

First Puerto-Rican Women for Marathon Grand Slam Club

Lisa will be the first ever Puerto-Rican Woman to achieve the 7 Continent Marathons Club & the Marathon Grand Slam Club at the Gold Coast Marathon this weekend!



Gold Coast, Queensland Jun 25, 2023 ([Issuewire.com](https://www.issuewire.com)) - On 2 July 2023 Lisa Colon Richardson will create history when she completes her 7th qualifying continent marathon to become the first-ever Puerto-Rican Woman to achieve the 7 Continent Marathons Club & the Marathon Grand Slam Club!

The Marathon Grand Slam Club™ is comprised of runners who have completed a marathon distance of 42.195 km (26.2 miles) or longer on each of the Seven Continents and on the Arctic Ocean at the North Pole Marathon – [only 33 women have ever completed this in the world!](#)

When Lisa first started to run – even half a mile was a struggle but she ran her first 5k in 2010, afterwards when friend convinced her to join the Twin Cities, Marathon, Lisa laughed, because at the time, “that 5k was..her.. Everest”.

In 2011, became a marathoner and she caught the fever - it was the best she had felt in her entire life!

In 2015, the opportunity of a lifetime came up when [Richard Donovan](#), the owner and creator of the [Antarctic Ice Marathon](#) and the [Grand Slam Club](#), sponsored Lisa to run the event. His gift, sent her on a path to run all seven continents and the North Pole.

Once she had the hardest marathon to get to logistically out of the way, Lisa had to go for the Grand Slam.

Whilst Lisa's original focus was on weight loss benefits, she saw so much value in her improved mental health!

"I am not afraid to admit I have taken, and currently take medication, to treat my depression and anxiety. Those medications work and they have improved my quality of life", however, it didn't stop all of the negative voices in my head.

Lisa says the mental health benefits of running is outstanding - "running has the absolute power to put you in a joyful trance if you allow it".

"Running is my reset, it grounds me!"

When we asked that Lisa things during her races, she said "I think about the fact that, "I can" and "I get to" do this, there are so many people that can't and that is never lost on me".

Her Grand Slam journey:

- [Twin Cities Marathon](#), Minnesota, NORTH AMERICA-2011
- Antarctic Ice Marathon, Union Glacier, ANTARCTICA-2015
- [Wroclaw Marathon](#), Poland, Europe, EUROPE-2016
- [35k shy of Geographic North Pole](#), NORTH POLE-2017
- [Volcano Marathon](#), San Pedro de Atacama, Chile, SOUTH AMERICA-2018
- Uganda Marathon, Masaka, Uganda, AFRICA-2019
- Chang Mai Marathon, Thailand, ASIA-2019
- [Gold Coast Marathon](#), AUSTRALIA planned 2020 however the pandemic delayed the event until - 2023 - 2 July 2023.

<https://www.npmarathon.com/marathon-grand-slam-club>

Available for Interview:

- Lisa is in Australia on 30 June 2023
- Brisbane 30 June 2023 & 1 July 2023
- Gold Coast Marathon 2 July 2023
- Skydiving on Gold Coast 4 July 2023 for Her Birthday
- In Sydney Wednesday 5 July 2023

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