

## Colin O’Brady

Pro Endurance Athlete, 5x World Record Holder, and First Person to Cross Antarctica Solo, Unsupported and Unaided

Colin O’Brady is professional endurance athlete and a foremost expert on mindset. He is a five-time world record holder and former professional triathlete, Yale University graduate, author, and highly sought-after public speaker. Incredibly, his world records only came after his life was tragically derailed by a fire in Thailand, leaving him so badly injured that doctors warned he might never walk again normally.

O’Brady grew up exploring the mountains of the Pacific Northwest and cultivated a passion for adventure in the outdoors. His success swimming in Oregon led him to Yale University. After years as a professional triathlete, he returned to his first love – the mountains. In 2016 O’Brady conquered the speed records for the Explorers Grand Slam and Seven Summits, a global mountaineering challenge to climb the tallest mountain on each continent including Mt. Everest and ski to the North and South Poles. In 2018 Colin shattered the speed record for the 50 High Points Challenge when he summited the tallest point in each of the 50 U.S. states in just 21 days.

On December 26, 2018 O’Brady became a global media sensation when he became the first person in history to complete what was considered impossible. He crossed the landmass of Antarctica solo and completely man-powered, unaided by kites or resupplies. He accomplished the feat in 54 days, covering more than 930 miles along the way, including a heroic 77-mile, 32-hour push without sleep to finish the crossing. Throughout the nearly two-month journey, O’Brady never took a full day off. The New York Times called O’Brady’s most recent success “one of the most remarkable achievements in polar history.” Colin shares his jaw-dropping story from triumphant recovery to record-setting crossing of Antarctica in his book, *The Impossible First: From Fire to Ice – Crossing Antarctica Alone*.

In December 2019, Colin achieved yet another world record – the world’s first human-powered ocean row across Drake Passage, from the southern tip of South America to Antarctica. In just a few weeks, he along with five other athletes completed the journey, documented live by Discovery Channel through a 14-part series entitled *The Impossible Row*.

As one of America’s most experienced endurance athletes and an inspiring entrepreneur, O’Brady embodies what it means to overcome obstacles, dream big, set goals, conquer mindset, unlock potential, and never give up.

Colin uses his athletic pursuits and platform to fuel his charitable work. His non-profit Beyond 7/2 works to inspire others to unlock their potential, lead active and healthy lives, and pursue their biggest dreams. His TED talk has been viewed over 1.5 million times.

Colin’s story has been featured across global media outlets including The New York Times, The Today Show, The Tonight Show with Jimmy Fallon, Discovery, CBS Sunday Morning, PBS, HBO Real Sports, Joe Rogan Experience podcast, CNN, NPR, National Geographic, Business Insider, Forbes, The Washington Post, Huffington Post, Men’s Journal, Outside Magazine, Men’s Health, People, Rich Roll podcast, Esquire among many others.