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Trish Porter

1988 US Olympian and World Record Holder Since 2003



Just your Average Mom...NOT!

- 1988 U.S. Olympian
- World Champion – Masters Indoor and Outdoor
- World Record holder – 5'9 1/4"
- Broke own record four times
- American Indoor Record holder
- Married, mother of two
- * All records for age 40-44 years, high jump





Trish Porter is fresh, energetic and definitely different.

An Olympian in 1988, Trish suffered a neck injury in 1994, went through a long recovery, started a family, and returned to make world record-breaking high jumps in 2003. Her compelling story has been told in *The Wall Street Journal*, *Los Angeles Times*, *USA Today*, *The Albuquerque Journal*, *The Register-Guard* (Oregon) and on television.

An inspiration to the Baby Boomer generation, Trish encourages women over 40 to rekindle their dreams. She presents a positive female role model, motivating people to exercise, eat healthy, set goals and dream. She believes that God made each person special and for a purpose.



Her messages: *Women, pursue your passion. Young athletes, dream big. To moms and older women, it's not too late to take a chance and follow your dreams.*

She is married to two-time Olympian Pat Porter. They met while competing in the 1988 Olympics in Seoul, South Korea. The couple lives in Albuquerque, New Mexico with their two children, Connor (born 1997) and Shannon (born 2001).

Trish is currently competing throughout the U.S. and the world on the master's level. She lives life to the fullest while pursuing her championship dreams and hopes to encourage others to reach for their goals as well.

Talk to Trish Today: 505.459.9732 or trish@trishporter.com • www.trishporter.com

TRISH WILL INSPIRE, MOTIVATE AND COMPEL your key audiences to become the best that they can be. People relate well to Trish's warmth and enthusiasm. She's ideal as a

- Corporate Spokeswoman, and available for:
- Sponsorships
- Feature Interviews
- Speaking Engagements
- Writing Assignments

"The thing about Trish [Porter] is that all her life, people have told her what she can't do... She has fooled them all."

—Los Angeles Times



Trish Porter

"WITH GOD ALL THINGS ARE POSSIBLE"

"That [she] is in the Olympics with track and field's big boys and girls is testimony not only to her stick-to-itiveness, but also to the notion that the sport can be enjoyed for its own sake."

—The Wall Street Journal (1988)

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