

## Triathlon Adventures Across America:

Inspiration for Endurance, Adventure & Life Transitions

Speaker: Terry VanderWert — Author, Triathlete, and Retired  
Professional Engineer and Business Executive



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### About Terry

Terry VanderWert spent over a decade as the president of a successful laser manufacturing company. In the years leading up to and following his retirement, he embraced a new adventure: learning the sport of triathlon at age 58, traveling across America with his wife of 50 years, and writing “Triathlon Adventures Across America” — an inspiring memoir about endurance, personal reinvention, and making the most of life’s next chapter.




As a seasoned speaker with experience addressing groups of from 25 to more than 200 during his career, Terry engages audiences with authenticity, humor, and practical takeaways. His stories speak to athletes and non-athletes alike — especially those seeking meaning and purpose while navigating mid-life transitions — becoming empty-nest spouses or parents and preparing for or entering retirement.




### Why Invite Terry to Speak?

Terry’s presentations are drawn from the journey of completing triathlons across America — always with his wife by his side. With a warm and relatable style, he explores themes like resilience, embracing new adventures at any age, adopting a “never stop learning” attitude, and deepening relationships through life’s transitions.

He will gladly tailor his talk to your group’s interests — whether it’s a focus on endurance, reinvention, teamwork, or faith.

### Possible Groups & Events

-  Men’s Groups and Retreats — Endurance in sports as a metaphor for faithful and purposeful living, no matter what stage of life you’re in
-  Triathlon, Cycling & Running Clubs — Stories, practical lessons, and inspiration for athletes of all levels
-  Senior Centers & Retirement Communities — Encouraging active lifestyles and pursuing new passions after retirement

-  Libraries, Book Clubs & Literary Events — Sharing the behind-the-scenes process of writing and publishing a memoir
-  Community Groups (Rotary, Kiwanis, etc.) — An uplifting talk about perseverance and finding purpose
-  Health & Wellness Conferences or Expos — Balancing fitness and fun through every stage of life

### Sample Topics

- Endurance Beyond Athletics: Finding Strength in Life's Big Transitions
- Discovering Adventure in Retirement: My Journey Through Triathlon
- Sharing the Road Together: A 50-Year Marriage Powered by Travel & Triathlons
- Lessons from the Finish Line: What a Late-Start Triathlete Learned About Life and Business
- From Business Executive to Competitor: Reinventing Myself One Mile at a Time

### What Readers Are Saying

"Both my husband and I could not put this book down once we started reading it! The adventure that the Vanderwerts went on in each state is beautifully described... You will learn from it, be inspired by it and also have a lot of 'feel good' moments."

### Let's Connect!

If you'd like to inspire and motivate your group with a heartfelt story of resilience, endurance, and adventure, let's plan a talk together.

#### Contact:

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Book page: [SeniorTriathletes.com/triathlon-adventures-across-america](http://SeniorTriathletes.com/triathlon-adventures-across-america)