

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	

Endurance racing	:19
Significance of crew	
Team dynamics	
Choosing a team	:29
Past experiences	
Family members	
Monitoring cyclist nutrition	
Competition	:39
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	:50
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	
Relationships with competition	1:00
Mutual respect for others	
Name recognition	

DATE OF BIRTH OF INFORMANT: September 9, 1974

GENDER OF INFORMANT: Female

ETHNICITY OF INFORMANT: