

Deena Kastor Bio

With a record-breaking running resume that elevates and evolves at the same speed as her insatiable pursuit of excellence, Deena Kastor is one of the world's most extraordinary female athletes.

Deena's career is earmarked by her groundbreaking 2004 Olympic Bronze Medal in the marathon in Athens, Greece, which shattered a 20-year medal draught for U.S. women in the event. Yet, the accomplishments of the 3-time Olympian certainly don't stop there. Deena is currently the American Record Holder in the marathon (2:19:36) and half marathon (1:07:34) yet has held American records in a distances from 5K to the marathon. She has made 19 U.S. Teams, won 18 U.S. titles and earned two Silver Medals at the World Cross-Country Championships. She is also an 8-Time NCAA All-American.

Deena's win at the 2005 Chicago Marathon was highlighted in the inspiring documentary, Spirit of the Marathon. Deena followed that momentum to win the 2006 London marathon which ranked her #1 in the world that year. In 2014 Deena set 5 world masters records in one race during the Philadelphia Rock 'n' Roll Half-Marathon.

Deena believes in a balance of life and strives to always be grateful and give back to her community. She is the president of the ASICS Mammoth Track Club, a local running club with recreational members as well as professionals seeking Olympic berths. She is a motivational speaker for corporations, clubs and races. She is currently the Executive Producer of BOSTON, the marathon documentary, because she knows it will inspire runners and also attract people to the sport she loves.

Deena has called the town of Mammoth Lakes, CA home for the last 14 years where the altitude of 8,050 feet and simple mountain lifestyle have enhanced her running and allowed all aspects of her life to thrive. When not training with her Asics Mammoth Track Club Teammates, Deena enjoys spending quality time with her family (husband Andrew, daughter Piper and French Mastiff Zita), painting with girlfriends and cooking gourmet dinners for guests at her home.

Deena has a reputation for bringing her very best self to the starting line while simultaneously inspiring excellence in everyone around her.

"My greatest wish besides inspiring a child to dream loftily in sport is to help in the appreciation of the journey; to instill in many the desire for fitness and health because of the vitality it brings."

Statistics

Professional Career:

Deena has represented the U.S. on 19 World Championship and Olympic teams (3-time Olympian, 16 World Championships teams).

In her career has held 10 American Records in various distances.

2004 Olympic Bronze medalist in the marathon (Athens).

American record holder in the half (1:07:37, Berlin 2006) and full marathon (2:19:36, London 2006).

2005 winner of the Chicago Marathon and 2006 winner of the London Marathon where she broke her own American record.

2006 Ranked #1 in the world in the marathon.

2008 Olympic Marathon Trials winner (Boston).

2 time World Cross Country Silver Medalist (2002 Dublin, 2003 Lausanne).

2002 broke the world record at the Carlsbad 5000 clocking a 14:54. Deena is a 5 time US Champion in the 10000 meters.

In 2014 as a masters runner, Kastor broke American records in every race she entered in the calendar year. By year's end she acquired 5 world records (10K, 15K, 10 Miles, 20K and half marathon) in route to her finish at the Philadelphia Rock n Roll half marathon.

College:

University of Arkansas 4 time SEC Champion and 8 time All American

High School:

Agoura High School (Agoura Hills, CA)

5 time California State Champion

4 time Footlocker Finalist

Youth:

3000 meter National Record

2-time National Cross Country Champion

Deena is also available for speaking engagements across the country where she challenges runners and non-runners alike to embrace a life of gratitude and strive to be their personal best.