



Renae Dambly

Parkour/ Freerunning

720.292.0644

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Instagram: [@renaedambly](https://www.instagram.com/renaedambly)

Height: 5'4"

Weight: 125lbs

Skills

- Parkour/ Free-running
- Flips/ Tumbling
- Slacklining
- Various climbing disciplines
- Acro-yoga
- Karate

Education/ Training

Fort Lewis College
~ Bachelors of
Exercise Science –
Physiology ~
(in progress)

USAG ~
Gymnastics
coach
certification

Parkour EDU
~ Parkour
coach
certification

Apex Movement ~
Parkour/ free-
running
Ryan Ford
Amos Rendao

Peoples Kenpo Karate
~ *Sensei Mark Barnes*

Professional Experience

Parkour Performance

WhiteWave® Annual Sales Meeting –
Phoenix, AZ 2013

Parkour Performance

Global NU Skin® Convention -
Salt Lake City, UT 2013

1st Place Competitor

The Apex Invitational
Boulder, CO 2014

Ambassador/ Model

Buddha Pants® [clothing brand]
Modeling for stills for product promotion on social
media 2015 - current

Finalist Competitor

North American Parkour Championships
Vancouver, BC, Canada 2015

Finalist Competitor

The Apex International
Boulder, CO 2016

T.V. Show Competitor

ESPN's Battlefrog League Championships
Lake Lanier, GA 2016

Model

Ohana Wear® [clothing brand]
Modeling for stills and video for product promotion
on social media 2016 - current