

DAVID GOGGINS

MANĖS NEPALAUŠI

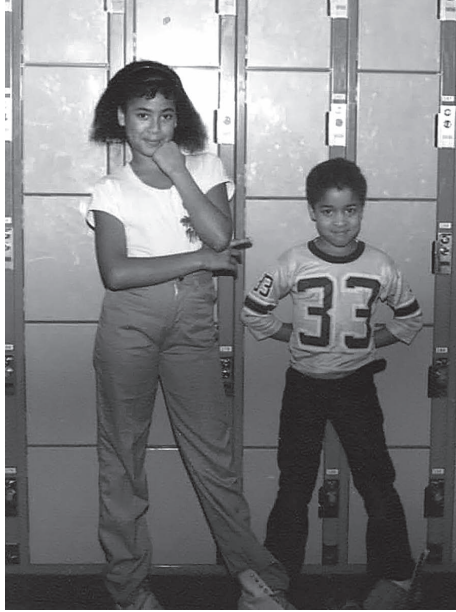
lšlaisvink protą ir perženk savo ribas

Audioknygos priedas.

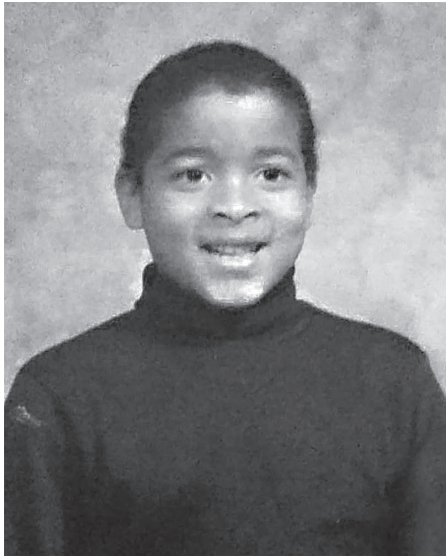
Visos teisės saugomos.



eugrimas



„Skeitlande“,
šešerių metų amžiaus



Brazilyje, antroje klasėje



Su Wilmothu



KKK Senter Pointe 1995 m. Senter Pointas yra už penkiolikos minučių kelio nuo mano namų Brazilijoje



Scottas Gearenas po nelaimingo atsitikimo

000940577	1992-93	GOGGINS, DAVID		
	CUM-	1.43592		
	PREVIOUS CREDITS-		21.000	
GEOMETRY	D+		1.000	SM1
ENGLISH 11	D		1.000	SM1
U.S. HIST/MODERN	F			SM1
ELECTRONICS I	D+		1.000	SM1
PHYS. SCIENCE	C-		1.000	SM1
	TOTAL CREDITS-		25.000	
	Rank:	211 Of	255	

