

MARIE- HÉLÈNE PREMONT

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The Canadian Cycling Hall of Fame recognizes exceptional contributions to the sport of Cycling by both Athletes and Builders.

The Canadian Cycling Hall of Fame is pleased to welcome Marie- Hélène Prémont as an inductee for 2016 – Canada's last mountain bike rider to win an Olympic medal – Athens 2004 – prior to 2016's Rio Olympic Games success of Catherine Pendrel.

Marie began competitive mountain biking as a teen in 1995 after working as a volunteer at the World Cup mountain bike races at Mont Sainte Anne. Racing looked like something that would be fun and challenging in the summer time. She was happy to try a sport where she could stay warm when she was competing, as she was a member of the National Snowboard team when she began mountain bike racing. When she ran out of time to juggle university as well as competitive snowboarding and mountain bike racing, it was the combination of university and mountain bike racing that won. That decision set Marie on a path that would lead her to become one of the top Elite Women mountain bike racers in the world.

Throughout her career she competed for the Rocky Mountain Bicycles team where her World Cup performances were strongly supported. Her Canadian National Team performances at World Championships and major Games came wearing the national team colours.

Marie was the National Champion in women's Cross Country Mountain Bike from 2003 to 2009. Internationally her record is outstanding including 2008 where she won a medal in every World Cup she entered (2 gold, 3 silver, 3 bronze).

The two-time Olympian claimed the silver medal at the 2004 Olympic Games to add to her World Cup Gold Medals obtained in 2005 and 2006. In 2007 she was second overall in the World Cup standings and fourth overall in 2011. At the World Championships she won the bronze medal in 2006 and had four other fourth place finishes. She won a Commonwealth Games Gold in 2006 and Pan American Championships Gold in 2000 and 2001.

She is very active in her community, supporting charities like Enfants Soleil, Fondation Québécoise du cancer and other fundraising efforts, as well as talking to school kids about the importance of health and fitness. Marie has the 55km Véloroute Marie-Hélène Prémont bicycle route named in her honour, stretching between Boischatel on the east side of Québec City to Saint-Ferréol-les-Neiges.