

2011 Race Team/Club Leader Biographies



active life
multisport

Heather King



Heather is a Registered Physiotherapist and co-owner of Active Life Physiotherapy. Heather not only practices at Active Life, but also teaches at Capilano University and the University of British Columbia. Heather is an avid multi-sport athlete who has ranked 5th overall at the National level for pro-level mountain biking, and has also competed at the Xterra World Championships, World Masters Mountain Biking Championships, World Masters Nordic Ski Championships, and the World Masters Games to take the gold in the team triathlon.

In 2008 Heather won the BC Cyclocross Masters series and was second in 2010. KJ and Heather secured second in the 2009 Intermontane Challenge, a five-day mountain bike stage race in the grueling heat of Kamloops; in 2010 Heather claimed silver in the BC Bike Race. In 2011 Heather plans to have some fun on the trails and compete in the Vancouver Scotia Bank Half Marathon, the Canadian National Xterra Championships, and the BC and Seattle Cup Cyclocross circuit. Here is to keeping active in life!

Ashleigh Gold



Ashleigh is a Physical Education teacher and Counsellor at Collingwood School in West Vancouver. She also coaches mountain biking, field hockey, soccer and basketball. Ashleigh's past athletic accomplishments include: NCAA Div 1 Field Hockey Champion, 6th at Xterra Worlds, 5th at olympic distance triathlon Nationals, two time Ironman competitor, retired BC Cup pro-elite mountain biker, and 1st at the Whistler Sea-2-Summit with KJ. Ashleigh is the happy mother of two, with a third on the way! She tries her best to make time every week to get outside and do the things she loves. She actively participates in mountain biking, trail running, hiking, skiing, and field hockey. She believes whole heartily in being active for life!

Charlotte Olson



Charlotte works as the Environmental Manager for a ship building/repair and marine transportation company headquartered on the North Shore. In her not so distant past, Charlotte spent 7 seasons with Rapattack fighting wildfires in BC, Yukon Territories, and Australia; she understands how teamwork and camaraderie can lead to great achievements. Charlotte has completed two sub 7-hour finishes at the 55km Knee Knacker trail race, and numerous other trail and road running events. In 2009 she got hooked on road cycling. She has ridden twice in the Ride to Conquer Cancer, and raced the 4800ft Revelstoke Steamer Hillclimb Time Trial, as well as COBRA events in the Okanagan. In 2011 Charlotte plans to complete a cycle tour to San Francisco, ride in the Whistler GranFondo, and maintain her belief of a balanced active lifestyle!

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KJ Sadler



KJ Sadler is an environmental enforcement officer who helps protect the planet from pollution ... Yikes! She is very passionate about cycling, having moved to BC from Ontario over 8 years ago just so she could ride and train year round. She has her NCCP Level 1 Mountain Bike coaching certificate and has been working with Activelife Multisport since day one.

KJ is currently training for a 100 mile xc mountain bike race in Oregon in July (High Cascades 100 miler) and will be also doing the Whistler Grand Fondo with Charlotte in September 2011.



Kelly Wilcox



Kelly is a Clinical Specialist for a Cardiology company and helps physicians in Western Canada fix broken hearts. Past athletic accomplishments are varied including 3 Ironman Canada finishes, too many triathlons to count, 3 seasons of the BC Road Cycling circuit, a few mountain bike races, skate skiing, 2 Knee Knacker finishes and most recently, a 3rd place finish at the 2010 BC Bike Race Challenge Division. Kelly is known to take on epic adventures such as biking to Portland, 300km in Ontario, and running across the Grand Canyon. For 2011 she will continue her running and mountain biking adventures. There won't be any races but certainly good stories to come!

Dana Samis



Dana works as a CRM Marketing Consultant in the Lower Mainland, and is mom to a very busy and active 18-month old little girl. Dana moved to North Vancouver from Calgary 8 years ago to enjoy the BC outdoor lifestyle and has never looked back! A long-time trail runner, she got hooked on trail ultramarathons after completing the Stormy 50 miler in Squamish. Since then she has enjoyed sampling the various trails and races all over the beautiful West Coast. In 2011 Dana is planning on taking it one step further with the goal of completing the Cascade Crest 100, a 100 mile trail race! More than anything she loves being active outside, whether it is trail running, hiking, skiing or climbing.