



Lorenn Walker

JD · MPH · Age 74 · North Shore O‘ahu, Hawai‘i

Talk: [Staying Strong and Stoked at 73](#)

XTERRA World Championship competitor since 1999 · Ultra trail runner · Mountain biker

26 Years at XTERRA Worlds	25 World Championship finishes	24/25 Finishes on podium	74 Age — still racing & winning
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Competed at the XTERRA World Championship for 26 consecutive years, finishing 25 times — missing only one after breaking her shoulder. Of those 25 finishes, 24 were podium placements (1st, 2nd, or 3rd). At 74, she continues to place 1st in her age group at 50K trail runs and 27.5-mile mountain races, regularly outpacing competitors a decade younger.

XTERRA WORLD CHAMPIONSHIP — LAKE MOLVENO, ITALY / MAUI

2025	Lake Molveno — 25th World finish (DSQ on time limit, but finished the race)	
2024	Lake Molveno	2nd
2023	Lake Molveno	1st
2022	Lake Molveno	1st
2021	Maui	1st
2020	Maui	1st
2019	Maui	1st
2018	Maui	1st
2017	Maui	2nd

2016	Maui	3rd
2015	Maui	2nd
2013	Maui	3rd
2012	Maui	3rd
2011	Maui	4th
2010	Maui	3rd
2009	Maui	3rd
2008	Maui	3rd
2007	Maui	2nd
2006	Maui	2nd
2005	Maui	2nd
2004	Maui	1st
2003	Maui	1st
2002	Maui [1st men's age group]	1st
2001	Maui	2nd
2000	Maui	1st
1999	Maui	1st

ULTRA TRAIL RUNNING — SELECTED RESULTS

2025	HURT Peacock Flats 27.5 mi — 1st 70+
2025	McCall Trailrunning Classic 50K — 1st 70+
2024	HURT Peacock Flats 27.5 mi — 1st 70+, 2nd woman 60+ (1st was 12 years younger)
2024	McCall Trailrunning Classic 50K — 1st 70+
2023	HURT Peacock Flats 27.5 mi — 1st woman 60+
2023	McCall Trailrunning Classic 50 mi — 1st woman 50+
2023	Run Iceland '100K staged (5 days) — 4th woman overall
2022	TranSelkirks '97 mi staged, BC — 1st 60+, 5th solo woman overall
2021	Idaho Mountain Trail Ultra 20 mi — 1st woman 65+
2019	McCall Trail Running Classic 20 mi — 1st woman 60+
2017	TransRockies 120 mi staged, 6 days (20,000 ft gain) — 1st woman 60+

MOUNTAIN BIKING — SELECTED RESULTS

2018	24-Hour MTB Kualoa — 3rd woman overall (would tie 5th place men)
2017	24-Hour MTB Kualoa — 1st woman overall [beat 5th place men by 1 lap]
2015	24-Hour MTB Kualoa — 1st woman overall [beat 3rd place men by 1 lap]
2014	24-Hour MTB Kualoa — 3rd woman overall (tied 4th men)
2012	24-Hour MTB Kualoa — 2nd woman overall (tied 5th men)
2011	24-Hour MTB Kualoa — 3rd woman overall (tied 5th men)

OTHER TRIATHLON HIGHLIGHTS

2018	XTERRA Lake Garda, Italy	1st
2017	XTERRA Tahiti [1st men's age group]	1st
2016	XTERRA Belgium, Namur	1st
2008	Bali International Triathlon	1st
2008	New Zealand XTERRA	1st
2006	XTERRA Midwestern Championships	1st
2004	XTERRA Western Championship, Las Vegas	1st
2003	Kona Ironman World Championships	12th AG
2002	Kona Ironman World Championships	6th AG

WINDSURFING & OUTRIGGER CANOE — SUMMARY

1995–2000 Competitive windsurfer — multiple top-3 finishes including 1st at 1999 Hawai'i State Championship and 1st at 1998 North Shore Wave Sailing Challenge

1996–1999 Team outrigger canoe — 1999 Hui Wā'a Senior Masters Undefeated Champions; 1997 Hawai'i State Regatta 1st; 1997 Molokai Channel 2nd Senior Masters

PERSONAL STATS & CREDENTIALS

Age 74 · 5'6" · 120 lbs · Max VO₂: 64.5 (running) · Married, 3 children, 4 grandchildren

RRCA Level 1 Running Coach (2024) · ACE Certified Group Fitness Instructor (2024)

Author, [Aging With Strength](#) (2012) · 60+ publications · JD & MPH & Senior Fulbright Scholar

Peloton: still_stoked

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