

# Lorenn Walker's Sports Resume

(omits swimming & slalom windsurfing races)

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## Triathlon (women age group unless otherwise indicated):

- May 2017 Xterra Tahiti, 1<sup>st</sup> Age Group (1<sup>st</sup> men age group below hers – no men in or above her age group)
- March 2017 Hale'iwa Triathlon, 1<sup>st</sup> Age Group (1<sup>st</sup> men age group)
- Oct 2016 Xterra World Championship, 3<sup>rd</sup> Age Group (top half woman overall)
- June 2016 Xterra Belgium, 1<sup>st</sup> Age Group
- May 2016 North Shore Triathlon, 1<sup>st</sup> Age Group
- March 2016 Hale'iwa Triathlon, 1<sup>st</sup> Age Group
- Oct 2015 Xterra World Championship, 2<sup>nd</sup> Age Group
- May 2015 Mokulei'a Triathlon, 2<sup>nd</sup> Relay (family team Lorenn biked)
- April 2015 Xterra Western Championship, Las Vegas 1<sup>st</sup> Age Group
- Feb 2015 Hale'iwa Triathlon, 1<sup>st</sup> Relay women & mixed (family team Lorenn biked)
- July 2014 Tinman Triathlon, 1<sup>st</sup> Age Group
- July 2014 Freedom Fest Xterra Qualifer, 1<sup>st</sup> Age Group (6<sup>th</sup> woman overall)
- June 2014 North Shore Triathlon, 1<sup>st</sup> Age Group (12<sup>th</sup> woman overall)
- May 2014 Honolulu Triathlon, 1<sup>st</sup> Age Group
- Oct 2013 Xterra World Championship, 3<sup>rd</sup> Age Group
- July 2013 Xterra Freedom Fest, 1<sup>st</sup> Age group (12<sup>th</sup> woman overall)
- Oct 2012 Xterra World Championship, 3<sup>rd</sup> Age Group
- July 2012 Freedom Fest Xterra Qualifer, 3<sup>rd</sup> Woman Overall
- Oct 2011 Xterra World Championships, 4<sup>th</sup> Age Group
- Aug 2011 Mt. Man Xterra Qualifer 1<sup>st</sup> Age Group women (9<sup>th</sup> woman overall)
- July 2011 Kualoa Freedom Fest Xterra Qualifer 1<sup>st</sup> Age Group (5<sup>th</sup> woman overall)
- Oct 2010 Xterra World Championships 3<sup>rd</sup> Age Group women
- Aug 2010 Mt. Man Xterra Qualifier 1<sup>st</sup> Age Group women (14<sup>th</sup> woman overall)
- Oct 2009 Xterra World Championship 3<sup>rd</sup> Age Group women
- Aug 2009 Mt. Man Xterra Qualifier 1<sup>st</sup> Age Group women (10<sup>th</sup> woman overall)
- Oct 2008 Xterra World Championship 3<sup>rd</sup> Age Group women
- June 2008 Bali International Triathlon 1<sup>st</sup> Age Group women
- March 2008 New Zealand Xterra 1<sup>st</sup> Age group women
- Oct 2007 Xterra World Championships 2<sup>nd</sup> Age Group women
- April 2007 Iroquois Pt., 1<sup>st</sup> Age Group women (2<sup>nd</sup> woman overall bike)
- Oct 2006 Xterra World Championships 2<sup>nd</sup> Age Group women
- Aug 2006 Xterra Midwestern Championships 1<sup>st</sup> Age Group women
- Oct 2005 Xterra World Championships 2<sup>nd</sup> Age Group women
- Aug 2005 Mt Man Xterra Qualifier 1<sup>st</sup> Age group women (2<sup>nd</sup> men age group)
- Oct 2004 Xterra World Championships 1<sup>st</sup> Age Group women
- Aug 2004 Mt. Man Xterra Qualifier 1st Age group women

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## Continued Triathlons:

