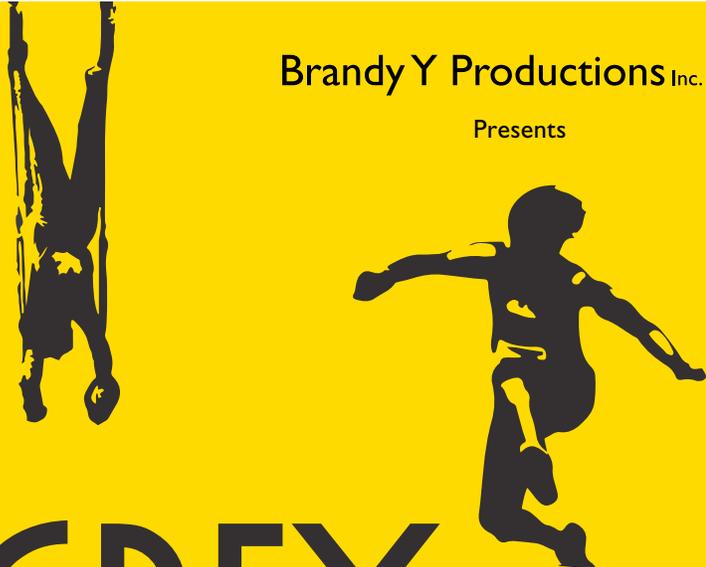


Brandy Y Productions Inc. 

Presents



GREY GLORY

A DOCUMENTARY ABOUT CANADIAN SENIORS
PUSHING THEIR BODIES TO THE LIMIT



PRESS KIT

A DOCUMENTARY BY **BRANDY YANCHYK**

LANGUAGES: ENGLISH, UKRAINIAN

RUNNING TIME: 47:30 MINUTES

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Produced and Developed in Association
with OMNI Television, a division of
Rogers Communications



Produced with the assistance of the
Government of Alberta,
Alberta Media Fund



Produced with the participation
of the Canadian Film or Video
Production Tax Credit (CPTC)



SHORT SYNOPSIS

Grey Glory is a documentary about Canadian seniors who are pushing their bodies to the limit. The film follows seniors ranging in age from seventy-two to ninety-five and who are competing in competitions around the world and practicing their sport despite physical ailments or their age. The documentary tells us their secrets of youth and what drives them.



DETAILED SYNOPSIS

Grey Glory is a heartwarming and inspirational documentary about Canadian seniors who are pushing their bodies to the limit, redefining our perceptions of aging.

It tells the story of five extraordinary athletes; Olga Kotelko, a ninety-four year old Masters Track and Field star who didn't start the sport until she was seventy-seven; Christa Bortignon, who was so inspired by Olga that she took up the sport in her seventies; Milos Kostic, a seventy-two year old runner and triathlete who has competed in over twenty IRONMAN® triathlons; Ed Vincent, a seventy-six year old gymnast who continues to workout despite painful physical challenges; and sixty-eight year old Tom Heffner, who trains and competes in international bodybuilding competitions.

These remarkable seniors take us through their workouts, tell us about the secrets to their success and prove that it is never too late to start exercising.

PRINCIPAL SUBJECTS



*“Your mind has to be in control.
Your body has to be the slave of
your mind.” — Milos Kostic*



MILOS KOSTIC

Milos Kostic is a seventy-two year old runner and triathlete from Regina, Saskatchewan. Each year he competes in up to three IRONMAN® races and around six marathons. Milos started doing IRONMAN® triathlons at the age of sixty-four and has now completed more than twenty IRONMAN® races. IRONMAN® is thought to be the most competitive long-distance triathlon in the world. In 2013 he came in first place in the seventy to seventy-four age division in the 2013 IRONMAN® World Championship in Kona, Hawaii.



“An athlete wants to win so I got hooked and I am still hooked. It's my passion.” — Olga Kotelko



OLGA KOTELKO

Olga Kotelko is a ninety-four year old Masters Track and Field athlete from West Vancouver, British Columbia. She has won over seven hundred gold metals in her age category since she started track and field when she was seventy-seven. In Masters Track and Field she competes in four sprints: the one hundred metre, two hundred metre and four hundred metre and eight hundred metre dash. Olga also competes in three jumps: high jump, long jump and triple jump. She also does five throws: shot put, discus, javelin, hammer and weight throw. Olga holds twenty-six world records in those events.



