

Gary Reed

I accepted the Interior Regional Coach position in Kamloops on September 4, 2014. Since then I have been coaching a group of 10-15 athletes. My cross country group had a very successful season with five athletes competing in BC champs. The season was highlighted by **Ty Fuoco** who finished **5th** in the youth **5k** with a time of **15:49.81** and **17th** at national cross country champs in the youth **6k** with a time of **20:49**. **Logan Hwang** also had a standout XC season after winning a **gold medal** in 13 year old boys **3k** with a time of **10:22.16** at the BC champs. I attended both meets and was very pleased with my group's efforts. The group is now training hard and getting ready for the indoor competitive season.

One of my main coaching goals has always been to reach out to other regions and recruit athletes into our program. I have a good working relationship with many people in the region and am excited to build the middle distance program in the interior. I have made connections with the group in the Okanagan by communicating with **Nathan Reiter, Sports Performance** program coordinator at Pacific sport and my long-time friend and fellow **Olympian Malindi Elmore**. Our group did a **one day camp with the Okanagan group on October 18th**. The weekend was a huge success with our groups training together in the morning and participating in a save on foods nutrition tour in the afternoon. I also managed to speak to a group of local runners and coaches at **Fresh Air Concept** store alongside fellow **Olympians Graham Hood and Malindi Elmore**. Coaching great **Mike Van Tighem** was also in attendance and had some of the best insight of the evening. The evening was very interesting and highly interactive with many great conversations and questions asked about coaching and training methods. During that same weekend **Malindi and I** managed to speak at the **Sport leadership conference**. There was some very good conversation on coaching, experiences and about the middle distance programs being run.

Our group is building great momentum heading into the indoor season and I am very excited to see my athletes take it to the next level next year!

Happy training