



MEMBER OF THE MONTH – OCTOBER 2023

BRIANNA OKONEK



How did you hear about Pacifica Runners?

HMB runners, who stopped meeting during Covid, told me about PR. I observed Pacifica Runners for my Culture, Gender, and Movement course last spring and wrote an essay on them.

How long have you been running?

On and off 23 years. 4 years this time around.

How did you get into running?

I wanted to lose weight. What I found was that running consistently increased my self efficacy, improved how I felt, and became enjoyable. I fell in love with it!

Do you have a favorite race(s)?

The marathon.

What are your favorite running trails/routes?

Quarry Park in El Granada and the Coastal Trail in Half Moon Bay.
Also, Higgins Purisima in Half Moon Bay.

What are your future running goals?

Improve my marathon time, run with friends.

What do you enjoy most about Pacifica Runners?

Making friends, running with friends, exploring a new place.

Any other cool info about yourself?

I'm a senior studying kinesiology at San Francisco State.