

Name:	Mary Attwater	
Age:	40's	
Marital Status:	Single	
Profession:	Computer Tutor Website Developer	
Events/Disciplines:	Hockey, table tennis, badminton and running	
Motivation:	Camaraderie	
Training:	Marathon Clinic	
Favorite training route:	Redwoods	
Training, work, family!!! How do fit it all in? :	You commit and you find a way	
Favourite Pastime:	Not such a secret – I am a GAMER and want to create my own	
What bits are breaking down How many ACC visits:	Not sure let's check , back, knees, legs and of course ego Uhhh...too numerous to count.	
How do you handle injuries:	Massage with arnica, strengthening exercise and rest	
Secret recovery recipes:	Listen to your body it definitely will tell you	
Pre-Event Meal:	Fruit, yogurt, rice	
Event gear you use:	Pair of good running shoes, skins, sport tops	
Best sporting achievement:	Brooks Half Marathon 2:15 in the heat	
Most embarrassing or disastrous moment:	Track diving...on the downhill gravel...fat lip, scraped arms, but the worst was the bruised pride.	
Event you'd really like to do:	Ironmaori	
Athlete you admire/why:	John Walker was my inspiration back in the day. I remember coming home especially just to watch his live race on TV.	
Best advice to newbie's:	Start slow and build yourself up.	
Time with Lake City:	Second season now, the team support in our group keeps me going.	
Volunteer work for the Club:	Set up and maintain the new website in 2011, and helped with various running events	
Suggestions for the club:	The club needs more professional coaches – it would be nice to have someone to suggest how to prevent injuries while I train.	