

Suzy Favor Hamilton

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EDUCATION University of Wisconsin, Madison, WI
Bachelor of Science, Graphic Arts, May 1991

EMPLOYMENT Author

Fast Girl – A Life Spent Running From Madness is a New York Times Best Seller, and follows Suzy’s path from child phenom runner to Olympian, and then her struggles with life after running and an eventual year in Las Vegas as a high end escort. Once Suzy is finally correctly diagnosed with bipolar disorder, her entire life begins to make sense and recovery to a life of contentment becomes possible.

Public Speaker

Suzy’s speaking topics vary, ranging from her experience with bipolar disorder, to avoiding the pitfalls of running, eating disorders & body image issues, as well as the motivational angle of rising from rock bottom. Presented with International Bipolar Foundation’s “Imagine Award” in 2016 for her work in mental health advocacy.

Certified Life Coach

Suzy strives to help people live the life they were meant to lead. She focuses on recovering from life’s setbacks, overcoming shame and guilt, finding & getting comfortable with one’s true self, goal setting and finally, living life to the fullest, often incorporating adventuring into her coaching.

Certified Yoga Instructor

Suzy teaches yoga to individuals and groups and organizes retreats featuring yoga and outdoor adventure at beautiful locales.

Spokesperson (Present)

International Bipolar Foundation
The Mighty
Run Like A Girl
Athlete Ally

Spokesperson (Past)

Lady Foot Locker
RunDisney
Nike
Oakley
Viactiv
Clairol
Kikkoman Foods
Blue Cross / Blue Shield
Nordic Track

Color Commentator

Have served as color commentator for athletic events on the Big Ten Network and Fox Sports Net.

Account Executive – Badger Sports Properties (Madison, WI)

2007-2008

Worked with a number of corporate accounts, creating marketing opportunities involving the various sports teams and venues for the University of Wisconsin Badgers.

Realtor - First Weber Group (Madison, Wisconsin)

2005 – 2012

In a relatively short time period, Suzy and her husband became the top Realtor team 3 years running at the #1 Real Estate Firm in Wisconsin and the Madison area.

CRS, ASP, CHMS, RCC, GREEN

President's Club Top Producer 2008 - 2012

Honorary Chairperson for Wisconsin Governor's Council on Physical Fitness & Health

1998

ACCOMPLISHMENTS

High School:

U.S. junior record holder at 1500m

USA Junior 1500m titles - 3

One of top 100 High School Athletes of Century, Scholastic Sports Magazine

Pan American Junior Titles - 2

Wisconsin State Titles – 11

Inducted into US National High School Hall of Fame in 2010

Collegiate:

NCAA Titles - 9

Big Ten Championships - 23

All-American Awards - 14

NCAA Championships record holder at 800
Former NCAA Championships record holder at 1500m
NCAA Cross-Country Championships runner-up Awards - 2
World University Games Silver Medalist
Big Ten Athlete of the Decade for the 90's
Big Ten Athlete of the Year Awards - 3. Was named the Suzy Favor Award
Big Ten Icon – Named by the Big Ten Network as one of the 20 greatest athletes in Big Ten Conference History
Jumbo Elliot Award - College Track's version of the Heisman Trophy.
NCAA Top Six Award
Two-time Honda Award winner
Honda-Broderick Cup - Collegiate female athlete of the year
Babe Zaharias Award - Collegiate female athlete of the year
NCAA Woman of the Year
University of Wisconsin Athletic Hall of Fame
Anchored UW's American Record setting 4x1500m squad

Professional:

U.S. Olympian - 3
U.S. National Championships - 7
Former American Record Holder at 1000m
Former American Indoor Record Holder at 800m
Goodwill Games Bronze Medalist, '98
Fifth at 2002 World Cross-Country Championships - Best ever finish by U.S. Woman at World XC Championships (short course) at the time.
5 sub-4's, including 5 of the 9 fastest times ever run by an American at the time
Only American Woman to ever have the fastest seasonal 1500m time in the world
USA Track & Field Distance Runner of the Year in 2000

World Rankings Based on Time:

| | | |
|-----|-----------------|---------|
| '98 | 7 th | 3:58.38 |
| '00 | 1 st | 3:57.40 |
| '01 | 4 th | 4:00.38 |
| '02 | 3 rd | 3:59.10 |

World Rankings:

| | |
|-----|-----------------|
| '97 | 5 th |
| '00 | 7 th |
| '01 | 6 th |
| '02 | 3 rd |

U.S. Rankings:

| | |
|-----|--------------------------------------------------------------------------|
| '89 | 1 st |
| '90 | 1 st |
| '91 | 3 rd |
| '92 | 3 rd |
| '94 | 2 nd |
| '95 | 3 rd |
| '96 | 3 rd |
| '97 | 2 nd |
| '98 | 1 st |
| '99 | unable to compete due to Achilles tendon surgery |
| '00 | 1 st |
| '01 | 1 st |
| '02 | 1 st |
| '03 | 1 st |
| '04 | unable to compete due to Achilles tendon and hamstring injuries. Retired |

| | | | | |
|-----------------------|-------|----------|----------------|---------------------------|
| PERSONAL BESTS | 800m | 1:58.10 | Stockholm '00 | |
| | 1000m | 2:33.93 | Eugene '95 | #2 all time U.S. when ran |
| | 1500m | 3:57.40 | Oslo '00 | #2 all time U.S. when ran |
| | Mile | 4:22.93 | New York '98 | #4 all time U.S. when ran |
| | 2000m | 5:42.86 | Eugene '94 | |
| | 3000m | 8:46.16 | Madison '00 | |
| | 5000m | 15:06.48 | Long Beach '00 | |

Suzy has been featured in national ads for Nike, Reebok, Pert Plus Shampoo, Nordic Track, Clairol, Oakley, Kikkoman Foods, and Viactiv. She has been featured in magazines such as People, Elle, Vogue, Cosmopolitan, Rolling Stone, Runner's World, Harper's Bazaar, Men's Journal, The New Yorker, Sports Illustrated & Outside Magazine and was profiled on ABC's 20/20 in September 2015 and Oprah's Where Are They Now in 2016. Her memoir, Fast Girl, A life Spent Running From Madness, was #3 on the New York Times Best Seller List for non-fiction and documents her unique journey from child phenom, to Olympian, to top Las Vegas Escort. Suzy now focuses on recovery and a healthy lifestyle managing her bipolar disorder as well as moving forward after a life unraveled. Her interests include running, yoga, adventuring & creating artwork and she's just beginning a career in life coaching. Suzy is married to Mark Hamilton and the couple has a 12-year-old daughter, Kylie.