



LYNNE COX

ATHLETE

Lynne Cox is an American long-distance open-water swimmer, motivational speaker, and author. Over the course of more than 35 years, spanning a period equal to 8 Olympic Games, Lynne accomplished swims setting world records, opening borders, contributed to medical research, supported environmental causes, and inspired people to pursue their dreams.

Cox is best known for her swim across the Bering Strait on 7 August 1987. The swim opened the border between the US and Soviet Union. Both US President Ronald Reagan and Soviet leader Mikhail Gorbachev hailed her accomplishment at the signing of the INF Missile Treaty at the White House. She twice held the overall record for the fastest crossing of the English Channel from England to France – achieving her first record as the youngest and fastest in 1972. She was the first to swim across the Strait of Magellan, around the Cape of Good Hope, across the Strait of Gibraltar, across Lake Baikal, Lake Titicaca and the Beagle Channel. Her 2002 1.2 mile swim in Antarctica broke boundaries and contributed to medical science. Overall, Lynne has completed over 60 swims around the world, and setting records.

As a world-class athlete, Lynne has championed the sport of open-water swimming, advocated for Title IX, and managed the U.S. women's water polo and led efforts to establish women's water polo as an Olympic sport.

AUTHOR

Lynne's books have documented her extraordinary athletic accomplishments (*Swimming to Antarctica*), chronicled her inspirational adventure saving a baby grey whale (*Grayson*), documented the world of exploration (*South with the Sun*), and shared her 40-years of expertise with her fellow athletes (*Open Swimming Manual*). Lynne's first children's book (*Elizabeth, Queen of the Seas*) tells the story of beloved elephant seal who was adopted by the people of Christchurch, New Zealand. Her sixth book (*Swimming in*

the Sink) was published in September 2016 and in paperback in June 2017, telling more of Lynne's inspirational stories.

SPEAKER

Lynne is a gifted speaker, sharing her inspirational story around the world. She motivates audiences by describing how one can overcome extraordinary obstacles by taking risks, working with teams, and ultimately achieving the impossible. Building on her experience. She has been a featured speaker at such diverse forums as TEDx, Chicago Talks, Google Talks, Google/YouTube, and for associations, corporations, universities, and small audience events.

Lynne leverages her athletic accomplishments and her writing to establish a unique and fascinating connection with each audience – shaping her presentation to meet the needs and aspirations of each group.

AWARDS AND RECOGNITION

Lynne is recognized for her athletic accomplishment – and how each contributed to something more than just sport. Among her awards are Los Angeles Times Woman of the Year, Glamour Magazine Woman of the Year, University of California Santa Barbara Award for Courage, and induction into the International Swimming Hall of Fame,

Lynne is featured in the documentary film *Fishpeople*, produced by Patagonia.

In the past year, Lynne has published editorials in *The New York Times* and the *Washington Post*.

Her books have received notice including recognition as a *The New York Times* and *Boston Globe* best seller, and the Alex Award from the American Library Association. Grayson has been translated into 22 languages. *Swimming to Antarctica* is published in 6 languages.

A Russian cape on the shores of Lake Baikal and asteroid 37588, part of the chain of pearls, bears her name.

Today Lynne lives in Southern California where she swims, writes, and works on inspirational projects.

