**Lance Armstrong: A Morning with Lance Armstrong**

Lance Armstrong the former winner of seven straight Tour de France cycling races and cancer survivor who was later stripped of his titles after finally admitting (in an interview with Oprah Winfrey) to using performance-enhancing drugs.

Lance joined the stage with Doctor David Eifrig who brought up his idea of “man vs. machine.” Lance noted that once he started with a sport, initially swimming then track and cross country then leading to cycling, once he started to have traction and a taste of success it drove him to continue to push through.

He mentions that the process is the most important part of everything. Once you get to the big stage, after months and months of preparation his initial thought was always, who put all of these people here. The process important and that mindset helped him in many ways in an out of the sport.

Lance then speaks about his testicular cancer diagnoses that occurred in October of 1996. He had a dozen golf ball sized tumors in his lungs. However, by maintaining his mentality that he had developed as an athlete, you could see the scans getting better, meaning he was “putting numbers are on the board.”

Moving forward, Lance discusses his work with the Livestrong organization in which he founded. The foundation is raises funds for cancer survivorship. He emphasizes that the idea that we will end cancer in our lifetimes won’t happen. Many folks look past survivors which is why that level of the disease was chose.

Lance notes that while most of his wounds were self-inflicted, some hurt more than others. After winning the Tour de France, donations really started rolling into the foundation. The organization was faced with the decision to lean-into or lean away from their founder when one of the largest controversies in the history of sports erupted after he admitted to using performance enhancing drugs. The organization decided to lean away. It was difficult to watch the organization become a shell of itself, but it wasn’t Lance’s to make.

Lance closes by telling how the experience of going hero to zero led him to find therapy and having bouts of post traumatic stress disorder (“PTSD”). He again mentioned that they process was the most important part to him during this time. PTSD can touch anybody not just soldiers or individuals in war. Lance considers his consistency and willingness to dig in and break everything down to be wildly successful.