

KAREN STRONG

INDUCTED 2017



The Canadian Cycling Hall of Fame is pleased to welcome Canada's leading female international road and track rider Karen Strong as an inductee for 2017.

Growing up as a multi-sport talented athlete Karen's arrival to cycling came at the end of her last year of high school. She quickly took to the sport and had early success at the Ontario Summer Games winning a silver medal in the road time trial and gold in the road race in her first year of competition in 1974. With increasing national success she aspired to compete on the world stage which she did in breakthrough fashion.

As a National Team member in both road and track from 1975 to 1984 she amassed an incredible ten top 8 finishes in World Championships in road and track from 1976 to 1982. Among these was Canada's first medal by a female on the track at the 1977 World Championships in San Cristobal, VEN where she finished third in the 3,000 metre time trial. In addition to that track bronze she also finished fourth in the road race that same year at the World Championships.

In 1980 Karen won a silver medal on the track at the World Championships in Besancon, FRA in the 3,000 metre time trial and added an eighth place finish in the road race. She had four fourth place finishes at the World Championships (3 track and one road) which is a testament to her determination and calibre of racing over that period.

Other international results included four podium finishes over three days of road racing at U.S. Classics in 1980, 1st place Overall General Classification Winner 1981 International Lowenbrau Race Series of seven races held across the USA, 3rd place Overall Coors Classic International Stage Race in both 1980 and 1981, 3rd place in the

Time Trial and 1st place in the road race of the Schlitz Lite International in 1978 and 1st place and Overall winner of track cycling events at the opening night meet at Trexlertown, PA in 1980.

Added to this were the results at Canadian National Championships. From 1976 to 1983 Karen won an astounding thirty-two (32) National titles in road and track cycling events including seven times National Champion in the 3,000 metre Individual Pursuit. She set two Canadian Records in 1977; 1,000 metre (1.17.68) and 3,000 metre (4.02.04) in track cycling.

Karen represented Canada at the 1984 Olympic Games in Los Angeles and that same year transitioned into coaching at the club and provincial level from 1984 until 1987 when she took on another challenge.

She was named Canada's first female coach and served in that position from 1987 to 1993 during which she oversaw the development of many of Canada's top riders including Canadian Cycling Hall of Fame member Alison Sydor.

From 1994 through to 2007 Karen served as Life Services Manager at the Canadian Sport Institute – Calgary, the first to hold such a position in the Canadian Sport Centre network.

In addition to the earlier noted accomplishments Karen was also

- St Catharines, Ontario "Athlete of the Year" in 1975
- Canada's "Athlete of the Month", September, 1980
- Inducted to the St. Catharines Sports Hall of Fame in 2001

On the coaching side she received the Coaching Excellence Award from the Coaching Association of Canada in 1991.

Karen Strong you are now an honoured member of the Canadian Cycling Hall of Fame.