



Liz Parr-Smestad **CLASS OF 1980**

Liz Parr-Smestad, a three-sport standout at Park, participated and earned All-Conference honors in volleyball, gymnastics and track and field. Liz made two state tournament appearances in track and field where she earned All-State honors for her performance in the 100 yard low hurdles. In 1980 Liz was selected as a Park Honor Athlete.

She competed in track at UW-LaCrosse and returned to District 833 as a coach. Liz was a member of the first women's U.S. National bobsled team and was selected as an Olympic torch runner in 2002. Liz is currently a physical education teacher for St. Paul Public Schools where she has been awarded numerous awards and is a leading advocate for physical education in Minnesota.