

APPENDIX 4:

JACK DALY'S BUCKET LIST

*Completed items are starred.

1. Ironman*
2. Ironman—all continents*
3. Marathon—all continents*
4. Marathon—all fifty states*
5. Boston Marathon*
6. Run marathon < four hours*
7. Ironman < fourteen hours*
8. Antarctica Marathon*
9. Ironman World Championship Hawaii*
10. Ironman 70.3 World Championship Clearwater*
11. Race car on track*
12. Hang glide*
13. Skydive*
14. Bungee jump—first and largest*
15. Golf Augusta
16. Golf Cypress

17. Golf Pine Valley*
18. Golf Pebble Beach*
19. Attend Ryder Cup*
20. Hole in one
21. Golf with high-profile pro golfer
22. Attend the Masters*
23. Golf St. Andrews
24. Play in a Pro-Am Golf Tourney
25. Play Top 100 Golf Courses in United States
26. Attend US Open Golf Tourney*
27. Run Great Wall Marathon*
28. Alcatraz Triathlon
29. Catch marlin deep-sea fishing*
30. White-water raft in Idaho*
31. Attend NCAA basketball finals*
32. Climb a mountain of note*
33. Attend Kentucky Derby*
34. Attend Olympic event
35. Bike ride across United States
36. Eco-Challenge
37. Hang glide / parasail*
38. Cruise Mediterranean*
39. All Hawaiian Islands*

40. Grand Canyon*
41. Vegas, baby*
42. Fall season in New England*
43. California wine country*
44. Explore Australia*
45. Greek islands*
46. Athens, Greece / Acropolis*
47. Alaska cruise and midnight marathon*
48. Russia: Moscow / St. Petersburg*
49. China*
50. France: Paris / Eiffel Tower*
51. Explore Brazil*
52. Wine country, Italy
53. Wine country, France
54. Madrid, Spain / Portugal
55. Singapore*
56. Peru / Galapagos Islands*
57. Argentina*
58. Dubai*
59. Mardi Gras*
60. Taj Mahal (India)*
61. Munich, Germany*
62. Tokyo*

63. Windsor Castle*
64. London exploration*
65. Rome exploration*
66. Cancun*
67. Bermuda*
68. Caribbean cruise*
69. Barcelona*
70. Florence, Italy*
71. Cruise Danube*
72. Venice*
73. Netherlands*
74. Egypt/pyramids
75. Milford Sound / New Zealand*
76. Yosemite*
77. Niagara Falls*
78. Ayers Rock / Outback Australia*
79. India*
80. World Trade Towers, NYC*
81. Vatican / St. Peter's*
82. Vienna, Austria*
83. Stratford-upon-Avon*
84. Colonial Williamsburg, Virginia*
85. Great Barrier Reef*

86. Barossa wine country, Australia*
87. Daintree Rainforest*
88. Istanbul*
89. Ephesus, Turkey*
90. Budapest*
91. Dublin, Ireland*
92. Edinburgh, Scotland*
93. Empire State Building, NYC*
94. Officer in military*
95. BS and MBA degrees*
96. Become an A-list speaker*
97. Set up Adam in business*
98. Write business book*
99. Write book on my life journey
100. Celebrate fiftieth wedding anniversary (forty-seven and Bonnie passed)*
101. African safari*
102. Ride in a jet fighter plane*
103. Rock & Roll Hall of Fame*
104. Regular platelets donor > one hundred times*
105. Sydney Bridge walk*
106. Hot-air balloon ride*
107. Have a role in a movie

108. Playboy Mansion visit*
109. Visit NY and Chi-X trading floor*
110. DC: Smithsonian and Capitol*
111. Visit presidential libraries*
112. Play blackjack at Monte Carlo Casino*
113. Meet a president at White House
114. Sleep in a castle*
115. Kiss the Blarney Stone*
116. Own a second home*
117. Meet David Copperfield with Adam*
118. Be active grandparent*
119. Leave 15 percent estate to charity
120. Live to 125!
121. Stand under the Hollywood sign*
122. New Year's Eve in Vegas*
123. Grand Ole Opry / Nashville *
124. Zion National Park*
125. Pike Market—Seattle*
126. Original Starbucks*
127. Visit White House*
128. Changing of the Guard at Buckingham Palace*
129. Sunset in Santorini*
130. Tour a windmill—Holland

