



Photo by Tristate racer of Kitty winning her age in the 2017 Circleville Dog Days 5km

Dr. Kitty Consolo is a popular associate professor, top senior runner, educator, writer and motivational speaker. She holds a doctorate in Exercise Physiology from Kent State University. At present, she is a tenured associate professor at Ohio University in Health Sciences where she teaches courses such as Healthy Lifestyle Choices, Intro to Public Health and Human Biology. She also has developed a special wellness workshop for one credit offered one afternoon each semester to help students obtain their best self in physical, mental and emotional wellness.

Dr. Consolo is an expert in the fields of running, health, fitness and wellness. Her seminars, workshops and clinics which she has given at Universities, Race Clinics, running clubs and at The Ohio Association for Health, Physical Education, Recreation and Dance annual State conventions include a wide range of topics including "Running with Resilience," "Eat to Win", "Exercise is Medicine", "Race day Tips," "Running your Best Marathon," "Fitness for Seniors," Sound Supplements for Health and Fitness," "Fitness for the Busy Person," "Food for Fitness," and "Living Well at Work." Her writing includes publications in peer reviewed journals as well as popular magazines such as Runner's World, Sports and Fitness Magazine.

Dr. Consolo has been competing since 1975 when she broke ground running on the men's cross country team at Wake Forest University and qualified for women's Nationals in the 3 mile. Wake Forest did establish a women's team the following year and Consolo was named **Wake Forest University's "Most Valuable Runner."** In 1978 she won the prestigious Charleston Distance Run 15 miler which immediately **launched her career by gaining her shoe company** sponsors. She later founded the still successful **Twin City Track Club of Winston-Salem, NC** and went on to win an average of 20 road races per year. She helped campaign to get more distance events and equal awards for women. She won the Revco **Cleveland**

Marathon twice (1982, 1985) and qualified and competed in the first Women's Olympic Marathon Trials in 1984. She also ran in the Boston marathon several times (2:45.08).

Since then she has won over 500 races ranging from the mile to the marathon with the **following lifetime personal bests:**

10km 35:01 10/19/80 Cleveland, OH

Half marathon: 1:17.05 10/2/82 New York, NY

Marathon: 2:42.46 10/24/82 New York, NY

She is also the **1982 & 1985 winner of the Cleveland Marathon**

Now in her 46th season of competing, Dr. Consolo defies the odds by making a comeback from serious injuries sustained from a fall. She runs with severe asthma and allergies **yet is one of the top senior (60+) runners in the nation.** She began her live 2021 race season by running 25:51 at the Thad Davis 5km winning her age group by in 25:51, then won her age at the Dr. Bender 5km in 25:55. She remained undefeated all season.

Dr. Consolo also qualified for the 2013 National Senior games and placed 8th in the nation in the 10km. Consolo, was selected out of 11,000 athletes to carry the torch at the Opening Games Ceremony. She was also awarded a **citation** for her selection to carry the torch by the Ohio House of Representatives.

On May 30, 2007, Dr. Consolo was inducted in the in the Granville High School Blue Ace Achievement Hall of Fame at Granville High school.

To arrange Dr. Consolo to speak or conduct a seminar for you, please call 740-587-7879 or email: drkittyconsolo@gmail.com