


How Jamaican bobsledders train for the Olympics

- 1 For a couple of Jamaican bobsledders hoping to qualify for the Olympics, the inspiration for outside-the-box training came from a classic sports movie. When gyms in England were closed, Shanwayne Stephens and Nimroy Turgott hit the streets of Peterborough, threw open the doors of a Mini Cooper and started pushing. And pushing. And pushing some more, with Beijing and the Winter Olympics in 2022 their intended destination.
- 2 “Obviously we’ve had to create new ways to get our training done,” Stephens told the BBC. Besides pushing a car, they also created a small gym in Stephens’s backyard. “We normally have resistance training where we push sleds, but we’ve not had access to sleds, so we thought why don’t we just go out and push the car around for a bit.”
- 3 The Mini, which Stephens said has a weight similar to the sled, belongs to Stephens’s fiancée, and the two are under orders not to crash it. Stephens, 29, is a gunner with the RAF Regiment and part of its elite athlete program. He moved to England when he was 11; Turgott, 27, came to Stephens’s Peterborough home to train in January.
- 4 “We do get some funny looks. We’ve had people run over, thinking the car’s broken down, trying to help us bump-start the car,” Stephens told Reuters. “When we tell them we’re the Jamaica bobsleigh team, the direction is totally different, and they’re very excited.”
- 5 The two hope to do better than the 1988 team from Jamaica did in Calgary, where it crashed and did not officially finish in the four-man competition. “Those guys set a legacy, and a movie came out of it. For me personally, I want to surpass that level, and even go beyond that,” Turgott said.
- 6 11 the women’s team from Jamaica qualified for the Olympics for the first time in 2018, the men failed to do so. “The last Olympics, we missed it by one slot,” Turgott said, “and now we are using that experience as our motivation moving forward.”

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