

Lorenn Walker

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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 in the same week. I have competed in 24 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, 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" / 120 lbs |
| WORK ACHIEVEMENTS | Restorative Justice Director Professor Author Deputy Attorney General |

RACE HIGHLIGHTS

| YEAR | EVENT | RESULT |
|------------------|---|--|
| July 2025 & 2025 | McCall Trail Running Classic 50K | 1 st woman 60+ |
| July 2023 | McCall Trail Running Classic 50 Miles | 1 st person 60+ first woman 50+ |

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 2025, 2024 & 2023 | HURT trail running | 1 st woman over 60 (2023) 1 st over 70 all three years |
| June 2023 | Run Iceland | 4th (overall woman & 1 st age) |
| 2025-1999 | Xterra World Championship | 1 st -3 rd (women's age group 24x on the podium) |
| October 2017 & 2015 | 24-hour Mountain Bike, Kualoa | 1st (woman overall) |
| April 2022 | Transekirks Trail Race , British Columbia | 1st (women's age group) |
| 2002 & 2003 | Kona Ironman Worlds | 6 th & 12 th (women's age group) |

COACH REFERENCES

Cheryl Young, Namibia, Africa +264 81 478 5516
youngcheryl0@gmail.com
Jeremy Humphrey, McCall, ID (303) 386-5629
jeremy.humphrey@yahoo.com
John Henderson, Huntsville, UT (808) 778-2247
johnhenderson11@me.com

EMPLOYMENT HISTORY

- Executive 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

- Improv Level I, Second City, completed course, 2026
- Level 1 Road Runners Club of America (RRCA) Running Coach, 2024
- Group Fitness Instructor Certification, American Council on Exercise, 2024
- Master Public Health, University of Hawai'i at Mānoa, Health Education, 1996
- Juris Doctor, Northeastern University School of Law, Boston, MA, 1983
- Bachelor of Arts & Sciences, Communication, University of Hawai'i at Mānoa, 1980
- Montessori Teacher Certificate (pre-school- 3rd grade), St. Nicholas Training Centre, London, England, 1971

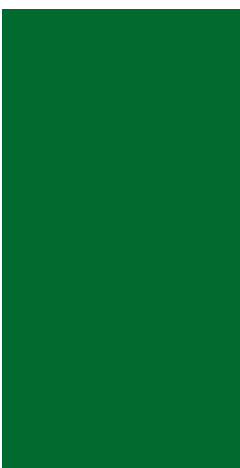
SPORTS PUBLICATIONS

- [The Hidden Battles and Unbreakable Bonds at XTERRA Worlds. 2024](#)
- [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.”

- Lorenn

complete CV available at lorennwalker.com



Photos left to right:

No Shore Tri, 2015, Walker-Saraniti 3 generation family placed 1st overall female relay team, Lorenn biked, Francesca (Lorenn's 11-year-old granddaughter) ran and Samantha (Lorenn's daughter & Francesca's mom) swam; Xterra Championship Maui, 2019, Transelkirks Trail Race, British Columbia, 2022, 5-day, 95-mile race 26,000-foot elevation gain—Lorenn is often the oldest person participating in races