



Biography

Kevin Thomson - Rower

Kevin Thomson leads the *Row for the Record Team*. Known to his friends as Coyote Kevin, he is no stranger to cross-Canada journeys.

In 1999, Thomson celebrated Canada's entry into the new millennium by running from Vancouver to St. John's, Newfoundland. Unlike the team effort of the Rowing for the Record project however, Thomson's millennium run was a solo venture. Equipped with a self-contained running cart dubbed the RoadRunner, he carried all of his own supplies.

Thomson started running in 1992. He had not participated in sports in his teenage years and did not consider himself to be physically fit. With the encouragement of friends he started with five-minute jogs building slowly to 45-minute runs. Thomson's first race was the Pointe-to-Pointe 10k in Toronto. He was hooked.

In 1993, Thomson moved to Vancouver and opened Carpe Diem, his own outdoor adventure club. In 1996, he participated in the Vancouver marathon. Although he became ill the night before, he couldn't bear to lose the \$100 registration fee and ran anyway. It was miserable, but he finished with a new confidence and belief in possibility.

Thomson then successfully attempted the Sea to Summit adventure race. The Sea to Summit is a two-day race from Vancouver to Whistler, consisting of 110km of mountain biking, 19km of paddling and 10 km of hiking/running.

A native of Montreal, he enjoys mountaineering, rock climbing, kayaking, hiking, speedgolf, inline skating, white water rafting and skydiving.

Thomson has appeared on Rogers Daytime Show and the Vancouver Breakfast Show as the Adventure Guy.