**BC Youth Endurance Weekend**

The second annual BC Youth Endurance Weekend will bring together teenage distance runners from around the Province to train, play, and hear an all-star group of Olympian speakers. The aims are to inspire and educate our next generation of Canadian Olympic middle distance runners.

**Dates:** October 7th & 8th with option to stay and race the GoodLife Fitness Victoria 8k. Event start and finish times will be circulated in advance with the finalized weekend schedule.

**Location:** UVIC (Campus map will be circulated to registered participants)

**Accommodations:** Participants are responsible for their own accommodations, but billeting can be arranged by contacting Bruce at [bdeacon1@gmail.com](mailto:bdeacon1@gmail.com)

**Coaches:** BC Athletics will grant coaching education points for attending the event. Please include your NCCP # when you apply.

**What’s Included:**

* Amazing weekend of speakers and fun
* Event t-shirt
* Meals (Friday dinner, Saturday breakfast/lunch/dinner)
* $10 Discount to GoodLife Fitness Victoria 8k (limited number, good until September 15th)
* Other cool stuff yet to be announced

**Registration Cost:** $60 early bird, $65 regular and $75 late entry. Coaches and parents are $45

**Confirmed Speakers:**

We have 8 Olympians and two World Championship medalists. This will be AMAZING!

**Lynn Kanuka—Mental Preparations Panel**

A big performer when it counted most, Lynn won gold and bronze at the 1986 Commonwealth Games, a bronze in the 1984 Los Angeles Olympics and bronze at the 1989 World Cross Country Championships. A gritty competitor, she holds personal best of 4:00 and 8:47. She now coaches with Ocean Athletics.

**Evan Dunfee—Mental Preparations Panel**

Evan captured the hearts of Canadians at this summer’s Rio Olympic 50km race walk. Setting a Canadian record, he narrowly missed a bronze medal. Winner of the 2015 Pan Am 20km, Evan knows how to deliver when it counts.

**Lori Chestnut (Bowden)—Mental Preparations Panel**

For seven years straight, Lori medaled at the Ironman Triathlon World Championships in Kailua-Kona, Hawaii, including two wins in 1999 and 2003. A tenacious racer, she knew how to pull months of preparation into a top class performance.

**Cameron Levins—Saturday Morning Program/Workout**

Two time NCAA champion and winner of the 2012 Bowerman Award (most outstanding collegiate athlete in athletics), Cam holds the national records for the 2 mile and 10,000. He is a Commonwealth Games bronze medalist, and Olympian over 5000 and 10,000. Since graduation, he has been training under the tutelage of Alberto Salazar with the likes of Mo Farah and Galen Rupp.

**Chris Winter—Saturday Afternoon Program**

Chris is World Youth Championships bronze medalist and Rio Olympian at the steeplechase. He is a great example of a young successful athlete who followed his dream to be an Olympian. A multi-time member of Canada’s World Cross Country team, Chris has a steeplechase best of 8:26.

**Geoff Harris—Saturday Afternoon Program**

Geoff put together the perfect season in 2012. Hitting two 800m Olympic Qualifiers and winning the National Championships, he boarded the plane for the London Olympics ready for a great race. He delivered in style running a personal best in the first round defeating past Olympic Champion Yuriy Borzakovskiy and advancing to the Semi-Finals.

**Hilary Stellingwerf—Saturday Afternoon Program**

Coming back from pregnancy, Hilary stormed to her second Olympic Games team at this year’s Olympic Trials. A tough and tenacious runner, she is always a force to be reckoned with over 1500m. Now coaching for UVIC, Hilary will be helping to prepare the next generation of great Canadian middle distance runners.

**Dacre Bowen—Saturday Afternoon Program**

With a personal best of 46.16, Dacre was a University of Oregon track star over 400m and a 1976 Olympian. A successful high school sprint coach, he coached 2008 Beijing Olympic gold-medallist and 2004 Athens Olympic silver-medallist decathlete Bryan Clay in high school in Hawaii. He is currently coaching with the Victoria Speed Project.

**Trent Stellingwerf—Saturday Afternoon Program**

Trent is an applied sport physiologist with a specialization in the area of performance nutrition. He earned a Bachelor of Science in Human Nutrition and Exercise Physiology at Cornell University, and a Ph.D. from the University of Guelph. Trent has attended many World Championships and Olympic Games as part of Team Canada’s Integrated Support Team and consults several Olympic athletes from around the world, including his wife Hilary.

**Lucy Smith—Saturday Afternoon Program**

Lucy Smith has been a professional distance runner and triathlete for over 25 years. She is a 2 time World Championships Silver medalist and a 19 Time Canadian Champion over a range of endurance events from cross country running, to track, road racing and multisport.

**Bruce Deacon—Moderator and Weekend Facilitator**

Bruce represented Canada at the marathon from 1994-2003. This included four World Championships, the 1996 and 2000 Olympic Games, the Commonwealth Games and a silver medal at the Pan American Games. He now coaches with the Prairie Inn Harriers.

**Gary Barber--Moderator and Weekend Facilitator**

Born in the UK, Gary was an English Schools champ at 800m before emigrating to Canada. He represented Canada at the Commonwealth Games. He is now an educator at St. Michael's Elementary School and the author of the the International Olympic Committee's education program.