

GA BTR

SPEED TRIO

HALF • RELAY • ULTRA

April 2-5, 2026

Invitation or Qualification Only

CONNECT • RUN • RISE

Featuring :

James Lawrence – The Iron Cowboy



Redefine Your Impossible.

Restore Your Hope.

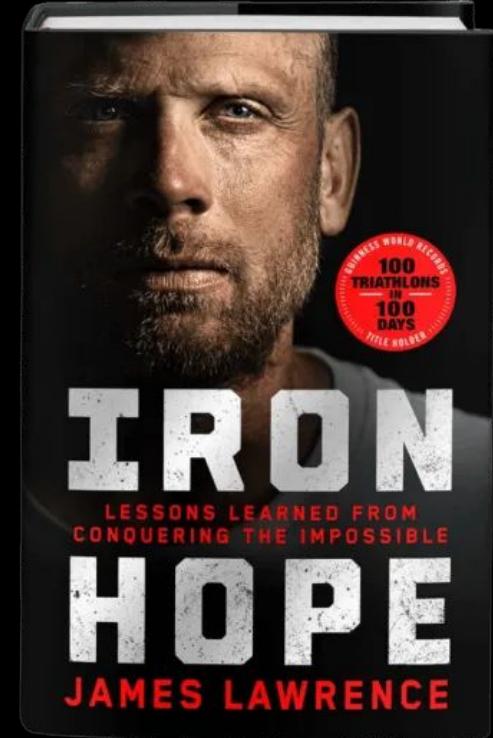
Why James Lawrence,

Why Now?

James Lawrence's story of perseverance, grit, and pushing the limits of human endurance is an inspiration to many, and his passion for fitness and mental fortitude can align deeply with the mission of **Guardians Alive (GA) & Essential Living & Wellness (ELW)**. His journey, which includes breaking world records in endurance events, echoes the very essence of sustainable growth, resilience, and community empowerment.

As the **Iron Cowboy**, James embodies the spirit of unwavering commitment to bettering oneself and the world — values that are at the heart of **ELW**'s mission to provide sustainable solutions for food security, economic resilience, and community healing.

By supporting this initiative, James Lawrence can help inspire communities not just in the **Cayman Islands** but across the **Caribbean**, encouraging them to rise above their challenges and embrace connection, health, and sustainability in their lives.



"Iron Hope is a blueprint for mental toughness... for showing up when you're tired... for finding your power when everything in you wants to quit... for

Becoming Someone Unshakeable!"

— James Lawrence, Iron Cowboy

GA BTR



“Anchored in community wellness, faith, and sustainable impact, GA BTR Speed TRIO is lighting a path to the next level for endurance athletes, local & LOCAL’ish runners!”

Cayman's Ultra Weekend!

Paradise Running at its Best.

Island-Hopping Endurance Adventure!

KEYNOTE SPEAKER: James Lawrence, *The Iron Cowboy*

- Grounded, values-driven endurance and mindset coaching for life
- Audience: Youth, aspiring athletes, community leaders, professionals
- VIP and group session options
- World leading expert on developing mental toughness
- Multi-Record Guinness World Record Holder
- Author, Mental Toughness Coach
- Extreme Sports Athlete
- Newly crowned GrandPa (with more on the way 🙏)



James's guide to self-improvement is rooted in:

- Family
- Community
- Love
- Trust
- Teamwork
- Empathy



SEMINAR BONUS

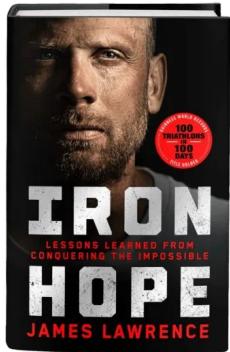
Celebrate in Cayman!

- As James and I, Adonza Harrison discussed ideas returning to Cayman from back in 2018, this bonus is an attempt to fulfill those first ideas. We discussed him enjoying his birthday on the island.
- He can enjoy any local tour/adventures like **horseback riding in the sea, fishing, snorkeling, diving, dinner**, and more available options.
<https://www.visitcaymanislands.com/en-us>

Special Thanks For All You Do!

Verbal Support Garnered from *Our New Leaders of Government*

**Books
to be
Gifted:**



**Hon. André Ebanks,
Premier**



**Hon. Gary Rutty,
Deputy Premier**

Flag & Coat of Arms



“We believe this isn’t just a seminar — it’s a catalyst for a new generation of transformation through endurance, faith, and heart.”

Adonza Harrison



Let's Make It Happen!



Run Your
Own Race...
& Be Happy!



When you run your own pace and do your best, having some great company is a sweet bonus for the morning. Then enjoy a FREE hot delicious omelette breakfast, Prizes, Culture, & Awards!

Some GA BTR 2024 - Fundraising Finalé (10th event)

[Courtney Platt Photography](#)

Scan QRCode or link below to view gallery:



[O'Neill Photography](#)

Scan QRCode or link below to view gallery:



More GA & BTR 2024 Photo Galleries

[David Goddard Photography](#)

Scan QRCode or link below to view gallery:



[Wil Bignal Photography](#)

Scan QRCode or link below to view gallery:



More Photo Galleries



Tafari Khan broke the 5K record, sped to the Seven Mile Round About to snag a few shots of the Leg 2 and Half Marathon participants.

<https://www.dropbox.com/scl/fo/tjy90wzz6vy1vjveia4g8/AL473fb3I-HwFAMcrYRLF1Y?rlkey=hil90d5itbv28bbj74b82r50a&dl=0>













