

# Lorenn Walker

PO Box 489 Waialua HI USA 96791

(808) 218-3712

lorenn@hawaiiifriends.org | lorennwalker.com

## 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 ultra-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 23 Xterra World Championships, placing first 10 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 an 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 60 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, 2018, 1<sup>st</sup> place

## GOAL

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

## STATS & BIO

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

## RACE HIGHLIGHTS

| YEAR      | EVENT   | RESULT  |
|-----------|---|---|
| July 2023 | <a href="#">McCall Trail Running Classic</a> 50 Miles | 1 <sup>st</sup> <a href="#">woman</a><br><a href="#">Age 50 +</a> |

## CURRENT SPONSORSHIPS

[Santa Cruz Bicycles](#)  
[Empower Physical Therapy & Training](#)  
[Fisher Acupuncture Clinic](#)  
[Gretchen Cover | Marketing Consultant](#)  
[Surflight Hawaii](#)  
[Surf N Sea](#)

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

| YEAR                | EVENT   | RESULT   |
|---------------------|---|--|
| October 2023        | <a href="#">HURT trail running</a>                        | 1 <sup>st</sup> woman over 60                          |
| June 2023           | <a href="#">Run Iceland</a>                               | 4th (overall woman & 1 <sup>st</sup> age)              |
| 2023-2018           | Xterra World Championship                                 | 1st (women's age group)                                |
| October 2017 & 2015 | 24-hour Mountain Bike, Kualoa                             | 1st (woman overall)                                    |
| April 2022          | <a href="#">Transekirks Trail Race</a> , British Columbia | 1st (women's age group)                                |
| 2002 & 2003         | Kona Ironman Worlds                                       | 6 <sup>th</sup> & 12 <sup>th</sup> (women's age group) |

## COACH REFERENCES

Jeremy Humphrey, McCall, ID (303) 386-5629  
[jeremy.humphrey@yahoo.com](mailto:jeremy.humphrey@yahoo.com)  
John Henderson, Huntsville, UT (808) 778-2247  
[johnhenderson11@me.com](mailto: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 Server, Kaua'i (including The Beach House), 1975-1977
- Montessori Teacher and School Director, Children's House, Santa Cruz, CA 1971-1975
- Server, Yacht Harbor Pizza, Santa Cruz, CA 1973-1975

### EDUCATION

- Group Fitness Instructor Certification, American Council on Exercise, 2024
- 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

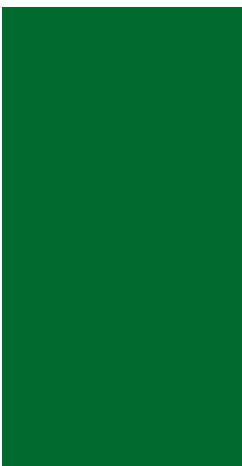
### SPORTS PUBLICATIONS

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

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

complete CV available at [lorennwalker.com](http://lorennwalker.com)

- 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)