

Jonathan Torchia

I have been involved in road running in Manitoba for a short period of 13 years since 2008.

I ran my first ½ Marathon at the 2008 Manitoba Marathon in a time of 1:37:54

At first I used running to lose nearly 60 lbs. Combined with dietary changes, running played a huge role in that journey. It was my outlet for weight loss, and really shaped me into who I am today. I was not born a runner, nor anyone in my family has a running background.

At first I could barely run a single mile to save my life, and over time and consistency, and the willingness not to give up I was able to piece together runs and as the weight started to come off, I fell more in love with it and got faster and was able to see the work come together.

My most satisfying achievement as a runner I would have to say is when I broke sub 90 minutes at the Rotary Club ½ Marathon in 2016 in a time of 1:29:43. Another pretty neat personal achievement as a runner is when I got asked by Team Nike to pace the Chicago Marathon – what an experience!!

As a coach for River City Run Coaching, I have to say I cannot pin down one particular situation or athlete as I genuinely find so much joy in coaching these athletes. I have helped many runners do their first 5 km and to qualifying for the Boston Marathon, and everything in between. In 2021 I have been lucky enough to be currently coaching 36 runners.

As a Race Director for WFPS Run I could write an entire novel on that! I LOVE nothing more than seeing runners come together every October in celebration of community and crush some big goals. I have to say every year I get those same butterflies in my stomach of excitement. My most FAVOURITE thing is to throw hi5's at the start line as the runners go out, and then make my way back to the finish line and greet runners with hi5's and hugs as they come back.

My personal best times in various distances are

5km – 19:03

10km – 40:11

Half marathon – 1:29:43

Marathon – 3:11:48

I have been fortunate enough to run many races across North America from Chicago, New York, Minneapolis, San Francisco, L.A., Sacramento, Fargo, Grand Forks, Toronto, Vancouver, Edmonton, and Hamilton. If I had to choose JUST ONE as a favourite, I would say the New York Marathon in 2019. It was pure magic, as we travelled down in a big group, from sharing the same flights, and hotels, to shuttle buses, all the memories and experiences at the expo, to the chaos of race morning, and running the race together. One I will never forget.

My Volunteer Work

WFPS Run is a 365 day volunteer job! The best one around.

Also for many years I co founded and co-lead Winnipeg Run Club which weekly we would get anywhere 50-75 runners a night. It was pure awesomeness with such a great community.

What is new with you and running?

On July 1st we became the new owners of City Park Runners. We are really excited about this great opportunity and cannot wait to grow this store to a whole new level, and continue to build the amazing run community.