



BRAD SENG

ABSTINENCE  
SPEAKER &  
PROFESSIONAL

Brad is an Albion College (Albion, MI) graduate where he was a member of the varsity soccer team and he earned his masters degree in Sports Administration from Wayne State University (Detroit, MI). Brad taught high school English and coached high school soccer in Michigan for nine years. After witnessing firsthand the emotional and physical turmoil his students/athletes were experiencing from their misguided decisions about sexual intimacy, Brad recognized a need to provide today's youth with a healthy message about dating, love and life. Brad is the former director of a crisis pregnancy center located in metro Detroit and he has spoken to thousands of teens and young adults about the benefits of being physically & spiritually "buff".



With a single Ironman event consisting of a 2.4-mile swim, 112-mile bike and 26.2 mile run, Brad's training schedule demands discipline on a daily basis. Just as he trains his body four to eight hours per day, Brad understands the importance of training his mind and heart in avoiding emotional/spiritual "junk food" in order for him to be his best. During his talk Brad captivates his audience with a powerful message on being strong to the core in body, mind & spirit. He knows the unhealthy lures being presented to young people and the strength in character required to run the good race.

Brad has been the featured guest on EWTN's *Life on the Rock* television program and several national radio programs including *Nextwave Faithful Live* and *Catholic Connection*. Brad is the Abstinence Education Director for Real Choices Pregnancy Care Center and resides in the triathlon Mecca of Boulder, CO.

“Not what I am - but what God is  
Not what shall I do - but what God has done  
Eyes on himself - place them on God  
Eyes on his actions - place them on God's  
Have I nothing to do then? Yes nothing but believe.”  
- Eric Liddell, 1924 Olympic champion