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 | |