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COMMENTARY

Tribute to Cheryl and Jack Taunton

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Abstract

Over the past 30 years, I have developed specific skills in training development and performance management with a wide variety of technical specializations related to respiratory research, bio-engineering exercise, and human performance. I had the honour of working with Dr. Jack Taunton during the Americas Masters Games and reflect back on this experience with great pride. **Health & Fitness Journal of Canada 2020;13(4):29.**

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Introduction

I first met Jack while working as a Research Coordinator in Dr. Darren Warburton's Cardiovascular Physiology and Rehabilitation Laboratory. Jack presented his inspiring enthusiasm on that first meeting and continued to capture my attention every time we met.

I had the honour of working with Jack during the Americas Masters Games in Vancouver (2016). Like many others, I admired his passion for athletics (Sports in Canada). Jack needed volunteers during the games, and I had the privilege of assisting him with checking and resupplying the medical stations throughout the Game's venues.

During one of our resupplying sessions, Jack asked me to go back to the university to pick up some items while he consulted with one of the physicians. On my return to the venue, I found out that Jack decided to go for a walk back to the university as well (I was slightly delayed). I believe he covered approximately 5 km before I

managed to finally catch up with him on the Burrard Bridge.

Thank you, Jack for this memorable experience. I hope you and Cheryl have a wonderful life.

Author's Qualifications

The author's qualifications are as follows: Bradley Hansen BA.