

Get to Know the Women's Track Record Holders

Kristin Armstrong **WOMEN'S OVERALL TRACK RECORD HOLDER**

Kristen Armstrong is a professional cyclist. On Thursday, August 3, 2005, while she was in Charlotte, North Carolina for the Bank of America Invitational Criterium, Kristen and one of her team mates decided to give their legs a workout at the Time Trial at Lowe's Motor Speedway. In doing so, Kristen Armstrong set a new Women's Overall Track Record with a time of 21:02.58 for the 10 mile individual time trial. Armstrong's average speed was 28:51 MPH.

Kristen Armstrong at the time of her record raced for T-Mobile. She now races with TEAM LIPTON and lives in Boise, Idaho. Her palmarès is most impressive, including three time National Champion, Olympic Road Race Champion and in 2006, the women's time trial crown at the World Championships in Salzburg, Austria.

Armstrong made an interesting comment shortly after winning the Women's Time Trial World Championship. "It wasn't until this year (2006) that I've begun to focus on my time trialing." *Wow, let's hope we can get Kristen Armstrong back at LMS to see what she can do now.*



Kristen Armstrong set Women's Track Record at LMS 2005



Armstrong on Podium in Salzburg 2006