



# Shannon McKain

Keynote Speaker and Consultant



@ShannonLMcKain







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# RALLY MENTALITY

# Rally Mentality







# WORLD'S LONGEST NONSTOP RIVER RACE





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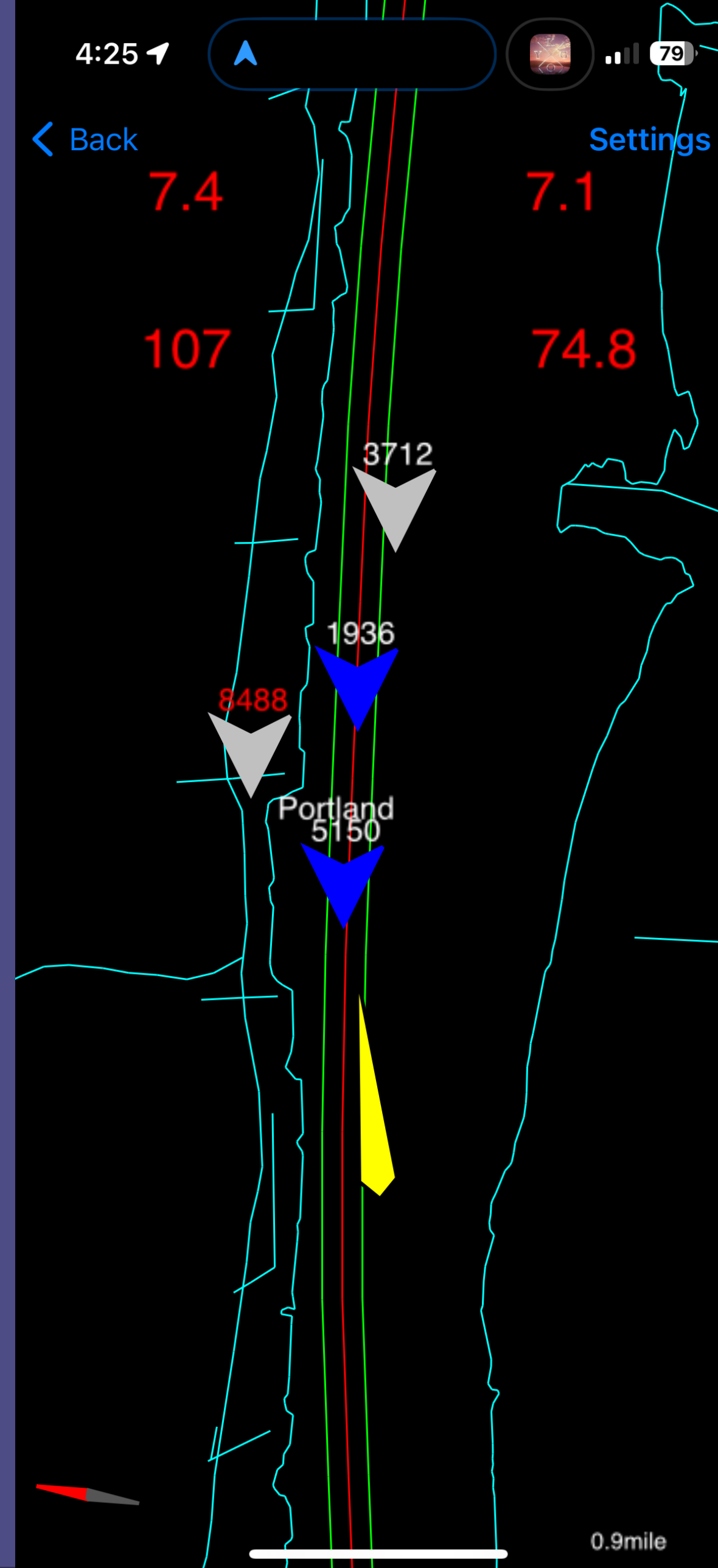


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Coach / Ground Crew  
Chris!!!

