



Tracey Richardson: Going the Distance

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Tracey Richardson: Going the Distance Tracey Richardson

Motivational autobiography of a morbidly obese mother of children with cystic fibrosis, who radically changed her life to become an Ironman competitor. Tracey Richardson has an inspirational and amazing story to tell - a story of success despite ongoing adversity and seemingly insurmountable odds, a story of how focus and passion can change lives. The continuous pressures of running a business and intensively caring for her two sick children, both of whom have the terminal genetic condition, cystic fibrosis, finally took its toll on Tracey. Morbidly obese and clinically depressed, she was overwhelmed by her children's increasing medical issues, feeling powerless to stop their ultimate course. At this low point, Tracey nearly opted out of life, but instead set about radically changing her life, embarking on a daunting physical and mental journey to find some value and purpose. Tracey's two-year odyssey took her from 25 kilos overweight and feeling worthless and powerless about her life to training for and completing the gruelling Ironman New Zealand triathlon: a 3.8km swim, 180km cycle and 42km run. She then went on to compete at the world-famous Hawaii Ironman. Tracey did this while simultaneously raising the profile of cystic fibrosis. Tracey was selected by the Vodafone New Zealand Foundation as a 2004 winner of its 'World of Difference' programme. She was made a Member of the New Zealand Order of Merit (MNZM) in January 2005 'for services to persons with cystic fibrosis'. She is in demand as a professional speaker, inspiring and motivating everyone she comes in contact with.

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