

DANELLE BALLENGEE

PROFESSIONAL ENDURANCE ATHLETE

RESUME

Awards, Honors, Achievements:

2012 Colorado Running Hall of Fame Inductee
2005 Everest Award Winner, Adventure Sports
2002-2004 Adventure Racer of the Year
1999 U.S. Mountain Runner of the Year, USA Track and Field
1997 U.S. Professional Duathlete of the Year, Triathlete Magazine
1995 Multisport Athlete of the Year, Inside Triathlon Magazine
1996, 1997, 1999, 2001 USA World Mountain Running Team Member
1993, 1994, 2005 Sportswoman of Colorado, Hall of Fame
1996 Olympic Trials Qualifier, Marathon (2.49.01)
1993, 1994 Ultra-Distance National Champion, Triathlon
10-time North American Snowshoe Champion ('94-'05), 107 Career Snowshoe Wins,
including 3 years undefeated
2000 Female Speed Record for climbing all of Colorado's 14,000 ft peaks (55 peaks, 14
days, 14 hrs, 49 min.)

Danelle has been perhaps the most successful endurance athlete ever, having **National Championship Titles in 8 Sports**: Adventure Racing, Triathlon, Duathlon, Snowshoeing, Mountain Running, Skyrunning, Winter Triathlon, and Ultra-Orienteering. She has competed in over 300 events including several **World Championships** and the **Olympic Trials** (marathon) and finished in the top 3 overall (female) in 98%.

A Few of Nellie's top Race Results:

Eco Challenge Adventure: Well known week long expedition race including trekking, biking, kayaking, and rapelling. Teams of 4. 2nd Place 2002 in Fiji. Team GoLite/Balance Bar. 12th place 1998 in Morocco.

Adventure Racing World Championships: 3.5 days through Newfoundland, Canada with top international competition. 4 person team race including biking, running and kayaking. 2004 World Champions.

Hi-Tech Adventure Race Series: Reputable short course adventure races. Series of 8 races throughout the Nation. 2002 and 2001 National Champions(1st place) and winners of the series, including 1st place in 5 of the 8 races, as seen on Outdoor Life Network. Team Hi Tec (2002) Balance Bar (2001). Also winner of the series final in 2004, Team Nike.

Balance Bar 24 Hour Adventure Race Series: 5-race series, Teams of three. First Place in Series, Series Champions, 2002 and 2003. Winning the majority of the series races. Team Nike/Balance Bar.

Primal Quest Adventure Race: The worlds "Richest" Adventure. 4-7 day team adventure race. 1st Place Team in 3 of the 4 years of the event. 2002, 2003, 2004. Team Nike ACG/Balance Bar.

Raid World Championships: Prestigious 5 day adventure race in Patagonia, Argentina. Canoeing, running, inline skating, horseback riding, climbing, biking. Teams of 4. First place in 2004. Team Nike ACG/Balance Bar.

Ironman Triathlons: Prestigious races consisting of a 2.4 mile swim, 112-mile bike, and 26 mile run. 5 time finisher of Hawaii Ironman, including age group champion in 1996 and 13th overall professional in 1997. 1 time finisher of Ironman New Zealand and 1st American finisher in 1998.

Mild Seven Outdoor Quest: Prestigious 4-day stage race in Lijang, China with top international competition. 4-person team race includes running, biking, and kayaking. 2002, 2001 Champions (1st place); 1999, 2nd place team. Extensive international television coverage.

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Mt. Taylor Winter Quadrathlon: Prestigious bike, run, ski, and snowshoe race to 11,000 ft Mt. Taylor and back. Winner (first place) in '94, '95, '97, '98, '00, '01, '02, '03, '04, '05 Course record holder.

Adventure XStream: (Moab, Vail, Breckenridge and Durango): Solo adventure races including biking, running, kayaking, ropes, and navigation. 10 out of 10 first place finishes from 2001 thru 2006. And 7 out of 8 first place finishes from 2007-2014.

Fila Skyrunning Races:

US National Skyrunning Championship, Aspen Colorado: Footrace covering 26 miles of rugged terrain all above 10,000 ft. U.S. Champion every year from 1995 through 2001.

Fila Everest Skyrunning Championship: Marathon in Tingri, Tibet at 14,000 ft. 1st place and course record, September 1998.

Fila Mexico Skyrunning Championship: Marathon to 17,500 ft. volcano and back. 1st place and course record. October of 1998 and 1999. All of these races are televised.

World Mountain Running Championships: Member of the US team in 1996 (Austria), 1997 (Czech Republic), 1999 (Malaysia), and 2001 (Italy). The top 5 mountain runners in the U.S. are invited to be a part of this prestigious world championship competition.

Professional Duathlete of the Year: in 1997, as recognized by Triathlete Magazine: top results include 1st place US Finisher at Duathlon World Championships in Zofingen Switzerland, 2nd place in Dannon Duathlon, Dallas, and 2nd place at Boulder Peak Duathlon.

Winter Triathlon National and World Championships: Event including running then biking on snow followed by cross country skiing. National Champion in 2006. 8th in the World Championships.

US Rogaine Championships: 24 hr orienteering race. 1st place in 2006, two person female team. Team Spyder.

Wild Onion Urban Adventure Race: 24 hr team race including running, canoeing, biking, scootering, skating, orienteering, kayaking and coasteering through the busy streets of Chicago and NY. 2nd place team, 2003, 2002 and 2001. As seen on ESPN. Team SoBe, Team Nike ACG/Balance Bar.

Extreme Adventure Hidalgo: 4-day, 3 stage adventure race through the heart of Mexico with tough competition. 1st place team. 2002, 2004, 2006.

Salomon Winter Adventure Race: 2 day, 2 stage Winter Adventure Race (skiing, snowshoeing, mtn biking.) U.S.'s most prestigious winter adventure race. 1st Place Team, Feb. 2002. Team GoLite/Beaver Creek.

Skygames World Championship, Italy, Andorra. 3-day stage race at high altitude, which included a Vertical K run, Skybike, and Skymarathon. 1st place and Skygames World Champion, 2000 and 2006.

24 hr. Adventure Racing National Championship, Santa Monica Mountains, CA: Running, biking, kayaking, ropes, and navigation over a 24 hr period. 1st overall team in 2001, 2nd overall team in 2000. Team SoBe.

2000-01 Pole Peddle, Paddle: Skiing, biking, and paddling event. Overall winner, course record, 2000, 2001.

Firecracker 50 Mountain Bike Race: Challenging professional bike race in the Rocky Mountains. 1st place overall, 2004.

24 Hrs of Moab Mountain Bike Race: Solo bike race in Moab, Utah, Recognized as the World Championship in 24 hr bike racing. 2nd overall in 2005 and 2006.

Pikes Peak Marathon: Notable marathon to the summit of 14,000 ft Pikes Peak and back. Four out of four time champion: '94, '95, '96, '97. Second in '05 and '06.