

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, indoor and outdoor track and field. Training is based out of the Whyte Ridge Elementary School and the University of Manitoba. The program runs from September until early August each year. Athletes range in age from 9 to 18 and open athletes are welcome to join.

The coaches are as follows:

Andy Tough – Head Coach, sprints, middle/distance

Frank MacLean – jumps, multi events coach, speed and strength conditioning

Sue Zajac – conditioning coach and fitness consultant

Gregg Gemmell – middle distance coach

Ian Case – sprint coach

Evan Kuz – sprint coach

Mingpu Wu – Throws Coach

For more details please contact:

Andy Tough – toughtrack11@gmail.com

Frank MacLean – fmaclea@pembinatrails.ca

Sue Zajac - szajac@pembinatrails.ca