

CHRIS POULOS BIOGRAPHY

DO NOT USE AS INTRODUCTION

Chris Poulos is the youngest of 5 siblings, born into a lower middle-class family in the inner city of Providence, Rhode Island. Although Chris received an extraordinary amount of love, affection, and attention, growing up with ADHD caused him to be an extremely mischievous child. At age 2, Chris earned the nickname, "trouble" when he disappeared from the backyard of his parent's home. After an extensive search by his family, neighbors, and the police, he was finally found over a mile away riding his tricycle on the freeway. At Age 3, Chris' parents had to call the fire department to get him off the roof of their two-story home. At age 5, Chris got his hands on his father's circular saw, snuck into the attic, and cut a gaping hole in the roof of the house. At age 6, Chris finally found an outlet for his boundless energy and creativity when he started performing stunts on a bicycle.

All told Chris has won 85 worldwide competitions, but he is best known for winning the 1991 Bicycle Stunt World Championships in Denmark at age 20. Chris also won the 1990 and 1991 National Bicycle Stunt Championships in the United States.

In 1992, Chris was heading towards his 3rd consecutive national title when he suddenly shocked the bicycle stunt world by retiring halfway through the season. No one could understand why, at the peak of his career, Chris would just walk away? What no one knew was that even though Chris had accomplished everything he possibly could in his sport, he was feeling as if there was no meaning to his life and became depressed.

After doing some soul-searching, Chris came to the realization that his true calling in life was helping others. He went to college, and in 1995, graduated with honors from the University of Rhode Island, receiving his Bachelor of Science Degree in Physical Education. Around the time of his graduation, the sport of Bicycle Stunt Riding saw a global resurgence, so Chris decided to take advantage of it and return to the sport he loved.

With a new commitment to the sport and a sense of purpose in life, Chris actively immersed himself in bicycle stunt riding again, performing live demonstrations at fairs & festivals, NBA & college halftimes, and schools.

During this time, Chris became more and more passionate and resolute about his 'calling' to motivate young people and help them lead better lives. Chris soon discovered that being a world champion athlete was a catalyst that would allow him to reach deep into the hearts and minds of young people, making a difference in the way they lived their lives. By 2000, Chris was exclusively speaking and performing his stunts at schools, youth conferences, summer camps, and colleges.

In 2002, along with his full-time career as a youth motivational speaker, Chris decided to make a comeback as a competitor. He came out of retirement and won his first competition, which

was held in England. Although he did win a few more competitions, Chris had limited success. Injuries kept him sidelined for most of his comeback.

In April 2006, injuries finally caught up to Chris and he retired from competition for good. Although Chris was sad to walk away from competing in the sport he loves, he was extremely satisfied with his competitive career. Throughout his long career, Chris competed in 413 competitions around the world, winning 85 times. The final competition of his career was held in front of a hometown crowd in Rhode Island, where Chris ended on a high note, pulling off a perfect "Double-Decade" as his last competitive stunt. Although Chris was a fierce competitor, being retired from competition allowed him to continue developing himself as a motivational speaker.

Since 2000, Chris has been a full-time youth motivational speaker for schools, teen conferences, and colleges. Chris is a go-to-guy for schools, youth & teen conferences, and colleges that want to improve the character and self-esteem of their audience. Since 1988 Chris has performed at over 8,000 events throughout the country. Chris presently performs over 300 presentations per year.

Unlike many professional athletes, Chris has no sense of entitlement. He prides himself on being a humble, down to earth, regular guy, who is extremely grateful for all that he has been able to do in life. His motto is simple: "Treat others *BETTER* than you want them to treat you."

Chris speaks in a straightforward way that young people can easily understand. He does not spout statistics or offer a "10 Step Program". Instead, he uses anecdotes and experiences from his life as a world champion athlete to get the message across to young people. "I'm a motivational speaker who rides a bike. That's my hook!" Chris instantly connects with his audience because they know he is real. He uses this connection to skillfully deliver content that the audience can immediately use to improve their own lives, as well as the lives of their peers.

In addition to being a full-time youth motivational speaker, Chris is presently working on his first book: "TEEN EMPOWERMENT – The Formula to Xtreme Success".

When not educating, motivating, and captivating audiences across the country, Chris enjoys spending quality time at home in Rhode Island with his family. Chris believes that the most essential part of being a good role model to young people is first being a good husband to his wife and a good father to his children.