Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – Canadian record holder – Marathon & ½ Marathon
- Justin Kent – 2017 Francophone Games team – 1500m/2018-19 National XC team member
- Erica Dibgy – 2017 Francophone Games team – 5000m/2018-19 National XC team member
- Theo Hunt – 2014/2018 National XC team member
- Catherine Watkins – Top National Masters athlete – 10km/1/2 marathon
- Kirsten Lee – 2020 National XC team member
- Ben Preisner – 2019 National XC team member

Integrated Support Team

- **Medical**
  - Dr. Jim Bovard, MD
    - 201-101 16th St W, North Vancouver
- **Physiotherapy**
  - Marilou Lamy, BSc(P), CGIMS, MCPA, MAPA, Dip Sport Physio
    - Synergy Physio, 307-267 West Esplanade Ave., North Vancouver
- **Massage Therapy**
  - Bobby Crudo, RMT
    - Therapia Center, 1377 Homer St., Vancouver
  - Kimen Petersen, RMT
    - 360-2184 West Broadway, Vancouver BC
- **Chiropractic**
  - Dr. Aaron Case, BSc DC
    - 3785 West 10th Ave., Vancouver
- **Strength & Conditioning**
  - Devon Goldstein, BSc, CSCS
    - Form and Function Movement, 306-345 West 10th Ave., Vancouver
- **Physiology & Sports Nutrition**
  - Dr. Trent Stellingwerff, BSc, PhD
    - Canadian Sports Institute, PISE, 4371 Interurban Rd., Victoria

Performance Highlights Last Quarter

- **Houston ½ marathon** – Jan.19/20 – Houston TX
  - Rachel Cliff – 1:10:13
- **Pan Am XC Cup** – Feb.29/20 – Victoria BC
  - Kirsten Lee – 18th (Team 1st)
- **Boston University Indoors** – Feb.15/28th – Boston MA
  - Luc Bruchet – 7:49.88(3000m)/13:40.13(5000m)
Quarterly Overview

After a brief positive start to 2020 things have come to a standstill on the competition front due to the COVID-19 pandemic. With all competitions cancelled for the foreseeable future the focus has switched to maintenance & rehabilitation. Athletes are continuing to train independently while adhering to BC Health guidelines on social distancing. Coaching & monitoring continues through digital/on-line means.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance