

# Health & Fitness Journal of Canada

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## COMMENTARY

### A Shoulder to Cry On

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#### Abstract

My whole life has been shaped by my involvement in competitive athletics. Without the opportunities given to me by my teachers, coaches & family, and the support of friends, I would not have had the success I had. Giving back to others to help them achieve their dreams, and to motivate them to "be the best they can be" has driven me in my coaching and teaching. I am a true believer in 'Athletics for Life'. **Health & Fitness Journal of Canada 2020;13(3):16-17.**

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#### Introduction

My story of Dr. Jack Taunton goes back some 40 years... to 1979/1980.

As a high performance two-time Olympic athlete, and having been training hard for years, I had very low body fat, and as a result, suffered from amenorrhea for years.

My husband and I had been married some 8 years and had been hoping to start a family for at least 3 years. I had seen top fertility specialists in Vancouver at VGH, had numerous tests to rule out any other underlying causes and had even gone through three or four bouts of Clomid medications and luteinizing hormone injections. Still I had no luck getting pregnant, nor even having successful ovulatory cycles. I turned to my friend, fellow runner, and doctor who never gave up to help someone. Jack not only was my shoulder to cry on, but also the guy that would research and go to any lengths to get me to see the best specialists and have the latest tests. Thanks to Jack, he referred me

to a wonderful gynecologist, Dr. Vera Frinton, and after many more tests and tears, and various emotionally draining months we tried again. I had stopped training, put on some 20 pounds and generally was feeling miserable. Without having menstrual cycles, it was hard to know, but one month I found myself feeling quite different and more anxious than normal. I felt uncomfortable in my own skin but couldn't say why. I was given the standard pregnancy test which came up negative. I went to see Jack to tell him how different I felt, and he suggested a brand-new blood test he had just read about that was more sensitive. Subsequently, even though another standard urine test still came back negative, this blood test showed a positive. Jack believed in me, pushed to have an ultrasound and yes, I was 11-12 weeks pregnant!

My pregnancy was easy and I felt wonderful from that point on. Even though I was considered high risk, it was far from

it. The weird thing was that as I had put on so much weight to try to get pregnant, no matter how much I ate, I seemed to not gain enough baby weight. On paper I gained only 12 pounds throughout the pregnancy but then with the 20 lbs. extra I had put on, it was probably about right. After only 4 hours labour and a natural delivery, our first of 4 children, a daughter, Lindsay Alison, was born on her 1932 Olympic grandfather's birthday on December 10, 1981. Dr. Jack Taunton is her godfather!

### **Author's Qualifications**

The author's qualifications are as follows: Thelma Wright OLY, BPE, ChPC.