



### **Sheron Chrysler – Athletics**

Sheron has been active in the running community for many decades, first as an accomplished athlete and now continues to run, coach, and volunteer in the running community.

Sheron was one of the founding members of the Ceevacs Running Club in 1980. She continues to sit on the executive and is a club coach. Her impressive resume includes being a coach for the CVAC Jaguars in the 1990s before beginning her private coaching business "LacesUp." Over the years, she has volunteered countless hours at various races and running clinics. She is also the recipient of the Kiwanis Sports Service Award and the Albin and Georgina Falt Memorial Coaches Recognition Award.

Sheron coaches and supports athletes at all levels. She has coached many athletes to personal best times and has had marathoners qualify for the New York and Boston Marathon standards. Many of these athletes have made it to the podium in track, cross country and road race distances.

It's not uncommon to see Sheron cheering on these athletes, whether they are the first or last to cross the finish line. The running community in the Cowichan Valley would not be what it is today, or has been in the last few decades, if not for Sheron and her passion for the sport.