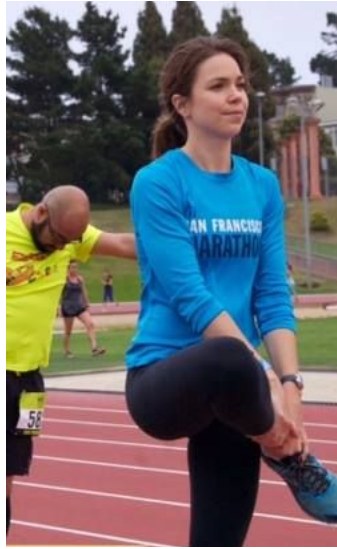


2017 Bay Area Cancer to 5K Coach



Lauren Randall, 1st season

"I first got involved in Cancer to 5K while living in Washington, DC in 2012. I volunteered as a sherpa for 3 seasons and loved helping runners of all backgrounds and levels successfully complete 5Ks. Being involved in a running community is important for my emotional and physical health, and I want to continue to help facilitate that experience for others. Plus, racing is fun! I've worked for environmental non-profits and a clean energy company for almost a decade, and getting people outside is one of my missions. After growing up in Boston and spending the first quarter of my life in the snow, I'm enjoying everyday-access to California's parks, trails, and tracks."

Lauren will be coaching in San Francisco.