CHRISTA BORTIGNON

Christa Bortignon is a seventy-six year old Masters Track and Field athlete who lives in West Vancouver. Christa has won two hundred and seventy-eight medals in Masters Track and Field competitions around the world. In 2013 Christa was named the World Masters' Female Athlete of the year.

It is the highest award in World Masters athletics. Christa holds world records in fourteen different events including the one hundred metre dash, two hundred metre hurdles and triple jump.

*“Once you hold those medals
you are hooked.”*

— Christa Bortignon



ED VINCENT

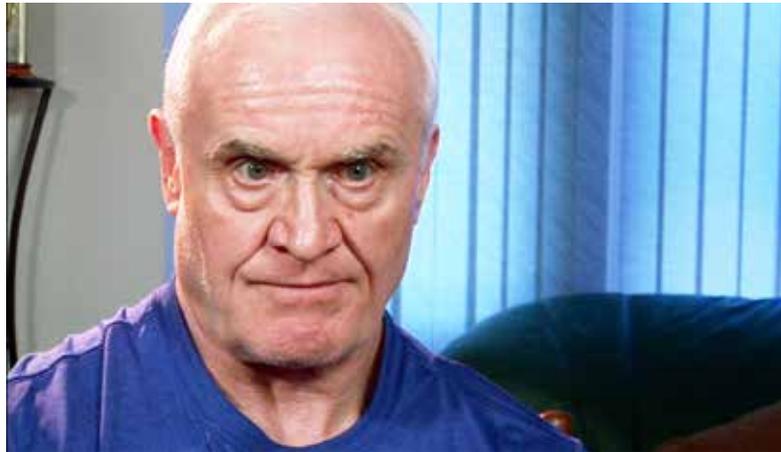
At the age of seventy-six Ed Vincent's gymnastics training keeps him active three times a week, sometimes up to three hours a day. He lives in Calgary, Alberta and has been doing gymnastics since he was eighteen years old. Ed has faced multiple health problems and is in pain through every workout but refuses to give up.

He has adapted his gymnastics' equipment to keep up with his body's deterioration. Ed invented "the bucket" technique so he could do the pommel horse without straining his elbow. He has also developed the ring machine. It's a weight assisted apparatus that takes some of his weight off so that he can still practice on the gymnastics rings.

"I just want to stay active so I can keep doing gymnastics. I can't see myself ever giving up."
— Ed Vincent



*“You are only getting older
if you feel older.”*
— Tom Heffner

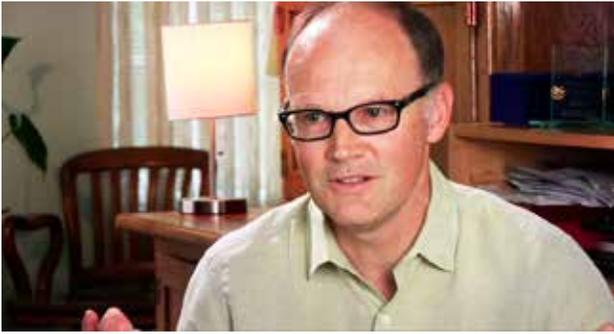


TOM HEFFNER

Tom Heffner is a sixty-eight year old competitive bodybuilder who lives in Winnipeg, Manitoba. Despite having a pacemaker he trains and competes internationally in a sport that is obsessed with being young.

In October, Tom competed in the 2013 Arnold Classic Europe in Madrid, Spain. It is a professional bodybuilding competition organized by the International Federation of Bodybuilding and Fitness. Tom came in fourth in the sixty plus amateur division competing against five other people.

ADDITIONAL CHARACTERS



BRUCE GRIERSON

Bruce Grierson is a social science author. He has written stories about Olga Kotelko for the *New York Times* and *Reader's Digest*. In 2013 Bruce published the new book *WHAT MAKES OLGA RUN?*

"We are investigating the question of Olga from a motivational point, what makes her run and the science of her body."



GARY BRANIFF

Ed Vincent's training partner.

"He can't beat nature, nobody's going to beat nature but he is doing what he can."



DARLENE HEFFNER

Tom Heffner's wife.

"Ever since I met him I've thought his legs have been the most prominent part. Everyone wants their husband to look great."

