

THE RED LETTER

Official Newsletter of the 2010 Canadian Olympic Team



Thursday, February 25, 2010 - DAY FOURTEEN

What a Wednesday!

It was hard to keep up with the action yesterday as Canadian Olympians captured four medals – tying the country's winter record for most in one day.

In Whistler, ladies bobsleigh athletes had an exceptional finish, winning gold and silver – and triggering the first North American sweep ever (the U.S. took bronze). In Richmond, Clara Hughes' bronze in 5,000 metres took on great significance (see page two). And in Vancouver, the ladies short track 3,000-metre relay team won silver, Canada's sixth straight medal in this event.

First to Whistler, where Kaillie Humphries and Heather Moyse drove the Canada 1 sled to gold. Like Jon Montgomery did in skeleton, they poured it on for four excellent runs. They set a new track record in heat one, heat two and then heat three. Humphries and Moyse were fastest in all but the final heat – surpassed there only by Helen Upperton and Shelley-Ann Brown. Their Canada 2 teammates rode increasing momentum to a silver medal. After each heat, Upperton and Brown went from fifth to fourth to third and finally to second spot.

These are the first two medals ever won by Canada in women's bobsleigh – an Olympic first delivered with an exclamation mark. And it is the 10th time ever that Canada has won two medals in the same event.

"The goal I set as a little kid, to have done it is amazing," Humphries said.

In short track speed skating, Jessica Gregg, Kalyna Roberge, Marianne St-Gelais and Tania Vicent put on a great show and won silver in the 3,000 m relay event. Their time of 4:09.137 was second only to China's world record pace of 4:06.610. They said afterward the tactic was to let China and Korea – disqualified in the final – battle it out and take advantage of any mistakes.

Canada has won a medal at every Olympic Games this event has been contested, winning gold in 1992, silver in 1994, bronze in 1998, bronze in 2002 and now back-to-back silver medals in 2006 and 2010. For St-Gelais, it is her second silver medal of the Games, alongside the one she earned in the 500 metres.



Gold



Silver

MEDAL COUNT

Nation	G	S	B	Total
USA	7	9	12	28
GER	7	10	7	24
NOR	6	6	6	18
CAN	7	6	2	15
RUS	3	4	6	13
KOR	5	4	1	10
AUT	4	3	3	10
FRA	2	3	5	10
SUI	6	0	2	8
SWE	4	2	2	8
CHN	4	2	2	8

TODAY'S WEATHER REPORT

Vancouver: Cloudy. 60 percent chance of showers in the morning. High 10.

Whistler: Wet flurries end in the morning, then cloudy with sunny periods. High plus 4.

BY THE NUMBERS

- Clara Hughes won her sixth career Olympic medal, tying her for the most ever by a Canadian
- Canadian bobsleighs were the fastest in every heat in the two-man women's event on Tuesday and Wednesday
- Canada has won six straight Olympic medals in the ladies 3,000 m relay event



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Hughes ties Klassen for most Olympic medals ever

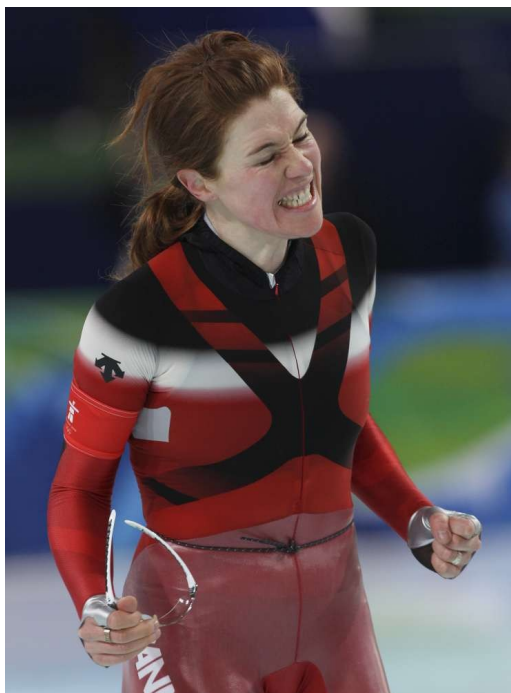
It took near world records to beat her. Until Germany's Stephanie Beckert and Czech skater Martina Sablikova in the final two pairings, Canada's 2010 flag bearer Clara Hughes had been the only skater to post a time under seven minutes in the 5,000 metres.

"There is nothing I like more than setting the bar high up, and that's what I did today," Hughes said.

