



# Kristy L. Feldman

Birth date: December 21, 1979

College: Graceland University, 2002

High School: Central Lyon, 1998

Coach: Marty Dalton

**Career Highlights/Personal Records:** 2002 National Champion (mile); 5 time NAIA All-American; Placed 9<sup>th</sup> and 5<sup>th</sup> at USA National Club Track Championships in 1500 and 5K, respectively(2006); *Personal Records:* 800 (2:19), 1000 (2:59), 1500 (4:35), mile (4:55), 3K (9:48), 5K (17:03), 6K (21:19), 8K (29:44), \_ Marathon (1:23.54)

**Post-College:** Kristy started graduate school in August of 2007, working towards her doctorate degree in Physical Therapy. While she has still been training, racing has been few and far between. However, since starting school, she has clocked a 4:39 (1500), 5:05 (mile), 10:13 (3K), and a 1:23.54 (1/2 marathon). Competing unattached in the 2005 indoor season, Kristy ran a 9:48(3K), 3 sub-5 minute miles, a 17:03(5K), and a 2:59(1K). Since graduating from college in 2002, her times on the track have gotten faster and she has gained a considerable amount of experience on the roads. She is a four time winner of the Dam to Dam(5K), 5 time winner of the Huxley Prairie Festival(5K), and 4 time winner of the Beavertale Beavertdash(5K). She has won the Sioux Falls Miracle 5K 6/7 years. She has won Rock Rapids' Heritage Days 9 years and holds the course record (17:49). She has won Stuart's Jailbreak Jaunt 3 times and currently holds the course record (17:40). She also holds 3 Midnight Madness titles (5K). She has won RuNorWalk(8K) six years in a row and holds the course record (29:44). As an unattached runner, she also holds numerous collegiate meet titles as well as course records at Central College, Iowa State, Grinnell College, and Graceland University.

**Collegiate:** Competing for the first time as a cross country runner, Kristy quickly made her mark in Graceland history. In cross country she was a 4 time All-Conference athlete finishing top 15 each season, as well as a 2 time NAIA All Region V athlete, finishing 7<sup>th</sup> and 4<sup>th</sup> at those regional races. She was diagnosed with an extreme case of anemia in the summer of 2001 and was not able to compete for the first three weeks of the season. She battled through it and earned a National birth where she placed 4<sup>th</sup> among all the NAIA runners in the country—the highest ranking of a Graceland cross country athlete to date.

Entering college as an 800 meter specialist in track, she quickly found a new love for the mile. She qualified for Nationals in the Distance Medley Relay her freshman indoor season. The next year she came back with a vengeance qualifying for Indoor Nationals in the 1000 and the 4x800 and setting school records in the 1000, 1500, and the mile. In outdoor track she set a new school record in the 1500, qualifying her for Outdoor Nationals. Her junior year she broke Graceland's school records in indoors in the 1000, 1500, mile, 3K, 5K, and 4x800, also qualifying for Nationals in those events. She earned her first All-American award that season, running 5:00 in the mile. In outdoor track that year she broke her own record in the 1500 and also set new school records in the mile, 3K and the Sprint Medley, also running qualifying marks in the 1500, 3K and the 4x800. She earned her second of four All-American awards in outdoor track (1500) that season. After an amazing cross country season her senior year, she stepped on the indoor track to set new records in the 1000, 1500, mile, 3K, and the 5K and running qualifying marks in the 4x800, 800, 1000, mile, 3K and the 5K. She earned NATIONAL CHAMPION honors that season besting the field with a 4:55 mile. She ended her collegiate career outdoors with new school records in the 3K and the 5K. She qualified for Nationals that season in the 1500, 3K, 5K, and the 4x800 earning her final All-American award in the 1500.

High School: Personal Bests: 2:30(800); 5:36(1500); 12:47(3K).