



MEMBER OF THE MONTH – MARCH 2022

**AMI KANANI**



**How did you hear about Pacifica Runners?**

I recall seeing the big banner on Hwy 1, but it was really our Pacifica Runner friend, Ria, who roped me in. She called out my name on the loudspeaker at one of the races. She was just saying hi, but I thought I should atleast go over to the Pacifica Runners table to check it out. So happy I did! :)

**How long have you been a runner?**

I've been running since 2007, trained for the SF Half Marathon while in Central America trying to learn Spanish.

## **How did you get into running?**

I was motivated by the race at first. I hadn't earned a medal since I was a kid, so it was nice to do a handful of races. Then once I had kids, running just made sense. No need for gym memberships, no rush to make it to a class on time, just walk out the door and go when you're ready. I LOVE that about running!

## **Do you have a favorite race(s)?**

Yes!, the HMB International Marathon. Breathtakingly beautiful, close to home, small and intimate, delicious meal at The Barn afterwards. I enjoyed the Berkeley half and will enjoy the Oakland half later this month for the same reason - excellent food in town for after the race!

## **What are your favorite running trails/routes?**

#1 all-time favorite is right outside the door! I start at Rockaway and go north until I feel like turning around.

## **What are your future running goals?**

Maaaybe a 50k. Most of the time I don't worry about distance or time, but it would be pretty cool to do something that currently sounds crazy to me.

## **What do you enjoy most about Pacifica Runners?**

I love being inspired by the races and adventures others are doing. I also love that there's space for every kind of runner - it doesn't matter whatever speed, distance, age, level, trail, road, etc., you'll feel included and can reach out to the group about any questions.

## **Any other cool info about yourself?**

I started a kids run club program called Live the Dash Run Club. Many of our awesome, inspiring coaches are fellow Pacifica Runners!!