

Courtney Dauwalter

Ultra-Endurance Athlete

Please contact a GDA agent for information.

Topics

- Fitness / Diet / Nutrition
- Inspiration / Achievement
- Sports Related
- Wellness
- Women's Empowerment
- Women's Health & Issues
- Work-life Balance



About Courtney Dauwalter

Courtney grew up in Minnesota where her family, coaches, and teammates helped foster a love for competition and endurance sports like cross-country running and nordic skiing. She raced on the nordic ski team at the University of Denver and found herself running a few road marathons post-college. Her entry into distance running snowballed quickly to 50k, 50 mile, and beyond.

Currently, Courtney is an ultra marathon runner living in Colorado. She was the overall winner of the Moab 240 Mile Endurance Run in 2017, ran 279 miles in the 2018 Big's Backyard Ultra, and has competed in many ultra marathons around the world. Her curiosity for what the human body and brain are capable of is what keeps her heading out the door every day to train.

Select Keynotes

- **Boundary Breaker - Moderated Q&A Talking Points**

What we give ourselves credit for and what our bodies and minds are capable of are two very different things. Courtney Dauwalter explores these possibilities through ultra marathon running, and has found that with a whole lot of persistence and never making excuses, our limits are way beyond what we imagined.

Select Articles

- [INSIDE THE MIND OF ULTRARUNNER COURTNEY DAUWALTER](#)

She runs 200-mile races without flinching and has a dogged unwillingness to give up. Here, Courtney Dauwalter lets us in on the inner workings of her brain at pivotal stages of a recent long-distance victory.

- [How Courtney Dauwalter Won the Moab 240 Outright](#)

The 32-year-old gapped second place (and first male) by 10 hours.

- [Former Minnesotan takes the pain as she scales ultra running's mountaintop](#)

Courtney Dauwalter, who grew up in Hopkins, won the Moab 240 in October by 10 hours. Her mental gifts might be the real game-changer.

- [Meet The Unknown Woman Taking The Ultra World By Storm](#)

Courtney Dauwalter leapt onto the podium of some of the toughest races in North America and is beginning to make a splash.