

Luc Bruchet Q&A – 2016 Canadian Cross Country Championships



The 2016 Canadian Cross Country Championships take place November 26th, in Kingston, Ont. The Canadian Cross Country Championships serve as the national championship for youth, junior, senior, and masters age category athletes. It's also the selection trials for the 2017 IAAF World Cross Country Championships and 2017 NACAC Cross Country Championships. For more information visit: <http://athletics.ca/championnat/canadian-cross-country-championships/>

One of the top competitors leading into this year's event is Luc Bruchet of Vancouver who we caught up with for a short Q&A. **Luc Bruchet**, member of the BC Endurance Project (BCEP), was 4th in last year's senior men's race and won the championship back in 2013. Luc also competed for Canada at the 2013 World XC Championship in Bydgoszcz, Poland where he placed 65th in the Senior men's 12km race. In addition to his success in Cross Country, Luc has also seen steady improvement on the track, achieving a personal best of 13:24 in the 5000m and he represented Canada at the 2016 Olympic Games in this event.

BCA: You've had a lot of success on the roads, track, and cross country, including in last year's Canadian Cross Country Championships where you placed 4th. How did you get into XC running and do you remember your first cross country race?

LB: My first cross country race still stands out in my memory. Back in elementary school the first year you were allowed to compete was grade three. Because I was wired with such energy my teacher thought it would be a great way to blow off some steam. Being that I was a year younger, a grade two, I was a little nervous for the first race. But once the gun went off my competitive side took over and I fell in love with the sport.

BCA: What do you like most about cross country?

LB: Cross country is running in its truest form. It doesn't matter how far the course is or how quick the times are. All that matters is covering the terrain, whatever it may be, faster than your competitors. Cross Country is so great because each course is unique and challenging in its own way and it brings together every discipline of distance running from 800m all the way up to the Marathon.

BCA: You competed at the 2016 Olympics in the 5000m. Are there lessons that you've learned that you take from cross country that make you a better athlete on the track?

LB: Cross Country has taught me to compete all the way through the finish line. So much can happen through the course of a race and it is never over until you cross the line at the end of the race. So much can happen over 5km, 10km and the longer distances that you can't beat yourself up if the first part of a race isn't feeling great or going well. There have been a number of races where I've struggled through the first part of a race on the track to only find my legs with a few laps to go. As long as you battled all the way to the line you will be rewarded.

BCA: After racing at last year's Championships, what part of the Kingston course do you like and/or find to be the most challenging?

LB: Kingston has to be one of my most favourite cross country courses I've had the chance to race on. I love the fact that it is so spectator friendly. The course winds through the fields of Fort Henry and even at its most distant part you're never that far from the crowd. The course is quite technical which makes it challenging. It is riddled with small hills and tight turns making it hard to find a rhythm, though the course can still be quite fast because of its firm surface.

BCA: What are your goals or expectations for this year's Championships?

LB: Because I took a good chunk of down time after the Olympics, this fall has seen a much more relaxed build compared to recent years. Although it was nice to relax and enjoy myself a bit I'm sure my fitness suffered a little bit. Things have really begun to click the last few weeks and I'm gaining confidence each and every day. I know it will be tough to get onto the podium, as it is every year, but I know if I empty the tank on the 26th of November I have a great chance of being in the top-5 - something I would be pleased with this year.

BCA: Do you have any cross country training or racing advice for upcoming youth and junior runners who would like to run at a high level?

LB: Whether or not you're a middle distance or long distance runner cross country is the best form of base training. It may not always be the most enjoyable it teaches you how to be a tough runner and will reward you when you step on the track later in the spring.

Watch the Canadian XC Championships Live on November 26th at www.athleticscanada.tv