

Stan Cottrell 2023 – A Biographical Overview

Introducing Stan Cottrell: *World-Class Ultra-Distance Runner, Mentor, and Good-Will Ambassador to the Peoples of the World, inspiring everyone he meets to reach for greatness.*

Stan Cottrell is a globally recognized distance runner whose passion for running has taken him to incredible heights. With an unwavering dedication to his craft, Stan has established himself as one of the world's most accomplished athletes in ultra long-distance running history.

Consider, at age 80, he has run more than 280,000 miles, has run across 43 countries, including the Great Wall of China, run across the USA three times.



In 2019, he was nominated for the Nobel Peace Prize.

Never resting on his laurels, Currently, Stan is preparing for a **September 22** start date which features the beginning of **a 67 day, 2022 mile run** beginning and finishing at the Georgia State Capitol In Atlanta.

This historic milestone fundraising run for **Vet22**, promises to draw significant national attention to the daily suicide rate of returning veterans suffering from PTSD.

From an early age, Stan displayed an exceptional talent for endurance running. His relentless work ethic and natural ability allowed him to excel, setting new records and inspiring aspiring runners around the world.

Over the years, he has represented his country with pride and consistently achieving remarkable results. His passion to inspire all he meets is infectious.



Running along the route with
82 Airborne Division with 4-star General
Lindsey

Beyond his remarkable achievements on roads throughout the world, Stan's journey as a distance runner is marked by resilience, perseverance, and a deep love to use his unusual gift as a vehicle to inspire others to discover their unique gifts. He has faced countless challenges and setbacks, but his unyielding determination and positive mind-style have propelled him forward, even in the face of adversity.

Recognizing the impact of his success, Stan has become a role model and mentor to aspiring runners of all ages. He is passionate about sharing his knowledge and experience, offering guidance and support to help others unlock their full potential.

Whether it's through coaching sessions, motivational talks, or community engagement, Stan strives to inspire and empower individuals to pursue their dreams and embrace the transformative power of running, faith, and the power of one.

Stan's commitment to excellence extends beyond the track. He actively supports charitable causes, leveraging his platform to make a positive impact on society. From organizing charity races to participating in fundraising events, he demonstrates his belief in the power of sport to bring about positive change.

When he's not training or competing, Stan finds solace in nature and enjoys exploring new running routes around the world. His deep connection with the outdoors fuels a passion for adventure and encourages others to discover the joy of running in captivating landscapes.

Stan Cottrell's remarkable journey as a world-class distance runner is a testament to the human spirit's indomitable nature. His unwavering commitment to his sport, combined with his dedication to inspiring others, make him a true icon in the running community. Whether you're an aspiring athlete seeking guidance or simply in awe of human accomplishments, Stan's story is sure to leave a lasting impression.

Join Stan on his quest for make a difference, and let his inspiring journey motivate you to push your limits and embrace the joy of discovering the incredible power still half asleep within you. As Stan so often says, ***“Not someday, but right now”***.