

TRISTAN DA SILVA

2025 MRA MALE ATHLETE OF THE YEAR

I started my running journey in March of 2020, right when the pandemic happened and the whole world was forced into a lockdown. I was playing soccer at the time, and had never run anywhere other than a grass field, or a treadmill. My long-time friend Matt Aiello, who lives a street away from me, texted me one day in mid-March asking if I wanted to run a 10k outside with him and I said sure! Our soccer seasons were cancelled so there was no training for us, and with all the time we had because of no work, I thought what a great opportunity it is to not only stay fit, but to improve the fitness! I fell in love with the runners high that I got during that run, and was excited to run the very next day. It became an obsession. It also felt like I got a new identity, one that I never thought was possible because I was so focused with soccer. That was the moment where I never looked back, and instantly fell in love with the sport.

What I love most about running is the sense of accomplishment you get after it. I find that I love the “journey” of every training block leading up to a race. Sometimes, more than the actual race itself! It’s seeing, knowing, and feeling the improvements in your running that makes the overall process really fun and enjoyable! I love the journey more than the destination.

I’m someone who loves to be physically active, and I’ve been like this since I learned to walk. I find a lot of joy in being active, it’s something that I never get tired of; it’s a feeling I can’t explain but to be able to move your body to be active is truly a gift that we often take for granted. I recently started working for Canada Post as a letter carrier, and I feel like this is the best job suited to who I am as a person! Someone who is constantly running around, has energy, and loves to be outside!