Oct 2003 Xterra World Championships 1<sup>st</sup> Age group women  
Oct 2003 Kona Ironman World Championships 12<sup>th</sup> Age Group women  
June 2003 Hono Festival Duathlon (run 10 K & bike 30 K) 2<sup>nd</sup> woman overall  
June 2003 Mt. Man Xterra Qualifier 1<sup>st</sup> Age Group (1<sup>st</sup> men age group & 7<sup>th</sup> woman overall)  
May 2003 North Shore Triathlon, 1<sup>st</sup> Age Group  
Nov 2002 Mt. Man Xterra Qualifier 1<sup>st</sup> Age Group (1<sup>st</sup> men age group & 6<sup>th</sup> woman overall)  
Oct 2002 Xterra World Championships 1<sup>st</sup> Age group (1<sup>st</sup> men age group)  
Oct 2002 Kona Ironman World Championships 6<sup>th</sup> Age Group  
May 2002 Keauhou Half Ironman (Kona qualifier) 1<sup>st</sup> Age Group  
April 2002 Bikefactory Lanikai 1<sup>st</sup> Age Group (11<sup>th</sup> woman overall)  
Nov 2001 Nytro Haleiwa 1<sup>st</sup> Age Group (5<sup>th</sup> woman overall)  
Nov 2001 Mt. Man 1<sup>st</sup> Age Group (7<sup>th</sup> woman overall)  
Oct 2001 Xterra World Championships Maui 2<sup>nd</sup> Age Group  
Sept 2001 Kalealoha Sprint 1<sup>st</sup> Age Group (5<sup>th</sup> woman overall)  
Sept 2001 Niketown Na Wahine Sprint 1<sup>st</sup> Age Group  
Aug 2001 Mt. Man Xterra Qualifier 1<sup>st</sup> Age Group (13<sup>th</sup> woman overall)  
Nov 2000 Kuuloa Mountainman 1<sup>st</sup> Age Group (6<sup>th</sup> woman overall)  
Oct 2000 Xterra World Championships Maui 1<sup>st</sup> Age Group  
Sept 2000 Na Wahine 1<sup>st</sup> Place Open Age Relay Team (biked)  
July 2000 Honolulu Tin Man 1<sup>st</sup> Age Group (14<sup>th</sup> woman overall)  
July 2000 Jamba Juice Mountainman 3<sup>rd</sup> Place (9<sup>th</sup> woman overall)  
June 2000 North Shore Triathlon 1<sup>st</sup> Age Group (8<sup>th</sup> woman overall)  
May 2000 Kualoa Xterra Qualifier 1<sup>st</sup> Age Group (6<sup>th</sup> woman overall)  
May 2000 Kaneohe Triathlon 1<sup>st</sup> Age Group (1<sup>st</sup> men age group & 8<sup>th</sup> woman overall)  
Nov 1999 Kuuloa Mountainman 1<sup>st</sup> Age Group (12<sup>th</sup> woman overall)  
Oct 1999 Xterra World Championships Maui 1<sup>st</sup> Age Group  
July 1999 Jamba Juice Mountainman 1<sup>st</sup> Age Group (1<sup>st</sup> men age group & 10<sup>th</sup> woman overall)

## Mountain Biking (MTB) & Road Biking:

Oct 2015 24 Hour MTB Race Kualoa 1<sup>st</sup> Woman Overall (beat 3<sup>rd</sup> place man by 1 lap)  
Sept 2014 24 Hour MTB race Kualoa 3<sup>rd</sup> Woman Overall (tie for 4<sup>th</sup> place men overall)  
July 2014 Xterra Freedom Fest 20K 3<sup>rd</sup> Woman Overall  
July 2013 Xterra Freedom Fest 40K 2<sup>nd</sup> Masters woman  
July 2012 Xterra Freedom Fest 40K 4<sup>th</sup> Woman Overall  
Oct 2012 24 Hour MTB race Kualoa 2<sup>nd</sup> Woman Overall (tie for 5<sup>th</sup> place men overall)  
Aug 2011 24 Hour MTB race Kualoa 3<sup>rd</sup> Woman Overall (tie for 5<sup>th</sup> place men overall)  
Feb 2007 Mokuleia Time Trial 1<sup>st</sup> Age group, 6<sup>th</sup> Woman Overall  
Sept 2006 Ko Olina 1<sup>st</sup> Overall Tri Team, 9<sup>th</sup> woman Bike (Walker biked)  
Sept 2003 Dick Evans 112 mile—6<sup>th</sup> woman overall  
Aug 2003 Halekala Cycle to the Sun, 5<sup>th</sup> Woman Overall, 1<sup>st</sup> age  
Feb 2002 Boca Team 10 mile timed trial 1<sup>st</sup> Place overall (including men)  
Feb 2001 7<sup>th</sup> Annual HQBN MTB Race 3<sup>rd</sup> Woman Overall & 1<sup>st</sup> Age Division  
Nov 2000 Off Road Time Trials 10 mi 3<sup>rd</sup> Women Overall & 1<sup>st</sup> Age Division  
June 2000 Hawai'i State Time Trials 40K 2<sup>nd</sup> Place 30+ & 1<sup>st</sup> Age Division

## Running:

2014 Ka'ena Point 10K 1<sup>st</sup> Age group 50+  
2010 Xterra Half Marathon World Championship Trail Run 3<sup>rd</sup> Age group  
2009 Xterra Half Marathon World Championship Trail Run 1<sup>st</sup> Age group  
2008 Xterra Half Marathon World Championship Trail Run 1<sup>st</sup> Age group

