

## Amy Charity had a dream, the drive, and the will to give it a shot.

When Amy Charity was a kid she loved sports. Little did she know that at the age of 34, she would drop everything and launch a career in bike racing. She was married; had a solid group of tight-knit friends; loved where she lived; and held an incredible job with a promising future. However, she was willing to risk it all to pursue her dream. A dream that would take her and her bike globally over the next few years and capture a national title.

Within *The Wrong Side of Comfortable* is Amy's inspiring journey of transforming her life to pursue a dream of becoming a professional bike racer. At times, the pain in her heart, legs, lungs, and head was indescribable. Yet she persevered ... she had a dream and a vision for herself.

Throughout her pursuit, there were unbelievable heart-wrenching low points and euphoric high points. Those points revealed and carved life lessons:

- strategies for taking risks
- maintaining relationships
- adapting in the most challenging circumstances
- embracing the core of maintaining integrity
- living the power of belief

Amy's story is a model for everyone to follow. She is driven, intelligent and an extremely hard worker. All keys to success in sport and in life.

—Eric Kenney, coach  
Boulder, Colorado



Amy Charity is a professional speaker, combining her background in banking and finance with her skills of team building. Her experiences deliver an intense understanding of teams, team building and doing the impossible. She knows how to optimize performance in both personal lives and the workplace.

Amy raced for the US National Team, held a national title in the Team Time Trial and raced in the World Championships in women's cycling.

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The Wrong Side of Comfortable

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# The Wrong Side of Comfortable

Chase your dream.  
Discover your potential.  
Transform your life.

Amy Charity

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