VEGAN SOCIETY OF HAWAII — OAHU

6:30 P.M. TUESDAY, DEC. 9, 2025

ALA WAI GOLF COURSE CLUBHOUSE BALLROOM, 404 KAPAHULU AVE.

5:30 P.M. VEGAN REFRESHMENTS ON 2ND FLOOR LANAI

STAYING STRONG AND STOKED AT 73

WITH

LORENN WALKER, JD, MPH

Lorenn finishing the Peacock Challenge October 2025.

- **How Lorenn trains and recovers on a vegan diet.**
- **Her favorite daily foods and supplements.**
- **Strength and mobility routines that keep her injury-free.**
- **Lessons from competing in triathlons, ultras, and life. How purpose, community, and joy fuel endurance.**

At 73, Lorenn Walker is still racing — and winning. In October she finished the **27.5-mile Peacock Flats trail run** 15 minutes faster than last year, beating about 25 younger runners — including some who didn't finish.

A vegetarian for most of her adult life, and vegan for about 40 years, Lorenn has completed **25 XTERRA World Championships** (an off road triathlon), the **Kona Ironman 2x**, ultra trail runs, mountain-bike races, and windsurfing contests around the world. She's proof that with movement, mindset, and a balanced plant-based diet, aging can mean getting stronger.

Lorenn is a social scientist and educator who directs **Hawai'i Friends of Restorative Justice** and teaches at the University of Hawai'i. She's also a **certified running coach** and **group fitness instructor**, with over 60 published articles on her work, and several on sport endeavors including the book Aging With Strength.

Free Admission & Refreshments!

Everyone is welcome! If you wish, please feel free to wear a mask, and to sit comfortably apart from others. Suggest wearing fragrance-free products for your own health, as well as that of other attendees. See many of our VSH lecture presentations on our community TV Vegan *series, or at www.vsh.org.*

Directions: From Kapahulu Ave. enter driveway (located between golf course & Waikiki-Kapahulu Library). Go 0.2 mi. to the 2-story clubhouse and go upstairs.

Refreshments made possible thanks to the generosity of Down to Earth

Down to Earth ORGANIC & NATURAL

Vegan Society of Hawaii

Human Health, Animal Rights & Protection of the Environment

A 501(c)(3) nonprofit educational, all-volunteer organization since 1990.

For info or to join (and enjoy member benefits!) call (808) 445-9920 or visit www.vsh.org.

formerly known as VEGETARIAN SOCIETY OF HAWAII