



# Robyn Benincasa

*World Champion Adventure Racer, San Diego City Firefighter, Founder of World Class Teams, Flashover Seminars, and Project Athena Foundation, Motivation/Leadership/Teamwork Speaker*



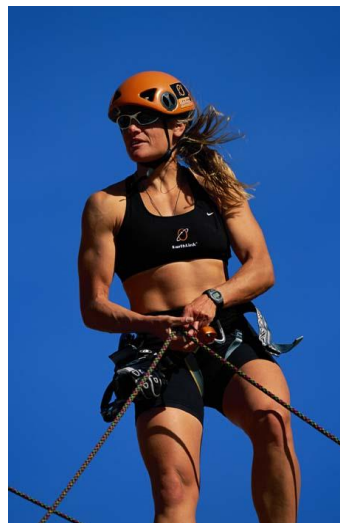
Robyn Benincasa accepts full blame for inspiring people to do insane things like climb Mount Kilimanjaro, run their first triathlon, start their own adventure racing teams, or start their own businesses. This is, after all, who she is and what she does: Robyn Benincasa inspires people to do amazing things.

Benincasa has made an art form of extreme performance by competing and winning at the highest levels of sport and business. Revered as one of “California’s Fittest Women”, she spent her youth competing at the state and national level in gymnastics, diving, cross country, and judo in which she became a national champion. Soon after earning a Marketing degree from Arizona State University, Robyn ‘started at the top’ Fortune 500 pharmaceutical company where she earned the prestigious “Rookie of the Year” award.

While consistently achieving top sales in her day job, Robyn completed six Ironman races, with two podium finishes. Then the adventure race bug bit.

In her 15-year career as a professional Benincasa has competed in close to 40 gnarly, multiday, multisport killers such as the Ironman Triathlon, the Challenge. She has biked through jungles, trekked Himalayan giants in Nepal, rafted rapids in Chile - and racked up championship titles along the way. In her time as a firefighter in San Diego, on the

NBC, ABC, CNN, ESPN, USA Network, Life Network, PBS and FOX have all featured her amazing accomplishments. Add to those credits her work with Fast Company, Sport Illustrated, Vogue, Travel, The New York Times, Outside,



adventure racer, Robyn has participated in expedition-length events - as Primal Quest and Eco-Quest in Borneo, climbed across lava fields in Fiji, and completed multiple world records. In her spare time, Robyn is a full-time firefighter on the nation's first all-female crew.

Discovery Channel, Outdoor Life, and other networks featured Robyn and her work. Her network credits include editorials in Entrepreneur, Corporate & Incentive, and Harper's Bazaar.

***“The brightest stars don’t create the greatest teams.  
The greatest teammates create the greatest teams.”***

Benincasa launched World Class Teams and its sister company Flashover Seminars to bring her unique and inspiring perspective on teamwork to the corporate world via keynotes, seminars and teambuilding programs. Starbucks, Boeing, Lockheed Martin, Aramark, Honda/Acura, Tony Robbins, Allianz, Wal-Mart, Timberland, Napster, AT&T and Earthlink rely on Robyn’s "Extreme Performance: Why Winners Win", "High Performance Leadership" and her signature program "The 8 Essential Elements of Human Synergy". Her unforgettable presentations have taught countless high-performance leaders all over the world about "Building World Class Teams" and the 'followership' skills necessary for dynamic role shifting and true teamwork.

Robyn Benincasa founded the Project Athena Foundation, a nonprofit dedicated to helping women who've endured medical setbacks achieve their athletic dreams, whether it means climbing Mount Kilimanjaro or running a local 10K. The goal? To encourage survivors not just to survive - but to thrive in the wake of their diagnoses.

***“The biggest, strongest, and fastest competitors are not guaranteed a successful finish. It’s the teams that truly understand interdependence, have empathy for one another, share common ideals, manage adversity well, and check their egos at the start line that win these races. In my experience, the same is true in the corporate world.”***

