



ERIC McELVENNY  
Inspire

## **BIO**

Eric McElvenny is an engaging communicator and an expert in teaching resilience.

In 2006, Eric graduated from the United States Naval Academy, preparing to serve as a Marine Corps Infantry Officer. Eric was injured on a deployment to Afghanistan after stepping on an IED. The blast resulted in the amputation of his right leg. This injury marked the beginning of a new journey.

Determined to overcome his physical challenge, Eric made a promise to himself to finish an Ironman Triathlon. He went on to complete nine Ironman distance triathlons, including the prestigious World Championships in Kona, Hawaii. Eric went on to become a two-time Paralympian proudly representing the United States in both Tokyo, 2021 and Paris, 2024.

Throughout this journey, Eric discovered that the adversity he faced and the strategies he employed to cross his finish lines could be applied to the challenges we all encounter in life. When not training, racing, or inspiring others, Eric can be found with his wife and children in Pittsburgh, Pennsylvania.

For more info, check out [www.ericmcelvenny.com](http://www.ericmcelvenny.com)