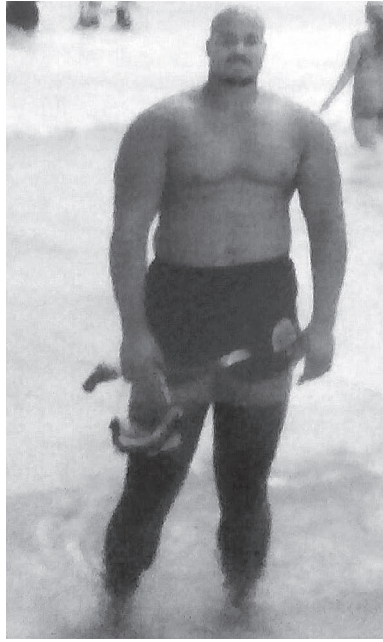
Priešpaskutinių metų baigimo rezultatai



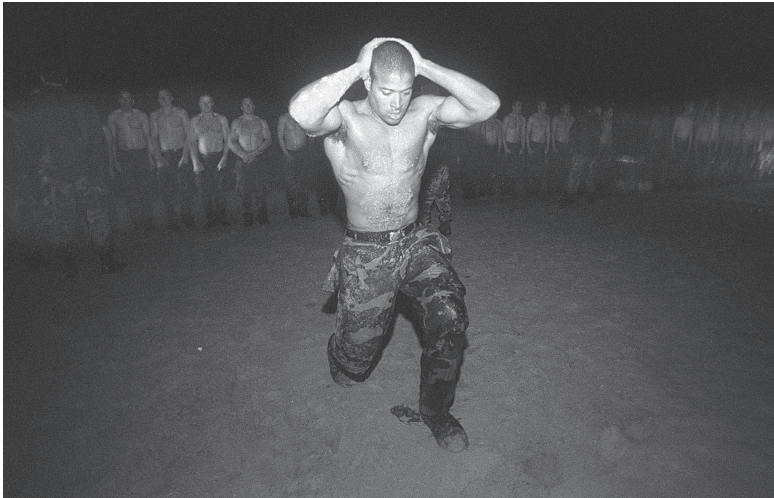
Skautai



Po Oro pajėgų mokymo stovyklos
1994 m., 79,4 kg



Paplūdimyje 1999 m., 132 kg



„Pragaro savaitės“ metu (nuotraukos šaltinis: ZUMA Press, Inc. / Alamy Stock Photo)



Mama ir aš BUD/S apdovanojimo išskilmių metu



Ponia Inagaki ir aš San Diego ultrailgųjų nuotolių bėgimo metu

	AM	NOON	PM
WEEK 3 TOTAL = 111.5	WEEK 3		
MON 26 DEC	15 MILES		
TOTAL: 15m			
TUE 27 DEC	20.0 MILES	FIRST DRY WASHES	
TOTAL: 20m			
WED 28 DEC		14.0 MILES	
TOTAL: 14m			
THU 29 DEC		11.0 MILES	
TOTAL: 11m			
FRI 30 DEC		16.5 MILES	
TOTAL: 16.5m			
SAT 31 DEC	11.4 MILES	4.6 MILES	
TOTAL: 11.4m 16.0m			
SUN 1 JAN	17.0 MILES		2.0 m
TOTAL: 17.0m			
WEEK 3 TOTAL = 111.5	MILES		

„Hurt 100“ trečios savaitės treniruočių tvarkaraštis



Pirmosiose „Badwater“ lenktynėse



Akosas ir aš po mano antrųjų „Badwater“ lenktynių 2007 m.:
aš užėmiau trečiąją vietą, o Akosas – antrąją



Pūslė po „Badwater“ lenktynių

Chris, I'm sure you get plenty of requests for rookie waivers to enter the race, but I'd really appreciate it if you and your folks would give this serious consideration. This request is not for myself but is on the behalf of a guy that works for me... This is where I introduce a man who is going to put in an entry application – Dave Goggins. I put him through BUD/S in 2001 and quickly identified him as incredibly talented. His strength and endurance are extraordinary. He graduated SEAL training and volunteered to go to Army Ranger School where he graduated as the honor man, no small feat..Because he is an instructor on my staff..it is nearly impossible for him to complete the pre-requisites for entry. He is simply the best endurance athlete with the greatest mental toughness I have ever seen. I would put my reputation as a Naval Officer and SEAL on the line to say he would successfully complete the race and finish in the top 10%...If accepted he would like to run under the U. S. Navy SEAL Team logo as well as raise money for the Special Operations Warrior Foundation (SOWF). Thanks for your consideration.

*Very Respectfully,
SBG*

SGP elektroninis laiškas Kostmanui. Jis buvo teisus: aš patekau tarp 10 proc. geriausiųjų!



