and the energy it gives you--not to mention a sense of accomplishment.  
**SBAA Member since 1995.**

**MEMBER DISCOUNTS**

- Outfooters - 15% off shoes & apparel
- West Maui oceanfront condo, great for cross training, 20% off. Steve or Julie, 962-1895, 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. Call for a complimentary facial and/or makeover.
- Hind Sports - 10% off
- Montecito Sports - 10% off
- Stephen Fountain Sports Massage - \$10 off, 965-5339
- Hourglass - \$1 off per group
- Kevin Young, Realty 3 - 20% off selling side, 0.5% discount when buying, 682-1330