CREATIVE TEAM BIOS

BRANDY YANCHYK

PRODUCER, DIRECTOR AND WRITER



Brandy Yanchyk is a Canadian filmmaker and journalist. Ms. Yanchyk has produced, directed and written seven documentaries. Her films have been shown on Rogers' OMNI Television, CBC's Documentary Channel, BBC World TV and PBS.

In 2013, Ms. Yanchyk completed *Oil Calling*, a documentary about new immigrants and Canada's oil patch. It is airing on CBC's Documentary Channel.

In 2012, Brandy Yanchyk made *Nature's Invitation*, a documentary about Canada's quest to get new immigrants in touch with nature.

It also explores the consequences of a life devoid of nature.

Nature's Invitation is airing on Rogers' OMNI TV, CBC's Documentary Channel and PBS. In 2011, Ms. Yanchyk produced, directed and wrote *Brooks – The City of 100 Hellos*, a documentary about how immigration is changing and challenging a cowboy town. *Brooks – The City of 100 Hellos* is airing on Rogers' OMNI TV, CBC's Documentary Channel, CTS and across the United States on PBS.

In 2009, Brandy Yanchyk produced, directed and shot *Desert to Ice* for BBC World TV's documentary program *Our World*. *Desert to Ice* is a documentary that follows nine Palestinian refugees from Iraq who were resettled in Iceland. Ms. Yanchyk is currently in production on a new documentary called *Finding Edge Road* which is about how an influx of asylum seekers in a small town in Finland is causing major friction.

She is also a regular reporter on BBC World TV's *Travel Show* and has been working as a TV and radio reporter for the Canadian Broadcasting Corporation for over a decade in Toronto, Edmonton and London, England. Ms. Yanchyk has also worked as a Broadcast Journalist for BBC World TV and the BBC World Service for five years in London, England.



GARY MOORE

DIRECTOR OF PHOTOGRAPHY

Gary Moore began his career in his teens as a newspaper photographer. His photographs have won him multiple awards and have been featured in newspapers and magazines around the world such as National Geographic, The Washington Post and Discovery Europe. Some of his work can be seen at www.garymoorephotography.com.

Gary also has a love and passion for television and trained as a lighting cameraman in London, England. His work has taken him to the four corners of the earth, filming in places such as the Caribbean, Central and South America, Indonesia, Israel, Palestine, Bali, Russia, U.S.A and all over Europe. His video work has been featured on countless television documentaries and programmes. Gary Moore currently works full-time as news cameraman for CBC News in Edmonton.



SARAH TAYLOR

EDITOR

Sarah Taylor is an award winning editor who has been editing for over twelve years. She has a wealth of broadcast and non-broadcast experience that includes network television series, magazine shows, and countless corporate and government video productions. In 2011, Sarah edited the documentary *Brooks – The City of 100 Hellos* which aired on OMNI TV, CBC's Documentary Channel and PBS. In 2012, she edited the documentary *Nature's Invitation* which has also aired on OMNI TV, CBC's Documentary Channel and PBS and the feature film *Truckstop Bloodsuckers*. In 2013 Sarah edited *Oil Calling* which has aired on CBC's Documentary Channel. Sarah is the lead editor of the sketch comedy series *Caution: May Contain Nuts* and the series *Delmar and Marta* airing on APTN, the UK based web series *Raptured* and is currently working on the CSA award nominated *Tiny Plastic Men*. She is also a member of the DGC.



MARK ZAGORSKY

COMPOSER

Mark Zagorsky wrote the theme music for the documentaries *Oil Calling*, *Nature's Invitation* and *Brooks – The City of 100 Hellos*. Some of his other songs are also featured in the documentaries. Mr. Zagorsky is a musician who has written and produced four CDs *Back to my Roots*, *Peaks, Flats and Cowboy Hats*, *Songs from the Badlands* and *If One Is Good... Two Is Better*.

Mr. Zagorsky is from Brooks, Alberta and studied music at the University of Lethbridge where he completed a Bachelor of Music Degree along with a Bachelor of Education Degree.

Zagorsky's musical experiences have included a broad variety of performances in symphony, jazz, opera, music theatre and various country music performances. Singing, songwriting, playing guitar and trumpet highlight Zagorsky's musical talents.