



**Rulon Gardner** was born on August 16, 1971 in Afton, Wyoming. Rulon is the youngest of nine children born to Reed and Virginia Gardner. Raised on a dairy farm where they grew their own crops and milked cows twice a day, there was never a shortage of work to be done. In school, he struggled with reading speed and comprehension but with the help and support of his family, was able to successfully complete high school and earn a wrestling scholarship to Ricks College in Rexburg, Idaho. From Ricks College, Rulon Gardner received a Division 1 scholarship to wrestle for the University of Nebraska.

Rulon's wrestling career began when he was six years old when he began to compete in an annual wrestling tournament held in Star Valley, Wyoming. He competed throughout junior high and high school and continued until he graduated from the University of Nebraska.

After graduation from the University of Nebraska with a degree in physical education, Rulon continued his wrestling career as he dedicated himself full-time to training for the U.S.A. Olympic team.

When he won the Olympic gold medal for Greco-Roman wrestling at the 2000 games in Sydney, Australia, Rulon became the pride of a nation and a new American hero. In an amazing contest of rookie vs. veteran, and the United States versus Russia, Rulon captivated the world when he took the gold from three-time Olympic gold medalist Alexander Karelin.

Following his victory, Rulon Gardner was named the Sportsman of the Year by the United States Olympic Committee and also received the US Olympic Spirit Award. In 2001, he was given the James E. Sullivan Memorial Award for the nation's top amateur athlete who succeeds in athletic excellence, character, leadership, and sportsmanship. His ac...

## Rulon Gardner

### Speech Topics

- ☐ Sports
- ☐ Personal Growth
- ☐ Peak Performance
- ☐ Overcoming Adversity
- ☐ Olympians
- ☐ Motivation



## Testimonials

"Rulon was an outstanding success at our meeting in Cancun last week. He did a great job. He really played to the audience and they loved him. His warm, open personality and sense of humor were evident both on and off-stage. At the end of the interview, he posed with the attendees while everyone took pictures."

- IBM.

"Rulon was a charmer. He is a very compelling speaker. He comes across as your all American hometown boy. We liked the tennis shoes. Another plus-he recites his presentation without ever going to the podium. His practice makes perfect. He was a hit."

- Mechanical Contractors of America.