



MEMBER OF THE MONTH – January 2026

Teeda Tangprasertchai



How did you hear about Pacifica Runners.

Anni [Kelley-Day, Pacifica Runners Board member] :)

How long have you been running, walking or hiking as a form or exercise? What motivates you to stay at it?

Over a decade ago I'd run 5Ks with friends and once ran Bay to Breakers. My family always took walks after dinner growing up in the Midwest suburbs as a kid. I've always liked walking and hiking as a way to check out new places. I'm motivated to keep at it because fresh air and moving is great for my headspace (and my back).

How did you get into running, hiking or walking as a form of exercise?

For sprinting: During a game of rugby during PE, I was encouraged by the coach and fellow students to join the track team as a sprinter.

If you're a runner, do you have a favorite race? If walking or hiking are more your speed, where is the best place you've ever taken a walk or hike?

My partner Ryan (also in Run Club!) and I took a guided tour and climbed/scrambled up Sugarloaf Mountain in Brazil. It was an amazing way to see all the views, then hilarious when we arrived at the top sweaty and in hiking clothes while everyone else rode the cable car up and were dressed up and carrying selfie sticks.

What are your favorite running/walking/hiking trails/routes?

I regularly visit Mori Point because it's in walking distance of my house.

What are your future running or fitness goals?

This year I'm going to start running again and see how I like it!

What do you enjoy most about Pacifica Runners?

Meeting great people, the occasional coffee meet-ups, and having regular reminders to get out and move!

Any other cool info about yourself?

Since I moved to Pacifica in 2021, I've read 561 books and fostered 79 kittens (and two dogs).