



KATHY "KATCHA" RAKEL

Pro Triathlete



As a cadet at the United States Air Force Academy, Kathy undertook a wide variety of physical challenges. During her senior year, she unexpectedly set the record for the fastest female cadet Ironman finishing time by completing the April 2007 Ironman Arizona in 11:46:42. She is a 3 time US Armed Forces National Champion, recipient of the 2010 Air Force Athlete of the Year Award, and was the top American at the World Military Triathlon Championships in 2011.

Her interest in triathlon grew, as she spent 5 years on the All Air Force Triathlon Team from 2008 to 2012. Hard work landed Kathy 5th overall at the 2008 Collegiate National Championship and the opportunity to turn pro. Kathy qualified for her pro card in May 2009, but waited until 2010 to get her professional triathlete license.

She became the first woman in the Air Force to claim the overall women's title at the Armed Forces Triathlon Championship, an accomplishment she repeated in 2011. Kathy has had multiple over-all wins and course records in triathlons across the United States. Her tri goal is the 2016 Olympics in Rio.

STATS

2012

- US National Military Champion
- 1st Los Angeles Tri Series Event
- 1st Armed Forces Triathlon Championship
- 2nd Orange County International Triathlon
- 3rd SuperSEAL Triathlon

2011

- US National Military Champion
- 1st Mountain Man Triathlon
- 1st Armed Forces Triathlon Championship
- 2nd Superfrog Half Ironman
- 4th SuperSEAL Triathlon

2010

- US National Military Champion
- Air Force Female Athlete of the Year
- 1st Pumpkinman Triathlon
- 1st Tinfolman Sprint Triathlon
- 1st Kiwanis Sprint Triathlon

2009

- 1st Amica Sprint Championship
- 1st Luke AFB Sprint Triathlon
- 1st Spillway Hill Duathlon

