

CHAD KEMPEL

KEYNOTE SPEAKER · 4× GUINNESS WORLD RECORDS · FATHER OF SEVEN

> *He pushed his quintuplets, five kids born at 27 weeks at under three pounds each, in a five-seat stroller weighing up to 301 lbs across four world-record finish lines. That stroller is in the Guinness World Records museum in Copenhagen now. So is the handmade sign he carried. It reads **"Anything Is Possible."** He made it for his father. His father's gone. The belief isn't.*

4	MA	5 yrs	5 yrs	30+
GUINNESS WORLD RECORDS	PSYCHOLOGY	UNIVERSITY LECTURER	SAN QUENTIN VOLUNTEER	NATIONAL FEATURES

WHAT YOUR AUDIENCE SEES

A dad from Boise who pushed a quintuple stroller to four Guinness World Records titles (marathon, half marathon, 10K, and 1K) over four years. An Ironman finisher. A guy who missed the marathon record by four minutes, came back seven days later, and set it. Someone whose stroller and sign sit behind glass in a museum in Copenhagen.

WHAT THEY DON'T SEE

A kid who got slapped across the face in a locker room, froze, and didn't tell his parents until his thirties. He walked the hallways alone, got bad grades because he hadn't decided to fix them yet, and watched friends disappear into things they couldn't climb out of. He signed up for wrestling and spent four years learning that when the whistle blows, the only thing that matters is who put in more work. He fixed his grades to stay on the team and learned the power was in his hands all along.

He and his wife lost twin boys who lived less than an hour. To get through it he ran 100 miles without stopping, 31.5 hours, from his parents' home outside Oakland down through San Jose and up to the Golden Gate Bridge. He taught math inside San Quentin State Prison for five years, unpaid. He counseled kids with social and learning disabilities. He slept in his car between two jobs so he could keep teaching at a university.

He earned an MA in Experimental Psychology and taught psychology and statistics at San Jose State University for five years. *He doesn't just tell stories. He gives people vocabulary for what they've been feeling.*

THE FAILURE THAT PROVES THE MESSAGE

Three tries at the Guinness World Records marathon title, one stroller, five kids.

Feb 3, 2019	5:31:32 — missed qualifying by 46 minutes
Mar 24, 2019	4:49:29 — missed by 4 minutes
Mar 31, 2019	**4:42:49 — Guinness World Records title**

All three times are public. Students can check them in the gym.

SIGNATURE TALKS

Anything Is Possible

A phrase most students roll their eyes at, rebuilt as a decision followed by evidence. The all-school assembly. Students walk out able to name four ideas: the freeze response, locus of control, post-traumatic growth, and pain with a purpose. Grades 9–12, 45–55 min.

The Weight You're Carrying

The mental health assembly that doesn't need "mental health" on the poster. Built on Chad's MA in Experimental Psychology and four terms students use the same week: cognitive load, the freeze response, displacement, and post-traumatic growth. Safe-messaging guidelines; your counselors get briefed first. Grades 9–12, 40–50 min.

I Walked the Hallways Alone

Nobody sat down next to him in those hallways. He teaches students to be the one who does. The belonging talk, built on San Quentin, counseling kids with disabilities, and Special Olympics. It costs a school nothing to act on. Grades 9–12, 40–50 min.

WHAT YOUR AUDIENCE WALKS AWAY WITH

- → Words for what they've been feeling. Real psychology, taught plainly.
- → Proof that where they start isn't where they finish
- → One thing to do tonight: a sentence to write, a decision, a person to sit with.

IDEAL FOR

HIGH SCHOOL ASSEMBLIES · GRADUATIONS · MENTAL HEALTH & WELLNESS · ANTI-BULLYING PROGRAMS · YOUTH CONFERENCES · CORPORATE KEYNOTES

BOOKING

Local Introductory Rate, 2026–27: $1,000 per assembly, $2,500 all three, no travel fee near Boise · California and the West: $1,800+ · Background-checked and cleared by West Ada School District · Travels nationwide

AS FEATURED ON

TODAY Show ◆ ABC World News Tonight ◆ Good Morning America ◆ Real Time with Bill Maher ◆ Fox News ◆ Men's Health ◆ The Doctors ◆ Access Hollywood ◆ Inside Edition ◆ Jay Leno ◆ People ◆ Runner's World ◆ Guinness World Records ◆ CBN News ◆ 30+ national outlets

"The dad and the quintuplets setting a world record. Our person of the week."

— David Muir, ABC World News Tonight

Book Chad

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