



Mission of Sophie's Run



"Colorectal cancer is the second biggest cancer killer in our country. This is a statistic that I want to change today and for our future. Watching and caring for my mom, Sophie Chuchmach, as she battled and finally succumbed to this disease, I realized that the path my family and I had taken was meant to positively change the lives of others. The mission of Sophie's Run is two-fold. It is an awareness campaign that will educate the public of the signs and symptoms of colorectal cancer, as well as the importance of early screening as a preventative measure. Colorectal cancer is a disease that needs to start being talked about. It is my hope, working with the Colorectal Cancer Association of Canada, to raise awareness and educate the public so that the number of lives lost to this disease will decrease dramatically."

Nicole Chuchmach

Nicole's Determination

For her book "*Be...a Woman: expressions of life*", author Kim MacGregor called out for public submissions on inspiring women across the world. Without knowing that the fine line stated the person must be living, Nicole's submission caused MacGregor to add another category "*IN MEMORY OF AN AMAZING WOMAN.*"

This is a sample of what Nicole had written.

The week my mother passed away, we were given an assignment that involved preparing a talk that ended with "and it was at that point I knew I was at my best."

My mother was unselfish and always put her children and family ahead of herself. My mother took care of me for 28 years. The day she was diagnosed with rectal cancer, I was devastated. The relationship that we shared for 28 years took a complete role reversal...Having to watch the strongest lady in my life battle this disease was an internal struggle that I never wanted my mother to bear. I needed to be strong and stay positive for her. The only way I knew how to cope with my grief and pain was to run....Although I went through stages of being angry and distant, my mother taught me that time is too precious for resentment. My mother was never angry that she had rectal cancer. Instead, she remained positive and continuously encouraged others battling cancer to always have hope. My mother's fight, selflessness, grace, and determination have inspired me today.

The last night I spent with my mother was so peaceful and quiet. That night I realized that my mother had been protecting me from her illness for the last few months...In retrospect, our conversation that morning was a passing of the torch. My mother had chosen me to carry on with her legacy with the traditions that she had quietly been teaching me over our last year together. My mother taught me how to live selflessly and it was at that moment that I knew I was at my best. If I turn out to be half the person that my mother was, I know that I have made a positive impact on this world.

The Public Reaches Out

You are an amazing woman yourself - who has undertaken a large commitment - we wish you every success... We have raised \$1,000 for Colorectal Cancer and that is by no means the end. Please stay in touch! Warm wishes.

Kim MacGregor Author/Motivational Speaker, *Be...a Woman: expressions of life*

I just went on your web-site and I am so inspired by your story. I think what you are doing is incredible and your mother is watching over you so proud of your dedication to help others beat this disease. I wish you all the success in the world and know that your campaign is going to make a difference. I am going to go onto your site right now to make a donation. You should be really proud of yourself!!!!

Kristin Clemente

What a great tribute to your Mom. I lost my husband to CRC in November..he was 55...best of luck in your run and fundraising...you are making a difference!!

Bev Saracino, Sales Representative, Century 21 Today Realty.