

who inspires you?

HERO IN YOU

Running
Angela Chalmers



For generations Aboriginal peoples in North America have used the medicine wheel to teach the importance of balance. The image of four parts of a circle represents the parts of an individual: physical, mental/emotional, spiritual and cultural. Each area is connected with the others.

Aboriginal people feel that ignoring or neglecting one of these areas can result in people who cannot contribute to the health of their self to those around them.

Angela Chalmers' interest in running as a young girl was the catalyst in one day becoming a world class middle distance runner. The knowledge she gained as an aboriginal person allowed her to learn and follow many traditional native beliefs. While running competitively, she not only focused on the physical aspects of her sport, but identified with the social, emotional, spiritual and cultural aspects as well. This balance enabled her to become and remain one of Canada's greatest runners.

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