

Val Burke

Coaching & Sport Science History

2001-Present Owner **“Reach Your Peak Endurance Training Systems”**
Coaching & Physiological Testing endurance athletes.
Seminars & Presentations (NSCA, 2006)

Some of the athletes I have had the pleasure of coaching

- **Male, 24 yrs Pro Cyclist**- Winner Tour de Whiterock 2007; Winner BC Cups; Seymour Hill Climb; Washington State Road Racing Champs; Washington Blackberry Road Race;
- **Male, Masters Expert 50+ MTB Biker** – 2nd Place UCI World Masters Champs; 2nd Place Nationals; 20th Place Overall (1st Age Group) Test of Metal 2007, 1st Place BC Marathon Series 2006
- **Female, 35 yrs** - 1st Place Tri BC Race Series 2004 & 2005, 3rd place Nationals 2005, 2nd place Coeur DeAine Ironman 2006, 25th Place Kona World Champs 2006
- **Female, 26 yrs** - 10th Place in the international “Marathon Des Sables” 2005; Pro Adventure Racer
- **Male, 31 yrs** - 6th Place Knee Knacker 2005; 1st Place MOMAR 2006 & 2007
- **Male, 60 yrs** - 1st Place Ironman Canada 2004 & 2005; 2nd 2007

2000-2001 **The New Zealand (NZ) Academy of Sport – South Island**
-“Athlete Liaison”; Medical and Sport Science Co-ordinator

1997-2000 **The Human Performance Centre, NZ**
-“Exercise Science Co-ordinator”
-Physiological Testing, Strength & Conditioning elites

1995-1997 **The University of Otago, PE Department, NZ**
-Lab teacher Exercise Physiology & Exercise Prescription (200-300 level) & Research Assistant

National Squads (New Zealand) I have worked with - 1996-2000

- **BASKETBALL** (Woman’s, 1997-Sydney 2000 Olympics)
- Head strength & conditioning consultant & exercise physiologist
- **CYCLING, TRIATHLON, FIELD HOCKEY, ATHLETICS**
- Physiological Testing
- **CYCLING (Road & Track), WHEELCHAIR RUGBY**
- Implementation thermoregulation research (prior to KL Commonwealth Games)

Academic History

1995-1998 **The University of Otago** (New Zealand)
Masters of Physical Education (Exercise Physiology)
(Awarded **Distinction**)

1986-1991 **The University of British Columbia**
Bachelor of Physical Education/Biology

Current Certifications: PFLC, CFC (CSEP), BCRPA Strength training

Personal Athletic History

Currently: Trains for fun & races occasionally

Triathlons; Multisport; cycle touring (1991-present)

UBC Woman's Varsity Basketball Player & Captain ('86-91)

BC Provincial Basketball Rep, Canadian Champion (1985)