

RENATA DOERKSEN

2023 MRA Female Road Runner of the Year

I live in Winnipeg with my husband and cat, and work as a pharmacist. Although I was active with gymnastics and swimming in my youth, and more recently cardio classes at the gym, I never thought of running as something enjoyable.

In 2017, inspired by family and the desire to spend more time outdoors I discovered my love of running. Racing a 5k turned into a 10k and then a half marathon, and eventually my first marathon in Fargo this past year. I enjoy training, seeing improvements, and pushing my limits along with the local running community on race day. I am grateful for my husband Daniel, my training partner and friendly competitor, who challenges me to keep up with him!

I also like how running can be done anywhere. Combining my love of travel and running, I have explored many new cities this way. Some favourites are Vancouver, San Diego, and Palm Springs. If there happens to be a local race while there it's a bonus! Last year, I was thrilled to break 20 minutes in the 5k at a race in Toronto while on vacation, and have some new goals in mind for 2024!

2023 BEST TIMES:

5k: 20:06

10k: 43:03

10 Mile: 1:12:55

Half Marathon: 1:30:36

Full Marathon: 3:32:33