

Post Crescent

“Lisa Conover - She Filled up our Senses like a Storm in the Desert”

By Gloria West

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Lisa Conover was a very special person in the heart of heart and soul of the Fox Valley fitness community. She died last week and has left many of us saddened. The Fox Tri club dedicated their Tuesday evening training ride to her last Tuesday night. Before the ride, they honored Lisa for the quality she was known for; a-can-do-spirit. Lisa was an accomplished ultra marathoner and Ironman finisher, which obviously does need a can-do-spirit. The unique spice she added to this quality was her “happy spirit.” Yet she never stinted on time and energy to accomplish her numerous endurance feats and still seasoned compassion for everyone always in a cheerful smile.

Gary Conover was her ultra support crew, dedicated husband and Lisa’s loving admirer who the fitness community also knows. So when Gary chose the song “You light Up My Senses” at her funeral Tuesday morning, many of us were overwhelmed and touched by words in the song he chose. The song brought us to tears as it was such perfect tribute to Lisa who loved to do ultra marathons in the desert. If you ever were around Lisa she “felt like a storm in the desert,” “night in the forest,” “like a mountain in springtime.” She always reached out to others, never complained and greeted you with her perkiness she seemed had a copyright on.

Cort, her brother, at the Tuesday morning eulogy, shared the story that was so typical of Lisa. Quite out of shape one year, he decided it was time to be at one of her ultra marathons. So late in the evening, he went out to complete the last few miles of the 100 mile event with her. When meeting him, Lisa saw him struggling, even though he ran only a few miles. She smiled politely and ask asked, “Cort are you o.k.?” It was easy for Lisa to do this. It just came natural; no not her ultra distance running. We all know, doing a 100 miles does not come natural, but being up beat, positive and caring were naturals for Lisa.

Yes, let us celebrate this woman’s accomplishments from start to finish. She could do ultra-marathons. She could a ride bike forever. She could do difficult athletic feats. But let’s not forget. Lisa also took challenges on that did not come easy. She taught herself how to swim in her late forties because she decided to do an Ironman. How can anyone go from a non-swimmer to an accomplished swimmer completing the 2.4 mile swim in the Ironman in one year’s time? Lisa could. This willowy slightly built woman had such a gift for staying focused and believing in her self.

The Fox Tri Club, the Pacesetters, the Gear N Up Bike team were just a few of the groups that Lisa Conover’s life touched. We will always reminisce about her small ways of making you laugh and also her many big ways. Remember Lisa! Remember her sprightly look, her passionate eyes and beautiful smile. She may have finished her long run but when you are out there, the going gets tough and you don’t want to finish, just hold onto

the image of this kind hearted, gentle lady. She will whisper softly, "You can do it. You can finish."