

## **Mike Murphy - Denver, Colorado**

Michael Murphy is a motivational speaker, adaptive athlete and writer. His journey began in April 2007 when he fell off a roof in college, broke his back, and was paralyzed. He was 21. Michael then had to adapt to life in a wheelchair over a long rehab process to find his “new normal” and return to school. Despite his accident, Michael kept the competitive spirit that had led him to playing both football and baseball in college. In 2008 he found a new passion when he was introduced to handcycling and adaptive sports. His first race was the Marine Corps Marathon that year when he teamed up with The Christopher and Dana Reeve Foundation to raise money for spinal cord research. Michael has since helped to raise more than \$50,000 for a cure. Today, Michael is an 11-time marathoner with top-5 finishes in New York and Boston. He was also featured on NBC after completing two Tough Mudder competitions in 2012 and 2013 with the help of his teammates and an off-road handcycle. Michael received a Bachelor’s degree in History from Randolph Macon College in 2008 and a Master’s in American Military History from George Mason University in 2012. From Northern Virginia, he now resides in Denver, Colorado, with his wife Casey and German Shepherd pup, Gunner. Michael trains with the NSCD three days a week in hopes of making the U.S. Paralympic Ski Team.