



KRISTIN ARMSTRONG

Birthdate 8-11-73

Height 5'8"

Weight 128 lbs

Place of Birth Memphis, Tenn.

Hometown Boise, Idaho

Residence Boise, Idaho

Pro Team/Sponsors Cervelo-Life-force Pro Cycling Team (SUI)

Education University of Idaho (B.S. Exercise Physiology)

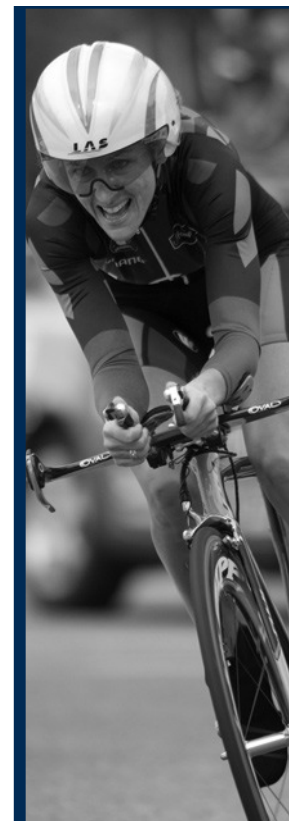
Olympic Experience 2004 (8th, women's road race)

Website/Blog

www.kristinarmstrongusa.com

CAREER HIGHLIGHTS

- 2006 World Champion, Time Trial
- Three-time USA Cycling National Time Trial Champion (2005-07)
- Two-time USA Cycling National Road Race Champion (2004, 06)
- 1st place – 2005 Pan American Championships, Time Trial
- 1st place – 2007 Holland Ladies Tour
- 1st place – 2007 Souvenir Magali Pache Lausanne
- 1st place – 2006 Euregio Ladies Tour
- 1st place – 2005 Sea Otter Classic
- 2nd place – 2007 UCI Road World Championships, Time Trial
- 3rd place – 2005 UCI Road World Championships, Time Trial
- 3rd place – 2005 Tour de l'Aude Cycliste Féminin
- 3rd place – 2006 La Coupe du Monde Cycliste Féminine de Montréal UCI World Cup



PERSONAL

After placing eighth in the road race in her Olympic debut in Athens, Kristin Armstrong became only the third American in history to earn a world championship in the elite women's time trial with a victory in the race against the clock in 2006.

Born in 1973 into a military family, Armstrong spent her early childhood in Tennessee and California before attending high school in Japan. She later earned an undergraduate degree in Exercise Physiology from the University of Idaho and worked as a project manager for an advertising agency. Prior to becoming one of the world's top competitive road cyclists, Kristin was a world-class runner, swimmer and triathlete. She's even a veteran of multisport's most grueling event, having competed in the Ironman World Championships in Hawaii in 1999. During her career as a professional triathlete, Kristin was diagnosed with osteoarthritis of the hips and was forced away from high-impact activities such as running. Cycling was considered the best form of therapy for her condition and by 2003 Kristin was recognized as one of the top American cyclists.

With a passion for sport, Kristin still finds time to give back to the community as a dedicated swim instructor and coach. She also serves as an ambassador to the YMCA of Boise. Other hobbies include cooking, skiing and spending time with her friends and husband Joe.

POINTS OF INTEREST

- Besides American cycling legend Greg LeMond, Kristin is the only other American in history to win three career medals at the UCI Road World Championships.
- In her first season of international track competition, Kristin won a bronze medal in the individual pursuit at the 2005 UCI Track World Cup in Sydney.
- Kristin is often asked if she's Lance's wife, referring to the seven-time Tour de France winner's former wife of the same name. She's not.