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TUESDAY  
MORNING  
7:00AM





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Distance

**73.13 mi**

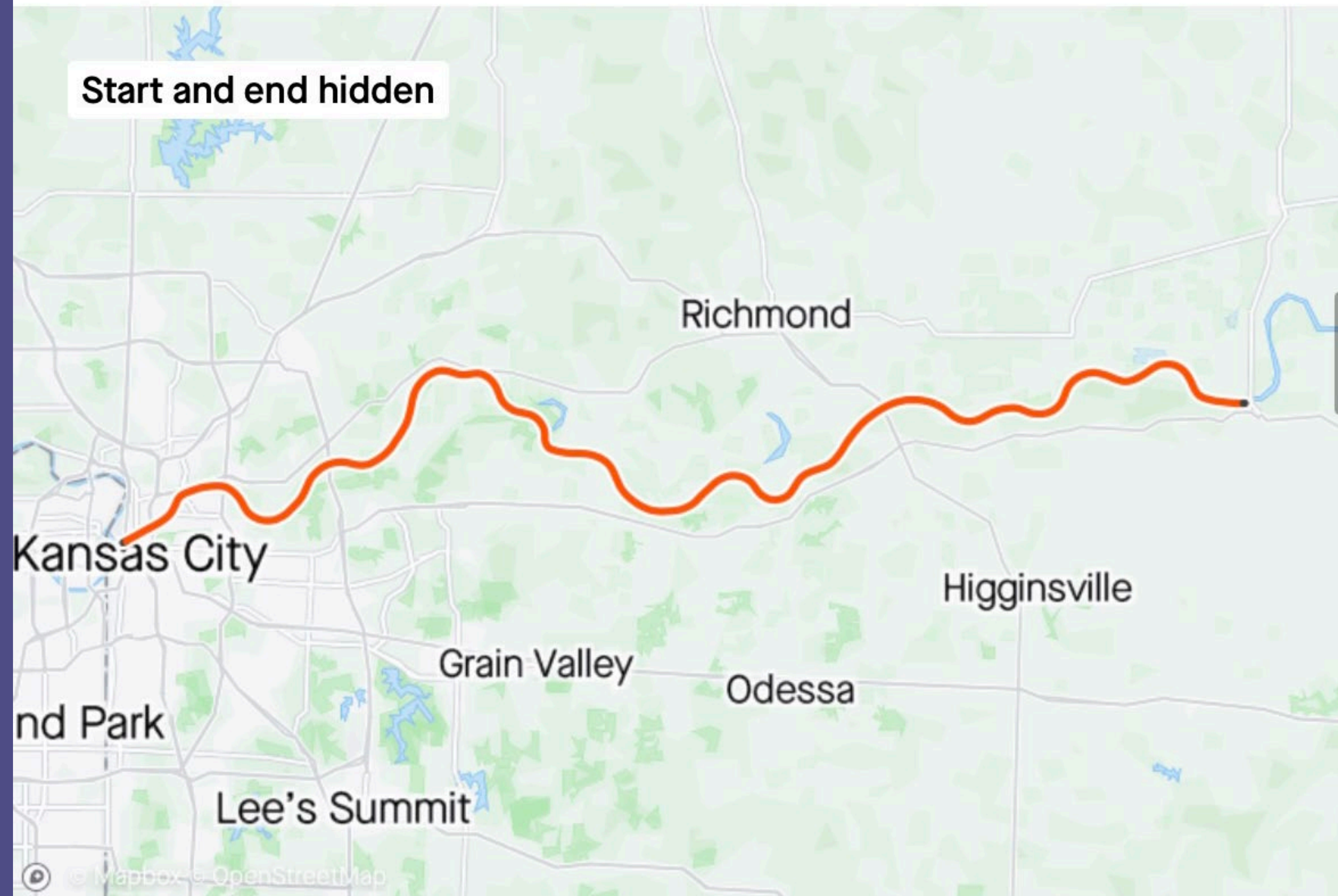
Speed

**7.6 mi/h**

Time

