

Helen L. Upperton - Canadian National Bobsleigh Team



As the top ranked female pilot in the country, Helen Upperton has, in a very short period of time, surpassed the achievements of all Canadian women in the history of bobsleigh.

Raised in Calgary, Helen was always interested in sport. Growing up, she was an accomplished soccer player when her attention turned towards track and field. This led her to the University of Texas where she competed in the triple jump while earning a Bachelor of Science in Kinesiology. A serious foot injury sustained during her third year ended her track career.

Returning to Canada post degree, Helen was approached to try out as a brakeman for the Women's National Development Bobsleigh Team. Enjoying the adrenaline of high speed sport, she decided to try her luck at this new and exciting team event. The rest is history as Helen has become Canadian queen of the bobsleigh track.

Helen delivered eye opening results when she arrived on the World Cup competition scene as Canada's #1 sled pilot in the 05-06 season. In addition to 5 World Cup podium finishes, on the storied St. Moritz track Helen stunned the world becoming the first Canadian woman ever to win a gold medal in bobsleigh. Her



team finished the year ranked second in the FIBT World rankings. At her first Olympic games in Torino, Helen and teammate Heather Moyse finished in 4th place narrowly missing the bronze medal by an aggregate time of 5/100ths of a second over four runs.

During the past two seasons Helen delivered 8 podium world cup results including two Gold medals, three Silvers and three Bronze. Looking down the road, Helen's objective is to hone her skills for Vancouver 2010 with a view of making history...to become the first Canadian woman to win an Olympic medal in bobsleigh.



Helen enjoys being involved in the community. She makes time to give something back by helping to inspire kids through public speaking and the Calgary based Youth Education Through Sport program. Helen's hobbies include playing and watching soccer, riding her motorbike, travelling, movies, music and monster sized amusement park rides.