

## John Lynch—Hike Leader

John has trained with the Leukemia and Lymphoma Society's Hike for Discovery program for the last five seasons since the inception of the program in 2006. Most recently during the Spring '08 season he served as a hike leader and during the Fall '07 season he served as a fundraising mentor for nine of his teammates. In the mentoring role he was able to personally connect with participants both in encouraging their personal training goals and helping them develop and successfully implement their fundraising strategies. He and his wife Nancy have been raising funds for Hike for Discovery (HFD) each of the last five seasons. The wonderful persons participating in the program and the great outdoor experiences he has shared with them keep bringing him back season after season.

His love of the outdoors began at an early age with many years involved with scouting. It was during this time that he was introduced to the four-season camping and survival skills vital to enjoying our outdoors safely year-round. John was the recipient of the Jockey Hollow Trail medal for completing the 20+ mile, 1-day hike at the age of 13. Hiking and camping extensively for the past 35 years has provided many learning opportunities which he is anxious to share with his participants to make their involvement with the HFD program as enjoyable as possible. John is currently a New York State Department of Environmental Conservation Licensed Hiking Guide with recent certifications in CPR/AED, Standard First Aid and Aquatic Safety.

Professionally John is a Senior Environmental Health Specialist with the Nassau County Department of Health where he has worked for over 24 years. He is a past board member of the NYS Registry of Sanitarians, and is an active member of the Central Atlantic States Association of Food and Drug Officials. John has over the last 10 years participated in the Nassau County Workplace Mentoring Program providing high school students a valuable introduction to the field of Environmental Health.