After Hughes skated to a deliriously loud fan base at the Richmond Oval, she crossed the finish line in a time of 6:55.73. She pumped her arms and flashed that oh-so-familiar smile for all to see. Sablikova's skate of 6:50.91 and Beckert's of 6:51.39 (the world record is 6:46.91) did nothing to alter that smile. Hughes won bronze in the 5,000 metres – her sixth career Olympic medal, which ties her with Cindy Klassen as the most by any Canadian.

This isn't the first time Hughes has rewritten the history books. When she won gold in this race four years ago, she became the first person ever to win multiple medals at both the summer and winter Olympic Games. A cyclist for more than a decade, she won two Olympic bronze medals in that sport before taking aim at the long track.

Hughes is intimately familiar with the 5,000-metre distance. She has now won three



Olympic medals (gold, two bronze) and four World Championship medals (gold, three silver, bronze) in this one event. She is one of the most decorated Canadian athletes ever and skated like a true champion at the Oval yesterday. As each of her lap times flashed on the screen, a deafening roar filled the brand new skating venue.

Standing at the starting line, with the crowd in frenzy, Hughes dropped her shoulders and took a deep breath. Yet she looked calm, under control and most of all, ready.

Then she skated further into the record books. "I share this medal and this race with all Canadians," Hughes said.



It was another impressive display by Canada's 3,000-metre relay team. A silver medal to (left to right): Jessica Gregg, Kalyna Roberge, Marianne St-Gelais, Tania Vicent

THIS DAY IN HISTORY

Feb. 25, 1952:

The Canadian men's hockey team beat the U.S. in the final to capture the gold medal in Oslo

Feb. 25, 2006:

Canada places first and third in the women's 5,000 metre speed skating event with Clara Hughes winning gold, and Cindy Klassen taking bronze

Feb. 25, 2006:

François-Louis Tremblay wins silver in the 500-metre short track speed skating event in Turin

QUOTABLE

“

I stood at the start line and I couldn't feel my arms and legs.”

- Helen Upperton, bobsleigh

“

(Speed skating) is something I will never ever forget and I will miss it for the rest of my life.”

- Clara Hughes, speed skating

“

It's at home — it's the energy that makes you strive to do your best.”

- Tania Vicent, ST speed skating

HAPPY BIRTHDAY

February 25



Richard Monette, bobsleigh, mental performance consultant

- Turns 47 (1963)

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Britt Janyk



Clara Hughes



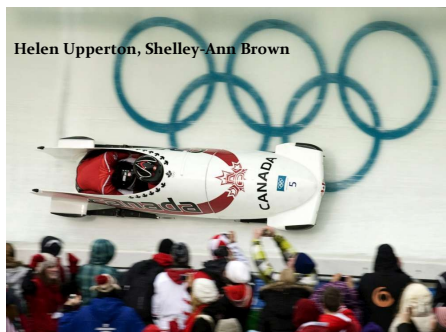
Kaillie Humphries,
Heather Moyse



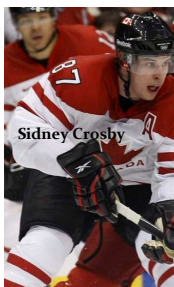
Kristina Groves



Helen Upperton, Shelley-Ann Brown



Shea Weber



Sidney Crosby



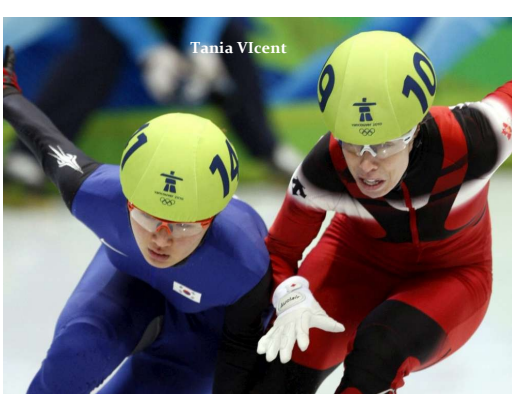
Cindy Klassen



François-Louis Tremblay



George Grey



Tania Vicent



Devon Kershaw

Photos: Mike Ridewood/COC; Canadian Press

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CANADIAN OLYMPIC TEAM RESULTS: DAY 13

