



FOR IMMEDIATE RELEASE
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Triathlete, Tricia Downing to host Women's Chamber North Luncheon

DENVER – Tricia Downing will headline the North Luncheon from 11 a.m. to 1 p.m. on Feb. 4 at the Radisson Graystone Castle 83 East 120th Ave. Denver, CO 80233. Downing will speak about having made the transition from able-bodied cyclist to an athlete with a disability, true meaning of the words challenge and change and the obstacles everyone faces when reaching personal goals.

The luncheon is \$27 for members, \$37 for non-members and walk-ins. Attendees can register online at www.cwcc.org.

In one instant, on September 17, 2000, Downing went from being a competitive cyclist to a paraplegic dependent on a wheelchair. Through her experiences in both rehab and racing, Downing has overcome adversity and learned what it takes to perform at the top of her game. Now as a world-class physically challenged triathlete, Downing travels the globe racing and sharing her message of strength and perseverance.

As the only female wheelchair racer to complete an Ironman Triathlon, Downing knows that life is an endurance sport. She will share stories of her athletic adventures and the lessons

that have not only gotten her to the finish line, but are applicable in daily life for anyone who strives to succeed despite the obstacles along the way.

Tricia's professional life has also been immersed in sports as she earned a master's degree in Sport Management in 1995 and worked at the Olympic Training Center in Colorado Springs, Colo. She was the press officer for the USA Table Tennis team at the 1996 Olympic Games in Atlanta and for the USA Swimming team at the 1997 World University Games in Italy. Before becoming a professional speaker, she taught high school in the Denver Public Schools. Today she takes people on their journeys from start to victory, motivating each person to reach his or her own finish line, just as she has reached hers. Receiving many sports accolades including the Inspiration ('03) and Triathlon ('05) Awards from the Sportswoman of Colorado, the 2006 Most Inspirational Athlete from the Challenged Athletes Foundation and the 2008 Courage Award from the Tempe Sports Authority, Tricia has truly excelled despite her life-altering injury.

About the Colorado Women's Chamber:

The Colorado Women's Chamber of Commerce is one of the largest women's chambers in the nation. CWCC provides its members with the environment and resources conducive to business success, skills and knowledge about business issues and trends, visibility in the community and opportunities for community involvement and business partnerships. For more information on the Colorado Women's Chamber of Commerce, call 303-458-0220, e-mail info@cwcc.org or visit www.cwcc.org.

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