



Alan (Al) Thompson – March 5, 1946 – July 21, 2022

Al passed his final finish line on June 21, 2022, in a time of 76 years, 4 months and 16 days.

Born in Vancouver, Al attended Model School, King Edward Secondary and Eric Hamber, where he loved football, soccer and driving his car. His first job in high school was setting pins at Commodore Lanes. When he had the opportunity to start working as a pizza cook/driver at Jon's Pizzarama, he leapt at the chance, and thus started a lifelong career in the restaurant business. It was at Jon's Pizzarama that he met his life's partner, wife Lynn. Al worked for Jon Levine for 20 years, at Jon's Pizzarama, Brother Jon's in Gastown, the Butcher and the Broadway Cafe, and Emilio's Restaurant near Granville Island. He then went back to his pizza roots and joined Boston Pizza International, eventually opening and operating Boston Pizza at Metrotown until retirement.

Al was a lifelong athlete, and in the early 70's discovered a love of running that took him through 60 full marathons, and uncounted 10K's and half marathons. He was very involved in the early days of road racing in Vancouver, and was the original director of the first Marathon Clinic, held at the Vancouver YMCA. A proud member of Lions Gate Road Runners, Al ran and volunteered at most of the races throughout the city. In 2006, a very bad bout with the flu caused viral myocarditis, which damaged his heart and led to the end of his racing career.

Al loved running, travelling, wine, pizza, dogs, the BC Lions, Coronation Street and his wife Lynn. We were never sure which came first, but suspect it was the running (or maybe the wine and pizza).

Thank you to the wonderful doctors, nurses and care aides at St. Paul's Hospital Cardiac ICU and the Palliative Care Unit, who were all so caring and compassionate.