

## Grahak Cunningham

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### *Long distance champion, motivational speaker*

Champion long distance runner, performance specialist and motivational speaker, Australian Grahak Cunningham is a four-time finisher and 2012 champion of the world's longest and most gruelling foot race, the Self Transcendence 3100 Mile Race.

Founded in 1997 to exemplify the possibilities of the human spirit, the Race is held every year on a concrete footpath around an 883 metre block in Queens, New York. Runners are given 18 hours a day, from 6.00 am to midnight, for 51 days, to run a minimum of 60 miles a day (96 km) to complete the distance. This involves circumnavigating the block 5649 times.

In a typical New York summer, temperatures can reach 40 degrees centigrade with 85% humidity. Competitors must use determination, resilience and perseverance to contend with boredom, fatigue, torrential deluges, extreme pain, injuries and sleep deprivation -but most of all, they have to deal with themselves.

The four races are undoubtedly the most difficult things Grahak has done yet they are the most rewarding. It is possible to go beyond our perceived limits-if we dare to try.

Grahak's first race took him 50 days but Grahak averaged 115 km a day for 43 days in his 2012 victory. He received a plastic trophy and t-shirt for his prize but learnt an incredible amount on the journey.

Grahak Cunningham inspires and teaches how to achieve your goals in life, business or sport, from gaining leadership confidence and hurdling difficulties, improving productivity and fulfilment, to pushing yourself beyond your limits in your personal and business environments.

An engaging speaker, Grahak's message inspires runners and non-runners alike.



## Client Testimonials

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Grahak's presentation was first class and he was an inspiration to all attendees. The subject matter covered personal and business goals and he is to be highly commended.

***The Western Australian Business Club***



Grahak's talk on long distance running gave our staff an insight into the way that people drive themselves to achieve difficult goals and push themselves well beyond what they may perceive as limitations. He also made it obvious that a real sense of humour is a necessary aspect of the process. Our staff particularly enjoyed the opportunity to gain such an insight, to be entertained in the way it was presented and to understand how they could apply such dedication to their own lives.

***Lavan Legal***



We engaged Grahak to present his keynote presentation at our Running and Fitness Festival in 2011. It was extremely well received by both staff and athletes alike. His story is quite amazing and he presents in such a down-to-earth manner that it leaves the audience feeling that they too can accomplish incredible goals. Highly recommended.

***Melbourne Running and Fitness Festival***



Grahak's talk was inspiring, funny and in many ways life changing. I don't think I have ever met anyone with so much courage, determination and focus. Nowadays, we all seem to live in a state of distraction. It's hard to focus on any one thing for a long time. But Grahak just kept on running until he conquered that enormous distance of 5,000km - further than the distance from Perth to Sydney. Everyone who listened to his story was in awe of his achievement and came away with renewed energy to take on life's challenges.

***Bennett and Co Commercial Law***

## Client Testimonials

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I highly recommend Grahak as a motivational speaker. He was keen and prompt in his replies. He came prepared with a great presentation and video footage that was well received by the audience. Grahak is a humble, approachable and engaging person who inspires others to achieve their goals they previously may have thought impossible. His messages are valuable and inspirational to runners and non runners alike.

*Kate Somerville, Women in Resources Champion 2011*



Grahak presented his story in a very constructive form and with a clear sense of inspiration. Everyone appreciated his well received presentation answering many questions from the audience. I have no hesitation in recommending him as a motivational speaker as he can inspire runners and non-runners equally with his sense of dedication and focus that we can adapt for our own goals.

*Department of Environment and Conservation, WA.*

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