

Ms. Berlin

Topic: Lance Armstrong: The Struggle to Success

## INTRODUCTION:

I. (Attention Getter): Lance Armstrong is most famous for winning the Tour de France a record of seven consecutive times. Armstrong accomplished these tremendous wins after a courageous battle with brain and testicular cancer.

II. (Credibility Statement)/OPTIONAL: As an athlete myself, I understand how physically demanding competitive sports can be. I am amazed at how Armstrong could have still achieved such physical accomplishments after battling with two different types of cancer.

III. (Relevancy Statement): You will gain a sense of inspiration by hearing about Lance Armstrong's life. He was truly a man who had a passion and a will to succeed. Everyone should find something they are passionate about in life and try to accomplish their goals in the face of life's obstacles.

IV. (Preview): Many people are familiar with Lance Armstrong's athletic accomplishments. However, I will also be revealing information about his early life, the obstacles he has faced during his lifetime, and how he has struggled and battled back from cancer in order to achieve phenomenal success.

[First, let me tell you about Lance Armstrong's early life.]

## BODY:

### I. Armstrong's Early Life

#### A. Birth and Childhood

1. Born September 18, 1971 in Plano Texas
2. Comes from a single parent home
  - a. Mom-Sally Jenkins
  - b. Several father figures
3. Notable Swimmer
  - a. Won fourth in state in 1500 meter free-style at age 12
  - b. 20 Miles on bike and six miles in water a day at age 12
4. Discovered bicycle talents at age 13

B. Competed in adult competitions from the age of 16

C. Turned to professional in 1992 cycling after winning the US amateur championship in 1991

1. 1992 Olympics road race
2. Finished 8th stage of First Tour de France

D. Won stages in 1993 and 1995 with Team Motorola in the Tour de France

1. Tour DuPont
2. Abandoned Tour de France in 1996

## II. Obstacles He Faced

A. Diagnosed with stage three testicular cancer on October 2, 1996

1. Metastized-spread to brain and lungs

2. Lance Armstrong Foundation

B. Faced several bouts of treatment to cure his cancer

1. Surgery

2. Chemotherapy

- a. Opted for a more severe form

- b. Regular chemo would be hard on the lungs

3. Remission

4. Comeback

III. His Successes

A. Winning the Tour De France in 1999 was Armstrong's true comeback into the professional world of cycling

1. Lead times over competitors improve every year by 6 minutes

2. 7 overall wins

3. Won 22 individual stages

4. Won 11 times trials

5. Team won team time trial 3 times

B. 2004 and 2005 Tour de France wins displayed his true personal best

1. Blue Train

2. First man to win three consecutive mountain stages

3. Tour Victory in 2005

C. Lance Armstrong Foundation was founded

1. Livestrong wristband

2. Wear Yellow Live Strong education program

#### CONCLUSION:

V. (Summary Statement): I have always admired Lance Armstrong and wanted to learn more about his early life, the obstacles that he has faced in his life, and how he has overcome those obstacles in order to achieve physical as well as emotional and financial success.

VI. (Memorable Closing): Lance Armstrong is truly an amazing athlete and human being. He has suffered a lot in his life, but continues to persevere in times of tragedy. He teaches others to set and obtain high goals in life and to work with passion and dedication in order to achieve those goals. Lance Armstrong gives others hope, a hope to live and a hope that anything is possible when you put your heart and mind to it. Take life by the horns and push through with passion!