



WORLDWIDE SPEAKERS GROUP LLC
YOUR GLOBAL PARTNER IN THOUGHT LEADERSHIP

JAMES LAWRENCE

James Lawrence - better known as the Iron Cowboy - is a world-renowned speaker, bestselling author, and endurance athlete who redefined human potential by completing 50 Ironmans in 50 days across all 50 states - and then doing the unthinkable - 100 full-distance triathlons in 100 consecutive days.

Before becoming the greatest endurance athlete in history, James was a successful entrepreneur, running a thriving mortgage company and helping hundreds of clients build wealth through homeownership and strategic refinancing. That same relentless mindset that powered him through thousands of miles now fuels his ventures in multi-family real estate and ownership of Crumbl Cookie franchises.

He's been named one of Sports Illustrated's "Fittest 50," featured in two acclaimed documentaries, and honored alongside icons like LeBron James and Conor McGregor. But James's story isn't just about athletic records - it's about purpose, resilience, and refusing to settle for average.

Originally from Calgary, Canada, and now based in Utah, James is a devoted husband to Sunny and father of five. The cowboy hat he wore during races so his kids could spot him in the crowd has become a global symbol of grit, heart, and family-driven ambition.

Whether he's conquering the impossible on the racecourse or building businesses from the ground up, James shows audiences how to lead themselves, crush excuses, and break through their perceived limits.