

# Loirenn Walker Sports Resume

(omits swimming & slalom windsurfing races)

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## **Triathlon (off road & road--women age group results unless noted):**

- Sept & Oct 2023- 2018 Xterra World Championship Lake Molveno Italy (since 2021 all on Maui), 1<sup>st</sup>
- May 2018 Xterra Lake Garda Italy, 1<sup>st</sup>
- Oct 2017 Xterra World Championship, 2<sup>nd</sup>
- May 2017 Xterra Tahiti, 1<sup>st</sup> Age Group (1<sup>st</sup> men age group)
- March 2017 Hale'iwa Triathlon, 1<sup>st</sup> (1<sup>st</sup> men age group)
- Oct 2016 Xterra World Championship, 3<sup>rd</sup> (top half women overall)
- June 2016 Xterra Belgium, 1<sup>st</sup>
- May 2016 North Shore Triathlon, 1<sup>st</sup>
- March 2016 Hale'iwa Triathlon, 1<sup>st</sup>
- Oct 2015 Xterra World Championship, 2<sup>nd</sup>
- May 2015 Mokule'ia Triathlon, 2<sup>nd</sup> Relay (Lorenn biked family team)
- April 2015 Xterra Western Championship, Las Vegas 1<sup>st</sup>
- Feb 2015 Hale'iwa Triathlon, 1<sup>st</sup> Relay women & mixed (Lorenn biked family team of 3 generations)
- July 2014 Tinman Triathlon, 1<sup>st</sup> Age Group & Freedom Fest Xterra Qualifier, 1<sup>st</sup> (6<sup>th</sup> woman overall)
- June 2014 North Shore Triathlon, 1<sup>st</sup> (12<sup>th</sup> woman overall)
- May 2014 Honolulu Triathlon, 1<sup>st</sup>
- Oct 2013 Xterra World Championship, 3<sup>rd</sup>
- July 2013 Xterra Freedom Fest, 1<sup>st</sup> (12<sup>th</sup> woman overall)
- Oct 2012 Xterra World Championship, 3<sup>rd</sup>
- July 2012 Freedom Fest Xterra Qualifier, 3<sup>rd</sup> Woman Overall
- Oct 2011 Xterra World Championships, 4<sup>th</sup>
- Aug 2011 Mt. Man Xterra Qualifier 1<sup>st</sup> (9<sup>th</sup> woman overall)
- July 2011 Kualoa Freedom Fest Xterra Qualifier 1<sup>st</sup> (5<sup>th</sup> woman overall)
- Oct 2010 Xterra World Championships 3<sup>rd</sup>

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Aug 2010 Mt. Man Xterra Qualifier 1<sup>st</sup> (14<sup>th</sup> woman overall)  
Oct 2009 Xterra World Championship 3<sup>rd</sup>  
Aug 2009 Mt. Man Xterra Qualifier 1<sup>st</sup> (10<sup>th</sup> woman overall)  
Oct 2008 Xterra World Championship 3<sup>rd</sup>  
June 2008 Bali International Triathlon 1<sup>st</sup>  
March 2008 New Zealand Xterra 1<sup>st</sup>  
Oct 2007 Xterra World Championships 2<sup>nd</sup>  
April 2007 Iroquois Pt., 1<sup>st</sup> & 2<sup>nd</sup> woman overall on bike  
Oct 2006 Xterra World Championships 2<sup>nd</sup>  
Aug 2006 Xterra Midwestern Championships 1<sup>st</sup>  
Oct 2005 Xterra World Championships 2<sup>nd</sup>  
Aug 2005 Mt Man Xterra Qualifier 1<sup>st</sup> (2<sup>nd</sup> men age group)  
Oct 2004 Xterra World Championships 1<sup>st</sup>  
Aug 2004 Mt. Man Xterra Qualifier 1<sup>st</sup>  
Oct 2003 Xterra World Championships 1<sup>st</sup>  
Oct 2003 Kona Ironman World Championships 12<sup>th</sup>  
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> (1<sup>st</sup> men age group & 7<sup>th</sup> woman overall)  
May 2003 North Shore Triathlon, 1<sup>st</sup>  
Nov 2002 Mt. Man Xterra Qualifier 1<sup>st</sup> (1<sup>st</sup> men age group & 6<sup>th</sup> woman overall)  
Oct 2002 Xterra World Championships 1<sup>st</sup> (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> (11<sup>th</sup> woman overall)  
Nov 2001 Nytro Haleiwa 1<sup>st</sup> (5<sup>th</sup> woman overall)  
Nov 2001 Mt. Man 1<sup>st</sup> (7<sup>th</sup> woman overall)  
Oct 2001 Xterra World Championships Maui 2<sup>nd</sup>  
Sept 2001 Kalealoha Sprint 1<sup>st</sup> (5<sup>th</sup> woman overall) & Niketown Na Wahine Sprint 1<sup>st</sup> Age Group  
Aug 2001 Mt. Man Xterra Qualifier 1<sup>st</sup> (13<sup>th</sup> woman overall)  
Nov 2000 Kuuloa Mountainman 1<sup>st</sup> (6<sup>th</sup> woman overall)  
Oct 2000 Xterra World Championships Maui 1<sup>st</sup>  
Sept 2000 Na Wahine 1<sup>st</sup> Place Open Age Relay Team (biked)  
July 2000 Honolulu Tin Man 1<sup>st</sup> (14<sup>th</sup> woman) & Jamba Juice Mt Man 3<sup>rd</sup> Place (9<sup>th</sup> woman)  
June 2000 North Shore Triathlon 1<sup>st</sup> (8<sup>th</sup> woman overall)  
May 2000 Kualoa Xterra Qualifier 1<sup>st</sup> (6<sup>th</sup> woman overall)  
May 2000 Kaneohe Triathlon 1<sup>st</sup> (1<sup>st</sup> men age group & 8<sup>th</sup> woman overall)  
Nov 1999 Kuuloa Mountainman 1<sup>st</sup> (12<sup>th</sup> woman overall)  
Oct 1999 Xterra World Championships Maui 1<sup>st</sup>  
July 1999 Jamba Juice Mountainman 1<sup>st</sup> (1<sup>st</sup> men age group & 10<sup>th</sup> woman overall)

