

"The Olympic Spirit"

Starting in March, Libby Ludlow will give six presentations, each titled "The Olympic Spirit," at various King County libraries. She will be talking about her professional ski career, her experience competing at the 2006 Olympics, her experience at the 2010 Olympics as a spectator and reporter, as well as the value of pursuing athletic excellence and the importance of goal-setting.

Video and images will be included in her presentation, making it an engaging and inspirational hour and a half. Young athletes will hopefully enjoy and benefit from seeing this presentation. This is a rare and special opportunity for developing athletes to get a closer look at what it takes to become an Olympian.

The schedule is:

Click on each library link for directions

<u>-Kirkland Library</u>	Thursday	March 11	7pm
<u>-Covington Library</u>	Wednesday	March 17	7pm
<u>-Bothell Library</u>	Thursday	March 18	7pm
<u>-Auburn Library</u>	Friday	March 26	4:30pm
<u>-Federal Way 320th Library</u>	Wednesday	March 31	7pm
<u>-Bellevue Library</u>	Tuesday	April 6	7pm

Information about the program can be found at the KCLS website at: <http://www.kcls.org/manyvoicesoneland/> To find information about her particular series, you have to scroll down towards the bottom of the page to "The Olympics."

www.libbyludlow.com