



Alain Boucher

Assistant Coach

X-Country & Middle Distance Track

Alain Boucher (uO Alumni - 87) joins the program with already +20 years of coaching in educational systems while continuing to pursue his passion as a Master's athlete with the Ottawa Lions Club .

Boucher was also a part of GG legendary teams of the 80's - winning 3 National University crowns and even a National Open Title. He was the team captain and was later to be an assistant coach to the late Denis Landry.

"Alain brings an incredible insight to the team with career and sport goals and the mind-set required to be a winner. Few great athletes can make the transition to coaching and Boucher is already an established exception." says Director, Andy McInnis.

The North Bay native (E.S. Algonquin) explored a brief period in the NCAA (U. of New Mexico) and returned to Canada to graduate from uOttawa, completing his teachers degree at U. Toronto. He is currently a hugely successful elementary school physical education teacher in the Ottawa Carleton District School Board. Along with the support of his wife (Michelle / also a teacher), the duo lead and organize x-country and track & field for the OCEAA, each year impacting thousands and thousands of young future athletes to be. Al is also the Elementary Schools Liaison Officer for the Ottawa Lions Track & Field helping to blend education and development activities to support teachers and their programs in the region.

Boucher as an Athlete:

Aside from representing Canada in two World Cross Country Championships, Al's true potentials were realized on the track running over hurdles and a water jump. He was Canada's #2 Steeplechaser throughout the 80's collecting 8 national medals on the track behind international star Graham Fell. Boucher would make many international squads (World Student Games, World Francophone Games, Canada Dual Team with Italy and England) and finished his open career as a member of the 1990 Commonwealth Games Team (Auckland, NZ). As an Junior (U-20) he was ranked #4 in the World and won the Pan American Junior Steeplechase in 1982 and went

undefeated (9-time) as the Ontario Steeple Champion and still holds the National Scholastic Record for the 2000m Steeplechase.

On the Track: 800m - 1:53.4 / 1,500m - 3:45.5 / 3,000m - 8:05 / 2,000m steeplechase - 5:36

3,000m steeplechase - 8:33.65 (1990 and 1991) 5,000m - 13:57

On the Road: 5 kilometres - 13:45 / 5 miles - 23:20 / 10 kilometre - 29:20 / 10 miles - 48:36

AI in the Present: (Running Career Soldier)

AI is still very much a runner again after taking a break for a few years and returning in 2006. He now challenges the Canadian Record Books for Master's competition (holding 4 National Records in the last 2 years) and is preparing for the World Veteran Championships next summer (2009) in Finland.