

Member Profile

Name:	Kerris Browne	
Age:	40-something	
Marital Status:	Coming up 24 years this year!	
Profession and/or place of work:	CEO of Petersons Global Sales Ltd (exporting portable sawmills)	
Qualifications & Experience:	Cert in Adult Teaching, Adv Cert in Marketing, Dip Bus Management, coaching various kids sports	
Events/Disciplines:	Very unfaithful (ie do everything)	
Motivation to do it:	Mid-life crises at 40, now I'm addicted to feeling really good about myself. Love getting newbies going.	
Own training or Coach:	I just listen to the experienced ones and see what works for me	
Favorite training route:	Making it up on the day and getting lost somewhere out by the lakes is really neat and peaceful out there – no worries in the world.	
Training, work, family - How do fit it all in? :	Tight schedule & rosters. Kids are fit by default as they have to tag along, husband won't let the wife show him up anyway... presto = fit family.	
Favourite Pastime:	Working on projects that need fixing, like my husband... that one is ongoing (actually he told me to say that).	
What bits are wearing down. How many ACC visits:	Just the one prior to getting orthotics. Actually I only just getting stronger, please don't scare me about wearing down yet!	
How do you handle injuries:	I don't push myself hard enough apparently, to get injuries LOL	
Secret recovery recipes:	Listen to your physio, keep moving, just not the injured bit. Aqua jogging without the belt is a great workout. Never knew you could sweat in water.	
Pre-Event Meal:	Same schedule as normal - cereal, banana, cuppa, crap, pee, pee, pee...	
Event gear you use:	Short tights with sewn in pocket, Lake City singlet, lycra bolero if cold.	
Best sporting achievement:	Doing the Xterra Individual – 800m swim, 26km Grd4 MTB, 11km run. Never been so nacked and bruised in all my life.	
Most embarrassing or disastrous moment:	Face-planting a panga tree on Xterra. Going slow. Uphill. Duh!	
Event you'd really like to do:	Ironman someday, and maybe breaking an athletic record when I'm 90.	
Athlete you admire/why:	Marcia Petley MW80 – the cutest, littlest, oldest woman I know, still breaking records at masters athletics!	
Best advice to newbies:	Just be brave enough to show up to the first one. Then you'll discover you actually CAN do it...	
Time with Lake City:	My 3 rd year in 2012.	
Volunteer work for the Club:	Exec Committee, Club Marketing to bring in 100+ new members in 2 nd year, reinvigorated the Marathon Clinic, Children's Athletics Convenor plus brought back the kids' Ribbon Day in 2011.	
Suggestions for the club:	Be open to change and up-front about everything, no hidden agendas.	