



The beautiful vistas of [Finca la Maya](#) was the venue for the very first 5K and 10K race held in Panama's Pacific Beach areas. [Carrera Vista Mar](#) was the brain child of a group of runners who regularly travel to the city to attend running events. With a goal of bringing people from the city to the beach, the organizers set about the enormous task of finding sponsors for a run event in the interior.

150 runners signed up for [Carrera Vista Mar](#). The youngest was 8 years old and the oldest was 69. Many first time runners cut their teeth on the 5K event, while some, like Jill Parodi used the 10K to push themselves further. Some, like Sharon Rennie, who won the First Grand Master Woman award, walked the event, while others, like Don Gregorio from Coronado, who entered the race and ran 5K, without any training, used the run to get back into running. "It was challenging" said Don. "I had a goal to run 5K without walking in between and managed to pull it off. I ran a marathon when I was 14, so I knew how to keep my pace."

Unlike other run events, [Carrera Vista Mar](#) had the feel of a family picnic. Event registration came with a BBQ. Family members who were not running had the option of paying for food. As a result, families and friends came out to support the runners and enjoy the beautiful grounds of Finca la Maya. Support came from the town locals too. As the runners made their way through the streets of Nance, residents gathered in front of houses to cheer participants on. Kids ran with the runners and gathered at volunteer points to watch.

Organizers were exhilarated and exhausted after the event. I reached two of the organizers, Kaye Ashbridge and Karen Saunders, the morning after, on cellular. They were travelling the race route picking up plastic bottles discarded by runners. Race volunteers had already cleaned

up large portions of the route, Kaye and Karyn were covering what was left. The bottles were to be delivered to [Panama Coast International School's](#) recycling program, which is run by the students.

The girls were still buzzing by the success of the event. "The moment the runners left the starting gate, I knew we had done it. It was a thrill", said Karyn Sanders, voicing the feeling running through the organizing team. The women wanted to acknowledge the volunteers from the community and the support of local businesses who sponsored the event. "It was great to see the community come out to support", said Kaye.

One of the best planned event this side of Panama City, [Carrera Visa Mar](#) was organized by Corrin Skubin, Guillermo LeBlanc, Vance Rev, Kaye Ashbridge and Karyn Saunders. If you missed [Carrera](#)

[Vista Mar](#)

this year, the group plans to make this a yearly event. "With all the support of the local community and volunteers, and the incredible feedback we are getting from runners, and the generous support our sponsors, I think this run is now on the map and there will be a lot of demand for an event next year - bigger and better!", said organizer Vance. So count on another run event at the beaches next year. Between now and then, you have plenty of time to train.

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