



The Modern Literature and Culture (MLC) Research Centre and Ryerson University Athletics & Recreation proudly present

ONE GEAR, NO BREAKS. ACHIEVING A GOLD MEDAL MIND.

A lecture by **Lori-Ann Muenzer** Canadian Olympic Gold Medal Winner (cycling)

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and Ryerson University Athletics & Recreation
proudly present

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A lecture by **Lori-Ann Muenzer**
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Wednesday, November 24, 6:30 PM
LIB 72, Ryerson University

Cycling is about success and disasters, overcoming pain and adversity thresholds, and the pursuit of speed. At 38 years old, two-time Olympian Lori-Ann Muenzer made history as she took on the world to win Canada's 1st Olympic Gold Medal in cycling at the 2004 Olympic Games in Athens, Greece. She is the author of *One Gear, No Breaks: Lori-Ann Muenzer's Ride to Belief, Belonging and a Gold Medal* (Key Porter Books). Challenging boundaries of age, gender, psychology, and physiology, this lecture will appeal to an audience across many disciplines. Muenzer inspires others with her motivation, determination, and perseverance.

contact

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This event is **FREE** of charge and open to the general public. All are welcome. Five complimentary books will be given away at the lecture.
