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COMMENTARY

Jack of All Fields

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Abstract

Jack of all fields, as a professional generalist with a series of specialties, Dr. Jack Taunton has affected the health of novice to elite exponentially, locally to internationally. **Health & Fitness Journal of Canada 2020; 13(3):29.** <https://doi.org/10.14288/hfjc.v13i3.327>

Keywords: Humanist, Selfless, Dedicated, Visionary, Implementer

Introduction

Over four decades ago, I first took notice of Jack Taunton during my visits to Simon Fraser University (SFU) while dropping in on his mentor and advisor, Dr. Eric Bannister. Jack as an athlete and scientist, was immediately evident, along with his magnetic personality. Then again at the University of British Columbia (UBC), I came across him when I was involved in the sports contracting business with my student alumni, and again at SFU, my faculty alumni as Faculty Associate. Parallel to these visits, I saw and exchanged casual greetings with Jack at athletic functions and banquets.

After his medical schooling, I now relied on his professional expertise as a sports medicine doctor; keeping me fit during minor/major injuries – plus participating in several recreational runs, including 15km up Cypress Mountain.

Jack's organization of several of the biggest events from Vancouver Marathon, The Vancouver Sun Run, Cycling Grand Prix to 2010 Olympics, gave me a business opportunity to be a minor supporter; and

more recently, being involved in the planning and construction of the unique Fortius project.

Recently, Dr. Jack Taunton has advised me at personal social occasions that I should seek medical advice. Both of these situations could have developed into serious life-threatening conditions – cardiac and cancerous!

Over the decades, Dr. Jack Taunton as athlete, scientist, researcher, educator, physician, and major supporter of numerous events and causes has earned him many gold standard awards.

To hundreds of thousands, from novice to elite, and to me personally, Jack is priceless!

Author's Qualifications

The author's qualifications are as follows: Andrew Nemeth BPE.