

Athlete Profile

Wendy Reyes

Sport: Running

Occupation: Graphic Designer

Residence: Beaconsfield, Quebec

Major sporting accomplishment:

Having completed two full marathons (including the 2011 Boston Marathon)



Jamie & Wendy Reyes at the 2010 Ottawa Marathon

We're all motivated to run and maintain an active lifestyle for different reasons. For Wendy, being on the move is all about being the best that she can be for her family.

"My family is basically the reason why I run and do yoga. My husband Jamie has always been my greatest supporter and I want to be the best possible role model for my daughters."

Since Wendy started running in the summer of 2008, she has completed several 10k races, a half-marathon, and 2 marathons – including the 2010 Ottawa Marathon and the 2011 Boston Marathon.

Despite her passion for running, she doesn't allow it to consume her life. On recovery days she'll do other activities such as walking, swimming, Hatha Yoga, or Bikram Yoga. Her regular practice of Yoga and stretching keeps her well grounded and she considers it a very important part of her overall strategy for staying healthy, reducing the risk of injury, and managing stress.

Wendy believes that running is something that should be enjoyed for many years and that a well balanced approach is the best way to remain motivated, happy, and energized.



Wendy at the 2011 Boston Marathon