



MEMBER OF THE MONTH – NOVEMBER 2022

AMY OW



Amy racing at the 2022 Tiki Trot.

How did you hear about Pacifica Runners?

I found PR online while searching for a local running club.

How long have you been a runner?

I began in 2016 after having a very Un athlete life! I never dreamed that I would love it so much despite the challenges.

How did you get into running?

I read about the Diva Run at the end of 2015, and a good friend of ours loves tutus and crowns so I thought it would be fun to start training for it. So I began in January of 2016 and completed the 5K in May. (My friend didn't join me because she found out she was pregnant she I did it in my own.)

Do you have a favorite race(s)?

My favorite race so far has been the 2022 Pacifica Runners Tiki Trot. Even though I finished dead last, it was my best pace ever and I won a medal for women in my age group (I was the only woman in my 60s participating!)

What are your favorite running trails/routes?

I love running in Pacifica and also in San Mateo at Seal Point. I love being near the water!

What are your future running goals?

I think it would be amazing to run a half-marathon but I don't know if I could ever be strong enough or in shape enough to do it!

What do you enjoy most about Pacifica Runners?

I didn't know what to expect the first time I attended a Saturday morning group run (April of this year). I didn't know if I would be accepted as an older, fat and slow runner but it was such a fabulous and empowering experience. Everyone was so nice and encouraging and I felt like I was a welcomed member!

Any other cool info about yourself?

I wouldn't call it cool but I do believe you can do most anything if you really want to. Pushing away self doubt and self consciousness can open up a whole new world!