Išlipimas iš vandens „Ultraman“ lenktynėse



Prie Konos „Ironman“ finišo linijos su Keithu Davidsu

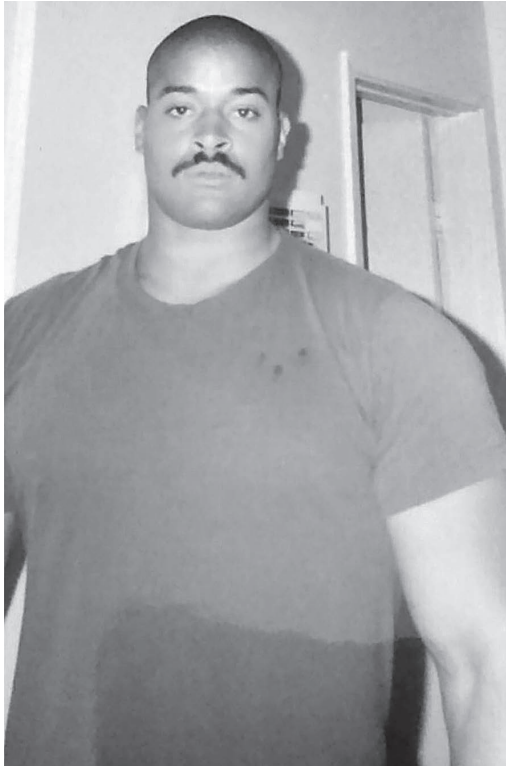
718 MILE WEEK

Day	Time	Activity	Miles	Week
MON/10	6H 10min	BIKE RIDE	112m	WEEK 192
TUE/11	5H 42min	BIKE RIDE	89m	
WED/12	7H 22min	BIKE RIDE	112m	
THU/13	5H 28min	BIKE RIDE	93m	
FRI/14	4H 34min	BIKE RIDE	82m	
SAT/15	7H 29min	BIKE RIDE	123m	
SUN/16	6H 11min	BIKE RIDE	107m	
MON/17	5H 22min	BIKE RIDE	96m	WEEK 193
TUE/18	6H	BIKE RIDE	106m	778
WED/19	7H 11min	BIKE RIDE	126m	MILE
THU/20	4H 30min	BIKE RIDE	92m	WEEK
FRI/21	6H 4min	BIKE RIDE	115m	
SAT/22	7H 50min	BIKE RIDE	141m	
SUN/23	5H 45min	BIKE RIDE	102m	

Mano „Race Across America“ treniruočių žurnalas



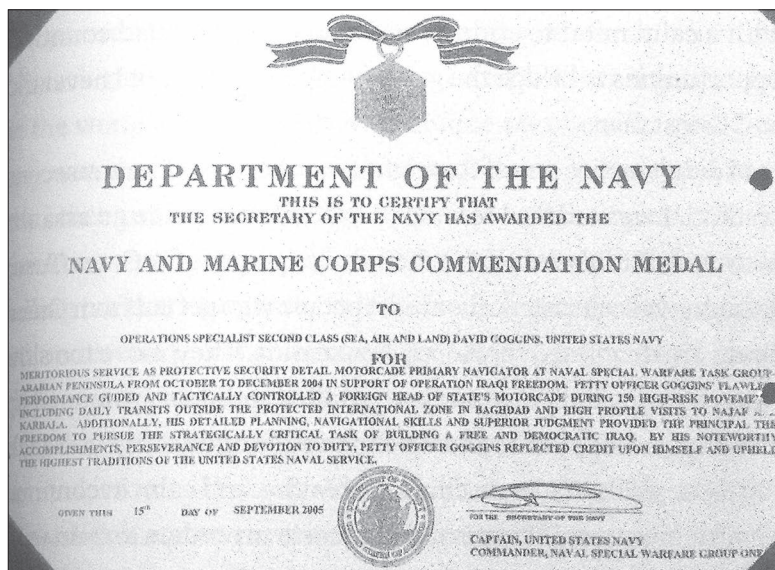
Po antrosios širdies operacijos



„Ruonių“ kvalifikacinių mokymų išleistuvės
(atkreipkite dėmesį į kraujo dėmes nuo Trišakio
ženklų durio į krūtinę)



Reindžerių mokyklos baigimo pažymėjimas



Atmetus būrio dinamiką, Irake vis dar reikėjo atlikti darbą



THE UNITED STATES OF AMERICA

THIS IS TO CERTIFY THAT
THE PRESIDENT OF THE UNITED STATES OF AMERICA
HAS AWARDED THE

MERITORIOUS SERVICE MEDAL


TO
SPECIAL WARFARE OPERATOR (SEA, AIR, AND LAND) DAVID GOGGINS
UNITED STATES NAVY

FOR

OUTSTANDING MERITORIOUS SERVICE FROM JUNE 2007 TO MAY 2010

GIVEN THIS 24TH DAY OF MAY 2010




E. G. WINTERS
REAR ADMIRAL, UNITED STATES NAVY
COMMANDER, NAVAL SPECIAL WARFARE COMMAND

NAVAL SPECIAL WARFARE COMMAND

The President of the United States takes pleasure in presenting the
MERITORIOUS SERVICE MEDAL to

SPECIAL WARFARE OPERATOR FIRST CLASS (SEAL)
DAVID GOGGINS
UNITED STATES NAVY

for service as set forth in the following

CITATION:

