



RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
Invites you to its meeting **July 20, 2016** at
First Presbyterian Church, Lafayette Place, Greenwich, CT.

Jean-Paul Desrosiers, Jr.

"Marathon des Sables"



Jean-Paul Desrosiers Jr. is a Marine Corps veteran, cyclist, marathoner, and owner of Sherpa Inc., a cycling and fitness center based in Westport. Hear his amazing story about his trek through the toughest footrace on earth, the Marathon des Sables. This marathon is a 156-

mile, five-day race across the African desert. Desrosiers will talk about the physical and mental journey he took to prepare for and complete the race. His experience challenged his views on what is possible!

Jean Paul Desrosiers has been running, cycling, skiing, snowshoeing, hiking, and swimming throughout his life. He has completed marathons and triathlons, and was a semi-pro cyclist. But he's not just an enthusiast; he's also a trained professional. He has a degree in exercise science and is also a certified personal trainer who shares his wealth of knowledge with clients using his "experience training" technique. Jean loves adventure. His company, Sherpa Fitness in Westport, isn't just a gym. He likes to point outside and say, "Out there...that's the real gym. The real gym is infinite."

The Greenwich Retired Men's Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at 10:40AM followed promptly by our speaker at 11:00AM. Programs are at the First Presbyterian Church, 1 West Putnam in Greenwich. For additional information see www.greenwichrma.org or contact info@greenwichrma.org