

# TROY DALTON

## **B. COMM**

OWNER

PERSONAL TRAINER, ATHLETE STRENGTH  
& CONDITIONING SPECIALIST

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### ACCOMPLISHMENTS

- 2010 & 2011 Ironman Canada
- 2011 Victoria Half Ironman
- 2010 & 2011 Vancouver Half Ironman
- 2010 Oliver Half Ironman
- 2008 MOMAR Squamish Adventure Race
- 2009 BC Bike Race
- Road Biked 750 km from Geneva, Switzerland to Nice, France
- 2009 MOMAR Cumberland Adventure Race
- 2007 Team Canada Hockey Polese Cup in Belarus
- 2006 Allan Cup Canadian Hockey Champion, 2010 tournament participant
- 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
- 2003 Knee Knacker Trail Run
- 2004 Half Knee Knacker Trail Run
- 2004 Sea2Summit Shore2Shore adventure race
- 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