

## UR PROFILE

### Ultrarunner and Adventure Racer

#### Lisa Smith

**Name:** Lisa Renée Smith

**Date of Birth:** September 16, 1960

**Place of Birth:** Vicksburg, Mississippi

**Current Address:** P.O. Box 398,  
Bernardsville, New Jersey

**Job(s):** Personal Trainer and Massage  
Therapist

**Marital Status:** Getting Married

**Children:** None

**Height:** 5"8

**Weight:** 135

**Shoe size:** 8.5

**Best feature (physical):** Legs

**Worst feature:** Runners feet!

**Religion:** Christian

**Educational Background:** Masters in  
Health Education and Fitness

**Favorite Author:** Deepak Chopra; he  
has really inspired me.

**Favorite Book:** *Tuesdays with Morrie*  
by Mitch Albom. If we could all have  
Morrie's insight and attitude the  
world would be a better place.

**Favorite non-running magazine:**  
*Healthy Cooking and Bon Appetite*

**Favorite movie:** *Life is Beautiful* and  
*Braveheart*

**Favorite television show:** *ER* and *20/20*

**Favorite actor/actress:** Brad Pitt and  
Jodie Foster

**Favorite music:** It depends on my  
mood. I run to upbeat music and  
cook to classical music.

**Favorite musical performer:** George  
Winston. Tina Turner is amazing for  
her age.

**Book you are currently reading:** I'm in  
the middle of two: *How to Know God*  
by Deepak Chopra and *Epic: Stories of  
Survival from the World's Highest Peaks*.

**Favorite artist:** Michelangelo  
Buonarroti

**Hobbies:** Fundraising, cooking,  
reading and anything that is  
outdoors.

**Collections:** Baseball caps, stuffed  
bears

**Make of car you drive:** Mitsubishi  
Montero Sport

**Make of car you would like to  
drive:** Landrover Defender II

**Greatest adventure:** Doing the Raid  
Gauloises through South Africa; the  
most beautiful country I have  
traveled through.

**Favorite spectator sport:** Triathlon  
and ice hockey

**Favorite game:** Trivial Pursuit

**Favorite vacation destination:** Italy.  
You have it all: mountains, beaches  
and the water.

**Favorite time of day:** I love the  
morning just when the sun is rising.

**Favorite item of clothing you own:**  
Corduroy overalls

**Most prized possession:** The Diamond  
ring I received on the summit of  
Mount Whitney.

**Political affiliation:** Independent

**Personal heroes:** I have three: Harriet  
Tubman, Mother Teresa and Nelson  
Mandela.

**Favorite famous quote:** "Our greatest  
weakness lies in giving up. The most  
certain way to succeed is to always try  
just one more time." - Thomas Edison

**Personal philosophy:** Live each day  
for the moment, take risks, dig deep  
within yourself and discover the deep  
wells of strength that most never use.  
Never put yourself above someone  
else. We are all one in the same. Give  
love to all and find the joy in every-



thing that you do. Give, give, and  
give until it hurts and when it hurts  
keep on giving!

**Short-term goal:** To have a baby and  
move to Jackson Hole, Wyoming.  
Then refocus and race as a master.

**Long-term goal:** There are so many  
dreams that I have both on and off the  
trails. I'd like to do more motivational  
speaking, save all the starving children,  
do the Grand Slam and climb as many  
mountains as possible. Also to have my  
own gym that leads cross-country and  
snowshoe tours and well as a small  
catering company.

**Achievement of which you are most  
proud:** Fund raising; when the many  
hours of work are behind you and the  
money is collected and you know that  
you have worked to save the lives of  
many whom are less fortunate.

**Favorite subject in school:** Science

**Least-liked subject:** History

**Least liked household chore:** Cleaning  
the bathroom.

**Pets:** A big fat cat named Jessie who  
is 18 years old.

**Pet peeve:** Not finishing what I have  
started.

**Favorite non-running leisure activity:**  
Kayaking, along with any other water  
sport.

**Greatest fear:** Driving in major traffic. Not having the time to accomplish all that is on my dream list.

**Happiest memory:** It is hard to choose one. My parents are divorced but have become friends. Last Thanksgiving our whole family was together at my mother's house; it had been a while...Waking up on Christmas morning and running down the stairs with my brothers and sister to see what Santa left for us...Training my cousin Joe for his one and only five-km. He wore his medal around his neck for days with a smile as big as the sky. He died of AIDS and the memory of him crossing the finish line is one that I will never forget.

**Secret ambition/fantasy:** I want to write a book and make videotapes of all the workouts that I do. I fantasize about sitting on the summit of every mountaintop. Also, to save all the starving children of the world and educate others to give their time and money. It comes back to you two-fold.

**Personal strengths:** I like to go after things and strive to be the person that God has intended me to be. I'm not afraid to do things that others say is impossible. I believe I am very strong willed and determined.

**Personal weaknesses:** Not being able to say no and taking on more than I can handle. Also, chocolate ice cream.

**Running PRs:**

10 km: 36:50  
Half-marathon: 1:23  
Marathon: 2:48:37  
50 mile: 6:42  
100 mile: 18:02  
135 mile: 37:02

**Years running ultras:** Five

**Number of ultras finished:** 14

**Best ultra performances:** Running a 6:42 for 50 miles. I had to stop at three traffic lights and almost got hit by a car. My crew added up six minutes of time that this took. I was thrilled with my time. Next was Vermont 100. Running most of the race with Kris Setnes, this was only my second ultra, and I came in behind her.

**Most memorable ultra performance and why:** Winning the Marathon Des Sables. I worked hard every step of the way! Badwater 2000; running this with Jay Batchen from start to finish. It was a very difficult race to run with someone due to the distance and the elements. We did it and we raised thousands of dollars for the starving children.

**Typical training week a month or two before a major race:** I do high mileage with a lot of hill repeats. I also incorporate jumping rope, stairs and weight training, as well as cross training. In the past I have done a two or three-week taper, depending on the distance of the race. I cut my training distance in half and try to add a bit more speed. I will also take two days off each week. I have found that less is better for me and that more is leaving the race in the training run!

**Injuries:** I have broken my right ankle twice, which has caused me to have plantar fasciitis in the last two years

**Favorite running shoes:** North Face trail-running shoes.

**Favorite food/drink during an ultra:** Endurox R4, Cytomax, Coke, jellybeans, snickers and potato chips.

**Favorite handler:** My sister, Julie Gros. She has always been there for me as well as for everyone else.

**Favorite pacer:** Sean and Stacy Batchen. Their energy at Badwater 1999 was magical.

**Favorite place to run:** I love to run in the heat on any mountain trail.

**Favorite type of running surface:** Trails all the way!

**Ultrarunning idol:** Marshall Ulrich. He brought me into this sport and has done more in this lifetime than half the world. Next is Louise Lovelace. She ran Badwater right after finishing chemotherapy and radiation to raise money for breast cancer. Amazing!

**Why do you run ultras:** I run ultras to challenge my mind, body and spirit. Then there is the beauty of the people you meet along the way.

**Any advice you would give to other ultrarunners:** The advice I give is to put your best foot forward and give it a try. "People who say it cannot be done should not interrupt those who are doing it." Fear is your greatest friend and this is what has helped me through some difficult moments. Ask experienced runners for help and ideas on how to train. Our bodies are so individual, what might work for me may not work for you. Find the magic that works for you! Race for a charity—the rewards are so fulfilling.

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