



Lauren Woolstencroft

Sport: Paralympic alpine skiing

Hometown: Calgary, Alberta

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I grew up in Calgary, Alberta. It was great because as a skier I was given access to several great ski areas such as Lake Louise and Sunshine. Also, when I was six years old, I got to watch the Olympic Winter Games in my backyard. That was amazing!

I started skiing when I was four years old. When I was 14, a friend suggested I start ski racing with the Alberta Disabled Ski Team (I was born without legs below my knees and my left arm ends below the elbow.) Since then, I've learned a lot about competition and leadership: both are about setting goals and achieving them, and working hard at things even when they're not fun.

My average day is very busy. During the ski season, I do lots of training, competing and travelling. I find all of it very rewarding.

My proudest moment as an elite athlete was winning the gold medal for giant slalom at the 2006 Paralympic Games in Torino. It was great to win an event at my second Games after training my hardest that year.

More about Lauren Woolstencroft

Education: bachelor's degree in electrical engineering (with distinction) from the University of Victoria, August 2005

Other Milestones:

- 2006 Vancouver Island's Top 40 Under 40
- 2006 B.C.'s Greatest Paralympian from the 2006 Paralympic Winter Games
- 2005 YWCA Women of Distinction nominee, Victoria, B.C.
- Profiled on CBC TV's 2003 Women Warriors program
- 2002 Victoria, B.C.'s female athlete of the year
- 2002 Whang Youn Dai Overcome Prize for top female athlete of the 2002 Winter Paralympic Games

Other pursuits:

- Hiking and biking

What others say:

"Lauren's leadership has been critical as we continue to pursue the goal of becoming the best alpine ski racing nation in the world. Her performance at the 2006 Paralympic Winter Games was an inspiration and she continues to be a credit to her sport, her team and her country,"

- former Alpine Canada Alpine chief executive officer Ken Read said in 2007.

Other Sport Highlights:

- 2008 Overall Crystal Globe winner (standing category)
- 2008 Super G Crystal Globe winner (standing category)
- 2008 Giant Slalom Crystal Globe winner (standing category)
- 2008 Slalom Crystal Globe winner (standing category)
- 2008 Super Combined Crystal Globe winner (standing category)
- 2007 Canadian Para-alpine athlete of the year
- Won 13 IPC World Cup races
- Gold medal in the giant slalom, silver in the Super G, and fourth in downhill G events (standing division) at the Torino 2006 Paralympic Winter Games
- Gold medal in slalom and Super and bronze medal in giant slalom in at 2002 Paralympic Games in Salt Lake City, U.S.A.



Photos courtesy Alpine Canada Alpin