131. Climb to Big Buddha—Hong Kong
132. Soak in Blue Lagoon—Iceland
133. Hear pope speak at Vatican
134. Make a wish at Trevi Fountain—Italy*
135. Leaning Tower of Pisa*
136. Ride a Vespa in foreign country*
137. Explore Van Gogh Museum—Netherlands*
138. See Gaudi's La Sagrada Familia—Spain*
139. Hear the call to prayer at Blue Mosque—Turkey*
140. Albuquerque Balloon Festival*
141. National Cherry Blossom Festival—DC*
142. Walk on a black-sand beach*
143. Meet a world leader*
144. Attend a boxing match
145. Attend a film premiere*
146. Attend a murder-mystery dinner*
147. Eat in a blindfolded dinner gala*
148. Be a game show contestant
149. Be on the cover of a magazine*
150. Get hypnotized
151. Pose with a figure at a wax museum*
152. Attend a Cirque du Soleil show*
153. See a Vegas show*

154. Charter a yacht*
155. Hole number sixteen at Phoenix Open*
156. Get a tattoo*
157. Be present at a birth*
158. Build a house with Habitat for Humanity
159. Donate one thousand books*
160. Learn and play curling*
161. Stand-up paddleboard*
162. Bikram hot yoga class
163. Drive a snowmobile
164. Fly in a blimp
165. Sleep in an ice hotel
166. Visit a ghost town*
167. Helicopter into the Grand Canyon*
168. Dance at carnival in Rio de Janeiro
169. Drink Guinness in Dublin*
170. Drink red wine in Chile*
171. Do a Polar Bear Plunge
172. Zipline*
173. Cross Abbey Road Crossing—London
174. See the Mona Lisa—Paris*
175. Visit beaches at Normandy—France*
176. Visit redwood forest*

177. Air Combat USA*
178. Attend World Series
179. Attend Mardi Gras—New Orleans*
180. Visit Prague
181. Visit Kuala Lumpur—Malaysia*
182. Visit Hong Kong
183. Visit Shanghai*
184. Ride ATVs*
185. Certified for sailboating*
186. Swim with stingrays*
187. Camel ride on Broome Beach—Australia*
188. Relax in a natural hot spring*
189. Ride horse and carriage*
190. See the salmon run
191. Shear a sheep
192. Win age group—triathlon 70.3*
193. Win Ironman age group
194. Win age group—Olympic triathlon*
195. Qualify and compete in USA Triathlon Nationals*
196. Compete as member of Team USA in World Long Course Tri*
197. 365 photo challenge book*
198. Cross the Panama Canal*

199. Do an Everglades tour*
200. Visit Bhutan
201. Be recognized worldwide as authority in my field*
202. Arrive by seaplane*
203. Kayak the Chicago River*
204. Climb a glacier*
205. Visit Antarctica*
206. Visit Patagonia—Chile*
207. Bike Big Sur
208. Attend a presidential inauguration
209. Deliver a TED Talk
210. Attend a Bat Mitzvah*
211. Attend Super Bowl*
212. Attend Final Four*
213. Fourth of July in DC*
214. Ride a double-decker bus in London*
215. Carry the Olympic torch
216. Finish a corn maze
217. Fly in a private jet*
218. Go indoor skydiving*
219. Mush a dogsled*
220. Marathon at North Pole*
221. Play bocce ball*

222. Push a stone at Stonehenge
223. Read fifty-two books in one year
224. Ride a helicopter*
225. See Old Faithful in Yellowstone
226. Tour Acropolis in Greece*
227. Sleep in a rainforest*
228. Overnight in a treehouse*
229. Speak in a foreign country with a translator*
230. Stand on the equator*
231. Visit Anne Frank's house—Amsterdam
232. Write a children's book
233. Climb a rock wall*
234. Win age group—marathon*
235. Swim with a dolphin*
236. Night snorkel with manta rays*
237. Drive across USA coast to coast*
238. Visit a concentration camp*
239. Experience weightlessness—zero gravity
240. Visit active volcano*
241. Run with bulls in Pamplona
242. See Mount Rushmore*
243. Eat a meal from world-class chef*
244. Ride a gondola in Venice*

245. Learn to surf*
246. Visit the Hoover Dam
247. Hike Rim2Rim Grand Canyon*
248. Visit Christ the Redeemer Statue*
249. Walk Colosseum in Rome*
250. Visit Machu Picchu via Inca Trail*
251. Visit Jerusalem*
252. Give a commencement speech
253. Fly an airplane*
254. Eat at a Brazilian steakhouse, in Brazil*
255. Visit the Louvre—Paris*
256. Visit Saint Mark's Basilica—Venice*
257. Visit Dubrovnik in Croatia*
258. Edge walk the tower in Auckland, New Zealand*
259. Watch baseball game at Wrigley Field*
260. Set up passive income streams*
261. Ride a Segway*
262. Watch a Broadway play*
263. Visit Sistine Chapel*
264. Ride London Eye*
265. Visit Victoria Falls
266. Visit Sydney Opera House*
267. Walk Golden Gate Bridge*

