

Marshall Ulrich (b. July 4, 1951) is an ultrarunner, mountaineer, and adventure racer who shares his extreme athletic experience and expertise with others through public speaking engagements, magazine articles, books, training camps, and expeditions. He's been featured in major media, including top news programs, adventure TV shows, and full-length film documentaries.



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Endurance Athlete

Considered an “Endurance King” by *Outside* magazine, Ulrich’s specialty is competing in extreme conditions. He has climbed Mount Everest, crossed Death Valley (on foot, in July) a record 22 times, completed the Seven Summits all on first attempts, finished more than 100 ultramarathons averaging over 100 miles each, and is one of only three people in the world to have competed in all nine Eco-Challenge adventure races. He has raced and climbed in Antarctica, Argentina, Australia, Borneo, British Virgin Islands, Canada, China, Egypt, Eritrea, Fiji, France, Ireland, Italy, Mexico, Morocco, Nepal, New Zealand, Russia, South Africa, Switzerland, Tanzania, Tibet, Tunisia, and Vietnam.

- At the age of 57, Ulrich broke two transcontinental speed records when he ran 3,063.2 miles in 52.5 days from San Francisco to New York.
- He holds the record for completing the Badwater 146 (a longer precursor to the now 135-mile race) through Death Valley and to the top of Mt. Whitney.
- He’s run the Death Valley course more times than anyone else, including a fully unaided solo crossing and a 586-mile “quad” run.
- He completed the Leadville Trail 100 and Pikes Peak marathon on the same weekend, a feat no one else has ever achieved.

Author

In addition to numerous articles for trade magazines and contributions to other people’s books, Marshall Ulrich has written a memoir, *Running on Empty* (Penguin, 2011). It captures the raw and fascinating intensity of the extraordinary physical and mental effort required to complete his transcontinental crossing as he attempted, at age 57, to break a record set two decades before by a 28 year old. Equal parts adventure story, personal story, and travelogue, ultimately, the book is about relationships, good and bad, with friends and family; about America and some of its people, places, and history, including the history of ultrarunning; and about defying the age barrier.

Speaker, Trainer and Guide: Dreams in Action

With the company Dreams in Action (DNA), Ulrich offers his services as a speaker, trainer and guide, helping others prepare for and enjoy adventures of their own, regardless of their prior athletic experience. In keynote addresses, breakout sessions, and training courses, Ulrich speaks on topics including active aging, athletics/sports (especially extreme endurance sports), business and finance, competition, goal setting, health and wellness, and travel.

Through DNA and sometimes in partnership with other accomplished athletes, he also leads camps for runners of all abilities and experience levels, as well as guides expeditions in the mountains, deserts, and jungles of the world.

Businessman

In 1974, immediately after he earned a bachelor’s degree in fine arts from the University of Northern Colorado, Ulrich started and developed a business with revenues ranging from \$1 to over \$1.5 million annually, Fort Morgan Pet Foods. He managed the business for 25 years and remains a stockholder in its parent corporation. He also owns and helps manage corporate farms in Colorado.

Philanthropist

Ulrich has raised more than \$850,000 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.