**9h 38m**

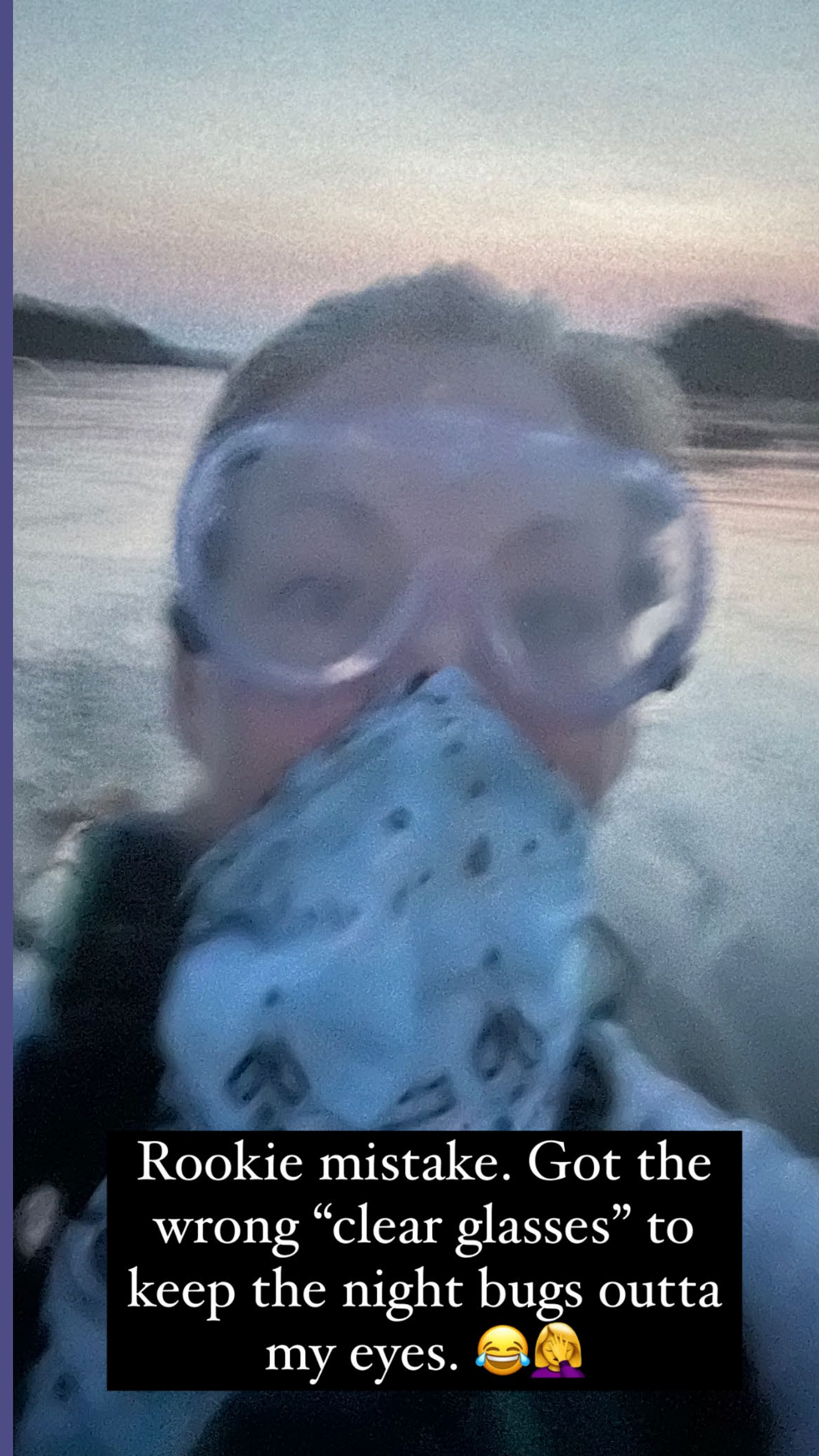
Start and end hidden











Rookie mistake. Got the  
wrong “clear glasses” to  
keep the night bugs outta  
my eyes. 😂🙈





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WEDNESDAY  
MORNING  
6:00AM