## **Mountain Biking (MTB) & Road Biking:**

Oct 2018 24 Hour MTB Race Kualoa 3<sup>rd</sup> Woman Overall (tore ACL but finished!)  
Oct 2017 24 Hour MTB Race Kualoa 1<sup>st</sup> Woman Overall (beat 5<sup>th</sup> place men overall by 1 lap)  
Oct 2015 24 Hour MTB Race Kualoa 1<sup>st</sup> Woman Overall (beat 3<sup>rd</sup> place men overall 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 Mokule'ia 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

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Aug 2003 Halekala Cycle to the Sun, 5<sup>th</sup> Woman Overall, 1<sup>st</sup> Age Division  
Feb 2002 Boca Team 10 mile timed trial 1<sup>st</sup> Place overall (including men overall)  
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

## **Trail Running:**

2023 [HURT Peacock Flats 27.5 miles](#), 1<sup>st</sup> woman 60+  
2023 [McCall Trailrunning Classic](#), 50 Miles, 1<sup>st</sup> woman 50+ July 15, 2023  
2023 [Run Iceland](#), staged approximately 100K trail runs June 5-9, 2023, 4<sup>th</sup> woman  
2022 [TranSelkirks Trail Run Revelstoke](#), BC, appx 97 miles total staged over 5 days, [5<sup>th</sup> solo woman](#)  
age 50 & 1<sup>st</sup> age 60+ women & men  
2021 [Idaho Mountain Trail Ultra](#) 20 mile trail run 1<sup>st</sup> woman over 65  
2019 [McCall Trail Running Classic](#) 20 mile trail run 1<sup>st</sup> woman over 60  
2017 Transrockie 120 miles trails staged 6 day race (20,000 altitude gain) 1<sup>st</sup> women age 60  
2014 Ka'ena Point 10K 1<sup>st</sup> woman 50  
2010 – 2008 Xterra World Championship Trail Run half-marathon 3<sup>rd</sup> Age group (2010) & 1<sup>st</sup> Age group (2008 & 2009)

**Road Running Honolulu Marathons** (only top 5% age group: 2003, 2002, 2001, 2000, 1999, 1996, 1995, 1994, 1993, 1984)

## **Windsurfing Wave Riding Contests:**

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 Hawai'i 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 Hawai'i State Championships 3<sup>rd</sup> Place Women (pro/am)  
April 1998 Wave Sailing Challenge, North Shore 1<sup>st</sup> 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 O'ahu Championships 2<sup>nd</sup> Place Novice B Women

**Sponsors have included:** [Santa Cruz Bicycles](#), [Specialized](#), [McCully Bike Shop](#), [Surf N Sea](#), [Surflight Hawai'i](#), [Neilpryde](#), [Maui Sails](#), [Hed Wheels](#), [ShinSpins](#), [Empower Physical Therapy & Training](#), [Fisher Acupuncture Clinic](#) & Gretchen Cover | Marketing Consultant

**Peloton Username (handle):** still\_stoked

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## Education:

2024 Certified Group Fitness Instructor, American Council on Exercise, San Diego, California  
1996 Master Public Health, University of Hawai'i at Manoa, Health Education, Honolulu, Hawai'i  
1983 Juris Doctor, Northeastern University School of Law, Boston, Massachusetts  
1980 Bachelor Arts & Sciences, University of Hawai'i at Manoa, Communication, Honolulu, Hawai'i  
1978 Associate Arts, Leeward Community College, University of Hawai'i, Pearl City, Hawai'i  
1971 Montessori Teacher Certificate (pre-school to 3<sup>rd</sup> grade), St. Nicholas Training Centre, London, England

