

Olympics

Glenda Reiser – Class of 1974

Born in Ottawa on June 16, 1955, Glenda attended Hillcrest in the early 1970s, graduating in 1974. But by the time she graduated, she had become an up-and-coming swimmer but turned to running at the age of 15. Within two years, she was Canadian champion at 800 and 1,500 metres and made the Canadian Olympic team in the longer event. At the 1972 Olympic Games in Munich, she set the Canadian open record of 4:06.71 for the 1,500 metres. She won three Canadian national championships at 1,500 metres and won the 1974 Commonwealth Games gold medal at the distance in New Zealand. She was inducted into the Ottawa Sports Hall of Fame in 1988. She gave up her running to pursue her other passion, a career in medicine so that she could help others. She died at age 52 on January 6, 2008.

Gail Amundrud – Class of 1976

Gail Beattie Amundrud graduated from Hillcrest in 1976 and that same year won a bronze medal in the Women's Freestyle Relay 4X100 swimming at the Montreal Olympics . (See photo below.) The six-footer was born in Toronto on April 6, 1957 and was 19 years old when she won the Bronze for Canada's female relay swimming team alongside Becky Smith, Barbara Clark, and Anne Jardin. She currently lives in Calgary.



Mike Woods – Class of 2003

Extracted from "The Ottawa Citizen", Tuesday, March 18, 2008, with updates.

Mike Woods, one of Ottawa's best middle-distance runners, has returned to his roots, after he graduated from the University of Michigan. Seven years after creating the cross-country running program at Hillcrest High School, Woods, 24, returned to the Dauphin Avenue school in September, 2008, to become the coach of the boys and girls' cross-country team. Woods, who has represented Canada at a number of international cross-country and track and field championships and is a three-time national record holder, went to Michigan on a full athletic scholarship and graduated with a BA in English.

He was at Hillcrest from the opening day of school in September, 2008, until early November for the Ontario Federation of School Athletic Associations' provincial championships to coach the cross-country team. As a Grade 10 student at Hillcrest in 2000, Woods approached teacher Gary Monsour about starting a cross-country running team. In the program's inaugural year, Woods attracted seven runners. Three years later, in his graduating Grade 13 year, the team had 35 runners. Woods is the Canadian junior record holder in the mile (3:57.48 in 2005) and 3,000 metres (7:58.04 in 2005), and the national youth record setter in the 3,000 metres (8:16.37 in 2003)