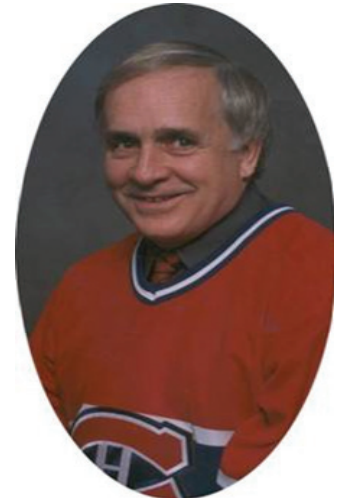


Remembering an athlete, researcher, teacher and friend

David Lloyd Montgomery was born in Hulbert, Ontario on January 1, 1948. He attended the University of Guelph, where he received his BSc degree in 1970. He obtained his MSc and PhD degrees from Purdue University.

In 1974, Montgomery moved to Montreal and joined the Department of Kinesiology and Physical Education where he worked for 30 years as an exercise physiologist promoting physical fitness as part of a healthy lifestyle. Montgomery was co-director of the Seagram Sports Science Centre and was also involved in Nike's ice-hockey research program, which focused on training. As part of that program he monitored the metabolism of the players on the Montreal Canadiens hockey team.

Among Montgomery's numerous honours were the Strathcona Trust Award, a fellowship in the American College of Sports Medicine and the J.C. Kennedy Award for Excellence in Sports Medicine. Author of the Triathlon Handbook, a popular guide to swimming, biking and running, Montgomery died at the age of 56.



Annual David L. Montgomery 5 / 10 Km Run/Walk

The idea of organizing an annual run to remember the life of David L. Montgomery and to raise funds for the establishment of a graduate student award, was the initiative of Vincent Lacroix, M.D. McGill Sport Medicine Clinic; a life-long colleague and friend of Montgomery.



Annual 10 Km Walk - Run
In support of McGill's Department of Kinesiology and Physical Education

The annual run is spearheaded by the Department of Kinesiology and Physical Education in partnership with the Department of Athletics. The coordinating committee is integrated by Vincent Lacroix, Gregory Reid, Maricruz García-Rejón, Eyal Baruch, Dennis Barrett, and the president of the undergraduate Student Association of Physical Education and Kinesiology with the assistance of many volunteers. The run is also supported by the generous sponsorships from the Club de Hockey Canadien, Eastman Systems and McGill Sport Medicine Clinic.

The annual run takes place on the Sunday during Homecoming, attracting more than 100 participants. It has been an extremely successful event that gathers alumni, professors, students, and families to remember a great athlete, researcher, teacher and friend.



Department of Kinesiology and Physical Education

David L. Montgomery Memorial Award



Richard Jr Godin

It is with great pleasure that the Department of Kinesiology and Physical Education announces that Richard Jr Godin, graduate student in the MSc (Exercise Physiology) program, is the first recipient of the David L. Montgomery Memorial Award conferred on the basis of academic achievement, scholarship, and community service in Exercise Physiology.

The David L. Montgomery Memorial Award was established in 2007 by John Cleghorn, B.Com. 1962 and Pattie Cleghorn, Dip. Ed. 1962, as well as family, friends, colleagues and former students in memory of noted sport and exercise physiologist Dr. David L. Montgomery. The award is also supported by the annual David L. Montgomery 5/10Km Run which takes place each year during Homecoming.

Richard Jr Godin was born in 1984 and raised in the Rosemont neighborhood of Montreal. He completed his secondary studies at College Jean-Eudes in Montreal and high school diploma at Trinity College School (Port Hope, Ontario). He completed undergraduate studies in the Department of Kinesiology and Physical Education at McGill University.

Godin has been the recipient of the following awards:

- Quebec national scholarship – Trinity College School (2001-2003)
- Quebec national scholarship – Trinity College School (2001-2003)
- Toronto dominion financial group scholarship – Trinity College School (2001-2003)
- Hugh Stevenson Award – Excellence in language and culture – Trinity College School (2002)
- A.S. Lamb scholarship – McGill University (2004)
- CIS Academic All-Canadian – McGill University ('04-'05, '05-'06, '06-'07)
- Dean's Honour List – McGill University (2005)
- Dean's Student-Athlete Honour Roll – McGill University (2006, 2007)
- Graham Thomson & Co – Promising student demonstrating leadership and academic excellence (2003, 2004, 2005, 2006, 2007)
- Canadian Institute of Health Research (CIHR) – Studentship in musculoskeletal research

Godin is pursuing a MSc degree in Exercise Physiology under the supervision of Prof. Tanja Taivassalo. He would like to follow later a doctorate in cell biology or a related area and travel to poor Central American countries to improve the quality and delivery of their health care systems. Godin plans to invest the proceeds from the award on the payment of his tuition fees.



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