



Breakfast of Champions

THANKS Food Bank Benefit

Thursday July 22, 2021 at 6:30 am PDT

USA Professional Swimming National Championships



World Class Swimmers National Champions Olympic Champions Hall of Fame

Zane Grothe professional swimmer from Bloomington Indiana.

USA Olympic Silver Medalist **Josh Prenot in the Rio Games.**

What does it take to be a world class Swimmer? Find out how you can maximize your potential in the swim from World Class Athletes. What type of breathing gives maximum performance? We will discuss different types of swim gear. What type of liquids and foods do athletes use during, after and before swim events? SammamishRunning.com [REGISTER](#)

Live Stream Event Thursday July 22, 2021 at 06:30 am PDT to Benefit the Bellingham Food Bank. Host and Moderator Mic Brisbois with opening remarks from former Bellevue Mayor Conrad Lee. Sign up today!

Peak Performance

National Championships

Fastest Times

Michele Graglia is a former top model and is currently one of the world's top ultra-runners. Since 2011, he has competed in over thirty ultramarathons all over the world, often winning and setting course records. He has set Guinness World Records for his runs across the Atacama and Gobi deserts. His wins in the Yukon Arctic Ultra, with temperatures below -40°F, and the Badwater 135 in Death Valley, with highs above 130°F, made him the first person in history to win both the hottest and coldest foot races on Earth. His motivational speaking has inspired thousands around the world. Michele also studied yoga and meditation in Rishikesh, India, and is an RYT-certified yoga instructor as well as a USATF-certified Running Coach and Sport Nutritionist. From 2016 to 2020 he was a Yoga and Mindfulness coach at the high-end Malibu retreat, The Ashram. Today, he lives in Big Bear Lake, California.



Michele Graglia World's Top Ultra-Runners

Register for today's event at:
SammamishRunning.com

Donate today Bellingham Food Bank:
<https://www.bellinghamfoodbank.org/donate>

Ollan Cassel American Olympian Gold Medalist

Mr. Cassell was an American sprinter in the 1950s and 1960s, winning a gold medal in the men's 4 x 400 m relay at the 1964 Summer Olympics. In his early 30s, Cassell later became the executive director of the Amateur Athletic Union.



Ollan Cassel (705) Gold Medalist Tokyo Olympics '64



Kaia Schmid Professional Cyclist

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