

Hi! My name is Stacey. I did the Run Surrey Run for 5km at the Chickadee Loop in June. I ran with Elizabeth and beat her! It is important to me to be active and keep exercising. It helps me stay happy and healthy during covid times. I can say that I kicked her butt because I ran a lot of it. I walked some of it too. It was kind of a long run and it felt like it never ends but it was perfect for my level. I felt happy because I did it! I liked that the run was virtual because there was only small group of people running but I also like running with big groups. I can make more friends when there is a big group and I can talk with them after the run. If you talk during the run, it makes you lose your breath faster and it will make you feel tired. Everyone got a medal so it was awesome! After my run, we came to Safeway to get bananas for a snack and water because we were dehydrated. I think some people should bring water when it's very hot out to pour on their heads and to drink of course! It is important to wear proper running clothes like yoga pants, running shorts, Run Surrey Run t-shirt or a comfy t-shirt, a workout tank top, sunglasses to protect my eyes, and running shoes! A mask is important too because there is still covid. Don't wear sandals because you might trip and fall! Also, you need to put on sun block or else you will get a sun burn. I was also really happy that Semiahmoo House Society is one of the sponsors of the run. I feel proud. At the end of the day, I was very happy because I was very active that day and stayed healthy. I want to keep doing more runs in the future so I can keep fit!



*Time to dust off  
your runners and*

# LACE 'EM UP SURREY

**COMMUNITY PARTNER**  
**RBC**

**A VIRTUAL 5km/10km  
ROAD RUN TO BE HELD  
JUNE 1-15, 2021**

**Stacey Kohler**  
Community Development  
POD member at  
Semiahmoo House Society

A not for profit event supporting charities:

Canadian Blood Services | options | Big Sisters

[www.RunSurreyRun.com](http://www.RunSurreyRun.com)