

Loirenn Walker Sports Resume

(omits swimming & slalom windsurfing races)

P.O. Box 489 • Waialua • Hawai'i • USA • 96791 • Ph (808) 218-3712

Email: loirenn@hawaiiifriends.org & [website](#)



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

- Sept 2024 [Xterra World Championship Lake Molveno Italy, 2nd](#)
- Sept & Oct 2023- 2018 Xterra World Championship Lake Molveno Italy (since 2021 all were on Maui), 1st
- May 2018 Xterra Lake Garda Italy, 1st
- Oct 2017 Xterra World Championship, 2nd
- May 2017 Xterra Tahiti, 1st Age Group (1st men age group)
- March 2017 Hale'iwa Triathlon, 1st (1st men age group)
- Oct 2016 Xterra World Championship, 3rd (top half women overall)
- June 2016 Xterra Belgium, 1st
- May 2016 North Shore Triathlon, 1st
- March 2016 Hale'iwa Triathlon, 1st
- Oct 2015 Xterra World Championship, 2nd
- May 2015 Mokule'ia Triathlon, 2nd Relay (Loirenn biked family team)
- April 2015 Xterra Western Championship, Las Vegas 1st
- Feb 2015 Hale'iwa Triathlon, 1st Relay women & mixed (Loirenn biked family team of 3 generations)
- July 2014 Tinman Triathlon, 1st Age Group & Freedom Fest Xterra Qualifier, 1st (6th woman overall)
- June 2014 North Shore Triathlon, 1st (12th woman overall)
- May 2014 Honolulu Triathlon, 1st
- Oct 2013 Xterra World Championship, 3rd
- July 2013 Xterra Freedom Fest, 1st (12th woman overall)
- Oct 2012 Xterra World Championship, 3rd
- July 2012 Freedom Fest Xterra Qualifier, 3rd Woman Overall
- Oct 2011 Xterra World Championships, 4th
- Aug 2011 Mt. Man Xterra Qualifier 1st (9th woman overall)
- July 2011 Kualoa Freedom Fest Xterra Qualifier 1st (5th woman overall)
- Oct 2010 Xterra World Championships 3rd
- Aug 2010 Mt. Man Xterra Qualifier 1st (14th woman overall)
- Oct 2009 Xterra World Championship 3rd
- Aug 2009 Mt. Man Xterra Qualifier 1st (10th woman overall)
- Oct 2008 Xterra World Championship 3rd

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Cont. Triathlon

June 2008 Bali International Triathlon 1st
March 2008 New Zealand Xterra 1st
Oct 2007 Xterra World Championships 2nd
April 2007 Iroquois Pt., 1st & 2nd woman overall on bike
Oct 2006 Xterra World Championships 2nd
Aug 2006 Xterra Midwestern Championships 1st
Oct 2005 Xterra World Championships 2nd
Aug 2005 Mt Man Xterra Qualifier 1st (2nd men age group)
Oct 2004 Xterra World Championships 1st
Aug 2004 Mt. Man Xterra Qualifier 1st
Oct 2003 Xterra World Championships 1st
Oct 2003 Kona Ironman World Championships 12th
June 2003 Hono Festival Duathlon (run 10 K & bike 30 K) 2nd woman overall
June 2003 Mt. Man Xterra Qualifier 1st (1st men age group & 7th woman overall)
May 2003 North Shore Triathlon, 1st
Nov 2002 Mt. Man Xterra Qualifier 1st (1st men age group & 6th woman overall)
Oct 2002 Xterra World Championships 1st (1st men age group)
Oct 2002 Kona Ironman World Championships 6th Age Group
May 2002 Keauhou Half Ironman (Kona qualifier) 1st Age Group
April 2002 Bikefactory Lanikai 1st (11th woman overall)
Nov 2001 Nytro Haleiwa 1st (5th woman overall)
Nov 2001 Mt. Man 1st (7th woman overall)
Oct 2001 Xterra World Championships Maui 2nd
Sept 2001 Kalealoa Sprint 1st (5th woman overall) & Niketown Na Wahine Sprint 1st Age Group
Aug 2001 Mt. Man Xterra Qualifier 1st (13th woman overall)
Nov 2000 Kuuloa Mountainman 1st (6th woman overall)
Oct 2000 Xterra World Championships Maui 1st
Sept 2000 Na Wahine 1st Place Open Age Relay Team (biked)
July 2000 Honolulu Tin Man 1st (14th woman) & Jamba Juice Mt Man 3rd Place (9th woman)
June 2000 North Shore Triathlon 1st (8th woman overall)
May 2000 Kualoa Xterra Qualifier 1st (6th woman overall)
May 2000 Kane'ohu Triathlon 1st (1st men age group & 8th woman overall)
Nov 1999 Kuuloa Mountainman 1st (12th woman overall)
Oct 1999 Xterra World Championships* Maui 1st
July 1999 Jamba Juice Mountainman 1st (1st men age group & 10th woman overall)

*I have trained for the Xterra World Championships for 26 years and finished all except one when I broke my shoulder & haven't done 2024 yet!

