

LEDUC SPORTS HALL OF FAME

Vicky Lynch Pounds

In 1980, Vicky Lynch Pounds started running with the Leduc Track Club at the age of 10, quickly establishing herself an elite athlete. In Grade 6, she competed in the Edmonton Journal Indoor Games and won both the 200 m and 800 m races. As a result, athletes had to choose one event only in subsequent years.

Vicky continued to win races locally and provincially. She was the Provincial High School Cross Country Champion in her final year of high school, and was the National Junior Champion in the 800 m in 1989.

With a full scholarship to the University of Alabama, Vicky had the opportunity to compete against some of the best runners in the world as part of their NCAA Division 1 track program. During her five years there, she won All-America honors 14 times as well as three MVP awards.

Vicky represented Canada on several occasions, including the Pan Am Games in 1994 and 1999. She was also on the Commonwealth Games team in 1994 and 1998. She won the 1999 Canadian Nationals in the 800 m, and went on to compete at the World Championships.

After retiring from competitive track, Vicky decided to give back to her sport. She now coaches the University of Montana's track and field team. She also started a local youth track club, choosing black and gold for the club colours as a tribute to Leduc.

She lives in Missoula with her husband Jason and their three children.

