



For Ruky Abdulai her introduction to Track and Field began at the age of 9. She used to compete for her Elementary school she attended in Ghana, when Paa Willy, a track coach at the Accra Sports Stadium, spotted her after Ruky ran faster than his athlete that no one has defeated in five years, and suggested that she try training with him, and within a year or two she was faster enough to compete against the older athletes without fear. Ruky came to Canada as a student athlete at Simon Fraser University. She was the 2008 Canadian National Champion in the long jump and the most accomplished collegiate female athlete in the history of the National Association of Intercollegiate Athletics (NAIA) with a record 17 national championship titles. Ruky's childhood dream came true when she made the Canadian team, and represented Canada in Beijing 2008 Olympics. She is the NAIA record holder and set the Canadian record of 6.72 meters in the spring of 2008. Ruky is also the 2011 Canadian Champion in the heptathlon (7 events). Ruky was forced to pull out of the London 2012 Olympics because she was not in a good condition to compete due to injury. Ruky had three precise goals when she came to Canada. To become an Olympian, compete for Canada and win a medal for Canada at the Olympics. She has achieved two of these goals by competing for Canada at the Olympics. One more goal left for Ruky to achieve.