

Queen City Marathon Speaker Chris Koch encourages Reginans to rethink limitations

Regina Public Library (RPL) welcomes marathoner and motivational speaker Chris Koch to Regina for an empowering talk at 6:00pm on Thursday, September 8 at Central Library, 2311 – 12th Avenue, Regina.

“Chris is a natural fit for our Queen City Marathon (QCM) speaker series,” said Millicent Mabi, Director, Community Engagement and Programming at Regina Public Library. “He’s an accomplished athlete with a compelling story that we expect will inspire the public as well as our running community.”

Hosted in partnership with Run Regina and the Saskatchewan Parks and Recreation Association, Koch’s talk will include anecdotes and experiences from his own life and encourage participants to reconsider how they view limitations to make the most out of life.

Koch was raised in the small farming and ranching community of Nanton, Alberta. Despite being born without arms and legs, he grew up like any other small-town kid—playing road hockey, causing mischief at school, and helping out on his family farm. Today, Koch is a motivational speaker who inspires his audiences to continually challenge themselves and build their dream lives.

In addition to speaking at RPL, Koch will run in the QCM’s Campbell & Haliburton Family 5K on Saturday, September 10 and the Auto Gallery Subaru 21.1K Run on Sunday, September 11.

Participants have the option to attend the event in-person at RPL’s Central Library or watch online via livestream. Registration for both options is currently open on [Eventbrite](https://www.eventbrite.com). Koch’s talk will be followed by a Q & A session.

For more information on library events, programs and services visit www.reginalibrary.ca.

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