

## **Mike Charuk : Testimonials**

Mike is a National Team therapist that has worked wonders with our best Olympic and Worlds riders.

He is a key part of the National Track Cycling Team and we always enjoy having him as part of the team.

His passion for all things cycling always shines through.

*Provincial Coach & High Performance Director - Cycling British Columbia  
National Track Coach - Canadian Cycling Association*

"Mike Charuk's body work was an integral part of my cycling career. As an elite athlete, your body is a fine tuned machine and so deserves the best treatment. Without proper recovery techniques and injury management you simply cannot train as hard for as long. Mike helped me push my body to the limits all the way to the 2008 Beijing Olympics."-

*Gina Grain, Canadian Olympian (track cycling)*

Mike is a highly skilled practitioner with an excellent knowledge of functional anatomy and sport performance which is critical to achieving desired rehabilitation outcomes. I have full confidence in his care of my patients and in my own pursuit of athletic performance.

*Dr Cathryn Zeglinski  
Northlands Medical Clinic Cycling Team  
M.D. C.C.F.P. Dip Sport Med  
Director Northlands Medical Clinic Whistler BC*

[www.northlandsclinic.com](http://www.northlandsclinic.com)