Mark Wheeler, Entrepreneur, Fitness and Professional Coach, Motivational Speaker, Adventurer, Elite Endurance Racer, Husband and Father spoke to the Club and left us all breathless and wondering what achievements we had done in our lives. Prior to 2015 only 4 men had ever finished the Survival Run and only 2 had completed the Devils Double. Mark is the only person in the world to hold the title Leadman and Devils Double Champion. I have attached his Bio because I could not keep up with this fantastic accomplishment. You just had to be here.

Two guests visited Wednesday, Karen Oulette and Michelle, Louie's granddaughter. Louie was also a visitor this week and the club was glad to see his smiley face. Dwaine Hibbs took home the attendance money. Card money stayed.

Sorry to report both Liz and Henry Cardinale are down with a virus. Let's hope they are both better soon.

Sarah Kohlar is going in for abdominal surgery Monday Oct 23rd 8:00 am. Surgery should be around four hours. Then bed rest for at least one week and limited mobility for the following four to six weeks. Keep Sarah in your thoughts.

**Bragging dollars** came from Happy Olsen, being over the radiation treatments, Olie Olsen for 53 yr and 1 day ago he married Happy. Dwaine Hibbs grandson, the Capital High QB took top of their pod against Mtn. View last Friday. Gary D'Orazio's grandson's team won conference companionship and he shot his first deer. Stevie Packard's grandson shot his first elk.

**Bunk Bed Deliveries** – Oct. 16th - Larry Locklear, Shirley Brooks, Ken Marchetti, the Frisons delivered 1 bunk bed to the Barajas family in Boise for 2 boys ages 20 & 5 for a total of 10 hours. Oct 17th – Larry Locklear, Sarah Kohler, Aarda Justin and the Frisons delivered 1 bunk bed to the Clemenets family in Nampa who has 5yr old girl and boy age 3. Total of 12 1/2 hours. Pictures are included.

The Club collected 651 pair used eyeglasses this week and purchased two eye exams and glasses for $50. Two Lions helped the Sprouts on the 14th of October with their scavenger hunt for a total of 8 hours.

Gary D'Orazio reported the Veteran's Parade is a short time away – November 4th starting at 9:30 am on Jefferson at Tenth St. He would like a great showing of Lions so please contact him if you would like to volunteer decorating or just walking -.208-841-5778. He is requesting everyone bring an American Flag.

**BIRTHDAYS:** Oct 21st Sarah Kohler, and Oct 23rd Larry Locklear
PROGRAMS:

**Oct. 25** – **Speaker** – Major Borders Air Guard – F35’s Coming to Gowan – This year’s Veteran’s Parade is salute to Gowan Field.

**Oct. 27** – Idaho Food Bank volunteering is Friday from 10-12pm.

**Nov. 4** – **VETERANS DAY PARADE** 9:30AM – Jefferson Street at 10th – Come early to help finish decorations. Bring flags.

**Nov. 9** – 79th **CHARTER PARTY** – Meridian Lions, Hampton Inn, 875 S. Allen Street in Meridian, Social 6pm $30 – Lion John Mundt at jmundt@uidaho.edu

Club Secretary......Jan Brady

janbrady1920@gmail.com Don’t forget to check out the Bench Lions website------ it changes weekly. Check out the website for 39W........Some great stuff & well done...... http://www.lions39W.org (under “quick links” be sure to check out “blogger”) “Now on twitter@boise

Don’t forget to check out our website—click on this link www.boisebenchlions.com

Bunk bed delivered to a very cute pair of kids
Mark Wheeler Bio - Intro

Mark is an Entrepreneur, Fitness and Professional Coach, Motivational Speaker, Adventurer, Elite Endurance Racer, Husband and Father. Mark spent the first 2 years of his business career in the financial markets before entering the medical device arena. Since that time Mark has been part of three successful medical startups, developed over 1000 acres of real estate in Texas, Colorado and Idaho, and is founder and owner of Leadman Holdings a successful restaurant franchise company.

Mark's career as a runner did not begin until he was nearly 40 years old when he ran his first marathon. He ran his fastest marathon at the age of 48 qualifying to run the Boston Marathon.

In 2012 Mark ran his first ultra marathon. Since that time he has raced both in the U.S. and internationally. He routinely finishes high in the overall standings with a number of age group and overall victories to his name. In 2012 Mark became just the 15th person in the world to become a 6 event Leadville Leadman. Considered by many to be one of the hardest ultra endurance competitions in the world. In 2013 Mark was the second oldest finisher in the ultra running world championships in Vail Colorado finishing a brutal 62-mile course running the final two hours having gone temporarily blind from extreme dehydration and fatigue.

Mark was invited to compete in the 2015 Fuego Y Agua Survival Run and the Fuego Y Agua 100K Ultra Marathon in Nicaragua attempting the Devil's Double. Mark became the first person over 50 to finish the Survival Run and the Devils Double. Prior to 2015 only 4 men had ever finished the Survival Run and only 2 had completed the Devils Double. Mark is the only person in the world to hold the title Leadman and Devils Double Champion.

Mark says his greatest earthly joy is his family. Mark has been married to his high school sweetheart Susan for 32 years. They have two children, Amy and Marshall, who Mark says are his earthly hero’s and a profound source of joy and his biggest fans. Mark has raced, hunted, explored and traveled in 69 countries. A few years ago Mark and Susan spent 17 months with Amy and Marshall sailing as a family throughout the Western Caribbean and Central America. Mark currently serves as the Vice President for External Relations at Northwest Nazarene University.

His motto "Live fearlessly into the dreams uniquely written upon your heart".