Mountain Biking (MTB) & Road Biking:

Oct 2018 24 Hour MTB Race Kualoa 3rd Woman Overall (tore ACL but finished!)
Oct 2017 24 Hour MTB Race Kualoa 1st Woman Overall (beat 5th place men overall by 1 lap)
Oct 2015 24 Hour MTB Race Kualoa 1st Woman Overall (beat 3rd place men overall by 1 lap)
Sept 2014 24 Hour MTB race Kualoa 3rd Woman Overall (tie for 4th place men overall)
July 2014 Xterra Freedom Fest 20K 3rd Woman Overall
July 2013 Xterra Freedom Fest 40K 2nd Masters Woman
July 2012 Xterra Freedom Fest 40K 4th Woman Overall
Oct 2012 24 Hour MTB race Kualoa 2nd Woman Overall (tie for 5th place men overall)
Aug 2011 24 Hour MTB race Kualoa 3rd Woman Overall (tie for 5th place men overall)
Feb 2007 Mokule'ia Time Trial 1st Age group, 6th Woman Overall
Sept 2006 Ko Olina 1st Overall Tri Team, 9th woman Bike (Walker biked)
Sept 2003 Dick Evans 112 mile—6th Woman Overall

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Cont. MTB & Road Biking

Aug 2003 Halekala Cycle to the Sun, 5th Woman Overall, 1st Age Division
Feb 2002 Boca Team 10 mile timed trial 1st Place overall (including men overall)
Feb 2001 7th Annual HQBN MTB Race 3rd Woman Overall & 1st Age Division
Nov 2000 Off Road Time Trials 10 mi 3rd Women Overall & 1st Age Division
June 2000 Hawai'i State Time Trials 40K 2nd Place 30+ & 1st Age Division

Trail Running:

2024 [HURT Peacock Flats 27.5 miles](#), 1st 70+ & 2nd woman 60+ (first place was 12 years younger)
2024 [McCall Trailrunning Classic 50K](#)
2023 [HURT Peacock Flats 27.5 miles](#), 1st woman 60+
2023 [McCall Trailrunning Classic](#), 50 Miles, 1st woman 50+ July 15, 2023
2023 [Run Iceland](#), staged approximately 100K trail runs June 5-9, 2023, 4th woman
2022 [TranSelkirks Trail Run Revelstoke](#), BC, appx 97 miles total staged over 5 days, [5th solo woman](#)
age 50 & 1st age 60+ women & men
2021. [Idaho Mountain Trail Ultra](#) 20 mile trail run 1st woman over 65
2019. [McCall Trail Running Classic](#) 20 mile trail run 1st woman over 60
2017 [Transrockie 120 miles](#) trails staged 6 day race (20,000 altitude gain) 1st women age 60
2014 Ka'ena Point 10K 1st woman 50
2010 – 2008 Xterra World Championship Trail Run half-marathon 3rd Age group (2010) & 1st 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 2nd Place Amateur Women
April 2000 North Shore Challenge 2nd Place Pro Women
Oct 1999 Hawai'i State Championship 1st Place Amateur Women
Oct 1999 Hookipa Wave Contest 4th Place Amateur Women
June 1999 Diamond Head Pro/Am 3rd Place Amateur Women
April 1999 North Shore Challenge 5th Place Women (pro/am)
Oct 1998 Hawai'i State Championships 3rd Place Women (pro/am)
April 1998 Wave Sailing Challenge, North Shore 1st Place Women (pro/am)
May 1997 Blue Planet Wave, North Shore 1st Place Women (pro/am)
May 1997 Waveriding World Tour, Diamond Head 4th 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 2nd Place Senior Masters
Aug 1997 Hawai'i State Regatta Championships 1st Place Senior Masters
Sept 1997 Molokai Channel 2nd Place Senior Master
Sept 1996 Molokai Channel 3rd Place Junior Masters

Solo Outrigger Canoe Paddling:

May 1998 Molokai Channel Two Person Relay 3rd Place Women Masters
April 1998 Hawai'i State Championships 3rd Place Novice B Women
April 1998 O'ahu Championships 2nd 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

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Education:

2024 Level 1 Road Runners Club of America (RRCA) Running Coach
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 3rd 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 Kauai 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
John Henderson, Huntsville, Utah (808) 778-2247 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](#))

Brief Sports Resume

Peloton Username (friend me!): still_stoked



An XTERRA icon's journey through unseen challenges, unexpected battles, and the powerful community that helped her push through her toughest test yet.

Written by Lorenn Walker · 5 min read

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Xterra Namur, Belgium, June 2016, 1st Women age group

[Loirenn's article about the Belgium race](#)



24 Hour Mountain Bike Kualoa Ranch, O'ahu 2014

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

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

3rd place woman solo division overall (would have tied 5th place men overall)



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

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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](#)