



CHERIE GRUENFELD

Ironman Race Highlights

- 23 races
- 15 wins
- 10 world titles

Ironman Course Records Set

- World Championship, Kailua-Kona, Hawai'i (3)*
- Arizona (2)*
- Lake Placid (2)
- Germany (1)*

* current course recordholder

70.3 Race Highlights

- Wildflower - 3 course records
- Vineman - course recordholder; undefeated in 8 races
- Honu - course record

Professional Experience - Athletic

- Author (*Become an Ironman*, Meyer & Meyer, 2009)
- Coach - triathlon and running
- Motivational speaker
- Founder and Director, Exceeding Expectations Foundation

Professional Experience - Business

- Executive marketing positions at the Artificial Intelligence Corporation, Cullinet and Tymshare

Education

- MA, Education/Learning Disabilities, University of Washington
- BA, Education, Western Washington University
- AS, Computer Science, Coleman College