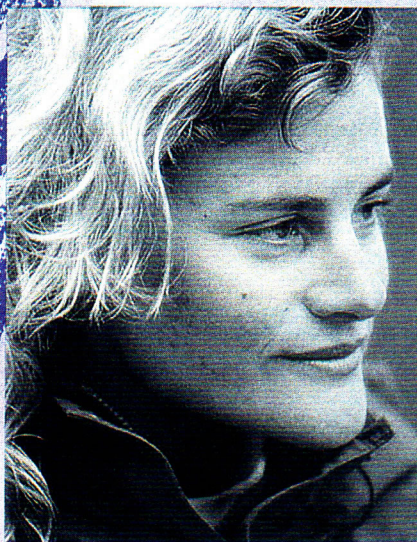


## featured speaker

"Robyn has a singular energy which she transmits to her audience allowing them, at least vicariously, to 'live' what she has experienced. Her story is a call to action to be more active, at whatever level, in the great outdoors."

Lee Plessner Smith  
Marketing Manager,  
Performance &  
Boots Timberland



### Robyn Benincasa

**Robyn** began her career as an athlete at the age of 9 competing in gymnastics. In high school her excellent scholastic achievement and competitive athletic ability in gymnastics, track, and springboard diving earned her a full scholarship to Arizona State University. Four years later, she emerged with a B.S. in Marketing, a Pac-10 Championship win, and honors as the 'ASU Female Student Athlete of the Year'.

Between 1991 and 1993 she completed 6 Ironman races (2.4 mile swim, 112 mile bike, 26.2 mile run), with three consecutive top 5 finishes in her division at the World Championships in Kona, Hawaii.

Since then, Robyn has achieved recognition as one of America's most successful adventure racers. In 1994, she and four other pioneers became the first all-women's team from the U.S. to finish what is considered the toughest multisport race in the world, The Raid Gauloises. Her team finished the 10-day race as the top U.S. team, trekking 300 miles through the jungles, rivers and caves of Borneo, Malaysia. In 1995, she captained her own four man, one woman team, sponsored by Nike ACG, to an incredible second place finish in the inaugural Eco-Challenge — the highest placing U.S. team in adventure racing history. Another Raid Gauloises in 1995 and two more Eco-Challenges cemented Benincasa's place in an elite group. In Ecuador in 1998, Robyn Benincasa re-wrote extreme sports history again twice — as the first U.S. female athlete and as part of the first U.S. Adventure Racing Team, Eco-Internet, to ever win The Raid Gauloises.

Robyn also travels the world as a Co-Host on the PBS outdoor show "Trailside: Make Your Own Adventure", and teaches at Colorado Adventure Training Center. In addition, Robyn is focusing on her other love, the sport of Judo. In May 1998, she won the Gold Medal in her division at the National Championships, earning her a spot on the U.S. National Judo Team and bringing her even closer to her dream of competing in the 2000 Olympic Games.

### TOPICS

#### Building World Class Teams

World Class Teams are only successful when team members share both the physical and mental challenges of working together as a unit. When individuals join together and turn their sights toward achieving a common goal, it's amazing what they can accomplish.

The focus of "Building A World Class Team" is on endurance, individual and team motivation, competition, support, and acknowledgement of personal needs! Sharing leadership roles, and recognizing the often unspoken needs of team members. All of these areas are also what makes today's corporate team a success.

Using the metaphor of extreme sports, learn how to work more effectively as a World Class Team, understand the importance of 'dynamic role changing', accept new challenges with confidence, and execute your World Class Team Plan to reach your vision!

#### Mamas Please Let Your Babies Grow Up To Be Athletes Why and How to Nurture the Athlete in Our Little Girls

Participating in athletics is a great place to start in providing a strong foundation for the challenges of the future. Girls that pursue athletics have some very positive character traits and skills in common. They display: a strong sense of self-confidence, success in the classroom, excellent time management skills, and fewer disciplinary problems that could interfere with their goals. Learn how to raise our girls to be the strong, confident and capable women they deserve to be!