In the second instalment in a series on go-getters, my paper zooms in on mountaineer Jane Lee

It's no exaggeration to say that mountaineer Jane Lee has set her sights on the highest point in the world.

By next May, the leader of the Singapore Women's Everest Team wants to be on the summit of the world's tallest peak. At 24, Ms Lee - the middle child and daughter of a businessman father and a sales-manager mother - is the youngest on the six-woman team, but she definitely has the muscle and discipline to get to the top of Mount Everest.

Asleep by midnight and awake by 6am, she runs six times a week with a 10kg backpack and 5kg ankle weights. She also climbs the stairs of 30-storey buildings in order to prepare for her arduous climb next year.

But the administrative officer at Republic Polytechnic isn't just a jock in a bangle's body.

Ms Lee - who is dating Mr Kyo Tan, 29, a teacher on the national dragon-boat team - is an English-literature graduate from the National University of Singapore, a voracious reader and an avid wordsmith.

As one of the newest additions to the Straits Times Online Mobile Print (SToMP) stable of Star Bloggers, she has been penning her thoughts in weekly blog entries since Sept 22, writing on various issues from the United States election race to social issues, such as the presence of foreign workers in Singapore.

My paper chatted with her on a cool Friday morning after her run at MacRitchie Reservoir.

Who got you hooked on outdoor activities?

My dad is a very "outdoorly" and adventurous person. Because of his influence, I never went to shopping malls or cinemas.

I remember my first swimming lesson at age four. At a waterfall in Kota Tinggi, my father sort of threw me in and said: "C'mon, swim!"

How do you manage to do so many things with your time?

It boils down to time management and discipline. I plan my schedule ahead and stick to it.

What is the challenge you face in climbing Mount Everest?

I tell people that we're climbing it every day as we look for sponsors to help us meet our $500,000 target. Currently, we're short of $100,000.

What are some of your indulgences?

In terms of food, I eat everything from char koay teow to McDonald's french fries and chicken rice, but I do avoid alcohol.

What are your hobbies that aren't sports-related?

I love to read. I make it a point to read for an hour before I sleep. Russian-born female American novelist, Ayn Rand, is one of my favourite writers.

Recently, I've also been reading the autobiographies of ultra-athletes, such as Burt Yasso. We've actually befriended each other on Facebook.

What do you like do with your boyfriend and family when you're not training?

We're very laid-back, stay-at-home folks. My boyfriend and I hang out and watch DVDs at home, usually action flicks and documentaries. We also hang out at beach bars, chilling out. I try to eat dinner at home with my family whenever I can.

I'm also a movie buff. If I'm by myself, I'm likely to be watching old Marilyn Monroe and Alfred Hitchcock films.

What's your idea of achieving a perfect balance in life?

I feel that it's necessary to identify your responsibilities and personal pursuits. Now, for instance, I hold a stable job in order to contribute financially to my family.

And then there are my dreams, such as climbing Mount Everest. Perfect balance is when I can juggle my responsibilities, do well in them, yet find time to fulfill my ideals.

If you had only one day left to live, what would you do?

I'd like to take a plane and fly over the summit of Mount Everest. If I don't end up climbing it, I'd at least want to have touched it, in some small manner.