

# Groundwork Athletics

**Troy Dalton – B.Comm, BCRPA**

Strength and Conditioning Specialist

In 2004 Troy co-founded Groundwork Athletics with lifelong friend and training partner Jon Bula. This was the culmination of two years of planning setting out to become a top training platform for athletes: elite and recreational. As a former professional hockey player, Troy knows what it takes to set and achieve strength and conditioning goals. He now has adjusted his training converting himself into an endurance athlete focusing on adventure racing and trail running. Troy is a natural leader who through Groundwork Athletics combines his three passions: people, fitness, and business. “See you on the training floor.”

Growing up in Prince George BC with his parents and two sisters, Troy enjoyed many sports and activities including baseball, golf, hiking, and fishing. Hockey was his passion. Playing on a powerful minor hockey team that included many soon to be pro's pushed him to excel. He eventually captained the hometown junior PG Spruce Kings to the league championship in 1996. After his junior career Troy received a scholarship to play at the University of British Columbia and spent three years completing his Bachelor of Commerce degree. Upon graduating Troy hung up his skates for a year to pursue a career in the brokerage business with CIBC Wood Gundy. Realizing the desire to compete was still burning inside him Troy left the business world, laced up his skates, and signed a pro contract to play in Germany. He then spent two years playing and enjoying Europe. Troy came home and stepped into a job running Elements Magazine, an outdoor adventure lifestyle magazine, for close to a year. He co-founded Groundwork Athletics with lifelong friend and training partner Jon Bula in 2004. This was the culmination of two years of planning setting to become a top training platform for athletes: elite and recreational. Groundwork Athletics allows Troy to combine his passions: people, fitness, and business. See you on the training floor.

## ACCOMPLISHMENTS

- Completed 2008 MOMAR Squamish Adventure Race
- Completed 2009 BC Bike Race
- Road Biked from Geneva, Switzerland to Nice, France
- Completed 2009 MOMAR Cumberland Adventure Race
- Recipient of a hockey scholarship to the University of British Columbia
- Played three years in CIS, team captain in final season
- Received MVP, Best Forward, Hardest Worker awards at UBC
- Played two years of professional hockey in Europe
- Bachelor of Commerce graduate majoring in Finance
- Completed 2003 Knee Knacker Trail Run
- Completed 2004 Half Knee Knacker Trail Run
- Completed 2004 Sea2Summit Shore2Shore adventure race
- Completed 2004 Sea2Summit Whistler 2 day adventure race
- In 2002 started the Holiday Skills Clinic hockey camp for minor hockey players running every Christmas
- A member of Team Sweden in Disney's 'Miracle' movie