

2017 YEAR IN REVIEW

Worst year of my life, as my wife of 47 years Bonnie was diagnosed in Feb with pancreatic cancer and passed away on November 11. As a result, original goals were substantially adjusted to cut back travel and focus on Bon. The year had a number of highlights nonetheless, especially the record breaking support of my Jimmy V Fund raising of \$250k for cancer research tied to running the NYC Marathon. 50th state marathon reschedules to 2018. Great Wall Marathon to complete 7 continents rescheduled to 2018. Asia Ironman rescheduled to 2019 for Ironman on all continents.

Some stuff did get done-

- 390 exercise hours vs 356 prior.
- 242 workout days vs 222 prior.
- 208 wine days vs 250 prior.
- 84 gigs vs 91 prior.
- 108 flights vs 168.
- Air miles 121k vs 220k.
- Launch CEO Coach biz.
- Launch Sales Mgr Forum biz.
- Sleep nights:
- Biz 79 vs 107.
- Home 245 vs 168.
- Fun 41 vs 91.
- Run 722 miles vs 1000.
- Bike 1216 miles vs 1129.
- Row 59 hours vs) prior.
- Strength 106 hr sessions vs 74.
- 2 Marathons to 90 vs 9. (Shared my son Adam and his wife Melissa each first).
- Tri's were 0 vs 2.
- 7 golf rds vs 11. 93 top 100 total.
- Blood platelet donations 8 each year.
- 64 movies vs 87.
- 29 books vs 38.
- Son Adam wedding.
- Partnership with Forbes.
- 2 books made it to Times Square.
- Revamp entire website.
- Publish Sales Success Aha's.
- Sell vacation LaQuinta house.
- Purchase new Porsche.
- Travel to Peru, Machu Picchu, Chile, 3 generation cruise, Australia, Palm Springs, and Panama Canal.

- Flew jet fighter.
- Ride Segway.
- Grand Ole Opry.
- Hollywood sign.
- Zip line. Rock climb.
- Bruno Mars concert.
- Ate grasshoppers.

Closed year with family/friends gatherings for holidays and Memorial Service for Bonnie.

Goals are set for 2018 and new chapter of my life. Lots to be anxious about but Bonnie and I agreed I should "full throttle" it.

BAM!