



University of Idaho
College of Agricultural and Life Sciences

**MARGARET RITCHIE
DISTINGUISHED
SPEAKER SERIES**

The **Margaret Ritchie School of Family and Consumer Sciences** presents

KRISTIN ARMSTRONG

“Committed to Excellence”

WED, APRIL 11, 6 P.M.
AG SCIENCES
AUDITORIUM – RM 106



Kristin Armstrong is the most decorated U.S. women’s cyclist of all time and the best time-trialist in sports history. She is a three-time Olympic Gold Medalist, two-time World Champion and has won six U.S. National Championships.

Kristin is the only female U.S. athlete to win the same event (time trial) in three consecutive Olympic Summer Games, taking home the gold medal in Beijing (2008), London (2012) and Rio (2016). Additionally, Kristin became the oldest female cyclist in history to win an Olympic medal when she won gold in Rio, one day before her 43rd birthday.

Kristin graduated from the University of Idaho with a bachelor’s in exercise physiology. She spends her free time on public speaking engagements and recently has accepted the position as the women’s High-Performance Director for USA Cycling.