



KATIE SPOTZ

PRESS KIT

THIS IS KATIE

World **Record Breaking**
Endurance Athlete &
Safe Water Activist



Katie is an endurance athlete, charitable ambassador, author, and world-record holder. 34-year old Katie Spatz, from Cleveland, Ohio, describes herself as having been the “benchwarmer” throughout her life. However, there came a time when she made a discovery: you don’t have to be extraordinary to achieve incredible things. And she set about achieving them, one by one.

The list of accomplishments to Katie's name is long, and includes five ironman triathlon, cycling across America, a 325-mile river swim, running across deserts and a solo row across the Atlantic Ocean. But this wasn’t just any row; when Katie arrived in Guyana, South America, after 70 days at sea, she set a world record for the youngest ever solo ocean rower and first American to row from Africa to South America, some of many records to her name.

CHALLENGES

Redefine Possible



RUN4WATER: KATIE SET NEW WORLD FEMALE RECORD FOR THE "MOST CONSECUTIVE DAYS TO RUN AN ULTRA MARATHON DISTANCE" BY RUNNING 11 ULTRA MARATHONS IN 11 DAYS (2021) RAISING \$44,000 TO FUND 11 WATER PROJECTS IN UGANDA.

RIDE4WATER: SPOTZ CYCLED 360-MILES ALONG THE COASTLINE OF MAINE TO FUND CLEAN WATER PROJECT IN UGANDA (2021).

RUN4WATER: 1ST PERSON TO RUN 138-MILES NONSTOP ACROSS THE STATE OF MAINE IN 33-HOURS (2020) RAISING \$26,000 FOR CHARITY.

RUN4WATER: 1ST WOMAN TO RUN NONSTOP ACROSS VERMONT IN 13 HOURS AND 1ST WOMAN TO RUN NONSTOP ACROSS NEW HAMPSHIRE IN 11 HOURS (2020).

TOUR OF NEW ZEALAND (2019/2015): COMPETED IN 7-DAY, 700KM STAGED RACE ACROSS THE NORTH AND SOUTH ISLAND OF NEW ZEALAND WITH 150 OTHER CYCLISTS FROM AROUND THE WORLD.

ERIE MARATHON: IN SEPTEMBER 2018, KATIE ONCE AGAIN QUALIFIED FOR THE BOSTON MARATHON FINISHING THE 26.2 MILE RUN IN 3 HOURS 27 MINUTES.

IRONMAN LOUISVILLE (2017), **IRONMAN TEXAS** (2016), **IRONMAN CHATTANOOGA** (2015), **IRONMAN LOUISVILLE** (2014).

EAGLE UP 24 HOUR RUN: IN JUNE 2017, AFTER 19 HOURS AND 53 MINUTES, KATIE PLACED 2ND OVERALL FEMALE IN THE 100-MILE DISTANCE.

PISTOL ULTRA (2017): STARTING ON NEW YEARS EVE AND FINISHING ON NEW YEARS DAY OF 2017, SPOTZ PLACED WITHIN THE TOP 10 OVERALL FEMALE IN THE 100-MILE DISTANCE.

CHALLENGES

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CLEVELAND TRIATHLON: In July 2015, Spotz took 1st place as the overall female winner in the Olympic-distance race.

REV3 FULL TRIATHLON (2013): 1ST PLACE IN DIVISION AND 2ND PLACE FEMALE IN 2.4-MILE SWIM, 112-MILE BIKE, AND 26.2-MILE RUN IN 10 HOURS 48 MINUTES.

BUFFALO MARATHON (2015): IN MAY 2015, SPOTZ QUALIFIED FOR THE BOSTON MARATHON WITH A TIME OF 3:27 AT BUFFALO MARATHON AND PLACED 3RD IN HER AGE-GROUP.

RIDE4WATER (2011): COMPLETED RACE ACROSS AMERICA IN 7 DAYS WITH TEAM, RAISING \$25,000 FOR CHARITY ALONG THE WAY DESPITE BREAKING PELVIS.

600K BREVET (2011): COMPLETED CYCLING 375-MILES NONSTOP COVERING 20,000 FEET OF CLIMBING.

