

Following graduation from St. Thomas High School in the West Island, Mike attended John Abbott College and played two seasons with the Islanders. He completed his diploma in Social Sciences in 1986 and entered McGill University where he enjoyed a remarkable football career leading the team to a Vanier Cup in 1987. He graduated from McGill in 1989 with a BA in History and Economics. He was a three-time all-star and two-time All-Canadian, one of the most prolific running backs ever to wear the Red and White. Over the course of a three year playing career, Mike won 48 awards, including 13 as a freshman when he captured the Peter Gorman trophy as CIAU rookie of the year.

Mike was the first CIAU player selected in the 1989 draft by the Edmonton Eskimos. He played seven seasons with them winning the Grey Cup in 1993. Mike completed his professional career with four years in Montreal with the Alouettes.

Throughout his career, Mike played with passion and dedication, respect for his teammates, opponents, officials and above all the game. Humility was the hallmark of his demeanour when presented with recognition and he was always supportive when he could be of assistance. One Montreal reporter will always remember his first day on the Alouettes beat when Mike approached him to offer any help he could. A wonderful comment from all-star CFL rushing back Mike Pringle noted that he would never have achieved the rushing success he enjoyed were it not for the blocking of Mike Soles.

In 2005, Mike was diagnosed with ALS and fought a courageous battle. Honouring his concern for others, *The Michael Soles Football Award* was created at McGill to assist football players in need. Mike was heavily involved in programs promoting fundraising for ALS research.

AWARDS AND RECOGNITION

- Distinguished Athlete Award – John Abbott College
- Three time all-star – McGill University
- Ted Morris Memorial Trophy – Most Valuable Player, Vanier Cup 1987
- Elected to the McGill University Sports Hall of Fame 2000
- Ley Hayman Trophy 1986 – best Canadian player in the CFL eastern division

ACHIEVEMENTS

- Set a record at McGill in 1989 with 2,231 rushing yards in 20 games
- Rushed for 203 yards and 2 touchdowns in Vanier Cup victory in 1987
- Drafted by the Edmonton Eskimos in 1989 and enjoyed a seven year career
- Rushed for a career high 656 yards in 1992
- Won the Grey Cup in 1993
- CFL All-star in 1996
- Completed CFL career with 4 seasons with the Montreal Alouettes

Unfortunately, Mike passed away in July 2021.



Mike Soles

ALUMNUS '86