



FRCC Tribute to Pam Gemery-Hill

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Pam was fierce under her quiet and unassuming exterior. She always had a smile when she spoke about her boys and spoke fondly of all of their endeavors. But she didn't just talk about herself, she always showed an interest in everyone around her, too. I feel blessed to have known her. ~Rachael R. Kenney-Reid



Pam was a kind and thoughtful friend who always seemed to remember the little, special details about people and their lives. She would often check in

and ask about something that we had talked about in the past. I was always taken aback that she remembered and that she cared enough to check in. While I knew her, Pam faced many challenges yet remained positive and determined to keep moving forward in life. When she was first diagnosed with cancer I was amazed by her bravery and openness to talk about her experience. What I will remember the most about Pam is how important the role of “mother” was to her. She showed so much

love and dedication to Alex and Andrew. She always expressed how proud she was of both of her boys and would talk about the various events she was attending to support them. She will be greatly missed and I will think of her when we head out for our Saturday morning runs. ~Katie Scattergood



Pam GEMery Memories There are so many **FACETS** to my friend, a **true GEM**, that make her **SPARKLE** beautifully: A friend I was just getting to know. She was the kind of friend I'd have as a kid. You know? For a (young shy) girl when you'd let your guard(s) down and get 'slap-happy' or giddy with. (Despite her body's hellacious last endeavors enduring "C") She was generous with her quiet giggle at my stupid jokes, or what I like to call 'dry humor.' We just shared a sense of 'dry wit.' On one of her 'good nights,' I stopped by to help her prepare a taco dinner and her meticulous way came out to tell me how cherry tomatoes should be cut for such a plate, and I had plenty of dry commentary/jokes. I don't know, she just 'got' my goofiness/ weirdness. However, this didn't

always work to my benefit. An afternoon, before she was sick I tried speedwork in our hilly neighborhood; heard a car slowly approach behind me, I glanced over my shoulder and saw Pam giggling at me! Always challenged to improve my running speed, she somehow found it funny I was huffing and puffing my way up our rollercoaster of hills. Pam, the elegant endurance athlete meant no harm in her giggles but heard me go on about that workout! A proud mom! Alex and Andrew. She's so considerate and proud of her smart athletic boys. Post FRCC Saturday run she consistently bought each of them a huge pastry to go from our coffee stop. Usually, she'd leave shortly thereafter so she wouldn't miss watching their weekly competitive events. Adventurer. Avid reader. Scientist. Intelligent. Spiritual. I miss you, Pam, your **BRILLIANCE** shines on. Thank you for enriching my life! ~Julie

When running with Pam, she was always "there." Regardless of temperatures or wind, she showed up and she ran steady. If you picked up the pace, she effortlessly picked up her pace. She was delightfully unshakable, present and committed to the run. I really enjoyed and respected that about her. ~Debbie

I did many Saturday morning runs with Pam. Although she was a bit faster than I, she would always attempt to stay with me, as a friendly running companion would. I will miss her dearly. ~Kenneth Fleischhacker



Dear Pam, You left us too soon! We were just getting to know you through run club. The trips you had been on were fun to hear about! The stories of the adventures and activities your boys were doing made the walking miles fly by! You were so humble about how good you were at running! Yet, also an inspiration of how strong and how much of a fighter you were to come out even when times were tough! Now every time I see a lady running with a dog I think of you! I am going to miss you Pam! I hope you are running pain free in the afterlife! Watch over us. ~Michelle Howard

You taught us authenticity, bravery, and love. I am so fortunate to know you and so sad you are not part of my life. ~Ruth



My Thoughts to Pam: I hope you are a free spirit, no pain and able to see what an impact you made with us at the FRCC and I'm sure with many others. Your fight against this enemy/cancer was an inspiration to me. I met you as a strong, professional, family loving woman and was sure your strength would prevail. I'm sure you had your private moments when you asked, can I beat this – but your matter-of-fact self, always said – no problem, I got this, just a hiccup in my life. I so wish that was how your story continued. It breaks my heart that the cancer won, that you miss important events in Alex and Andrew's lives. I know that you will be there in some other realm, and they will be able to talk to you and you will guide them in a way we do not know. I don't personally know the boys, but know through your sharing, that they will be great men, have good lives, personal achievements and you will be proud. You have given me a guide of how to share our lives with others, no matter what it is, for both support from others and for life lessons for all of us to learn. I'm so glad we crossed paths – you made me a better person. Thinking of your journey often.
~Jeanne Fielding, FRCC Friend, Mother of 2 boys and heartfelt friend that would like more time

The best thing about FRCC is the community and the long-lasting friendships that are made. It was on the Saturday run that I got to meet and become friends with Pam.

It was great getting to know her. Pam was a beautiful runner with an amazing history in running that I didn't know about until recently. She was more likely to talk about her two sons than herself. She was very proud of them and was always excited to share their activities. Pam always showed up on Saturday mornings in good spirits, whether she was in good health, had an injury forcing her to

walk, and even while fighting cancer. I admire her strength. I will miss Pam, she will always be with us on our Saturday morning runs. ~Lysette

I met Pam at our club's Saturday morning runs where we chatted while running, walking or at coffee afterwards. She loved her sons Alex and Andrew and would share about their experiences at school, clubs and sports teams. She invited me to a couple of games which were a lot of fun. Our conversations touched on Pam's work and I really only understood a small part of the scientific aspect of her work, she was quite skilled at her work. I am thankful for the opportunity to have known Pam. Alex, Andrew, Ron and her family are in my thoughts and prayers. ~Rosalie





I love seeing Pam in these photos with her FRCC friends in every season. She was always an energetic participant in her own quiet, kind, steadfast way – interested in others, ready to go. She showed us her strength and had the courage to ask for support and encouragement from her friends. She taught me that it's ok to reach out when we are struggling, and that extending a helping hand to each other lifts us all up. Pam allowed our little community to

especially shine over recent months, as we offered simple gestures of care: rides, food, hugs, girls' outings, laughter, home visits, a listening ear during a run, heartfelt words, memory-making photos. This tribute hints at the impact she had on our group, the ways she touched our hearts, and how she'll be remembered. I somehow think she knows we're still trailside with her, running right alongside her. ~diane