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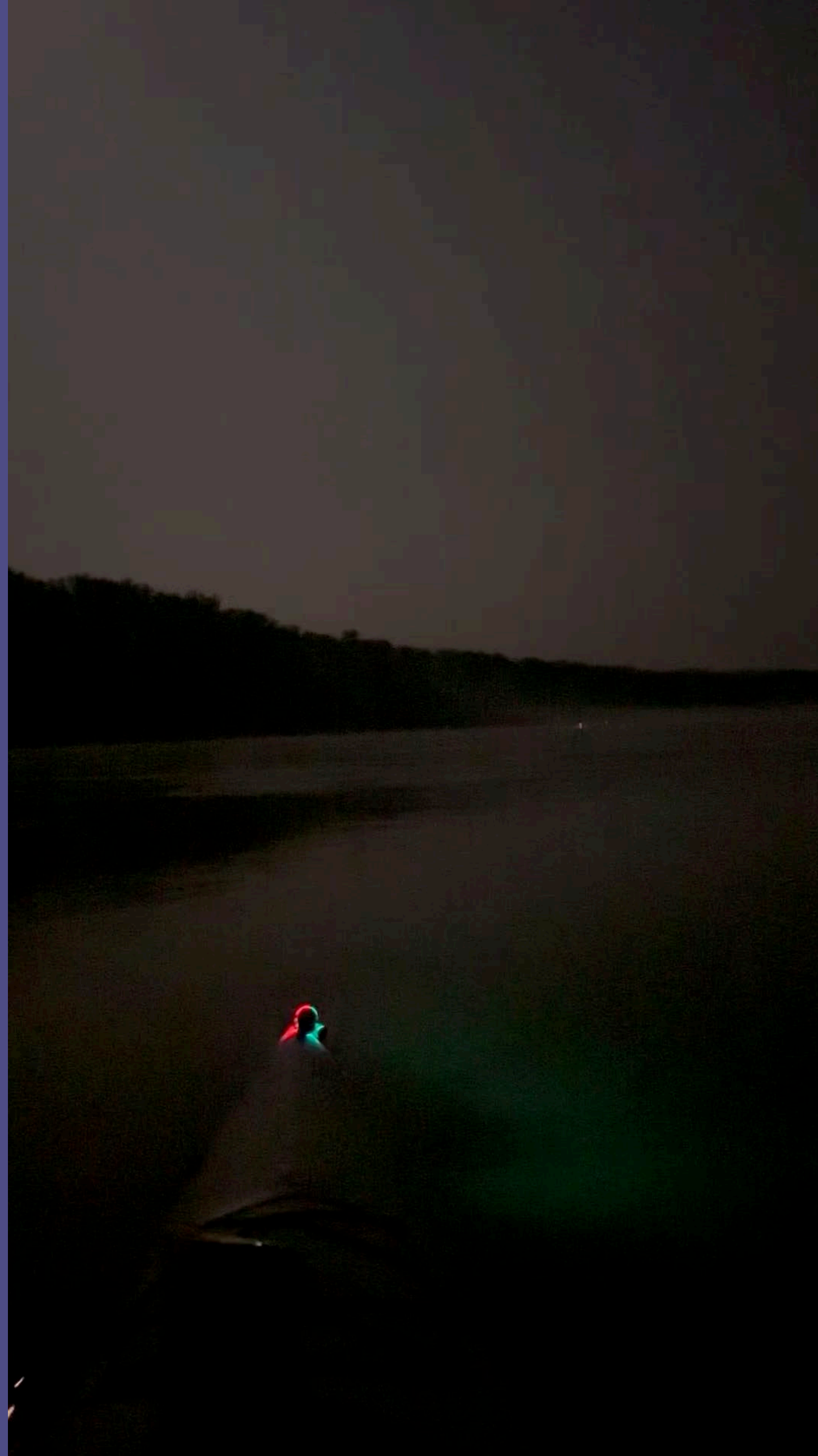


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THURSDAY  
MORNING  
3:00AM



## In Focus

 Sleep

### No sleep detected

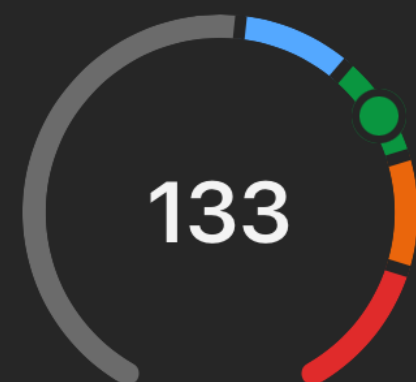
Continue wearing your watch while sleeping to see your recent sleep data.



