



## **2008 Female Long Course Athlete of the Year is Stacey Shand.**

Stacey, although still a very young athlete, has achieved numerous personal bests and outstanding results. Since starting 4 years ago Stacey has completed:

19 - ½ marathons, 13 Full Marathons, 5 Ultra Marathons, 9 Tri/Sprint distance Triathlons, 6 Olympic Distance Triathlons, 2 ½ Ironman Distance Triathlons, 1 Ironman

Here is just 2008:

- January 2008: Completed the Goofy Challenge in Disney World (5k on Friday, 1/2marathon on Saturday, Full marathon on Sunday)
- February 2008: Completed first Ultra Marathon (52k) in Calgary. Within two weeks of completing the Ultra marathon, also completed 2 half marathons.
- April 2008: Completed the Big Sur International Marathon, California
- May 2008: 1<sup>st</sup> in Age Group: Regina Ice Breaker Sprint Distance Triathlon. Qualified for Boston in the Fargo Marathon. Completed the Saskatoon ½ marathon
- June 2008: 1<sup>st</sup> in Age Group: Moncton Subaru Duathlon. 3<sup>rd</sup> in Age Group: Spin Off Spadina Olympic Distance 3<sup>rd</sup> Overall/1<sup>st</sup> in Age Group: See Jane Tri
- July 2008: 1<sup>st</sup> in Age Group: Regina Beach. Powderface Full Marathon in Kananaskis, AB. Completed Sylvan Lake ½ Ironman
- August 2008: Completed 2<sup>nd</sup> Ultra Marathon: 57km at the Canadian Death Race in Grande Cache, AB. Completed Frank Dunn Triathlon in Waskesiu. August 31<sup>st</sup>, 2008: Completed 1st Ironman in Louisville, Kentucky where the temperature peaked at 98degrees within the race. Finished in 13:41.
- September, 2008: 1<sup>st</sup> place woman: 10k trail run, Cypress Hills, SK (two weeks after Ironman). Complete ½ marathon
- October, 2008: 1<sup>st</sup> in Age Category: Ottawa Fall Colour Marathon, Ottawa, Ont. Completed Nike Women's Marathon, San Francisco, California
- December 2008: Completed 3<sup>rd</sup> Ultra Marathon, a 50-Mile trail race in Texas