

JESSICA WYLYCHENKO

2025 MRA FEMALE ATHLETE OF THE YEAR

Jessica is the kind of athlete who proves you don't have to choose just one lane, but focus on balance in sport, business, and service, all at once.

By day, she's a registered dietitian and performance nutrition coach through Speed & Savoury, helping athletes fuel smarter and recover stronger. She's also an entrepreneur and the force behind Hudson Bagels, building community (and serious bagels) while living the reality she teaches: consistency, discipline, and doing the work when it counts.

On the track, Jessica trains competitively as an indoor 1500m runner, sharp, focused, and fearless about chasing speed. And on the roads, she's equally driven, with a personal best marathon of 2:52, most recently tested at the New York City Marathon. Her long-term mission is simple and bold: turn that strength into an even faster full marathon.

In 2026, Jessica's goals include the Manitoba Marathon and the Berlin Marathon, alongside tough track targets, because she's not just showing up to race. She's showing up to grow, to lead, and to raise the standard.