

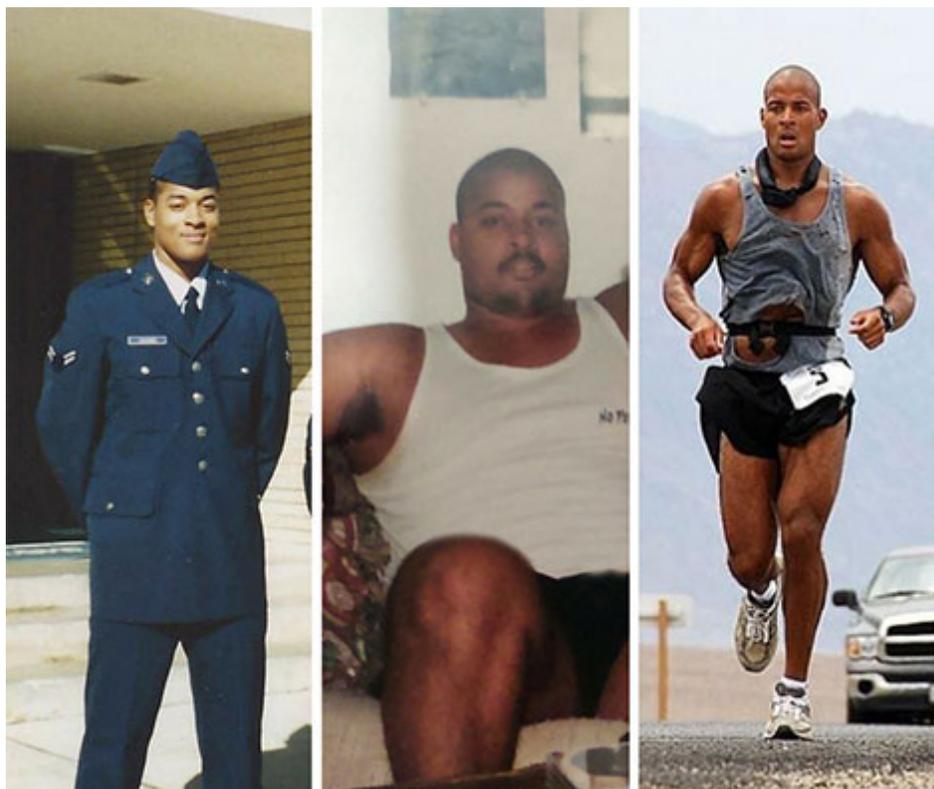
# There is only one david goggins

[davidgoggins.com/about/](https://davidgoggins.com/about/)

David Goggins the Navy SEAL, one of an elite group of military men regularly sent on some of the toughest missions in the world, needed more of a challenge for himself, so he set about conquering the hardest sporting events known to man. Today he is considered to be one of the greatest endurance athletes in the world.

## DAVID GOGGINS

### PUSHING THE LIMIT



The odds were stacked against David ever making anything of himself. He grew up in an abusive household, barely graduated high school, and struggled with serious health issues, to name just a few of the challenges David had to overcome. In spite of all of these obstacles, David never had a “woe is me” mentality.

David is the only member of the U.S. Armed Forces to complete SEAL training (including two Hell Weeks), the U.S. Army Ranger School (where he graduated as Enlisted Honor Man) and Air Force tactical air controller training.

David has completed multiple ultra-marathons, triathlons, ultra-triathlons, bike races and arduous mountain ascents, setting new course records and regularly placing in the top five. His achievements made him the subject of a lead feature in [Runner's World](#), where he was named “Running Hero”, and [Outside Magazine](#) named him “The Fittest (Real) Man in America.” The Navy SEALs even asked him to be their poster-boy and appear in a recruiting commercial.

[READ MORE ABOUT DAVID'S ATHLETIC ACHIEVEMENTS](#)

**goggins goes beyond limits**

*The pain that you are willing to endure is measured by how bad you want it.*

*David Goggins*

## WHAT DRIVES DAVID

All of the awards, medals, accolades and magazine articles mean nothing to David. That's not why he does what he does. Although David has raised a lot of money and awareness for the [Special Operations Warrior Foundation](#), none of this recognition is relevant to him. He's not trying to be number one in the world. He's not interested in how many races he's run. He doesn't keep track of the miles he's gone. There's no scoreboard.

Instead, it's all about achieving his personal best and pushing himself well past his comfort zone. David chooses to run the toughest races and put himself through some of the hardest military training programs in the country for no other reason than to see what he's made of. For him, physical and mental suffering are a journey of self-discovery, no other experience makes him feel more clear, focused and alive.

### 2015 Person of Note

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