

Describing this two-time Olympic Gold Medallist in one phrase is a difficult task, as she is so much to so many: multi-sport national athlete (bobsleigh, rugby, and track cycling), inspirational speaker, ambassador, humanitarian, and above all, champion and leader. She is a 3-time Olympian and 2-time Olympic gold medalist, but she is not your typical Olympian as she did not grow up dreaming of competing in the Olympics.

Heather lives by her personal motto, “Believe in the possibilities”, and inspires people all around the world with her life stories and her life philosophies. From the small Prince Edward Island town of Summerside to the top of the Olympic podium, Heather has been described as Canada’s best ever all-around female athlete, who has accomplished the unlikely not once, not twice, but multiple times by believing in those very possibilities.

She first captured the nation’s attention in 2010 while standing on top of the Olympic podium with Calgary-native Kaillie Humphries. After setting start records all over Europe on the World Cup circuit, the electrifying duo made Canadian history on home soil at the **2010 Vancouver Winter Olympics** after bombing down the track to Canada’s first-ever gold medal in the sport.

After overcoming some personal challenges against all odds, and returning to bobsleigh only 6 months before the **2014 Sochi Winter Olympics**, Heather amazed and endeared the world by not giving up on her own journey, and the electrifying duo successfully defended their title as Olympic Champions after a thrilling come-from-behind victory – a feat

accomplished only twice before by a Canadian athlete.

But that is not all. She has also represented Canada in track cycling at the **2012 Pan-American Cycling Championships** in Argentina – a sport that she took up only months earlier as rehabilitation for her ankle – *and* on the National Senior Women’s Rugby team in 22 international rugby games and 4 international rugby sevens tournaments, including the **2013 Rugby Sevens World Cup** in Moscow, Russia. She was the leading try-scorer in both the **2006 and 2010 Women’s Rugby World Cups**, and was selected as one of only two females in the world to be International Rugby Anti-Doping Ambassadors. In November 2016, Heather was the first Canadian female, and only second Canadian ever – to be inducted into the **World Rugby Hall of Fame** to join the likes of Johnny Wilkinson and Nelson Mandela.

Heather uses her personal experience – and professional training as an occupational therapist – to encourage and inspire others to embrace challenges and face adversity head-on, believe in the possibilities of achieving their dreams, and to step outside of their comfort zones in order to discover and maximize their potential whether in sport, business, or life. To further personally embrace these points, Heather recently summited the highest mountain in Antarctica to raise awareness for PTSD and raise money to help veterans and soon-to-be-retired members of our Canadian Armed Forces successfully transition back to civilian life after finishing their time in the Military. She has clearly stated that she would not be able to live the life she has chosen – to empower other

people – if our service men and women had not chosen to fight for our freedoms, giving her the ability to do so.

As a lifelong humanitarian and proud Islander, Heather donates her time and talent to many community events and national charities, earning her the inaugural Randy Starkman Olympian Humanitarian Award, the Queen's Jubilee Medal, and the Order of PEI – the highest honour to be bestowed in any province in Canada.