**Introduction**

* Can you imagine running 100 miles in less than 24 hours?
* I can’t!
* Most people I know don’t even like to drive 100 miles!
* Well, today’s guest speaker, Charlie Catalano, has done just that and much, much more!
* In fact, he’s uniquely qualified to speak with us about participating in ultra-endurance events and doing epic stuff.

**Body**

* Charlie was actually born in motion on the autobahn in Germany and has remained in motion ever since, having:
  + Completed 10 triathlons, including 3 IRONMAN races; 33 marathons; 14 ultra-marathons; and 2 duathlons
  + Bicycled 160 miles across Indiana in 1 day and run a 200-mile relay across Florida in 2 days
  + Run 100 miles from Jacksonville, Florida, to Daytona, Florida, in just under 24 hours, and
  + Run 100 miles from Key Largo to Key West in just over 27 hours, raising $5K for Diabetes Training Camp along the way
* What’s more, Charlie’s a certified coach with Road Runners Club of America and a volunteer running and cycling coach with [Diabetes Training Camp](https://diabetestrainingcamp.com/).

**Conclusion**

* It’s my understanding that after today’s class he’ll be organizing a group run for us.
* Who’s in?
* With that, please join me in giving a rowdy Boiler Up welcome for today’s guest speaker and ultra-endurance athlete, Charlie Catalano!

**Word Count:** 210

**Time:** 1:30ish – 1:45ish depending upon rate of speech