

Athlete Bio - Susan Bartholomew Williams

2004 Olympic Bronze Medalist

Hometown: Springfield, Va.
Resides: Littleton, Colo.
Height: 5-5 **Weight:** 130
College: University of Alabama
Years Elite: 10
BirthDate: 6/17/1969



Personal: Susan Rene Bartholomew Williams... Born June 17, 1969 in Long Beach, Calif... Also lived in Springfield, Va.; Panama City, Fla.; and Honolulu, Hawaii... Father, Charles, was a Navy Captain specializing in diving and salvage She earned a B.S. in aerospace engineering from the University of Alabama in 1992... Earned a master's in aerospace engineering from the University of Colorado in 1994... Was employed by Lockheed Martin Aerospace Corporation from 1994-2003... Was working toward becoming an astronaut when her success at triathlon convinced her to give it a try... Married Tim Williams, an engineer for Lockheed Martin, on Nov. 27, 1999... The couple trains together often as he is an amateur triathlete... The couple has one daughter, Sydney. She got her name because Susan was trying to qualify for the 2000 Olympic team when she found out she was pregnant... Sydney joined Susan on the medal stand at the 2004 Olympic Games in Athens... After winning the bronze medal in Athens, Susan appeared on the Today Show and Late Night with David Letterman among other things.

Currently: Started Commitment to Excellence Triathlon Coaching (C2Ecoaching.com) in 2004 and currently works with triathletes of all levels and distances. In addition, coaches a master swim program for triathletes 2x/week. Also, gives motivational talks and triathlon clinics and seminars all over the country.

Elite Triathlon Career: Became the first U.S. triathlete to win an Olympic medal by taking the bronze in 2004 in Athens... Came back in the Olympic triathlon after crashing into a barrier on the bike... Qualified for the 2004 U.S. Olympic team by finishing as the second American at the races in Honolulu, Hawaii and Bellingham, Wash... Was selected the USOC athlete of the month for June 2005. Did not compete late in the 2000 season due to pregnancy... Missed the first half of the 1999 season when a pulmonary embolism ... Returned to racing in July and one month later, won the ITU North American Regional Championship, held in Wilkes-Barre, Pa... Won four races during the 1998 season, her second year as an elite.

Amateur Triathlon Career: In 1996, was the fastest U.S. amateur and won the 25-29 age group at the ITU World Championship in Cleveland, Ohio... Was the third fastest female overall and second in the 25-29 age group at the USA Triathlon National Championship... Finished fifth in the 25-29 age group and had the fastest bike split at the Gulf Coast Triathlon in Panama City, Fla. Was selected the Female Amateur Triathlete of the Year by Triathlete Magazine in 1996.

Athletic Background: Swam at the University of Alabama 1987-1992. Set the Junior National record for the 200 butterfly in 1984... Still holds the Southern California record for 15-16 year-olds in the 200-yard butterfly and the Hawaiian record for 13-14 year olds in the 200 butterfly.

