



# Catching My Breath

The Life and Races of Athlete Ken Thomas

## Program Credits

Director, Producer, Writer LORNA THOMAS

Editor DEREK SHARPLIN

Associate Editors RAY HARPER  
PERRY THOMAS

Writer—Story Concept KEN THOMAS

Writing Consultant CONNI MASSING

Narrated by LORNA THOMAS

Director of Photography DEREK SHARPLIN

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OLIVER GRANT  
PHIL HAUG  
ALEX THOMAS-HAUG  
LORNA THOMAS

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Production Assistants CAYLEY THOMAS-HAUG  
MICHAEL KUBY

Music/Stock Footage Clearance LORNA THOMAS  
Post Production Sound DOWNY KARVONEN  
JERRY KREPAKEVICH  
SONUS POST AUDIO

Post Production Picture LINDISFARNE PRODUCTIONS

Legal Counsel LINDA CALLAGHAN

Descriptive Video DESCRIPTIVE VIDEO WORKS

Closed Captioning LINE 21 MEDIA SERVICES LTD.

**Location Thanks:**

Alberta Easter Seals Society  
Edmonton Eskimo Football Club  
Howling Dog Tours  
Steadward Centre—University of Alberta  
Grant MacEwan College—Community Enrichment Program  
2005 World Masters Games  
City of Edmonton, Transportation and Streets Department

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Alex and Peggy Deby  
Kris McLennan

**Archival Photos/Articles**

Edmonton Journal  
Clara Smith  
Ruth Peterson  
Alan Valdes  
Dorothy Morrison  
Henry Unrau  
Thomas family  
Ken Thomas

**Stock Footage Courtesy of**

The City of Edmonton  
International Association of Athletics Federations  
Glenda Syverson, Archie McLennan, and Don McLennan  
TSN/ CTV Specialty Television Inc.  
Lorna Thomas Productions Inc.

**Video/Photo Duplication**

Cine Audio Visual  
EON Archives

**Music:**

Original Music Composed and Produced by  
Jan Randall

“To Say Goodbye to You”

Composed by Murray McLaughlin and Stephan Moccio  
Performed by Cayley Thomas-Haug and Jan Randall  
Courtesy of Sony/ATV

“The Marquis of Huntley’s Highland Fling”

Traditional

Performed by piper Duncan Macdonald

“Dunmore Lasses”

Traditional

Performed by Glenn Eilers

“Catching My Breath”

Composed by Jan Randall

Lyrics by Lorna Thomas and Jan Randall

Performed by Cayley Thomas-Haug and MacBriare DeMarco

“Heart Beat”

Composed and Performed by Kelly Bryarly  
Courtesy of PMDO Records

“Scotland the Brave”

Traditional

Performed by Jan Randall

**Produced in Association with**

CLT—Canadian Learning Television  
SCN –Saskatchewan Communications Network

**Produced with the Assistance of**

The Canadian Independent Film & Video Fund—Canadian Heritage  
The Government of Alberta—Alberta Film Development Program  
The Canadian Government—Film or Video Tax Credit Program  
AMPIA/CFCN Mentorship Program

Shot on location in Alberta, Canada

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