



## 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 and opening borders, contributed to medical research, supported environmental causes, and inspired people to overcome great obstacles.

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. Her accomplishment was hailed by both US President Ronald Reagan and Soviet leader Mikhail Gorbachev 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 – 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. Lynne has completed over 60 challenging swims around the world.

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

### AUTHOR

As an author, Lynne’s books have documented her extraordinary athletic accomplishments (*Swimming to Antarctica*), chronicled her inspiring 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 Water Swimming Manual*). Her most-recent book (*Elizabeth, Queen of the Seas*) is for children and tells the story of a beloved elephant seal who was adopted by the people of Christchurch, New Zealand. Her sixth book (*Swimming in the Sink*) will be published on September 6, 2016, 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 to achieve great things. Building on her experience, Lynne emphasizes the critical importance of preparation, training, planning and, above all, teamwork. She has been a featured speaker at such diverse forums as TEDx, Chicago Talks, Google Talks, and for corporate, university, and small audience events.

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

## **AWARDS**

Lynne is recognized for her athletic accomplishments – 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.

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, bear her name.

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

