

# Be world-class **EVERYDAY**



Tricia Downing  
Speaker, Writer, Triathlete

Take a journey of self-discovery and explore the essence of the human spirit with Tricia Downing, as she shares her inspirational story of triumph over tragedy.

## Are you winning your human race?

Each of us faces hurdles, competition and challenges that seem insurmountable when we first face them. Tricia will help you learn to see these obstacles as opportunities. You'll learn the tools and strategies you need to build the strength, endurance, and courage to cross the finish line, no matter the size, distance or difficulty of the race.

## Remember to stretch

Tricia's presentations motivate her audiences to reach further, take smarter risks and to persevere in the face of heartache, challenge and change. She shares the importance of setting "stretch" goals, committing to those goals and following through – even when the going gets tough.

## Tricia coaches audiences to:

**Train**—Life is an endurance sport

**Toe the Line**—Get in the race

**Triumph**—Reach your own finish lines

Win your human race today. Call or email Tricia to schedule a presentation.

**Turn "I can't" into "I can."**

## Tricia did it. So can you.

After surviving a near-fatal cycling accident and finding herself paralyzed, Tricia Downing has emerged as a world-class physically challenged triathlete. Through her experiences in rehab and racing, Tricia learned all over again what it takes to perform at the top of her game. In her presentations, Tricia shares the secrets to leading the pack and maximizing your potential so your team, too, can be world-class everyday.



**redefiningAble**  
Win Your Human Race

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Tricia's progression from injury to comeback and subsequent rise to elite athlete and role model inspires all who hear it.

She has been featured in:

*Muscle and Fitness Hers Magazine*

*Edutopia Magazine*

*Her Sports Magazine*

*Rocky Mountain Sports*

*American Tri*

*The Denver Post*

*The Rocky Mountain News*

Tricia has also been featured on:

ESPN (Superior Beings Documentary)

Life Moments (Women's Magazine Show)

Various local news broadcasts

### Awards and Accomplishments

In March 2008, Tricia was presented with the Courage Award by the Tempe (Ariz.) Sports Authority Board.

She has also received:

- 2006 Most Inspirational Athlete (Challenged Athletes Foundation)
- 2005 Sportswoman of Colorado Triathlon Award
- 2003 Sportswoman of Colorado Inspiration Award

### Athletic accomplishments include:

- 2006 Physically Challenged National Champion (Women's wheelchair division)
- 2006 Qualified for the Hawaii Ironman World Championships
- 2003–09 Qualified for the ITU World Triathlon Championships
- 2004–06 Member of the U.S. Physically Challenged National Triathlon Team



### Play by play

*Tricia Downing was our featured speaker at the Business Professional Women's Network in Denver...Her humor and vivaciousness, in combination with the seriousness of her subject, kept the audience's rapt attention.*

—P.L. Program Chair, Business Professional Women's Network

*We had the pleasure of hosting Tricia Downing at one of our Unlimited Adventure Series events. ... With her undaunted spirit, she has personally overcome so many challenges and is a wonderful role model for all of us to follow.*

—E.P., President, Vail Symposium

*Tricia...has inspired me to be a successful person. [she] reminds me to be somebody and make a difference in my daily life.*

—M.V., JFK High School