**Member of the Month**

**Lyn Lewis**

**When did you start running?**

I started running 51 years ago, but as Men and Women were in separate associations, Ashgrove Rangers didn't have women in the club and I had to wait until they did. So in the meantime I ran around the track on my own doing my own thing and started competing 50 years ago In April 1967. I am celebrating my 50 years of competition by walking the park run event on June 3rd and doing 10 laps.

**What motivated you to start running?**
The motivation for running was simple I liked running and my 3 brothers were in the club and I just went along also

**What has been your most memorable running/racing experience?**
There are too many memorable running experiences to name just one. The first time I ran in The Pomona King of the Mountain I didn't expect to win as I had not long come back from having 5 kids, but I won and went on to win the next 2 also. I have also won 3 times and had the record for the Pyramid run at Gordonvale and won 3 times Mt Chincogan in Mullumbimby and Mt. Mee 52km where I also held the record. The hardest event would be between 2 events either the centurion (2001)- walking 100miles (162Km) within 24hours, which I didi in 22 hours and 46 minutes. I am still the only Queensland woman to become a centurion walker. The other event which was difficult was a 12 hour event to raise money for charity running up Mt. Cooroora at Pomona (1998). I did 10 laps and wore a bike helmet for the last lap in case I fell coming down.The picture is of me standing in front of the mountain before I ran. I have done over 30 ultras and did have Queensland records and still have some course records. The Queensland records would be broken by now as I ran on rough grass tracks around football fields and when it rained it was muddy.

**Do you have a running role model?**
Probably Ron Grant, the first Man to Run around Australia, he was the one who encouraged me to do ultras.

**How often do you run and what does your training involve?**
I only run or walk 4- 6 times a week now. I go for a 3-4 hour walk on Saturdays, run up Mt Archer at least twice a week and the rest is just light running or walking. When running at my best I was doing 100km a week plus bike riding once a week and swimming once a week and also did the occasional triathlon. I have raced in over 60 Mountain runs including Australian Championships.

**Who is your favourite running partner and why?**
I like to run solo but I like to run with Cheryl Bookallil as we are much the same speed

**What is the best event that you have ever done?  Can you explain why?**
The 100mile at Glasshouse trail (2002) was good because I love to run trails and see something different around each corner and yes I even like hills. The harder the race the more satisfied you seem to be after finishing.

**What do you do outside of running?**
I own Rockhampton Health Options with my husband Peter where we have Certified Organic Fruit and Vegetables and mostly certified organic food and we have a Natural Therapy Clinic and I do Remedial and Sports Massage. I also like gardening and visiting my ever increasing number of Grandchildren. I am expecting another 2 this year which will bring it up to 8

**Have you ever had an injury that stopped you from running?**
Yes, quite a few injuries due to the races I do. I have had at least 4 badly sprained ankles, and an instance when my legs swelled twice the size after doing my first 360km multi day event at South Burnett as I was not ready for that distance.

**What is your favourite place to go for a run?**
Anywhere there are shaded trails and not too many snakes.

**Do you have a favourite motivational quote?**
Yes, I have always said if someone can race this difficult terrain I can do it too. I don't give in easily

**If you could run anywhere in the world, where would it be?**I have always wanted to do the Cradle Mountain run but I have probably left it too late now. Anywhere there are trails in Australia is good.

**What is one part of your racing routine you can’t do without?**

Always take extra fluids with you and if you travel to an event take extra clothes, because you never know if it rains, gets unexpectedly cold, or you have to run through mud.

**In the next year, what running goals do you hope to accomplish?**

To still be able to run or walk and still enjoy it. I would like to go on adventure walks within Australia or NZ but it would have to wait until I retire as it is too hard to get away from the business