ROW FOR WATER (2010): SPOTZ SET THE WORLD RECORD AS THE YOUNGEST PERSON TO ROW SOLO ACROSS THE ATLANTIC OCEAN, ROWING 3,038 MILES FROM WEST AFRICA TO SOUTH AMERICA.

SWIM FOR WATER: IN AUGUST 2008 (AGE 21), SPOTZ BECAME THE 1ST AND ONLY PERSON TO SWIM THE ENTIRE 325-MILE LENGTH OF THE ALLEGHENY RIVER – SWIMMING 12 TO 15 MILES A DAY, 6 TO 8 HOURS A DAY FOR A MONTH.

BIG RIDE ACROSS AMERICA (2006): CYCLED 3,300-MILES ACROSS AMERICA, AVERAGING 85 MILES A DAY FOR 40 DAYS.





HER MISSION

Throughout her adventures, Katie isn't just seeking to make history. She is also raising money for a cause she cares about—providing access to clean drinking water to everyone in the world. Along the way, Katie has **helped more than 30,000 people** have gained access to clean water in Haiti, Honduras, Guatemala, Nicaragua, India, South Africa, Tanzania, Uganda, Nigeria, Kenya, and the USA. To date, more than \$300,000 has been raised and a total of 75 projects funded since 2010. Katie's goal is to raise \$1 million for water projects, giving kids a chance to stay in school and get an education instead of fetching water all day.

Katie is continuing to raise awareness of the plight of the billions around the world suffering from a lack of safe drinking water, as an Ambassador for H2O for Life, a non-profit that provides a service-learning opportunity for schools to raise awareness about the water crisis while taking action to provide funds for water, sanitation and hygiene education for a partner school in a developing country.

HER MESSAGE

Redefine Possible

Katie has shared her message to more than 150,000 students across America and has spoken all over the world on stages in 7 countries. Katie's combination of energy, humor, determination, and achievements captivates her audience and creates an inspirational and awakening phenomenon for all. Katie's story of reaching new limits is one every student, teacher, professor and individual can relate to. She is an ordinary woman, whose extraordinary personal story will make you laugh, cry, reflect, and leave you inspired to reach higher.



3x

TEDx

MEDIA

Katie Spatz has appeared on some of the biggest media outlets around the globe with millions enthralled by a young woman achieving the extraordinary, despite not being a traditional athlete.





AWARDS

US COAST GUARD

Elite Athlete of the Year Award



GLAMOUR MAGAZINE

Woman of the Year Award

GLAMOUR

AMERICAN RED CROSS

Hero Award



**American
Red Cross**

CLEVELAND MAGAZINE

Most Interesting Person of the Year Award

**Cleveland
MAGAZINE**

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TALKING POINTS

To inspire others to reach their own potential and to encourage others to help others reach their potential through providing access to clean water.

- Katie is an unlikely adventurer. Before she become a world-record breaking endurance athlete, Katie first needed the courage to get off the bench despite being a self-proclaimed bench-warmer.
- Katie has experienced 30-foot waves, fires, and extreme isolation while rowing the Atlantic, a cycling accident resulting in a broken pelvis, and has overcame hallucinations, lost toenails, and edema from ultra running. Her faith in God and clean water mission enable Katie to tackle seemingly impossible feats.
- You don't need to be extraordinary to achieve incredible things. Katie considers herself as—just an 'ordinary person, who had a dream, worked hard at it and proved that anything really is possible'.
- 785 million people lack basic access to clean and safe drinking water. That's nearly 1 in 10 people worldwide. Or, twice the population of the United States. Katie is inviting others to join the mission to change that.
- Clean water changes everything. Clean water gives children the opportunity to attend school and get an education. With education, communities are able to raise up strong leaders, making it possible to break the cycle of poverty and allowing future generations to improve their quality of life.

LINKS

PHOTOS

Link to head shots, action shots, and photos of the charity can be found here:

<https://www.flickr.com/photos/katiespotzfoundation/albums>

Please give photo credit when using photos. Name of photographer listed in each photograph.

VIDEO

Video, Running:

- By the Leighton Co.: <https://youtu.be/AEsmT7GmGqA>

Video, Cycling:

- By Levi's: <https://youtu.be/UVCU3gLuJuM>

Video, Rowing:

- By Katie Spotz: <https://youtu.be/q8rucmucafE>
- By AP: <https://youtu.be/3zqo1iJ9zpY>