268. Visit Grand Tetons / American safari*
269. Crater Lake Rim Runs Oregon—Register Jan 1
270. Catalina Island Eco Marathon—Early Nov
271. Go to Duke basketball camp
272. Visit/tour Cia*
273. Air Force One
274. Ryder Cup*
275. Visit Pompeii*
276. Yankee Stadium*
277. Basketball Hall of Fame*
278. Fenway Park*
279. Wrigley Field*
280. Olympic Club Golf*
281. Horseback riding*
282. White-water rafting*
283. Sequoia National Park*
284. West Point*
285. Air Force Academy*
286. Navy SEALs Coronado Tour*
287. Northern Lights*
288. Climb Wayna Picchu*
289. Climb Kilimanjaro
290. Chile wine country*

291. Royal Gorge Suspension Bridge*
292. Graceland
293. John Muir Trail in Yosemite
294. Potato Chip Rock San Diego*
295. Learn to play half a song on piano
296. Uganda Gorilla Safari
297. Diamond Head Summit*
298. Koko Crater Summit*
299. Cuba marathon*
300. Israel*
301. Vietnam*
302. Bali/Indonesia*
303. Pearl Harbor*
304. Velodrome*
305. Guatemala
306. Costa Rica
307. Amalfi Coast
308. Lisbon
309. Iceland
310. Sweden/Norway
311. Wrap a snake around my neck
312. Host a family reunion*
313. Kiss on top of a Ferris wheel

314. Receive a fan letter*
315. Share cab with stranger*
316. Blow glass
317. Refinish a piece of furniture*
318. Be on a radio show*
319. Bet at the dog races*
320. Dance on a bar*
321. Dance with Ellen DeGeneres
322. Go to movie by myself*
323. Be in the newspaper*
324. Ride a mechanical bull*
325. See a 3D movie*
326. See the Tour de France
327. Set a Guinness World Record*
328. Walk the red carpet
329. Get a mani/pedi*
330. Have a professional photo shoot*
331. Puerto Rico / San Juan*
332. Nepal/Katmandu*
333. Delhi/India*
334. Sri Lanka*
335. Attend *Price Is Right* show*
336. PGA Tourney*

337. Churchill War Room
338. Bangkok—float market and elephant ride*
339. Rim2Rim2Rim*
340. Jakarta*
341. Surabaya/Philippines*
342. Manila*
343. Vietnam Tunnels / Saigon*
344. Magic Castle*
345. Kenya*
346. Kayak downtown Chicago*
347. Havana, Cuba*
348. Rappelling a cliff*
349. Holy City / Western Wall*
350. Makhtesh erosion crater*
351. Hike Masada*
352. Dead Sea float / lowest place on earth*
353. Bethlehem*
354. World Holocaust Center / Jerusalem*
355. Witness wild beast migration*
356. Have palm read
357. Fly in private jet*
358. Eat insect*
359. Stomp grapes*

360. Be asked for autograph*
361. Be on jumbotron on stadium*
362. Get a standing ovation*
363. Saber a champagne bottle
364. Walk on nude beach ... naked
365. Axe throwing*
366. Ride an elephant*
367. Ride in a tuk tuk*
368. Sleep in overnight train*
369. Book on Times Square*
370. Drink at Guinness Brewery*
371. Hear Andrea Bocelli sing
372. Van Gogh Museum*
373. Run marathon with grandkids
374. Antelope Canyon, Arizona
375. Badlands National Park, South Dakota
376. The Quiraing / Skye, Scotland
377. Canyon de Chelly, Arizona
378. Easter Island, Chile
379. Museum Island, Berlin
380. The Alhambra, Granada, Spain
381. Cinque Terre, Mediterranean, Italy
382. Abu Simbel, Egypt

383. Doha, Qatar
384. Terracotta Warriors, China
385. Golden Temple Dambulla, Sri Lanka
386. Bagan, Myanmar, Burma
387. San Juan Islands, Washington
388. Maritime Provinces, Canada
389. Biscayne National Park, Florida
390. Bora Bora, French Polynesia

As of 7/10/2021, 293/390 done or 75 percent.

Earlier, I discussed some of my most memorable bucket list experiences. I've shared several more here for those interested in hearing more.

1. Marathon all seven continents: I expected Antarctica to be my favorite on this journey, but the minimal snow at the time and the repetitiveness of running a short route bumped it down a notch. Poetic that my final continent marathon would be on the Great Wall of China. The route and overall experience was a once-in-a-lifetime experience for sure, and extra special was lifelong friend Rick Iovine participating. Since the snow was sparse in Antarctica, good friend Mark Moses and I elected to head north to the polar circle for a marathon, where we got all we were asking for and then some! This marathon ranks as my all-time-favorite marathon.
2. Ironman World Championship in Hawaii: While Ironman is the same distance in all races (140.6 miles of swim/bike/run), whenever speaking with people familiar with the topic, the question always asked is "Have you done Hawaii?" Knocking

this off the list with so many great friends and family was a life highlight. Of special note is that my wife, Bonnie, was always my biggest cheerleader, and she was present at every one of the fifteen Ironmans I completed.

