



MEMBER OF THE MONTH – OCTOBER 2022

CAITLIN O'CALLAGHAN



Caitlin, pictured left, with her Mom indulging in a post-run beer!

How did you hear about Pacifica Runners?

I was googling community running clubs after I moved to the Pacifica region and found the Pacifica Runners! Shortly after learning about Pacifica Runners, I saw the club's advertisements around the community - like off of H1.

How long have you been a runner?

Since elementary school, I've gone jogging for fun. In middle school I started cross country and competed throughout high school. Now, I just run for fun and sign up for the occasional race to have something to look forward to and train for. So, I'd say a solid 15 years of running.

How did you get into running?

My mom is a runner, so as a kid, I'd ride in the stroller with my brother while she went on long runs. Eventually I graduated from the stroller and had a small, pink bicycle that I'd ride while she ran. After that, I started running with her and by myself. We are very competitive with each other when it comes to running, so the drive to keep up and beat her (on occasion) was a major motivator.

Do you have a favorite race(s)?

My favorite race is Chicago's Shamrock Shuffle. The race itself is an 8k, which is a cool distance. The course is very flat and takes you through the heart of downtown. The St. Patrick's day spirit is also in full swing! My mom and I would wear Shamrock pattern leggings during the race.

What are your favorite running trails/routes?

I really love running near the ocean wherever that may be! My favorite running route of all time is up and around Diamond Head when I'm visiting my uncle's home in Waikiki

What are your future running goals?

I'd like to sign up for another half marathon - they are really fun to prep for! I haven't done a 10k or 5k race in quite some time either, so I'd like to sign up for some of those and work more on my speed. Ultimately though, I'd like to keep running consistency and stay healthy, happy, and injury free.

What do you enjoy most about Pacifica Runners?

I really love the sense of community that Pacifica Runners provides. Each week, I look forward to seeing the other members and getting to catch up while on our runs. Runs with Pacifica Runners always feel super short in comparison to runs by myself. I am also very fond of the summer brewery/winery series!

Any other cool info about yourself?

I have 3 passports: Irish, American, and Canadian!