## Employment:

1995 – present: Director, [Hawai'i Friends of Restorative Justice](#)  
1994-present: College of Social Sciences, University of Hawai'i, Professor of Practice & Social Scientist  
1985-1994: Deputy Attorney General, Hawai'i Department of Attorney General, Honolulu  
1983-1985: Law Clerk Hawai'i state judges Russell Kono & Marie Milks, Honolulu  
1983: Law Clerk ITT Corp. New York City  
1980-1982: Massachusetts Department of Public Welfare Administrative Hearing Officer, Boston  
1977-1980: Variety of internships with State of Hawai'i on Oahu  
1977-1978: Restaurant server The Chart House & receptionist Buzz's Steak House, Pearl City, O'ahu  
1975-1976: Bus person various restaurants on Kaua'i including The Beach House  
1971-1975: Montessori teacher & school director Children's House, Santa Cruz, CA  
1973-1975 Server Yacht Harbor Pizza, Santa Cruz, CA

## Coach References:

Jeremy Humphrey, McCall, Idaho (303) 386-5629 [jeremy\\_humphrey@yahoo.com](mailto:jeremy_humphrey@yahoo.com)  
John Henderson, Huntsville, Utah (808) 778-2247 [henderj\\_2000@yahoo.com](mailto:henderj_2000@yahoo.com)

**Personal:** Age 72; ht. 5'6" 120 lbs; Max Vo2: 64.5% (running); married; 3 children; 4 grandchildren; author over 60 publication including [Aging With Strength](#) 2012; Senior Fulbright peacemaking & conflict management ([see bio for more](#))



Xterra Namur, Belgium, June 2016, 1<sup>st</sup> Women age group  
[Lorenn's article about the Belgium](#) race

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**24 Hour Mountain Bike Kualoa Ranch, O'ahu 2014**

1<sup>st</sup> place woman solo division overall October 2014 (would have tied 3<sup>rd</sup> place men overall)



**24 Hour Mountain Bike, Kualoa Ranch, O'ahu, 2018**

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3<sup>rd</sup> place woman solo division overall (would have tied 5<sup>th</sup> place men overall)



[Lorenn's article on what she learned from doing 20 xterra world championships on Maui](#)



McCall-Star-News\_353883

## SPORTS

B1 - THE STAR-NEWS - THURSDAY, JULY 20, 2023

### Ultra runners embrace McCall challenge

BY BEN FLETCHER  
FOR THE STAR-NEWS

As Lorenn Walker, 71, neared the end of an arduous 50-mile trek while tackling the McCall Trail Running Classic Saturday near Burgdorf Hot Springs, she was confident it would be her one and only ultra-marathon.

A few days later, Walker said she feels great and is "so stoked she did it."

"I finished (the race) swearing I would never do it again," Walker said. "But now after recovering, I think I might have to try again and finish faster."

The 71-year-old, who spends time in both McCall and on Oahu, Hawaii, was one of 100 entrants who took on distances of 30K (kilometer), 50K and 50 miles during the race's 10th year running.

No stranger to marathons during her younger years, Walker said Saturday's trek was the longest she has ever run at one time.

Walker said her running coach, Jeremy

Humphrey, suggested she tackle the longer distance.

"The race course was well-marked and in stunningly beautiful places, causing me to stop a few times to take photos," Walker said.

The McCall runner competed despite a sinus infection and antibiotics that left her less than 100 percent.

Walker said she also struggled the final six miles after miscalculating her hydration and nutrition needs. She drank water out of running streams to help her finish and come in before the required end time, 9:30 p.m., Saturday.

Walker was able to complete the up-and-down course in under 19 hours. Meanwhile, the first runner in during the women's 50-miler, Jenna Maffey, took it down in 12 hours, 18 minutes, 37 seconds.

Vernon Hawks completed the course, which started and finished at Pete's Creek Trailhead just north of Burgdorf, in 12:36:39

to top the men.

Local runners fared well. McCall's Ruth Kennedy was fourth in for the women in the 50-miler while Samuel Thompson, also of McCall, was seventh among the men's field.

McCall runner Jerrod Warner came in second during the men's 50K run, while local Kay McGowan was fourth in the women's race. McCall runners turned in the top three times during the men's 30K, with Mac Keller setting the standard with a time of 2:48:53.

The McCall Trail Running Classic was first introduced in 2012 and held at Jug Mountain Ranch.

The event was moved to its new location for the 2023 race.

In finishing Saturday, Walker credited her running coach, Humphrey. She said knee exercises she learned from Cheyenne Pietri of Legend Crossfit in McCall also "enabled me to take up long distance trail running in my 60's."



Courtesy photo/Jackie Stafford

**Lorenn Walker makes her way to mile 19 near Chinook Campground during the McCall Trail Runners Classic on Saturday, July 15.**

July 2023 completed 50 mile trail run McCall, Idaho - [first woman over age 50](#)