Mary Alby started shooting trap in 1988 in Wisconsin. She became hooked on the sport and in 1989 she started shooting registered targets. To date she has shot 83,975 singles, 73,250 handicap and 56,550 doubles targets.

She is presently a member of the ATA, Southwest Shotgunners Club and a life member of Tucson Trap and Skeet Club.

She was a member of the Wisconsin State Team several times and a member of the New Mexico State team eight times. Between 2013 and 2024, she has been on the All American Team five times.

In 2021, she was the New Mexico State Handicap Champion and was Lady II Handicap Champion at the Grand American. She has won several trophies from competition in Wisconsin, Illinois, Iowa, Kansas, Arizona, Utah, Nevada, Kentucky, Ohio, North Dakota and Oregon.