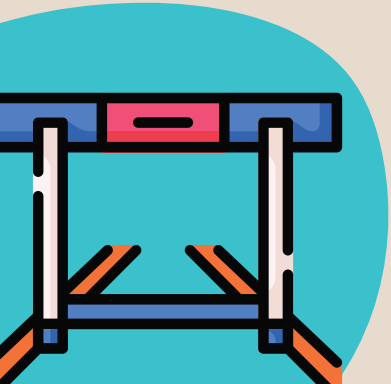




"No matter where you come from, we all share the same struggles as human beings, and my beginning is no different."

- Shelly-ann Fraser-Pryce



WHO WE ARE

Step Up is an organization aimed to take action against social injustices within our community. We do this through initiatives to educate, engage and empower our community to learn about issues in our society and work towards reduced inequalities.

CONTACT US

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Step Up YEG



BY STEPUP_YEG

POC TRAILBLAZERS IN TRACK AND FIELD





Donovan Bailey

The first Canadian to break the 10 second barrier in the 100m sprint.



Mohammed Ahmed

Canada's most successful athlete in long distance racing. The first to medal in the 5 000m at World Championships and the Olympics.



Curtis Thom

Helped his 4x400m relay team win Bronze at the Rio Paralympics. He won the T54 100, 200 and 400m at Nationals 2016.



Peter Deer

The first Indigenous athlete to represent Canada at an international level.



Perdita Felicien

Holder of the 100m hurdles Canadian record since 2004



Charmaine Crooks

Canada's first female five-time Olympian in athletics.



Giselle Cole

She is a Thalidomide victim who won 3 Gold medals (100m F1, 400m F1 and Long Jump F1) in the Paralympics in 1980.



Angela Chalmers

Angela is one of the most accomplished Indigenous athletes in Canada. She won 3 gold medals at the Commonwealth games in 1990 and 1994 combined.

Resources:

- www.wikipedia.com
- www.olympic.ca
- www.paralympic.ca
- www.thecanadianencyclopedia.ca