

Marshall Ulrich – Endurance King

Marshall Ulrich, 58, is the only person in the world to complete the *Triple Crown of Extreme Sports*: world class ultra runner, Seven Summits mountaineer, and record setting adventure racer. His specialty is competing in extreme conditions including desert and adventure racing, as well as mountaineering. Marshall has:



- ◆ Completed 121 ultra marathons averaging over 100 miles each.
- ◆ Reached the summit of each of the Seven Summits, including Mount Everest, *all on first attempts*.
- ◆ Competed in all nine Eco Challenge adventure races – something only two other people in the world have done – and has completed 12 expedition-length adventure races.
- ◆ Crossed Death Valley a record 21 times, including a solo and 586-mile quad crossing.
- ◆ Completed a 3,063-mile run across America, equal to 117 marathons in 52.5 days, breaking the Masters and Grand Masters record; the third-fastest crossing *ever* on the San Francisco to New York City route.
- ◆ Won the Badwater 146-mile race from minus 282 feet to the 14,494-foot summit of Mount Whitney a record 4 times – and still holds the record to the summit.
- ◆ Finished a record 15 Badwater146 ultra marathons.
- ◆ Completed the Leadville Trail 100 and Pikes Peak Marathon on the same weekend – a feat no one else in the world has achieved.
- ◆ Completed all six 100-mile trail races, finishing top-10 in five of them, in the same year – and was the first person ever to do so (in 1989).
- ◆ Won two silver medals in the national 24-hour championships, with a PR of 142 miles.

Marshall is an experienced public speaker including motivational, business-oriented, technical/training, and entertaining presentations for numerous businesses, universities, sports teams, professional conferences, outdoor retailers and organizations, fundraising events, training clinics, and public and school groups.



Marshall holds a B.A. in Fine Arts from University of Northern Colorado and is a successful business owner. Immediately after college, he started and developed a successful business, managed the business for 25 years, and remains a stockholder in the corporation.

Marshall has raised over \$ \$839,500 for various charities, including the Religious Teachers Filippini, a small order of Sisters that promote the dignity of women and children in some of the poorest countries in the world – and here at home – by providing an education to those who previously had limited opportunities and choices in their lives. More than that, the Sisters also help provide the necessities of life: water, food, shelter, and clothing. Marshall believes that in fulfilling their mission to “Go and Teach” the Sisters are doing the real work of peace and justice in our world.

Marshall is the proud parent of Elaine 31, Taylor 26, and Alexandra 19. He and his wife, Heather, live near Idaho Springs, CO.

For more information about Marshall please go to his Web site at www.marshallulrich.com.