

“Within the arduous journey of endurance sports the strong mind can step forward to harbor and nurture goals. In this nudging, we are offered opportunities to witness new faces of selves to whom we had not previously been introduced.”

Terri Schneider

About Terri Schneider

Renowned adventure racer, triathlete, and ultrarunner Terri Schneider is highly acclaimed as a top female multi-sport endurance athlete and as an inspirational and sought after speaker, author, and coach. She raced as a world-class professional triathlete for twelve years and an elite international adventure racer since the sport's inception in the U.S. in 1995. Terri has shared her personal experiences, research, and expertise through her work as a coach and, as the invited speaker at a long list of events as well as with national and international audiences on the Discovery Channel, USA Network, high-profile talk shows, news segments, and in popular fitness and outdoor publications.

Terri earned her Masters degree in Sports Psychology with an emphasis on team dynamics and risk taking and her Bachelor of Science degree in Exercise Physiology. Known for her charismatic speaking style, Terri draws on her advanced scholarship as well as her extensive athletic experience to create dynamic, informative, and often life-changing presentations on topics such as team building, motivation, risk taking, goal setting, and leadership. She has been a featured speaker for various organizations including market-leading corporations such as Tyson Foods, Wal-Mart, and Seagate.

Terri co-authored *Triathlete's Guide to Mental Training* and contributed to two additional books: *Applying Sport Psychology: From Researcher and Consultant to Coach and Athlete* and *The Thrill of Victory the Agony of My Feet: Tales from the Wild and Wonderful World of Adventure Racing* (all due out in 2005). In addition to her speaking, and writing she offers coaching, online training, and sport psychology consulting for endurance athletes.

Terri's competitive record in multi-sport and endurance events spans over 30 countries and is as impressive as it is endless, but here are some of the highlights. In the first stage of her athletic career, Terri achieved the ultra-elite status of 2nd ranked woman in the international field of Ironman Triathlon competitors. She completed an unbelievable 22 Ironman Triathlons, which, among other outstanding finishes, included three top 5 finishes at the sport's most prestigious event, the Hawaii Ironman Triathlon World Championships.

Since 1995, Terri has put her years of physical and mental conditioning and her expert motivational and team-building skills to the ultimate test in the extreme sport of adventure racing. A multi-sport and often multi-day endurance event, adventure racing blends a variety of sports such as kayaking, horseback riding, mountain biking, trekking, mountaineering, canoeing, and rafting. The events chosen are dependent upon the venue. The non-stop wilderness navigating, lack of sleep, and constant physical and mental strain requires tremendous team strategy; teams must finish the race together.

Terri has competed in seven Eco-Challenge Expedition Competitions, the Mild Seven Outdoor Quest in China, the ESPN X-Games Adventure Race, the Raid Gauloises in Tibet and Nepal, La Ruta de Los Conquistadores a multi-day mountain bike race across Costa Rica. She has also raced several 50 to 100-mile endurance runs including several times the Western States 100, the Wasatch Front 100 and The Coastal Challenge, a seven-day running stage race along the Pacific Coast of Costa Rica.

In addition to her training and racing, Terri has coached hundreds of athletes from around the country in both daylong and multi-week sport clinics held in central California. She has organized and hosted dozens of seminars and sponsor-promoted events internationally for multi-sport athletes. She has served as an instructor at the Eco-Challenge Adventure School, Cal Eco Adventure Race Training, and the Big Blue Adventure Series Camp. She developed and was head coach for the Team in Training Adventure Racing Program through the Leukemia and Lymphoma Society. As a coach for over 20 years, she is an expert at helping individuals and teams create their own authentic vision and reach their potential.

In addition to sport psychology consulting, coaching, writing, and speaking, Terri hosts her own training clinics and has developed EnduranceOnline Training™.