



INTRODUCING JOHN GAY

CLASSROOM
CHAMPIONS[®]
how better gets better and better





John is an Olympic track and field athlete who made his debut at the 2020 Summer Olympic Games in Tokyo. He grew up in Kelowna, British Columbia Canada, a small city in the middle of the Okanagan Valley, surrounded by lakes, mountains, and lots and lots of orchards. Along with his twin brother and younger sister, he spent tons of time outdoors and playing any sport he could. John didn't find track & field until high school, but quickly fell in love with it as an activity where the harder he worked, the more fun he had. John then had the opportunity to run in college for five years as a member of the UBC Thunderbirds where he won three NAIA Championship Gold Medals and two silver medals. His college years are where he really learned who he was as a person and found a community of friends that he shared a lot in common with...it's also where he met his future wife! After college, John turned pro and represented Canada in his first senior international event in 2017, just missing the podium. In 2018 and 2019 he won bronze in the 3000m steeplechase at the Canadian Championships. In 2019 he also made his first World Athletics Championships appearance. John has had the privilege of travelling the world and competing, which culminated in his Olympic debut in 2020 where he ran a personal best.

Performance Stats:

Tokyo 2020 Olympian

Ran a personal best of 8:16.99 in the 3000m steeplechase to qualify for the final

2021 Canadian Cross Country Champion (10k)

3x Canadian Champion

5x NAIA Championships Medalist

3 Gold - 3000m Steeplechase; 2 Silver - 5000m

FUN FACT!

Growing up, my family had two pet llamas named Salvador and Dali!! In a typical year, I run about 5000 miles which is like running from coast to coast in the US...twice!

