



professional triathlete • ironman champion • highly successful career woman



### Life Balance

Meredith grew up in Columbus, Ohio where she was a 4-sport athlete and was inducted into her high school's Athletic Hall of Fame. She went on to receive a Division I athletic scholarship at Syracuse University where she participated in field hockey and track. After graduation in 2000, she used her graduation money to purchase her first bike and entered in a full Ironman 2 weeks later. From that moment on, she caught the spirit of Ironman competition and hasn't looked back. Since that first Ironman in 2000, Meredith has competed in over 20 full Ironman races all over the United States. She was undefeated in her 2009 season having been the 1st place amateur woman in every race that year. In addition, she holds the amateur course record at Ironman Arizona and the age-group course record at Wildflower 70.3. In November 2010, she turned professional.

### Race Highlights

#### Professional

|                            |           |
|----------------------------|-----------|
| 2010 Ironman Canada        | Champion  |
| 2010 Ironman Coeur D'Alene | 2nd Place |
| 2010 Ironman St. George    | 2nd Place |

#### Amateur

|                            |          |
|----------------------------|----------|
| 2009 Vineman 70.3          | Champion |
| 2009 Ironman Coeur D'Alene | Champion |
| 2009 Wildflower 70.3       | Champion |
| 2008 Ironman Arizona       | Champion |

### MBK Quick Facts

- Ironman Champion in Rookie Pro Season
- Resides in San Francisco with her husband, Aaron
- Works full-time at RBC Capital Markets
- Coached by Matt Dixon of Purple Patch Fitness
- Amateur course record holder for Ironman Arizona
- Amateur course record holder for Wildflower 70.3
- Former NCAA Division I Field Hockey and Track Star

### 2010/2011 Schedule

|          |                            |
|----------|----------------------------|
| 10.09.10 | Ironman World Championship |
| 11.21.10 | Ironman Arizona            |