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RICH ROLL is an ultra-endurance athlete, wellness advocate, and the host of The Rich Roll Podcast, one of the top 100 podcasts in the world with more than 30 million downloads since its launch in 2012. Rich is regularly named to annual lists of the most influential people in the health and fitness world and has been featured on CNN and in the New York Times, Wall Street Journal, Forbes, and Inc.

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In 2012, Rich became a #1 bestselling author with the publication of his inspirational memoir Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself. Taking up where the book leaves off, in 2013 Rich launched the wildly popular Rich Roll Podcast, which persistently sits atop the iTunes top-10 lists.

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