Member Profile

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| **Name:**  | Steven O’Callaghan | steveo |
| **Age:** | 30 |
| **Marital Status:** | Married |
| **Profession and/or place of work:**  | Roofer: Metalcraft Roofing |
| **Qualifications & Experience:****(Especially if you are a Coach or Committee Member)** | Club selector, ex club committee member |
| **Events/Disciplines:** | Track - Marathon |
| **Motivation to do it:**  | Love it! |
| **Own training or Coach:** | Chris Sole (Dunedin) and self |
| **Favorite training route:**  | Pineapple Track- Dunedin |
| **Training, work, family -****How do fit it all in? :** | I have a supportive wife. Often take my girls in the pram with me. |
| **Favourite Pastime:**  | Spending time with my family. |
| **What bits are wearing down. How many ACC visits:**  | You don’t won’t to know! lol |
| **How do you handle injuries:**  | Try and run through them. |
| **Secret recovery recipes:**  | Back off, ice, and beer. |
| **Pre-Event Meal:**  |  |
| **Event gear you use:**  | New Balance kit or else Lake city singlet |
| **Best sporting achievement:** | 2nd Rotorua and Auckland marathons, 2nd 5000m NZ champs |
| **Most embarrassing or disastrous moment:**  | Falling at the finish line in Rotorua marathon 2009 after leading the whole race. |
| **Event you’d really like to do:**  | Olympic marathon |
| **Athlete you admire/why:**  | Steve Prefontaine because he’s the hardest man to ever run. Watch the movie!!! |
| **Best advice to newbies:**  | Don’t stop. It eventually gets easier. Don’t rely on other people |
| **Time with Lake City:**  | Joined in 2004 |
| **Volunteer work for the Club:**  | Club selector, committee member, marshall… |
| **Suggestions for the club:**  | Be open to new suggestions |