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Chasing Dreams Leads Smith-Batchen to Spa
By Jessica Higgins

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It almost seemed too perfect.

When Lisa Smith-Batchen stood in front of what was then the Spa at Grand Targhee Ski and Summer Resort last June, and she looked up the hillside and saw a chairlift.

The lift itself was not important, it was its name, Dreamcatcher, that caught Smith-Batchen's attention.

It was then that Smith-Batchen's life motto, "Find a dream and chase it down," merged with her next career move.

Now after several months and the name change of the spa, Smith-Batchen is the director and concession owner of the Dreamchaser Spa at the ski and summer resort. Business has reportedly tripled since last summer, and Smith-Batchen has a vision for building a successful business, even though, she says she never has before.

But running a business doesn't seem like much of a challenge for Smith-Batchen — she is well accustomed to running other things. For example, she has finished five, separate 135-mile ultra marathons from Death Valley to Mt. Whitney in California.

And that's just the beginning.

Not only does she choose to compete in these Badwater races, which are defined by Scott Gold, an L.A. Times writer as "considered a 'run' but the truth is that most athletes run only about a third of the race. The rest of the time, they walk and lurch, fighting vomit, diarrhea and delirium..." And Smith-Batchen does it all for starving children around the world.

So she is one of the world's top endurance athletes. The buck, for most, would usually stop there.

But Smith-Batchen also has been a massage therapist for more than 18 years. She has a Master's Degree in Health Education and Fitness, she is a personal trainer and coach for athletes around the world, her accomplishments have been featured in the New York Times, The Washington Post, Outside Magazine, and the Discovery Channel, to name a few, and her and her husband Jay, just adopted a little boy, Joshua.

Yet, she's humble.

"When I hear all the things I've done, I can't believe I've done it. Time goes by fast, it doesn't take long to live your life," she says in-between answering a phone, and chatting with customers who come into the spa for appointments.

She smiles a lot, and sets a relaxed feeling in a room that is very open — very comfortable — almost like sitting in a Buddhist Temple.

She says the motto around Dreamchaser Spa is, "if you destroy your body, where are you going to live?"

Driggs resident Frances Russo would probably agree to this.

Russo recently called upon Smith-Batchen's services after old injuries resurfaced from a car accident she suffered a little over a year ago. After a car crash on Teton Pass, Russo had to have the jaws of life pull her free, and was in a coma for 11 days.

This fall, after Russo did some heavy lifting, she found her self in a near crawl for two days before she began flipping through the phone book look-



After running more ultramarathons than the average person would even dream of, Lisa Smith-Batchen has taken the helm at the Dreamchaser Spa.

Marathon runner turned healer

Dream continued from B11

ple up for success.”

She is hoping to not only reach visitors to the resort but locals, alike.

In continuing with programs she offered last summer, Smith-Batchen is hoping to have a themed Dreamchaser camp each week this coming summer. These camps will range from mother-daughter camps to peaceful mind camps and boot camps.

Lasting between three and five days, Smith-Batchen integrates everything from different exercise and nutrition, to massage and good food into the camps.

For now, Smith-Batchen is beefing up the staff at the spa as they begin to offer a widening range of services that include wraps, facials, clinical hypnosis, waxing, and pre and post natal massage.

While she said she has a big vision for the future of Dreamchaser Spa, Smith-Batchen is taking it a day at a time, and reminds, “If you can dream it, you can do it.”

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