



**For Immediate Release:  
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## **ACAC 2009-10 CROSS COUNTRY RUNNING COACH OF THE YEAR**



The Alberta Colleges Athletic Conference is pleased to announce our 2009-10 Cross Country Running Coach of the Year as selected by his ACAC Coaching peers.

### **Brian Stackhouse** *Red Deer College*

Brian has coached the Red Deer College Cross Country Running team for 35 years. 35 years ago, he was a competitive runner himself and he showed his athletes how to run fast. These days, he just tells his athletes to run fast and it still seems to be working.

Brian tries to ensure that runners enjoy participating in the RDC XC Running program and that they have fun. The annual mountain trip is a highlight.

Brian has very high regard for his ACAC coaching colleagues and is particularly honoured to have been chosen the 2009 coach of the year.



The team is currently preparing for nationals the November 13th-14th weekend in Camrose, at the University of Alberta Augustana Campus.

Congratulations Brian on your achievement!



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