



INTRODUCTION BEFORE ERIC PRESENTS

Eric McElvenny (MAK-el-VE-nee) is a lucky husband and proud father of three. He had the privilege of serving 7 years in the United States Marine Corps after graduating from the United States Naval Academy in 2006. While on his final military deployment, an opportunity to serve in Afghanistan, Eric was wounded during combat operations. This injury led to a new journey into triathlon racing.

Eric looks forward to sharing his story from the military to the finish line and the habits we can use to embrace life's challenges. When not training and speaking, Eric can be found with his family in Pittsburgh, Pennsylvania.