3. North Pole Marathon: Of the ninety-five marathons run, my favorite is this one. Below zero temps, held in Greenland on the polar circle, snow to knees for first 10K, ice based for the 26.2 miles, and a point-to-point route brought so much beauty during such an epic day. I was once again joined by my buddy Mark Moses, and we extended our stay and toured this remarkable country.
4. Presidential libraries: Thirteen libraries visited over a ten-year period, with lots of leadership learning along the way, as was detailed in an earlier chapter. It was fun to race my friend and book publisher Adam Witty to see who would finish first. I narrowly beat him, as he fell one short with, of all things, the library I grabbed first—Bill Clinton.
5. Great Wall Marathon: The Great Wall of China is worth a visit in its own right, but to race a marathon on it is taking it to another level. Add to that it was my final continent in my quest for marathons on all seven continents, and it becomes a bucket list highlight. Close friend Rick Iovine joined me again, and we both agreed this was one of our very best outings.
6. Acropolis in Athens: Bonnie and I teamed this visit up with our first Mediterranean cruise, visiting several Greek Isles and finishing up in Istanbul. The entire experience is forever in my memory, and the touring of the historic area of Athens was everything that I had imagined and more.

7. Mediterranean cruise: Bonnie and I became big fans of the Med and cruising and experienced four different outings, each with unique ports and memories. Venice, Rome, Barcelona, Santorini, Istanbul, and Dubrovnik are just a few of the highlight stops.
8. Moscow and St. Petersburg: Ever since high school, Red Square and Moscow have always held out a fascination for me. What a treat that my speaking business would take me not once but twice to Moscow. The Kremlin and Red Square were all that I had imagined; however, the rest of the city was nothing to necessarily get excited about—more of a large, crowded city that could be seen anywhere. The jewel of the visit was a visit to St. Petersburg, and we were blessed with ideal tourist weather. In the interest of simplicity, I would describe it as a city similar to Paris, where buildings are works of art themselves and then are full of amazing world-renowned art as well.
9. Rome/Vatican: I've had the good fortune to visit this amazing city on several occasions, and each time it's with a sense of marvel and history. As Arnold is famous for saying, "I'll be back."
10. France/Paris: Museums, palaces, food, and beauty all wrapped together in the city of Paris. Long on the bucket list for both my wife, Bonnie, and me, we reveled in our visit, albeit too short. When I lost Bonnie to pancreatic cancer, I figured I would ride the rest of life out as a single guy. That all changed when I met my soul mate, Karen Caplan, a favored client for over twenty years. I'm committed to now return with Karen to draw in this city's magic.

11. Budapest: We arrived by way of a river cruise on the Danube, and the grandeur of this capital city of Hungary was profound. One of the most photogenic cities in Europe, with the majestic riverside Parliament Building and the stunning basilicas, the city begs for a longer visit than what's afforded on a cruise.
12. Cover of magazine: Here was yet another stretch. I had been published in many magazines worldwide, which was gratifying in itself. But somehow making the cover had eluded me. In fact, I decided to publish my own magazine (*Get Jack'd*) so I would make the cover each issue! Finally, a couple of years later, I legitimately made it with *Culturama*, based in India. Truly a treat! Special thanks to editor Rohini Manian for the invitation and to EO for inviting me to speak throughout India.
13. Bungee jump: The Kawarau Gorge Suspension Bridge was the first-ever bungee jump, and the river water sure comes up quick for your submersion! Later in the day, I headed to the Nevis Canyon bungee, at the time the highest bungee in the world at 134 meters above the canyon. Not for the faint of heart, it was a full eight-second drop before snatched. Thrill of a lifetime! And yes, I would do it again!
14. NCAA basketball finals: Best friend Rick Iovine and I have been lifelong college basketball fanatics, and our wives were not far behind in enthusiasm for the game, and in 2015 we got to knock this bucket list item off. Ever since the legendary John Wooden championship run at UCLA, I've viewed Coach Mike Krzyzewski in a similar vein at Duke. It was pure joy to be there to see Duke prevail over Wisconsin 68–63 in Indianapolis.

15. Team USA: I was out on a bike training ride and saw a rider with Team USA gear on. We had a good chat, and I learned that in the triathlon world, there was a Long Distance World Championship among countries, and it was possible for a guy my age to make the team. Right then, it went on the bucket list. In October 2011, my sister Valerie and I raced in the Myrtle Beach 70.3 Triathlon, and we both won spots on the team that day. Disappointingly, I caught the flu in Vitoria, Spain, and missed out on competing that day of the championship. Nonetheless, I take pride in making the team!