

Member Profile

Name:	Jason Steyn-Ross	
Age:	25	
Marital Status:	Single	
Profession and/or place of work:	Teacher	
Qualifications & Experience:	Currently in 2 nd year as Club Captain of Lake City Athletic Club	
Events/Disciplines:	5000m/10000m road and track	
Motivation to do it:	To get the best out of myself through continual improvement	
Own training or Coach:	Own, but I listen to advice from a few people	
Favourite training route:	Round Mt Ngongotaha or Cambridge Hills loop	
Training, work, family How do fit it all in? :	Making sacrifices	
Favourite Pastime:	Music	
What bits are wearing down. How many ACC visits:	In the past have had numerous ACC visits – shins, hips, back, ankles, but through doing the rehab work properly, and becoming better informed about my body, these visits are now happening a lot less frequently.	
How do you handle injuries:	Try to get to the root cause of it and address it to prevent the injury from re-occurring.	
Secret recovery recipes:	Get adequate rest, eat well.	
Pre-Event Meal:	Something high in both carbohydrate and protein the night before, on the morning, just a light carbohydrate meal.	
Event gear you use:	Club singlet, running shorts, running shoes	
Best sporting achievement:	Being a part of the winning Lake City Red Stag Relay team, 2011.	
Most embarrassing or disastrous moment:	Turning up to run the first leg of the 2009 Red Stag Relay with no club singlet.	
Event you'd really like to do:	Comrades Marathon	
Athlete you admire/why:	Formula One driver Ayrton Senna. I regard him as the ultimate sportsman/athlete for his attitude towards racing and his outlook on life. I recommend the movie/documentary "Senna" to anyone.	
Best advice to newbies:	Every time you push yourself through something you don't want to, that in itself is a victory.	
Time with Lake City:	Have been with the club since the beginning of 2009.	
Volunteer work for the Club:	On the executive, club captain	
Suggestions for club:	Get a chin-up bar in the gym.	