

## A Finish to Remember

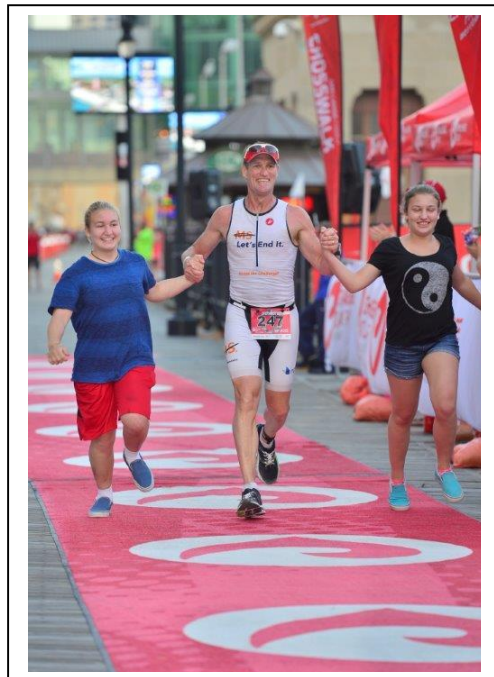
In the summer of 2014, Adam Grant was thoroughly trained for his latest Ironman triathlon that took place in Whistler, Canada. During the event Adam became extremely ill forcing him to withdraw right in the middle. This was devastating for him.

To know Adam is to know a focused, intelligent and determined family man, attorney, and superb athlete who fits everything into his life. Whether he is litigating, advising companies on mobile apps or data security issues, being with his wonderful family or training, everything fits into a carefully executed schedule. You know that old adage that if you want something done give it to a busy person? Well that is Adam Grant.

An Ironman event involves an unbelievable amount of training in order to swim 2.4 miles, bike 112 miles and then run a full marathon of 26.2 miles all within 17 hours. For a glimpse into the physical toughness and mental strength needed to complete an Ironman click here: <http://ow.ly/PiQrJ>

With the complete support of his family, Adam trains for a grueling 22 hours most weeks often getting up at 4:00 am to fit in a quick swim, bike ride or run. As an example of how Adam fits all of this into his life, he can be found riding his bike on a special platform set up at home so he can ride, frequently reading or editing or engaging with his family at the same time. The commitment to this type of training is hard for most of us to even imagine.

On June 28, 2015 Adam participated in the Ironman Challenge Atlantic City. Not only did he complete this grueling Ironman but he came in first in his age group. Congratulations to Adam for this amazing feat.



Here is Adam at the finish line with two of his three daughters proudly at his side. Jenna is on the left and Julia is on the right.