

## BRUCE DEACON

Bruce Deacon is a two-time Olympic marathoner and winner of a silver medal at the 2003 Pan Am Games. With a best of 2:13:18, he has represented Canada at 4 World Championships, with a best finish of 11th place. When he last ran the Victoria Marathon (RVM), he had a run-away win in 2004 in a time of 2:21. In 2008, he joined the master's ranks (40+) and placed 2nd in the master's division in the 132nd Boston Marathon.

He is the on-line coach for the GoodLife Fitness Victoria Marathon training programs and has been recovering from a bout of chronic Achilles tendon problems. Last year he worked the Canadian Olympic Committee as Manager of Education and Community Relations, and he is currently employed by the Provincial Government.

Bruce will join Joe Henderson on Saturday, October 9, 2010 in a session titled "*Coaches Corner*".

