

INTRODUCTION

TRISH DOWNING

At this time, will you please take a moment to turn your cell phones to “silent” or “off” and refrain from text messaging during the program in consideration of our speaker and our audience. Thank you.

My name is _____. I am (leadership position or organization), and it’s my pleasure to welcome you.

This program is sponsored by (list organizations).

From 1997-2000, Trish Downing established herself as a competitive cyclist. Her life was immersed with sports, as she earned a Master’s degree in Sports Management and worked at the Olympic Training Center in Colorado Springs, CO. She was the press officer for the USA Table Tennis team at the 1996 Olympics in Atlanta, and for the USA Swimming Team at the 1997 World University Games in Italy. In an instant, though, Trish’s life was changed forever.

In 2000, while training on her bicycle, Trish was hit head on by a car, suffering a chest level spinal cord injury. Paralyzed from the chest down, she was left in a wheelchair for mobility. Realizing she had her whole life ahead of her, Trish committed to live it to the fullest.

Today, Trish is a world-class physically challenged athlete. She is the second female wheelchair racer (the first female paraplegic) to complete an Ironman distance triathlon. While her injury changed the means through which she competes, it did not take away her desire to challenge her body and mind toward new achievements in sports and life.

Trish is here to talk to us today about overcoming obstacles and achieving goals, getting up from disappointments and failures and shifting into new ways of thinking. Please join me in giving a big (school or organization name) welcome to Trish Downing!