

Stephen Brown

Triathlete * Coach * Writer * Speaker * SURVIVOR

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Bio

Steve grew up in Suburban Philadelphia, making his way to Cabrini University in Radnor Pennsylvania on a soccer scholarship where he earned many honors including Most Valuable Player recognition.

After several years of playing semi professional soccer, Steve traded in his soccer shoes and turned his passions to multisport racing and has never looked back. Since then, Steve has racked up countless triathlons and multisport events of all distances including many marathons and ironman triathlons.

In February of 2006, life threw Steve a curve ball when he was diagnosed with leukemia. He underwent chemotherapy while still maintaining his baseline fitness level, often running home from his treatments and quickly reached complete remission. By September of that year, just 7 months after his diagnosis, "RemissionMan" crossed the finish line of yet another iron distance triathlon (2.4-mile swim, 112-mile bike, 26.2-mile run).

His diagnosis drew him to the Leukemia and Lymphoma Society's TEAM in TRAINING program where he signed on as a triathlon coach to help others reach their dreams while raising funds and awareness for blood cancers.

Steve leverages his own cancer experience by connecting with other patients and their family members as a volunteer mentor with The Leukemia & Lymphoma Society and Imerman Angels patient mentoring program.

Brown has published five books, including "Relentless Mettle, My Cancer, My Rules" which chronicles his journey with leukemia.

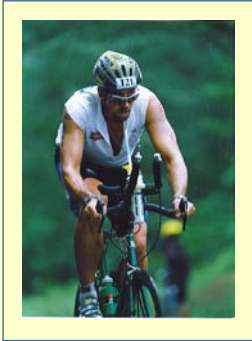
Awards and Recognition

- Cabrini University Distinguished Alumni Award - 2006
- Team in Training Volunteer of the Year - 2008
- Leukemia & Lymphoma Society's Man of the Year - 2010
- Delaware County Community College Wong Moss Distinguished Alumni - 2012
- Be Well Philly Health Hero Challenge Finalist - 2012
- The Blazeman Spirit Award - 2012
- HEADstrong Foundation's Nicholas E. Colleluori Award - 2012
- WEGO Health Activist Lifetime Achievement Award Finalist - 2015



"Steve's story is a true testament to living your best life. This person has taken a perceived tragedy, a cancer diagnosis, and turned it into an opportunity to connect with people, motivate, inspire, learn, grow, and make the world a better place." –

Vince Papale



“Steve Brown’s innate passion for making connections among people drives his work. He truly wants to make people feel good about themselves, and the world around them. He is able to do this by drawing from his own experiences; offering encouragement in times of doubt, laughter in times of lull, solace in times of need, perspective in times of wonder.” –
Iris Magid



Published Work

All titles are available via all major distribution channels and networks. For more information visit www.remissionman.com

- *My New Race* - 2007
- *The Inner Triathlete ... Forever ablaze* - 2007
- *50 FIT TIPS* - 2008
- *In Search of Center* - 2010 (Foreword by Ethan Zohn)
- *Relentless Mettle, My Cancer, My Rules* - 2014 (Foreword by Dave Scott)

Affiliations

- Team in Training Triathlon Coach
- Leukemia & Lymphoma Society First Connection Patient Volunteer
- Immerman Angels Patient Mentor
- Legacy of Hope Board of Directors
- Team Inspiration Cancer Warrior and Multisport Team Member
- Grassroot Soccer NYC Marathon Team

Speaking Engagements

Speaking engagements are available and are tailored to meet your specific organizational needs. Talks can pull from a variety of personal experiences relating to youth sports, motivation, triathlon racing and training, overcoming challenges, the importance of giving back, and his personal leukemia diagnosis, treatment, and survivorship.

“Steve Brown is committed to facilitating positive change in the world, one person at a time” - Pat Croce - Best-selling author, motivational speaker, successful entrepreneur, and life coach.

“I draw parallel lines between the challenges we face in sport and those we face in life and try to use my involvement in the multisport world as a tool to encourage people to break through barriers and understand that all things are possible. Hopefully you will catch a glimpse of a guy who is trying to do his part, be it ever so small, to promote positive change” - Stephen Brown

“I feel my cancer diagnosis has opened many more doors than it has shut and created more opportunities than it has taken away.” - Stephen Brown