

LISA GARRETT

Track stars can be developed in many ways. In Lisa Garrett's case, it all began as a challenge from her father, to see how fast she could run to the box, 75 yards away, to bring him his daily newspaper. Those childhood challenges laid the foundation for skills that were honed to create a record-setting All-American at the University of Virginia in the early 1980s.

Amherst Sports Hall of Fame Coach Barbara Wood recognized Garrett's potential and urged her pursuit of the highest levels for herself, both academically and athletically. She was a much-loved teammate who reveled in encouraging others in their events. Success at the state level in high school finally convinced the humble star that she could "go places" in track, a fact that led Garrett toward becoming the recipient of a scholarship at the University of Virginia.



There she enjoyed the opportunity not only to excel in her events, but to make the most of travels throughout the United States, participating in such events as the century-old Wanamaker Millrose Games at Madison Square Garden, Dogwood Relays, Princeton Relays, Penn Relays, and the AIAW and subsequently the NCAA national meets.

Garrett's participation at the major college level was in the formative years of expansion of opportunities in women's athletics. Nevertheless, her U.Va. record in the 400-meter indoor event withstood the test of the next three decades, before its being broken in 2013.

At U.Va., Garrett balanced the rigors of track practice and a demanding schedule in the School of Nursing, often facing the more complex cases because of being late from practice, then on the scene to select assignments for the next day's presentation after all the less-difficult ones had been chosen. The passage of years has revealed to Garrett the value in these tough challenges, with a variety of work experiences in the nursing field at U.Va. 2013 marks her thirtieth year of service in the University of Virginia Health System.

She is appreciative of the fact that a supportive family and the relentless encouragement from her high school coach afforded opportunities that have led not only to success in track, but also to a fulfilling life with her husband of twenty years and a career in nursing in Charlottesville.

Lisa Annette Garrett – July 15, 1961

Career Highlights

- ACHS: Virginia High School AA state champion, 100 and 200, new state records (1977)
- University of Virginia: track scholarship; AIAW Indoor National Championship team (1981); 2nd in 400 meters (1981); new U.Va. record that stood until 2013; ACC champion, 200 meters, 400 meters, 4 x 400 relay; team ACC Championship (1983); All-American, 400 meter (1981), 4 x 400 relay (1982), 400 meters (1983); Lou Onesty Memorial Award, outstanding athlete (track, 1983), presented by the Z Society