



Tiffany Lynn

# ADRENALINE RUSH

Tiffany Lynn has died' more times than she can remember, and perhaps that's why she's lived her life to the absolute fullest. **JASMINE PHILLIPS** meets this exhilarating global stuntwoman to chat about some of her wildest adventures, and how she's wrapped them all up into one hair-raising book. Photography by Andrew Watson ▶

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Her love of the Cairns Show has kept her involved year after year, and this energetic woman has no intention of stopping any time soon.

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Tiffany Lynn has cheated death time and time again. The petite American-born stunt woman has been set on fire, shot at, blown up and run over by buses, and she's loved every minute of it. "I'm an Aries dragon," the beauty smiles. "There's more than a bit of thrill-seeker in me."

The words 'thrill-seeker' barely begin to describe this vivacious woman. As well as working alongside some of the biggest names in film and television [with credits as a model, actress and stunt woman], Tiffany has also ventured around the world no less than 26 times in her relentless pursuit of adventure. While she's now semi-retired in Cairns, Tiffany spends her time producing television pilots, raising money for local charities and volunteering as an environmental crusader in some of the world's most exotic locations. She's also just finished writing a book about her extraordinary life titled *Adrenaline Rush: Photo Adventures of a Global Stuntwoman*, which she hopes to have published. "I'm an explorer and an adventurer by nature," she grins. "You know that old *Star Trek* saying 'boldly go where no man has gone before'? I think I watched too much *Star Trek*."

Tiffany's life was full of adventure right from the start. Her mother was an opera singer and her father worked as the leader of a touring band, which saw them regularly living in foreign countries for months at a time. By the age of 17, Tiffany was an ambitious and beautiful 'tomboy', working as a model and actress in Florida while racing motorcycles and demolishing

derby cars on the weekends. Her big break came when she combined her two careers in the 1960s. She rode her motorcycle to a casting for a Honda television commercial and got the job immediately. The advertisement led to a sea of work opportunities, including more TV commercials, small roles in film, and photographic and fashion modelling. "I kept



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getting work in spite of thinking I couldn't," Tiffany says. "I'm only five-foot-three and they used to say models had to be tall. I got a lot of designer shows and I was a good photographic model... if you put me in a hotel room I make it look bigger."

It would be near impossible to guess that such a delicate body could contain so much strength. "Each

year for about 10 years I'd buy an around the world air ticket," Tiffany recalls. "I'd spend a few months in Greece, a few months in Africa, Hawaii or Australia and I'd turn up to a film set and see if they needed anything. I almost always got work."

For three decades, Tiffany put her body on the line in blockbuster movies including Kevin Costner's *Waterworld* and *Six Days Seven Nights* with Harrison Ford. She had regular work on TV, including *Magnum PI*, *Hawaii Five-O*, and *The Six Million Dollar Man*. Her name appears on credits alongside Robert Wagner, Dennis Weaver, Tom Selleck, Morgan Fairchild and Shannon Doherty, among many, many others.

In fact there have been so many appearances and so many stunts that Tiffany struggles to remember them all. She does, however, remember the time she had to finish filming a scene from a Dennis Weaver movie *The Islander* with her knocked-out teeth rattling around her mouth. She had been asked to crash a speed boat during a chase scene, when a metal bar had smashed into her face. "When we got out of the boat, Dennis Weaver had to scoop me up and run with me out onto the beach. Then there was a big gun battle with shots fired from helicopters. I'd kept my mouth closed the whole time and finally when the director shouted 'cut', I opened my mouth and my teeth fell out."

