Dr. Richard David Hughes Backus

“I must go down to the seas again, to the lonely sea and the sky,
And all I ask is a tall ship, and a star to steer her by…”
-John Masefield

Richard Backus MD MCFP (SEM) Dip SEM
Adjunct Assistant Professor, Dept. of Graduate Studies, UVic
Clinical Assistant Professor, UBC

Richard David Hughes Backus passed away September 4, 2025, in Victoria, BC. Predeceased by his parents, Winston and Valmai Backus, Richard is survived by his wife and best friend, Kathleen, and their treasured children: David, his beamish boy (Geneviève) and their children, Rhys, Hawksley, and Leila; Matt, his stalwart cycling sidekick (Erin); and Robyn, his double black diamond buddy (Abdel). Joanie, (another Dr. Backus in the family,) has remained his life-long friend. Richard’s siblings, Elizabeth Cook (Darcy), Robert Backus (Nicole), and David Brodie (Megan) have memories of adventures with their brother. His nephews and nieces and cousins added to the richness of his life, and Myrtle Backus, his stepmother, will remember Richard for his kindness.

Richard had many passions, and for 45 years he devoted himself to his medical practice, first in emergency services, then as a general practitioner, and later in sports medicine, becoming a founding owner of both Summit Rehabilitation and ReBalance MD. He loved medicine, he revered his colleagues, he taught university students, and he mentored residents. Above all, he cared deeply for his patients. Solving problems and enhancing their quality of life were his priorities; prescribing exercise as the best medicine in his toolbox was his trademark, because it worked. Everywhere he went, students,

colleagues, and patients would stop him to speak passionately of his impact on their personal journeys.

Music, the double bass, mountaineering, skiing, hiking, running, rowing, birding, poetry, James Joyce, art, his Saturna Island hide-away and, of course, cycling were many of his peripheral passions. The great outdoors was his playground, where he found beauty, exhilaration, and a sacred serenity. Despite later setbacks, he remained happiest while walking by the sea.

In addition to his love of recreational activities, Richard was always involved in community service. The Olympics, World Championships, and the Commonwealth Games were significant contributions in his career, but his commitment to Bike to Work BC was no less prestigious. He was making a difference for anyone who was game.

Our gratitude and thanks are endless to all Richard's skilled and compassionate caregivers. A celebration of Richard's life will take place in the future and, in lieu of flowers, please choose to champion a cause close to your heart.

Condolences may be offered to the family below.

McCall Gardens
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