Sport/Discipline	Event	Competitor	Result	Phase	Venue
Alpine skiing	Giant slalom	Shona Rubens	22nd	Run 1	Whistler Creekside
Alpine skiing	Giant slalom	Marie-Michele Gagnon	23rd	Run 1	Whistler Creekside
Alpine skiing	Giant slalom	Marie-Pier Prefontaine	27th	Run 1	Whistler Creekside
Alpine skiing	Giant slalom	Britt Janyk	29th	Run 1	Whistler Creekside
Cross-country skiing	4x10 km relay	Men's team	7th	Final	Whistler Olympic Park
Speed skating	5,000 m	Clara Hughes	Bronze	Final	Richmond Oval
Speed skating	5,000 m	Kristina Groves	6th	Final	Richmond Oval
Speed skating	5,000 m	Cindy Klassen	12th	Final	Richmond Oval
Bobsleigh	Two-man (W)	Canada 1	1st	Heat 3	Whistler Sliding Centre
Bobsleigh	Two-man (W)	Canada 2	3rd	Heat 3	Whistler Sliding Centre
Bobsleigh	Two-man (W)	Canada 1	2nd	Heat 4	Whistler Sliding Centre
Bobsleigh	Two-man (W)	Canada 2	1st	Heat 4	Whistler Sliding Centre
Bobsleigh	Two-man (W)	Canada 1	Gold	Final result	Whistler Sliding Centre
Bobsleigh	Two-man (W)	Canada 2	Silver	Final result	Whistler Sliding Centre
Ice hockey	CAN vs RUS	Men's team	W, 7-3	Quarter-finals	Canada Hockey Place
ST speed skating	3,000 m relay	Ladies team	Silver	Final	Pacific Coliseum
ST speed skating	1,000 m	Tania Vicent	2nd	Heats	Pacific Coliseum
ST speed skating	1,000 m	Kalyna Roberge	1st	Heats	Pacific Coliseum
ST speed skating	1,000 m	Jessica Gregg	1st	Heats	Pacific Coliseum
ST speed skating	500 m	Charles Hamelin	1st	Heats	Pacific Coliseum
ST speed skating	500 m	François-Louis Tremblay	1st	Heats	Pacific Coliseum
ST speed skating	500 m	Olivier Jean	2nd	Heats	Pacific Coliseum



Rick Nash

On to the semifinals...

It was a star-studded affair as Canada's hockey team faced a powerful Russian team that had its sights set on gold. Rekindling a fierce rivalry that dates back years, Canada rose to a major challenge and defeated the reigning world champions 7-3 in the quarter-finals.

The gutsy, impressive win was punctuated by speed, grit, pinpoint passing, beautiful goals and solid goaltending by Roberto Luongo – who plays for the hometown Canucks in the National Hockey League. While one plotline featured Canada's Sidney Crosby and Russia's Alex Ovechkin, scoring for Canada were Corey Perry (twice), Ryan Getzlaf, Dan Boyle, Rick Nash, Brenden Morrow and Shea Weber.

Canada Hockey Place was filled to the rafters as this country enjoys an Olympic hockey tournament on home soil. Last night, they enjoyed Canada's first Olympic win over Russia or the Soviet Union since 1960.

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2010 OLYMPIC WINTER GAMES SCHEDULE — THURSDAY, FEBRUARY 25

Sport/Discipline	Time	Event	Competitor	Phase	Venue
Curling	09:00	CAN vs SUI	Women's team	Semifinal	Vancouver Olympic Centre
Alpine skiing	09:30	Giant slalom	Britt Janyk	Run 2	Whistler Creekside
Alpine skiing	09:30	Giant slalom	Marie Michelle Gagnon	Run 2	Whistler Creekside
Alpine skiing	09:30	Giant slalom	Marie-Pier Prefontaine	Run 2	Whistler Creekside
Alpine skiing	09:30	Giant slalom	Shona Rubens	Run 2	Whistler Creekside
Nordic combined	10:00	Ind large hill/10 km CC	Jason Myslicki	Comp. round	Whistler Olympic Park
Cross-country skiing	11:00	4x5 km relay	Women's team	Final	Whistler Olympic Park
Nordic combined	13:00	Ind large hill/10 km CC	Jason Myslicki	Final	Whistler Olympic Park
Curling	14:00	CAN vs SWE	Men's team	Semifinal	Vancouver Olympic Centre
Ice hockey	15:30	CAN vs USA	Women's team	Final	Canada Hockey Place
Figure skating	17:00	Singles	Joannie Rochette	Free program	Pacific Coliseum
Figure skating	17:00	Singles	Cynthia Phaneuf	Free program	Pacific Coliseum
Freestyle skiing	18:00	Aerials	Kyle Nissen	Final - Jump 1	Cypress Mountain
Freestyle skiing	18:00	Aerials	Steve Omischl	Final - Jump 1	Cypress Mountain
Freestyle skiing	18:00	Aerials	Warren Shouldice	Final - Jump 1	Cypress Mountain
Freestyle skiing	18:28	Aerials	Kyle Nissen	Final - Jump 2	Cypress Mountain
Freestyle skiing	18:28	Aerials	Steve Omischl	Final - Jump 2	Cypress Mountain
Freestyle skiing	18:28	Aerials	Warren Shouldice	Final - Jump 2	Cypress Mountain



