

ALICIA SHAY

Alicia Shay, formerly Alicia Craig, is an elite American distance runner. Shay made a bold move at the 7 mile mark to win the 2007 USA Track and Field 20K Championship in New Haven, Connecticut with a time of 1:06:56. This impressive performance was 22 seconds faster than her closest competitor. The victory was a confidence booster after a very difficult year and her performance is a glimpse of her immense talent that she will be showcasing in 2008 races.



As a collegiate runner at Stanford University, Shay was a two-time NCAA champion in the 10,000 meters (in 2003 and 2004) and she set the women's collegiate record in that distance (32:19.97) in just her third collegiate race at the 2004 Cardinal Invitational until the record was broken in 2007. She also boasts a personal record of 15:25.75 in the 5,000 meters.

Alicia Shay is originally from Gillette, Wyoming and now resides in Flagstaff, Arizona. Alicia is a charismatic young woman who will inspire the participants at the AIA Academy's 4th annual Girls in Sport Symposium in Phoenix, Arizona on March 27th, 2008.