For outstanding meritorious service while serving as Leading Petty Officer at the Naval Special Warfare Recruiting Directorate from June 2007 to May 2010. Petty Officer Goggins personally presented compelling discussions about perseverance, mental toughness and Naval Special Warfare career opportunities to 71,965 students from 159 high schools, 12 junior high schools, and 67 universities throughout the country. Capitalizing on his hard-earned fame from stellar achievements in ultra-running and ultra-hiking events, he recruited, mentored, coached, and provided ongoing personal guidance to hundreds of potential candidates, 66 of whom entered the Navy for SEAL training, 21 having successfully graduated to date. Through superlative personal effort and initiative, he dramatically enhanced efforts to increase NSW awareness among minority audiences through numerous high impact presentations. Finally, on his own personal time, he raised \$1.1 million for a charity supporting the families of fallen special operations warriors. Petty Officer Goggins' exceptional professionalism, personal initiative, and loyal devotion to duty reflected great credit upon him and were in keeping with the highest traditions of the United States Naval Service.

For the President,


E. G. WINTERS

Rear Admiral, United States Navy
Commander, Naval Special Warfare Command

Apdovanotas medaliu „Už nuopelnus tarnybai“
už darbą verbavimo srityje

The Commander, Naval Special Warfare Command takes pleasure in commending

**SPECIAL WARFARE OPERATOR FIRST CLASS (SEAL)
DAVID GOGGINS
UNITED STATES NAVY**

for service as set forth in the following

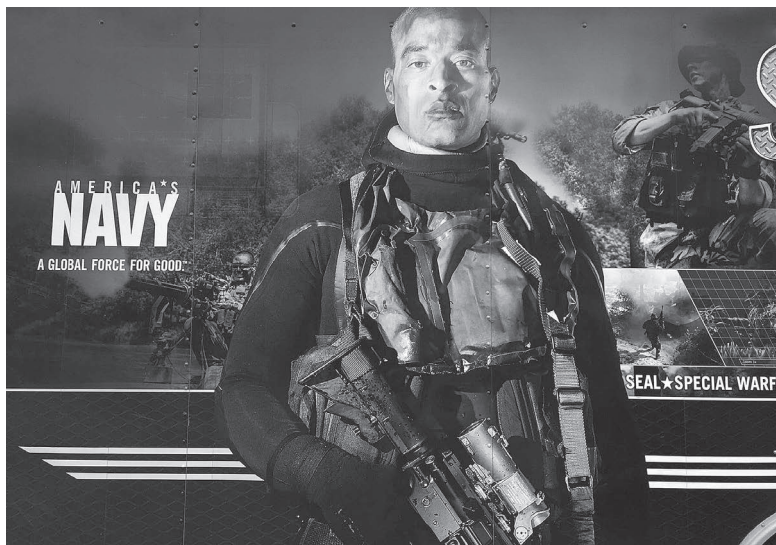
CITATION:

For outstanding performance of duty resulting in selection as Commander, Naval Special Warfare Command Sailor of the Quarter from January to March 2010. Petty Officer Goggins displayed exceptional professionalism and superior performance in the execution of his duties as the Recruiting Directorate Leading Petty Officer, Diversity representative, and NSW Ambassador. As leading petty officer he was responsible for the leadership, mentorship, coaching and execution of daily operations for 28 junior sailors on two coasts. His unparalleled efforts have forged relationships with eight historically black colleges and universities and ten high schools reaching, 7,482 potential NSW candidates. During this time he raised over \$125 thousand for the Special Operations Warrior Foundation, which resulted in the ability of numerous children to attend college that normally would not have had the opportunity. Petty Officer Goggins' professionalism and devotion to duty reflected credit upon him and were in keeping with the highest traditions of the United States Naval Service.



G. J. BONELLI
Rear Admiral, United States Navy
Deputy Commander, Naval Special Warfare Command

Išrinktas metų ketvirčio jūreivių, 2010 m. sausio–kovo mėn.



Reklaminis stendas mano darbo verbavimo srityje laikais



Per pirmąjį bandymą pasiekti prisitraukimų rekordą



Mano ranka antrojo bandymo pasiekti rekordą metu



Kojų pirštai po „Frozen Otter“ lenktynių