With the bobsleigh gold medal won yesterday, the 2010 Canadian Olympic Team has captured seven gold medals thus far. This ties the most-ever gold medals won by Canada, at both the Salt Lake City 2002 and Turin 2006 Olympic Winter Games.

Today, the Canadian women's hockey team (among others) will have a shot at winning gold medal No. 8, which would be an historic one.

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CANADIAN OLYMPIC TEAM: SPORT-BY-SPORT HIGHLIGHTS

ALPINE SKIING

- All four Canadian skiers cracked the top-30 in ladies giant slalom in a field of 86 skiers
- In run one, Shona Rubens was 22nd, Marie-Michele Gagnon was 23rd, Marie-Pier Prefontaine was 27th and Britt Janyk was 29th
- They had to wait until this morning for run two, as thick fog cancelled the race yesterday

BOBSLEIGH

- Kaillie Humphries and Heather Moyse win Canada's 7th gold medal of these Games, tying the record for most Olympic titles set in 2002 and 2006 — with several more available here in 2010
- They led after all four heats, and set three track records along the way
- The pair was ranked No. 2 in the world this season with four World Cup medals
- Helen Upperton and brakeman Shelley-Ann Brown stayed in contention throughout and posted the fastest race in the 4th heat to win silver
- Moyse finished 4th as brakeman with Upperton in Turin in 2006
- It is the 2nd-straight Games that Canada has won two sledding medals in the same event, after Duff Gibson and Jeff Pain won gold and silver in skeleton in Turin

CROSS-COUNTRY SKIING

- The men's 4x10 km relay team finished 7th in a field of 14; their top Olympic result ever
- They finished 1:57.8 back of the gold medal Swedish team
- The Canadian team was composed of Devon Kershaw, George Grey, Ivan Babikov and Alex Harvey
- It is the 6th top-10 result for the men's skiers who are having a record-setting Olympic Games

ICE HOCKEY

- In their second must-win game in two days, Canada's men's team defeated Russia 7-3 on the strength of a fast and aggressive forecheck
- Corey Perry led scorers with two goals as Canada built up an initial 6-1 lead
- The team will play in an Olympic semifinal Friday; for now they can watch the women's team go for gold today

SHORT TRACK SPEED SKATING

- Canada captured a silver medal in the ladies 3,000 m relay
- Tania Vicent, Kalyna Roberge, Marianne St-Gelais and Jessica Gregg won Canada's 6th consecutive medal in this event dating back to 1992 (the first year it was contested)
- Their time of 4:09.137 was 2nd only to a new world record by China

- St-Gelais won silver earlier in the Games in the 500 m
- The men's 500 m heats and ladies 1,000 m heats also ran Wednesday
- In the former, Charles Hamelin set a new Olympic record, which was later surpassed by teammate François-Louis Tremblay, who now holds it
- Hamelin and Tremblay finished 1st in their heats and Olivier Jean 2nd in his — all qualifying for the quarter-finals that run Friday evening
- Hamelin is the reigning 500 m world champion
- Tremblay won Olympic silver in this event in 2006
- In the ladies 1,000 m heats, both Roberge and Gregg finished 1st in their heats while St-Gelais was 2nd in hers
- All three also advance to the quarter-finals on Friday

SPEED SKATING

- Clara Hughes won a bronze medal in the 5,000 m event at the Richmond Oval
- It is her sixth career Olympic medal, which ties her with Cindy Klassen for the most by a Canadian
- Three of those medals have come in the 5,000 m
- Hughes, who will retire after the Games, said: "The crowd gave me wings, they brought me two of the best races in the Olympics"
- Kristina Groves, in her 4th race of these Games, finished 6th
- She also has two bronze medals and a 4th-place finish
- Cindy Klassen finished in 12th spot overall

