

INTRODUCTION

TRICIA DOWNING

My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

After being hit by a car, Tricia Downing went from being a competitive cyclist to a paraplegic requiring a wheelchair for mobility. However, sixteen years after this pivotal moment, her unwavering resilience and fierce competitive spirit propelled her to remarkable achievements. She not only secured a spot on the 2016 U.S. Paralympic Team but also made history as the first female paraplegic to conquer an Ironman triathlon.

She is the author of the book, *Cycle of Hope—A Journey from Paralysis to Possibility* and is now recognized as a pioneer in the sport of women's paratriathlon as well as an advocate for disability awareness. Tricia believes we all have the power to create environments that are not disabling but enabling.

Please welcome Tricia Downing.

Updated 1.16.2024