ORAL HISTORY COLLECTION

MAIN ENTRY: Armstrong, Shanna

DATE OF INTERVIEW: July 24, 2006

LOCATION OF INTERVIEW: Lubbock, Texas

INTERVIEWER: Daniel Sanchez

FORMAT: File on server

IDENTIFICATION NUMBER:

LENGTH OF INTERVIEW: 1:07

SCOPE AND CONTENT NOTE: Shanna Armstrong talks about her life and

experiences as an ultra-endurance athlete.

ABSTRACT:

TAPE 1 TIME STAMP

Introduction :00

Background

Swimming

Training schedule Taught discipline

Attended Delta State University on scholarship

Burned out on athletics

Massage therapy school :10

Interest in physical therapy Community service project Buffalo Spring Lake Triathlon

Triathlon experience

5K Triathlon

Training in running

Iron man Marathons

Choosing a team Past experiences Family members Monitoring cyclist nutrition Competition Considered relationships over winning Concern for the crew Personal attitude Lessons learned through Race Across America Inspiring others Positive attitude Importance of relationships Social life Personal sacrifices Responsibility to clients Community influence Boys and Girls Club Athletic highlights Broke world record in Ultra-man Solo Race Across America Swistic-athlon	DATE OF BIRTH OF INFORMANT: September 9, 1974	
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Significance of crew Team dynamics		
Endurance racing :19		:19

ETHNICITY OF INFORMANT:

GENDER OF INFORMANT:

Female