SUMMARY

As a sponsored age group female athlete who has excelled in a variety of sports—road and off-road triathlon, road biking and running, windsurfing, swimming, outrigger canoe paddling, and most recently trail running—I have a wealth of experience and record of success. With a passion for pushing myself to my physical and mental limits, I have competed in numerous races, consistently finishing among the top performers in my age group and often out- performing much younger competitors. I was the first woman over age 40 to do both the Kona Ironman Triathlon and Xterra Championships back-to- back. I have competed in 22 Xterra World Championships, placing first 9 times in my age group and on the podium every year except one. Through my dedication and commitment to training, I have developed skillsets and abilities that make me a valuable asset to any team or organization. Whether I am tackling steep inclines on the trail or navigating technical terrain on a mountain bike, I bring a level of focus, determination, and resilience that sets me apart from my competitors. As an author I have written more than 50 articles and 3 books including *Aging with Strength*. With my combination of athleticism, experience, and dedication, I'm confident that I can excel in most off-road athletic endeavors.

Xterra World Championship, Maui, HI, 2016, 1st place

GOAL
· To inspire others that regardless of age, fitness is always attainable

STATS & BIO

RACE CLASSES   Off-road triathlete
Mt. Bike racing
Trail runner
HEIGHT/WEIGHT   5'6" / 118 lbs
WORK ACHIEVEMENTS   Restorative Justice Director
Professor Author
Deputy Attorney General

RACE HIGHLIGHTS

YEAR   EVENT RESULT
July 2023   McCall Trail Running Classic 50 Miles   1st woman Age 50 +

CURRENT SPONSORSHIPS

Santa Cruz Bicycles
Empower Physical Therapy & Training
Fisher Acupuncture Clinic
Gretchen Cover l Marketing Consultant
Surflight Hawai'i
Surf N Sea

RACE HIGHLIGHTS Cont. (complete sports resume at lorennwalker.com)

YEAR   EVENT RESULT
June 2023   Run Iceland   4th (overall woman & 1st age)
2022-2018   Xterra World Championship   1st (women's age group)
October 2017   Xterra Lake Garda, It   1st (women's age group)
October 2017 & 2015   24-hour Mountain Bike, Kualoa   1st (woman overall)
April 2022   Transelkirks Trail Race, British Columbia 1st (women's age group)
2002 & 2003   Kona Ironman Worlds   6th & 12th (women's age group)

COACH REFERENCES

Jeremy Humphrey, McCall, ID (303) 386-5629
jeremy.humphrey@yahoo.com
John Henderson, Huntsville, UT (808) 778-2247
 johnhenderson11@me.com

EMPLOYMENT HISTORY

- Director, Hawai'i Friends of Restorative Justice, 1995-Present
- Professor of Practice & Lecturer in Law, University of Hawai'i & Restorative Lawyer, 1994-Present
- Deputy Attorney General, Hawai'i Department of Attorney General, 1985-1994
- Law Clerk, Hawai'i State Judges Russell Kono and Marie Milks, 1983-1985
- Law Clerk, ITT Corporation, New York, NY, 1983
- Administrative Hearing Officer, Massachusetts Department of Public Welfare, 1980-1982
- Internships and Restaurant Worker, State of Hawai'i, 1977-1980
- Bus Person and Waitress, Kaua'i (including The Beach House), 1975-1977
- Montessori Teacher and School Director, Children's House, Santa Cruz, CA 1971-1975
- Waitress, Yacht Harbor Pizza, Santa Cruz, CA 1973-1975

EDUCATION

- Master Public Health, University of Hawai'i at Manoa, Health Education, 1996
- Juris Doctor, Northeastern University School of Law, Boston, MA, 1983
- Bachelor of Arts & Sciences, Communication, University of Hawai'i at Manoa, 1980
- Montessori Teacher Certificate (pre-school- 3rd grade), St. Nicholas Training Centre, London, England, 1971
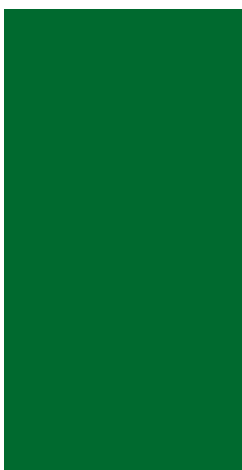
SPORTS PUBLICATIONS

- [20 Tips Learned from 19 Xterra World Championships, 2019](#)
- [Xterra Namur, Belgium, June 2016](#)
- [Aging with Strength, 2012](#)

complete CV available at [lorennwalker.com](#)

"Anything is possible at any age. I want to continue inspiring others."

— *Lorenn*

Photos left to right:

Haleiwa Triathlon, March 2015, Walker-Saraniti 3 generation family placed 1st overall female relay team — Lorenn did the biking, Francesca (Lorenn's 11-year-old granddaughter) did the running, and Samantha (Lorenn's daughter & mom to Francesca) did the swimming; Xterra Championship, Maui, 2019, 1st place women 65-69 age group; Transelkirks Trail

Race, British Columbia, April 2022, Lorenn completes a 5-day, 95-mile race with 26,000-foot elevation gain. She was the oldest person at age 70 to participate all five days, placing 5th for women's 50+age group (beating the 5th place men's group)