

Health & Fitness Journal of Canada

Copyright © 2020 The Authors. Journal Compilation Copyright © 2020 Health & Fitness Society of BC

Volume 13

September 30, 2020

Number 3

COMMENTARY

Passionate Runner and Champion of Running in Vancouver

Margaret Buttner^{1,*}, Frank Stebner¹

1 Lions Gate Road Runners, Vancouver, BC, Canada V6K 1P5

*Corresponding Author: the_buttners@telus.net

Abstract

The sport of running in Vancouver has a long and storied history. Thanks to the passion and vision of six running enthusiasts, including Jack Taunton, amateur distance runners had new opportunities to compete in their sport with the formation of Lions Gate Road Runners. Club members established numerous road races of varying distances in the 1970's and 1980's, contributing to Vancouver's reputation as a world-renowned destination for runners of all talents. **Health & Fitness Journal of Canada 2020;13(3):7-8.**

<https://doi.org/10.14288/hfjc.v13i3.318>

Keywords: Amateur Running, Run Clubs, Fitness, Marathons, Volunteers, Inclusion

Introduction

In 1971, Jack co-founded Lions Gate Road Runners, the first club dedicated to the sport of distance running in BC. Together with fellow club members, he founded the Lions Gate Road Runners International Marathon (now known as the BMO Vancouver Marathon) the same year. What is worth noting is that from the beginning, Jack and his fellow club members opened the sport up to women; to this point they were generally restricted to much shorter distances or else outright banned from marathons. In addition to establishing the marathon, Jack also helped organize the James Cunningham Seawall Race (9.5K), the first event to take place on Stanley Park's Seawall. He also organized many other events in the 1970's of varying distances with many taking place in Stanley Park.

Together with Doug and Diane Clement and his wife Cheryl, he co-founded the

Vancouver Sun Run in 1985; this 10K race has grown to be among the largest in North America with approximately 40,000 runners and walkers taking part each year. It is truly thanks to Jack that the sport evolved from being one for experienced athletes to one that runners of many abilities could take part and reach their own personal goals.

Jack is a dedicated runner himself, completing 62 marathons with a best performance of 2:25:29 and countless other distance races. No doubt his love of the sport helped motivate him to choose a career of sports medicine, establishing sports medicine clinics in Vancouver and Richmond, and collaborating on a number of research studies that have changed the science of running footwear.

Authors' Qualifications

The authors' qualifications are as follows: Margaret Buttner, former LGRR

Passionate Runner and a Champion

executive member; Frank Stebner LGRR
President.