



MEMBER OF THE MONTH – AUGUST 2018

SHERYL TREICHEL



How did you hear about Pacifica Runners?

During its inception, I served as the first Treasurer of Pacifica Runners and helped push the papers thru to get the group identified as an official non-profit and a recognized group for RRCA.

How long have you been a runner?

Since high school, so over 25 years!

How did you get into running?

I don't know why, but I joined cross country in high school. Perhaps it was because my friends were on the team!? Since then, I've dabbled and then became immersed in running as a means of weight control and stress relief.

Do you have a favorite race(s)?

I'm usually a one and done for races! That being said, my favorite race to date is the Big Sur Marathon. The beauty is unsurpassed by anywhere I've ever had the privilege of running, including Hawaii.

What are your favorite running trails/routes?

I have a bunch of regular routes in the back of the valley of Pacifica, the Coastal Trail in Half Moon Bay, and along the Pacifica coast (Quarry, Mori Point and the pier). My favorite trail, when I have the luxury of taking the time to drive there, is Sawyer Camp/Crystal Springs.

What are your future running goals?

In the past few years, I've mixed strictly running with triathlons and Spartan obstacle course racing to give myself more variety and harder challenges. As far as running goals, I would like to eventually set a new PR for the half marathon distance and also get back to doing Ragnar relays.

What do you enjoy most about Pacifica Runners?

I greatly appreciate the way that Pacifica Runners reaches the community of the experienced runners and new dabblers and offers programs such as Couch to 5k as well as weekly track workouts with Mor. Thank you for what you are doing!

Any other cool info about yourself?

Earlier this year I completed my "redemption" 70.3 in Oceanside Half Ironman and had a personal PR of over an hour! The training was tough and I did lose some of my passion for running in that process. So right now and for the rest of this year, I'm intentionally locked into re-establishing my deep love for running. Please say hello or wave if you see me out and about running around town - all the smiley faces sure do fuel the fire!