



# MARTINUS EVANS

Author, Speaker & Elite Long Distance Runner

## STAGE INTRO

### START

- Our speaker today is the inspiring Martinus Evans.
- Martinus is an 8-time marathoner who has defied the odds, running marathons despite being told it was impossible. As the founder of the Slow AF Run Club, Martinus has built a global community of runners who embrace the journey, no matter their pace or size.
- Martinus is not only an accomplished athlete but also a dedicated health advocate, motivational speaker, and best-selling author.
- His powerful message of resilience and determination has resonated with audiences around the world.
- He's been featured in over **250 media outlets** including: Good Morning America, The Today Show, The New York Times, Men's Health, ESPN, NPR, and the Wall Street Journal just to name a few. Furthermore, he was named Change maker of the year by Well+Good and Outsider of the year by Outside Magazine
- Please help me welcome the unstoppable Martinus Evans!

### END