MARK GIBSON

CURIOSITY-AUDACITY-TENACITY

"A highly engaging masterclass in thinking creatively, acting boldly and persevering relentlessly"

Mark Gibson Introduction

Our speaker today has run the height of Mount Everest on the famous Rocky steps in Philadelphia. He has also run the 100-mile length of the Florida Keys in one day, completed a 47-mile double crossing of the Grand Canyon in 24 hours and run ten marathons in ten days during a 275-mile run across Pennsylvania.

On a bicycle he has ridden a 5,000-mile loop around Europe, a 3,400-mile coast to coast adventure from Santa Cruz to the New Jersey shore, a 2,700-mile mountain bike race down the Continental Divide from Banff, Canada to the Mexico border and an 1,800-mile ride along the Pacific coast from Vancouver to San Diago.

He also completed a 600-mile expedition from Washington DC to Ottawa, Canada on a skateboard despite not having ridden a skateboard since he was a teenager. His son talked him into that one.

But don't worry… Mark is not here today to recruit anyone for his next skateboard trip. However, he is here to encourage everyone ask themselves some very simple and yet life-changing questions.

> *"What fun, scarry, and fascinating opportunities am I letting slip away every day and how can I turn that around <u>today</u>?"*
>
> In other words… *"What is my 600 mile skateboard trip?"*

Please welcome… Mark Gibson