



Stride Ahead Tough Track Track and Field Club

Stride Ahead Tough Track is the largest track and field club in the province and is involved in training for cross country, track and field and road running.

Training is based out of the Whyte Ridge Elementary School and the University of Manitoba.

The coaches are as follows:

Andy Tough – Head Coach

Gregg Gemmell – Middle Distance Coach

Frank McLean – Jumps Coach

Sue Zajac – Sprints Coach

Mingpu Wu – Throws Coach

For more details please contact:

Andy Tough – track11@mts.net or Sue Zajac at szajac@pembinatrails.ca