



MEMBER OF THE MONTH – MARCH 2017 MOR HIRSH



How did you hear about Pacifica Runners?

When I moved to Pacifica in 2009, I was looking for a running club. I have found the Pacifica running club through an ad in the Pacifica Tribune. When I joined the club, we have doubled the number of club members from one person to two. :-)
Unfortunately after 2 months the club was closed. In 2012 I joined the Coast Side Running club and in August, 2016 someone told me about the PR club. I was happy to hear about the return of our local club.

How long have you been a runner?

Hamm..... This means that I have to give you my age..... I started running about 30 years ago, when I was 2, just kidding..... in my teen years.

How did you get into running?

I always did outdoor activities, from surfing to soccer, I also played 7 years handball in a team (a sport that is popular in Europe but not so much in the US). All my life lived next to the beach. As a teenager, going to the beach for about 8 hours a day during the summer was the routine. Needless to say that school was not my priority. In days when there were no waves, I would go for a 10 mile run on the beach. I think because of that, I always associate running to freedom, summer and sand.

Do you have a favorite race(s)?

Hamm, another tricky question..... When it comes to running, I truly believe that the destination is not the goal but the journey. A race for me is a milestone; it is kind of a check to see how I am doing. It provides me with a structure for my training. Since I “push” hard during a race, I don’t really enjoy it at the time of the race. What I do enjoy, is the training for the race. It is all about being out there with friends and sometime alone, organizing your thoughts, having your private

time, enjoying nature and just having fun being out there. I am sure other runners will identify with this. But if I really, really need to choose one race that had the most impact on me, I would say the race I did last year, crossing England (69 miles). <https://www.youtube.com/watch?v=T2PFtfm5SYo&feature=youtu.be> Crossing England was an amazing experience, the scenery and atmosphere were amazing, but for me it was more than that. My brother, who lives in Israel, met me in England, and we ran the race together. The feeling of finishing the race together with my brother was emotional and an experience that I will always remember. And I also earned the bragging rights to say that I crossed England with my brother :-)

What are your favorite running trails/routes?

Wow, it is like choosing your favorite kid!!!! All trails have their own special characteristic. We are so lucky to live in Pacifica, where we have so many options and terrains to choose from. From mountain to sea, from beaches to forests. But again, if I have to choose one local trail, I would say my 9 mile secret loop up to Montara mountain. Going up the mountain is challenging and you get a great workout. To top it all the views along the way are spectacular (in a nice day). It is 10 minute run to get to the trail but once you are on the trail, you feel like you are miles away from it all. My favorite time to run is late afternoon, so when you get to the top you experience a spectacular sunset.

What are your future running goals?

I always say that running is an individual sport when we race; we really race against ourselves, so I would say that my goal is to try and get a PR in my next race. As you become older this goal becomes more and more challenging.

What do you enjoy most about Pacifica Runners?

A group of great people, who have passion to outdoor activities and really supporting each other in achieving their goals. The PR club really provides me a sense of community and it is a lot fun to share my passion with my fellow Pacificans. We always admire the ones that finish a marathon in a sub 3 or even faster. I truly can say that for me, I admire anyone who tries and conquer his\her challenges. I often hear someone say "I'm not a real runner". We are all runners, some just run faster than others. I never met a fake runner.

Any other cool info about yourself?

I am not sure if this is cool, but I love travelling, see new places and experience new cultures. In my 20s I worked in a cruise ship for a year and traveled around the world. I have done two cross Atlantics, where you don't see land for 2 weeks. In every port that the ship stopped, I tried to go for a run. So I can proudly say that I ran in so many places in the world, from Russia to Africa, Europe, Antarctica, South America, Caribbean and many more..... Finally, it will sound weird, but my other passion is history, I am still trying to figure a way to combine both passions, so keep tuned, we may have an historical running tour in Pacifica :-)