



JOE DECKER

THE WORLD'S FITTEST MAN

World Record

- 2000 GUINNESS WORLD RECORDS, 24 Hour Physical Fitness Challenge, "World's Fittest Man"

Multi-Sport Events

- Raid Gauloises, 520 mile Trans-Himalayan Adventure Race 2000
- Tough Guy Challenge, Winter 2003, Wolverhampton, UK
- Endorphin Fix '98, 2nd place, New River Gorge, VA
- 1st Canadian STREND Challenge, 2nd place, Hamilton, Ontario
- Lake Placid 1/2 Ironman, Lake Placid, NY
- Boot Camp Challenge 2007, 1st place, 3-person team, Marine Corp Depot, San Diego, CA
- Boot Camp Challenge 2006, 3rd place, individual, Marine Corp Depot, San Diego, CA
- San Diego Mud Run 2008, 1st place, 3-person team, San Diego, CA

Endurance Events

- Marathon des Sables, 2003, Morocco, Africa, 152 mile race across the Sahara Desert
- Badwater 135 UltraMarathon, 1999 & 2000 finisher, Death Valley, CA
- Grand Slam of UltraRunning 2000 (1 of only 10 people in the world to complete in 2000)
 - Old Dominion 100 mile, Woodstock, VA
 - Western States 100 mile, Squaw Valley, CA
 - Leadville 100 mile, Leadville, CO
 - Wasatch Front 100 mile, Kaysville, UT
- Empire State Building Run, 2003, NY, NY, 1,576 steps
- Massanutten Mountain 100 mile, 2002, Woodstock, VA
- Headland's 100 mile, 2007, 5th place overall, San Francisco, CA
- San Diego 100 mile, 2007, San Diego, CA
- JFK 50 miler, 1998- 2005 finisher
- Dances with Dirt 50 mile, 2002, Hell, MI, 1st place in age group
- Old Dominion 50 mile, 2005, Woodstock, VA
- 55 Marathons Completed
- Boston Marathon 2001
- Market Street One Mile, 1999, 2000 & 2004, 1st place
- USA Today 31-story Stair Climb, 3min14sec

Strength Events

- Arizona's Strongest Man, 2007, 5th place
- Winter Bench Press & Deadlift Challenge, 2007, 1st place, Chatsworth, CA
- Maryland Strongest Man, 2005, 3rd place
- GNC Strongest Man in Pittsburgh, 2004, 2nd place
- Mid-Atlantic Strongman Contest, 2002, 4th place
- Midwest Strongman Contest, 1998, 1st place
- WIU Bench Press & Deadlift meet, 1998, 1st & 2nd place
- WIU Olympic Weightlifting meet, 1998 1st place

Military Accomplishments

- EIB 12 Mile Road March, 1st place
- GAFEB 20k Road March, 1997, 1st place
- Assault Climbers Course, Fort Greely, Alaska
- Jungle Operations Training Course, Fort Sherman, Panama
- Airborne Course, Fort Benning, Georgia
- Expert Infantry Badge