

Olympian to speak on balancing fitness, family

Krista Duchene, Canada's Marathon Mom, will share her secrets to balancing fitness and family during a public talk at Central Library on Thursday, September 7.

Presented through a partnership between Regina Public Library, Run Regina, and Saskatchewan Parks and Recreation Association, the athlete will reflect on her rise to Olympic status and offer insight into juggling career and family while maintaining an active lifestyle.

"Krista is one of Canada's most accomplished athletes," Shawn Weimer, Executive Director for Run Regina, said, "and we are excited to hear her message about balancing work, family, and fitness."

Held in conjunction with the Queen City Marathon, Weimer sees this event as an opportunity for marathon participants to learn and be inspired by Duchene's experience.

Duchene was nicknamed Canada's Marathon Mom after she won the 2009 Mississauga Marathon on Mother's Day, her first marathon after the birth of her second child. She set a Canadian world record at the 2023 Tokyo Marathon, placing first in the women age 45+ category. She is one of only a handful of people in the world to compete at the six World Marathon Majors (Tokyo, Boston, London, Berlin, Chicago, and New York City), as well as World Championships, and the Olympic Games.

"Krista is an impressive athlete who raised three children while training for and competing in the Olympics and other marathon competitions," said Millicent Mabi, Director, Community Engagement and Programming at Regina Public Library, "We hope her story will inspire other families on their fitness journeys."

Participants have the option to attend the event in-person at RPL's Central Library or watch online via livestream. Registration for both options is currently open on [Eventbrite](#).

As part of the QCM activities, the library will also host free screenings at the RPL Film Theatre of *Running Brave* on September 6 at 3:00 pm and 7:00 pm and *Brittany Runs a Marathon* on September 7 at 1:00 pm and 8:00 pm.

For more information on library events, programs and services visit www.reginalibrary.ca.



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