**Honolulu Marathon:** 2003, 2002, 2001, 2000, 1999, 1996, 1995, 1994, 1993, 1984 (top 5% age group, slower years unlisted)

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## Windsurfing Wave Riding:

July 2000 Diamond Head Pro/Am 2<sup>nd</sup> Place Amateur Women  
April 2000 North Shore Challenge 2<sup>nd</sup> Place Pro Women  
Oct 1999 Hawaii State Championship 1<sup>st</sup> Place Amateur Women  
Oct 1999 Hookipa Wave Contest 4<sup>th</sup> Place Amateur Women  
June 1999 Diamond Head Pro/Am 3<sup>rd</sup> Place Amateur Women  
April 1999 North Shore Challenge 5<sup>th</sup> Place Women (pro/am)  
Oct 1998 Hawaii State Championships 3<sup>rd</sup> Place Women (pro/am)  
April 1998 Wave Sailing Challenge, North Shore 1st Place Women (pro/am)  
May 1997 Blue Planet Wave, North Shore 1<sup>st</sup> Place Women (pro/am)  
May 1997 Waveriding World Tour, Diamond Head 4<sup>th</sup> Place Women (pro/am)  
Sept 1995 Wave Riding Wahine Diamond Head Challenge Pro top 10 semi-finalist

## Team Outrigger Canoe Paddling:

July 1999 Hui Waa Senior Masters Division Undefeated Champions  
Aug 1998 Hawai'i State Regatta Championships 2<sup>nd</sup> Place Senior Masters  
Aug 1997 Hawai'i State Regatta Championships 1<sup>st</sup> Place Senior Masters  
Sept 1997 Molokai Channel 2<sup>nd</sup> Place Senior Master  
Sept 1996 Molokai Channel 3<sup>rd</sup> Place Junior Masters

## Solo Outrigger Canoe Paddling:

May 1998 Molokai Channel Two Person Relay 3<sup>rd</sup> Place Women Masters  
April 1998 Hawai'i State Championships 3<sup>rd</sup> Place Novice B Women  
April 1998 Oahu Championships 2<sup>nd</sup> Place Novice B Women

Sponsors have included: Santa Cruz Bicycles, Specialized, McCully Bike Shop, Surf N Sea, Surfflight Hawai'i, Neilpryde, Maui Sails, Hed Wheels, The Acupuncture Clinic Hale'iwa, ShinSpins

## Education:

1996 Master Public Health, University of Hawai'i at Manoa, Health Education  
1983 Juris Doctor, Northeastern University School of Law, Boston, MA  
1980 Bachelor Arts & Sciences, University of Hawai'i at Manoa, Communication  
1978 Associate Arts, Leeward Community College, University of Hawai'i  
1971 Montessori Teacher's Certificate, St. Nicholas Training Centre, London, England

## Employment:

1994-present: Health Educator, Restorative Lawyer, College Instructor, CEO HFRJ [www.hawaiiifriends.org](http://www.hawaiiifriends.org)  
1985-1994: Deputy Attorney General, Hawai'i Department of Attorney General  
1983-1985: Law Clerk Hawai'i state judges Russell Kono & Marie Milks  
1983 (6 months) Law Clerk ITT Corp. New York City  
1980-1982: Massachusetts Department of Public Welfare Administrative Hearing Officer  
1977-1980: Variety of internships with State of Hawai'i, restaurant worker (1977-1978)  
1975-1976: Busperson & waitress various restaurants on Kaua'i including The Beach House  
1971-1975: Montessori teacher (5 yrs) & school director Children's House (1 yr), also waitress Yacht Harbor Pizza (1973-1975), Santa Cruz, CA

## Sport References:

John Henderson (coach & race director) (808) 778-2247 [henderj\\_2000@yahoo.com](mailto:henderj_2000@yahoo.com)  
Dave Nicholas (Xterra & former windsurfing contest dir) (808) 521-4322 [kahunadav@xterraplanet.com](mailto:kahunadav@xterraplanet.com)  
Raul Boca (former coach & race director) Ph: (808) 734-6999 [info@bocahawaii.com](mailto:info@bocahawaii.com)

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**Personal:** Age 65 March 2017; ht. 5'7" 124 lbs; Max Vo2: 64.5% (running); married; 3 children & 3 grandchildren; author 50+ articles & 3 books including *Aging With Strength* 2012; Senior Fulbright Specialist international peacemaking & conflict management; for more see: <http://lorennwalker.com/biography/>



June 2016 **Xterra Belgium**, Namur  
1<sup>st</sup> Place Woman Age Group

Lorenn's article about the Belgium race: <http://www.xterraplanet.com/2016/06/2016-belgium-xterra/>



September 2014 **24 Hour Mountain Bike** race Kualoa Ranch, O'ahu  
1<sup>st</sup> place woman overall (3<sup>rd</sup> place men overall)