

# Speed Skating Canada



Photo by Arno Hoogveld

Competitive speed skating has been an integral part of Canadian winter life for more than 150 years, beginning in 1854 when three British soldiers raced from Montreal to Quebec City. Thirty-three years later the Amateur Skating Association of Canada formed **to develop the nation's top speed skaters**. The team's first medals were won in Lake Placid in 1932, led by legendary Lela Brooks. The organization's name changed in 1960 and again in 2000 when it adopted the moniker Speed Skating Canada. Yet through it all, the team's mission never veered: **Speed Skating Canada still strives to produce the world's best-performing athletes**. Recognizing that high-quality nutrition helps maintain world-class skaters, Speed Skating Canada chose USANA to be its official supplement supplier.

“For many years Speed Skating Canada’s unofficial motto has been ‘The Relentless Pursuit of Excellence’. To achieve excellence means to be partnered with excellence, and Speed Skating Canada is proud to have USANA as an official supplier to our national team athletes. We thank USANA for continuing to be a critical partner in our successes and quest for excellence.”

*–Speed Skating Canada*



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