It's incredible stories like this that make up Tiffany's book, *Adrenaline Rush*. It reads like a photo diary with behind-the-scenes pictures of Tiffany's stunts, and

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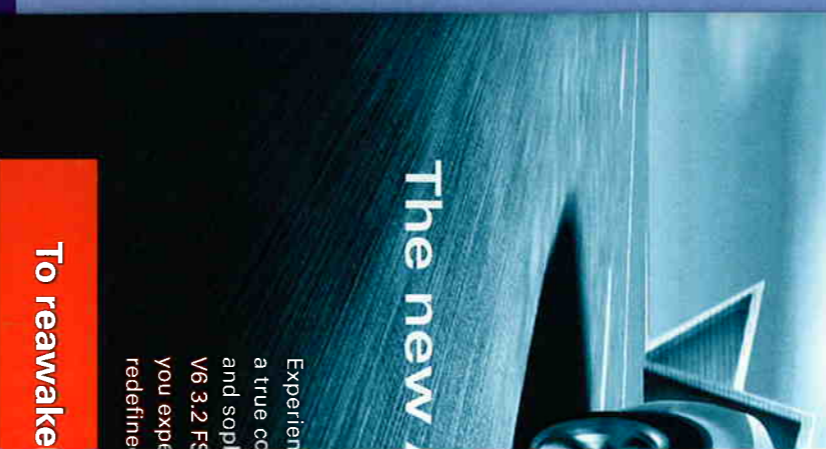


candid moments from her film and TV the tales she's particularly proud of have she was working with Kevin Costner. "I was the stunt double for the little girl on her back," she remembers. "Kevin Co he wanted to do one of his own stunts of the catamaran onto the atoll we went He came to see me after he did the str really respect you a lot... I'll never do myself again." He was white with fear had a renewed respect for stunt people!

Injury was bound to catch up with Tiffany she claims to have escaped any brok the first 25 years of her stunt career, her nose four times, crack ribs, and l contusions. Her run of luck came to an stunt doubled for a suicide scene in A opera *Santa Barbara*. "I had to fall ov a river and then float down the river a foot waterfall," she cringes. "A rock ha at the base of the waterfall and when my ankle, my leg, my tailbone and th crushing my neck." The stunt was so won the Dick Clark Soap Opera Digest best suicide stunt. Tiffany wasn't able the awards ceremony in Los Angeles was still in a body brace.

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Injury was bound to catch up with Tiffany, and though she claims to have escaped any broken bones for the first 25 years of her stunt career, she did break her nose four times, crack ribs, and have multiple contusions. Her run of luck came to an end when she stunt doubled for a suicide scene in American soap opera *Santa Barbara*. "I had to fall over a cliff into a river and then float down the river and over a 40 foot waterfall," she cringes. "A rock had fallen down at the base of the waterfall and when I hit it I broke my ankle, my leg, my tailbone and three vertebrae, crushing my neck." The stunt was so impressive it won the Dick Clark Soap Opera Digest Award for the best suicide stunt. Tiffany wasn't able to make it to the awards ceremony in Los Angeles though – she was still in a body brace.

Life is a lot more laid back now she has settled down in Cairns. She discovered her new home while on one of her round-the-world adventures in 1983. "I went

right around Australia and when I got to Cairns I just fell in love with it," she sighs. "I love how the rainforest meets the beach and I love the climate. Even though I travel a lot with my different projects this is my home now."

And there are still plenty of adventures to keep her busy. Tiffany spends much of her time throwing charity events to raise funds for the Starlight Make a Wish Foundation, The Abused Child Trust, and the Children's Discovery Museum among others. "I've had a really good life and I like to give back," she explains. "I have the time and it's very satisfying to see that you can do something for somebody else and have it mean so much."

The environment is also a strong passion of Tiffany's, and in recent years she has volunteered for Earth Watch Research Expeditions. In December she will set foot in South America, a continent she has yet to explore, on one such adventure. "I'm going down the Amazon on a research expedition and I'm very excited about it," Tiffany beams. "We're going to take status reports of the condition of the water and the air and we are going to check endangered species, tagging monkeys, birds and fish." This isn't a new interest for Tiffany. She was trained to handle and milk snakes for anti venom in her younger years and at the tender age of 12 kept six snakes as pets.



It's difficult to comprehend how much Tiffany has achieved in her years. She seems to have thrown herself into life with the same energy and enthusiasm that it takes to pull off one of her daring stunts. "I have my life and my freedom and I'm really enjoying it," she grins. "I'm always on an adventure, and if something good comes up I'll have my hand up first." CI

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