

## **Katie E. Ishmael**

**Madison Memorial High School 1979-1982**

**Coach: Rhonda Benson-Bridges**

**Team Captain: 1981, 1982**

**MVP: 1981, 1982**

**High School Personal Bests**

**1600m Run (4:54.6), 3200m Run (10:24.11)**

**Highlights**

**1982 – Named to the National High School Track All-American Team**

**TAC/USA Junior Championships in L.A., 3rd Place 3000m (9:26.7)**

**Junior Pan Am Games in Venezuela, South America, Bronze Medalist 3000m**

**WIAA State Meet Record Set (Class A)**

**1982 – 3200m Run (10:24.11)**

**WIAA State Meet Championships (Class A)**

**1981 – 3200m Run (10:46.65); Runner-up 1600m (4:59.15)**

**1982 – 1600m Run (4:57.64) & 3200m Run (10:24.11)**

**College: University of Wisconsin – Madison**

**Four Year Letter Winner Indoor & Outdoor Track**

**Two Time Academic All-Big Ten in Track and Cross Country**

**Member of 6 Big Ten Champion Indoor and Outdoor Track Teams**

**Six Time Big Ten Champion**

**1983 – Outdoor 5000m & 10,000m**

**1984 – Indoor 3 Mile, Outdoor 5000m & 10,000m**

**1985 – Indoor 5000m**

**Four Time NCAA Division I Track All-American**

**1983 – Outdoor 5000m (5th)**

**1984 – Indoor 3000m (5th) & Outdoor 10,000 (2nd)**

**1985 – Indoor 3000m (2nd)**

**Big Ten Record Indoor 5000m (15:50.10)**

**Ranked 2nd on UW Indoor 5000m list & 2nd on Outdoor 10,000m**

**Named to the Big Ten Conference All-Decade Team Indoor & Outdoor Track & XC**

**Cross Country**

**Four Year Letter Winner, Member of 3 Big Ten Championship Teams**

**Member of 2 NCAA Division I National Championship Teams**

**Two Time All-Big Ten**

**Other**

**1999 – Champion, Huntsville, Alabama Marathon; Qualified for 2000 Olympic Trials**

**Inducted 2004**

