



SILKEN LAUMANN



- It has been recognized that in ten weeks, Silken Laumann made the greatest comeback in Canadian sports history, becoming a symbol of hope to all.
- In 1991 Silken Laumann won The World Cup Championships in rowing making her the World's fastest female single skuller.
- Silken won three Olympic medals: Bronze, 1984 Los Angeles -- Bronze, 1992 Barcelona – Silver, 1996 Atlanta.
- Silken was twice named the Canadian Press national female athlete of the year, 1991 and 1992.
- Inducted into the Canadian Sports Hall of Fame in 1998, the Mississauga Hall of Fame in 1999, the BC Sports Hall of Fame in May 2004, and most recently, the Victoria Sports Hall of Fame in November 2004.
- Silken has been showered with civic and corporate awards; the ultimate being the Lou Marsh Award as Canada's Outstanding Athlete of 1991, putting her along side previous recipients Kurt Browning and Wayne Gretzky on the honour role.

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- Silken Laumann is one of 31 women athletes or teams selected by a respected committee of leaders in B.C. sport. They represent the power, strength and determination of women in sport in British Columbia. Their accomplishments have made them part of history – and their dreams inspire the future.
- Silken’s thoughts on competing: “I am terrified a few days before a big race. But my desire to compete and do well is stronger than my fear. I know that if I can just force myself out there that I will give my best and do an excellent job.”
- When asked how she would like to be remembered Silken replies: “I’d like to be remembered as a fair competitor and someone who respected her competitors. And, as someone who put herself fully into her sport.”
- Silken’s story was so inspirational that it was made into a TV movie, a tribute to her passion, determination and commitment.
- Silken’s rowing career spanned more than a dozen years when she officially retired from competitive rowing in 1999.
- Silken lives in Victoria, BC, with her two young children, William and Kate, and the family’s golden retriever, Banner

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