

The PTA invites:

An Evening of Inspiration with Sarah Ulmer

Mark your diaries now for a unique and entertaining evening on Wednesday, 26 November 2008 with world renowned Olympic Gold Medalist and Olympic Record Holder Sarah Ulmer. The talented and vivacious individual track cycling star will share with us her stories and secrets for finding the energy, enthusiasm, and competitive edge to take her to the top of New Zealand sporting history. The St Andrew's College PTA welcomes the entire school community to our first Evening of Inspiration with Olympian Sarah Ulmer.

Sarah Ulmer will grace the stage at the St Andrew's College Gymnasium with her inimitable charm on Wednesday, 26 November 2008 at 7:30 pm. Invited by the PTA to share her stories and secrets for finding the energy, enthusiasm, and competitive edge to take her to the top of New Zealand sporting history, she will inspire us all with tales of striving to be one's best.

For ten years Sarah Ulmer had done well in the world of international track cycling, but struggled to break into the winners circle in the major races on the international stage. Back to back Commonwealth Games Gold Medals were hers in 1998 and 2002, but she dreamed of competing for her country at the Olympics. In the 2003/2004 off season, Sarah changed her approach and engaged the coaching and planning services of partner and ex-cyclist, Brendon Cameron. Together they took the cycling world by storm. During the 2004 season, Sarah Ulmer became the World Champion and World Record Holder in the blue ribbon 3km Individual Pursuit event in women's cycling. From there, as most of us will remember, she went on to Athens where she won Olympic Gold and set a new Olympic Record. That year, Sarah was awarded the New Zealand Sports person of the Year.

On Wednesday, 26 November Sarah will focus on the changes she made on her journey to become an Olympic Gold Medalist. She will relate how a renewed approach enabled her to make the leap from being the athlete that was always knocking on the door to the one who dominated the world.

A gifted and amusing orator, Sarah will speak at 7:30 pm. in the St Andrew's College Gymnasium. A movie of Sarah's career highlights will begin the evening followed by Sarah's talk. Following a question and answer session, Sarah will be available for autographs and everyone is invited to stay for beverages and desserts hosted by the PTA.

The Evenings of Inspiration are designed by the PTA to bring speakers to the entire St Andrew's College community who through their own stories show students, parents and faculty the many paths to success in life and the joy to be found along the

way. We are thrilled that our inaugural speaker is a person not only of Sarah's calibre, but also one who so aptly represents many of St Andrew's College's core values. Recently back from the 2008 Beijing Olympics, Sarah continues to be a leader in the field of international competition and to serve as a natural and charming ambassador of the best New Zealand has to offer.

Tickets for "An Evening of Inspiration with Sarah Ulmer" will go on sale 20 October 2008. Adult tickets are \$10 and Student tickets are \$5. Tickets will be available at Reception at Strowan House and the Preparatory School Office.