



LISA MARSHALL

Events: Distance and Multisport

Height: 5-6

Weight: 120

PRs (Track): mile 4:58 (1990); 3,000m 10:01 (1988); 5,000m 17:26 (1991); 10,000m 36:56 (1990)

PRs (Road): 5K 17:47 (1996); 8K 29:07 (2007); 10K 37:03 (2006); 10 miles 1:01:33 (2008); 20K 1:16:55 (2003); half-marathon 1:19:48 (2007); marathon 3:03:04 (2004)

PRs (Multisport): short course triathlon (500m/20K/5K) 1:03:02 (1996); Olympic distance triathlon (1.5K/40K/10K) 2:17:01 (2008); duathlon (5K/20K/5K) 1:12:24 (2008)

Born: April 10, 1968, in Des Moines, IA

Current Residence: Granger, IA

High School: Lincoln HS, Des Moines, Iowa, 1986

College: Iowa State University, Ames, Iowa, 1991

Coach: Self

Club: Runablaze Iowa



Career Highlights: A twenty-six year veteran of the central Iowa running scene, Lisa began her career in 1984 at Lincoln High School in Des Moines. She went on to place 11th at the 1985 state high school cross-country championship, and 8th/6th place at the 1986 state high school track meet in the 3,000m/1,500m races, respectively. She simultaneously held 4 school records (XC, 800m, 1,500m, 3,000m) while competing for Lincoln, which was, at the time, the 2nd-largest high school in the state. Lisa gave up activities as a classical violinist to pursue Division I sports at Iowa State University, and was team captain of the 1990 Big-8 Champion XC squad that placed 14th at the Division I national meet. In 1988, she was invited to compete for Fitness Sports, a top Central Iowa running store, during the intercollegiate off-seasons. She enjoyed 18 more years of competition with the store before becoming a member of Iowa's elite distance running club, Runablaze Iowa, in 2006. Oft-injured, Lisa began training for multisport events in 1994 as a way to maintain fitness while reducing running mileage. She found immediate success in the sport, winning her first-ever multisport race, the 1994 Okoboji Triathlon. Two years later, she captured the 1996 Heart of America Triathlon Series overall championship, which was based on overall performance in 6 separate triathlon events that year. Between 1988 and 2008, Lisa competed frequently in large central Iowa running and multisport events such as the Drake Relays Half Marathon or 8K, Dam to Dam 20K, Midnight Madness 10K, Capital Pursuit 10-miler, Des Moines Half Marathon, Big Creek Triathlon, and Hy-Vee triathlon, as well as numerous other events, garnering some championships and multiple top-5 finishes. In 2008, she began competition as a master's (age 40+) athlete, and around injuries, has accumulated a total of 7 master's championships and one runner-up finish since then, at least 4 of which were master's-athlete records in times not far removed from lifetime personal bests:

- 2008 Lake Geode Triathlon (1.5K/40K/10K): master's win and overall 3rd: 2:19:39

- 2008 DoAthlon 4 Life duathlon (5K/20K/5K): master's and overall win 1:12:24
- 2008 Capital Pursuit 10-Mile: master's win and overall runner-up 1:01:33
- 2008 Des Moines Marathon Half-Marathon: master's win and overall 3rd 1:20:43
- 2009 Chicago Shamrock Shuffle 8K: master's runner-up 31:00
- 2009 Drake Relays Half-Marathon: master's win and overall runner-up 1:23:46
- 2009 Dam to Dam 20K: master's win and overall 4th 1:18:22
- 2009 Copper Creek Sprint Triathlon (0.75K/20K/5K): master's win and overall 3rd 1:09:58

On a personal level, Lisa graduated Phi Beta Kappa from Iowa State University as the Graduating Scholar in the College of Liberal Arts and Sciences, with a degree in Biology in 1991. She began a full-time career with Pioneer Hi-Bred shortly after that, and is currently a Senior Research Associate in the Protein Analysis (Immunochemistry) group. She married high-school sweetheart, Joe Marshall in 1991 and welcomed the arrival of sons Colton in 1998 and Jackson in 2000. When not running or working, Lisa enjoys attending her sons' sporting events and other activities, writing, cooking, entertaining, and fine dining.

2/20/2010