

# Sophie's Run: The Journey

In memory of her mother Sophie, Nicole Chuchmach — together with friends Jill Harper and Natalie Atkinson — is running nearly 800 km from Milton to New York City over the next eight weeks to raise awareness of colorectal cancer.

The following is an excerpt from Nicole's blog ([www.sophiesrun.ca](http://www.sophiesrun.ca)). See Friday papers for regular updates on her memorable journey.



Nicole Chuchmach

Well Day number three (Wednesday) is all finished. We ran to Stoney Creek today. We started at the edge of Hamilton and made our way on the hottest day yet. The humidity was overwhelming, especially running the first 2 km on fresh asphalt. What a day!

We were honked at and cheered on by everyone in Hamilton. Cars would yell to us, "We saw you on the news and wish you all the best of luck. Keep up the great work." Jill even had a gentleman give her \$10 as she was running by her car.

After the first 5 km, we stopped at a plaza outside a Wal-Mart. We set up our awareness table and had a young gentleman come up to visit our table. He spoke to Jeff about not feeling well and having some symptoms that were on our educational materials. After making a donation to the run, he told us he was going to go to get checked out by his doctor. This is

what the run is all about! 'Education + Awareness = Lives saved.'

As we finished our day, we stopped at a bar just outside Stoney Creek. At the bar, a young lady told us she lost her mom to colon cancer. These are the stories that keep us moving.

The first song that I listened to today was The Beatles' Let It Be. I think the words speak for themselves about how we are feeling:

*When I find myself in times of trouble,  
Mother Mary comes to me  
Speaking words of wisdom  
Let it be, let it be  
And in my hour of darkness,  
She is standing right in front of me  
Speaking words of wisdom  
Let it be, let it be*

As we make the journey, we do hear words of wisdom. These words of wisdom keep us going!

Until tomorrow... Love, the Sophie's Run Team