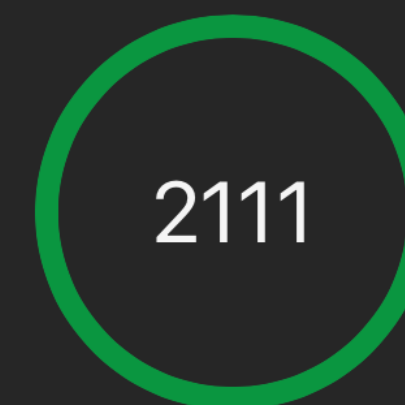
## At a Glance

[See All](#)

 Heart Rate



 Intensity Minutes



150









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AVG SPEED

**4.74**

MPH



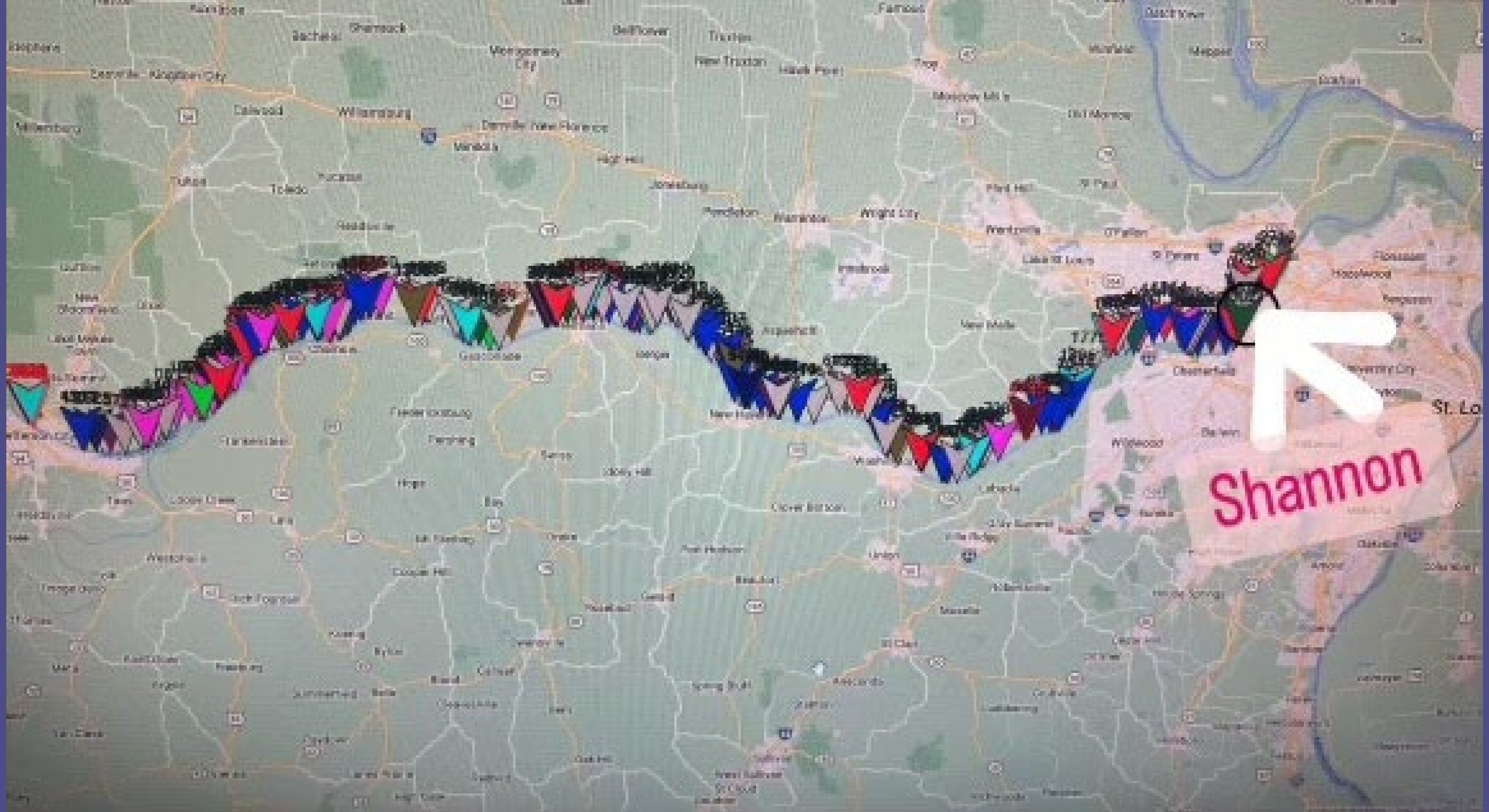


AVG SPEED

6.89

MPH





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