

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – April 2020

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 Digby – 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
- Kevin Coffey – 2017 Canadian 10km Champs -3rd/marathon - 2:21:40(2014)
- 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(PT), 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