



Running in Memory of Mom

Nicole Chuchmach (Marketing) is planning to run the equivalent of 18 half marathons in the span of eight weeks. She wants to run 760 kilometres—the distance from her hometown of Milton to New York City—to raise awareness for rectal cancer, the disease that killed her mother.

Sophie Chuchmach, a founder of Shakespeare Arms pub in Guelph, died on Sept. 15, 2006. She had been diagnosed with Stage 4 cancer a year earlier. Nicole was her mother's primary caregiver during the illness. To cope with grief, Nicole took up jogging. She began with five kilometres per week but did 120 km each week at her peak last winter. Now she is training for the journey to New York, which she has called "Sophie's Run" in memory of her mother.

Nicole will leave Milton on Sept. 1, 2008 and run at least 20 km a day on secondary highways to New York. Some days she will run more than 40 km, about the length of a marathon. Nicole decided to make New York her destination because she hopes to meet a woman her mother admired, cancer screening advocate and TV personality, Katie Couric. The CBS Evening News anchor lost her husband to the disease.

Sophie's Run won the support of the Colorectal Cancer Association of Canada. This year, more than 20,000 Canadians will be diagnosed with colorectal cancer and 8,700 will die, said Barry Stein, president of the association and a colorectal cancer survivor. To raise money for colorectal cancer research, Nicole is holding a gala in Milton on Oct. 13. Almost all of the 220 tickets, which cost \$100 each, have been sold.