

SPORTS

1. IRONMAN *
2. IRONMAN ALL CONTINENTS
3. MARATHON ALL CONTINENTS
4. MARATHON ALL 50 STATES
5. BOSTON MARATHON *
6. RUN MARATHON < 4 HOURS *
7. IRONMAN < 14 HOURS *
8. ANTARTICA MARATHON *
9. IRONMAN WORLD CHAMPIONSHIP HAWAII *
10. IRONMAN 70.3 WORLD CHAMPIONSHIP CLEARWATER *
11. RACE CAR ON TRACK *
12. HANG GLIDE *
13. SKY DIVE *
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 USA
26. ATTEND U.S. OPEN GOLF TOURNEY *
27. RUN GREAT WALL CHINA 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 USA
- 36. ECO CHALLENGE
- 37. HANG GLIDE/PARASAIL *

TRAVEL

- 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 MIDNITE 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
- 55. SINGAPORE *
- 56. PERU / GALAPAGOS ISLANDS *
- 57. ARGENTINA *
- 58. DUBAI
- 59. MARDI GRAS *
- 60. INDIA: TAJ MAHAL *
- 61. MUNICH GERMANY *
- 62. TOKYO

- 63. WINDSOR CASTLE *
- 64. LONDON EXPLORATION *
- 65. ROME EXPLORATION *
- 66. CANCUN *
- 67. BERMUDA *
- 68. CARRIBEAN CRUISE *
- 69. BARCELONA *
- 70. FLORENCE, ITALY *
- 71. CRUISE DANUBE/ *
- 72. VENICE *
- 73. NETHERLANDS *
- 74. EGYPT/PYRAMIDS *
- 75. MILFORD SOUND, NEW ZEALAND *
- 76. YOSEMITE *
- 77. NIAGRA FALLS *
- 78. AYRES ROCK/OUTBACK AUSTRALIA *
- 79. INDIA *
- 80. WORLD TRADE TOWERS, NYC *
- 81. VATICAN/ST. PETERS *
- 82. VIENNA AUSTRIA *
- 83. STRATFORD UPON AVON *
- 84. COLONIAL WILLIAMSBURG, VIRGINIA *
- 85. GREAT BARRIER REEF *
- 86. BAROSSA WINE COUNTRY, AUSTRALIA *
- 87. DAINTREE RAIN FOREST *
- 88. ISTANBUL *
- 89. ESEPHUS, TURKEY *
- 90. BUDAPEST *
- 91. DUBLIN, IRELAND *
- 92. EDINBURGH, SCOTLAND *
- 93. EMPIRE STATE BUILDING, NYC *

BUSINESS

- 94. OFFICER IN MILITARY *
- 95. BS AND MBA DEGREES *
- 96. BECOME AN “A LIST” SPEAKER *
- 97. SETUP ADAM IN BUSINESS *
- 98. WRITE BUSINESS BOOK *
- 99. WRITE BOOK ON MY LIFE JOURNEY

MISCELLANEOUS

- 100. CELEBRATE 50TH WEDDING ANNIVERSARY
- 101. AFRICAN SAFARI *
- 102. RIDE A JETFIGHTERPLANE
- 103. ROCK & ROLL HALL OF FAME *
- 104. REGULAR PLATELETS DONOR >100 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 TRADING FLOOR *
- 110. DC SMITHSONIAN AND CAPITAL *
- 111. VISIT PRESIDENTIAL LIBRARIES *
- 112. PLAY BLACKJACK AT MONTE CARLO CASINO *
- 113. MEET A PRESIDENT AT WHITEHOUSE
- 114. SLEEP IN A CASTLE *
- 115. KISS THE BLARNEY STONE *
- 116. OWN A SECOND HOME *
- 117. MEET DAVID COPPERFIELD WITH ADAM *
- 118. BE ACTIVE GRANDPARENTS *
- 119. LEAVE 25% ESTATE TO CHARITY
- 120. LIVE TO 125!
- 121. STAND UNDER THE HOLLYWOOD SIGN
- 122. KENTUCKY DERBY
- 123. NEW YEARS EVE IN VEGAS

- 124. NIAGRA FALLS *
- 125. GRAND OLE OPRY – NASHVILLE
- 126. ZION NATIONAL PARK *
- 127. PIKES MARKET – SEATTLE *
- 128. ORIGINAL STARBUCKS *
- 129. VISIT WHITEHOUSE *
- 130. CHANGING OF GUARD @ BUCKINGHAM PALACE *
- 131. SUNSET IN SANTORINI *
- 132. TOUR A WINDMILL – HOLLAND
- 133. CLIMB TO BIG BUDDA – HONG KONG
- 134. SOAK IN BLUE LAGOON – ICELAND
- 135. TAJ MAHAL *
- 136. HEAR POPE SPEAK AT VATICAN
- 137. MAKE A WISH AT TREVI FOUNTAIN – ITALY *
- 138. LEANING TOWER PISA
- 139. RIDE A VESPA IN TUSCANY
- 140. EXPLORE VAN GOGH MUSEUM – NETHERLANDS *
- 141. SEE GAUDI’S LA SAGRADA FAMILIA – SPAIN *
- 142. HEAR THE CALL TO PRAYER AT BLUE MOSQUE – TURKEY *
- 143. ALBUQUERQUE BALLOON FESTIVAL
- 144. NATIONAL CHEERY BLOSSOM FESTIVAL – DC *
- 145. WALK ON A BLACK SAND BEACH *
- 146. MEET A WORLD LEADER *
- 147. ATTEND A BOXING MATCH
- 148. ATTEND A FILM PREMIERE *
- 149. ATTEND A MURDER MYSTERY DINNER *
- 150. EAT AT A BLIND FOLDED DINNER GALA *
- 151. BE A GAME SHOW CONTESTANT
- 152. BE ON THE COVER OF A MAGAZINE
- 153. GET HYPNOTIZED
- 154. POSE WITH A FIGURE AT A WAX MUSEUM *
- 155. ATTEND A CIRQUE DU SOLEIL SHOW *
- 156. SEE A VEGAS SHOW

- 157. CHARTER A YACHT *
- 158. HOLE #16 AT PHOENIX OPEN *
- 159. GET A TATTOO *
- 160. BE PRESENT AT A BIRTH *
- 161. BUILD A HOUSE W/ HABITAT FOR HUMANITY
- 162. DONATE 1000 BOOKS *
- 163. LEARN AND PLAY CURLING *
- 164. STAND UP PADDLE BOARD *
- 165. BIKRAM HOT YOGA CLASS
- 166. DRIVE A SNOWMOBILE
- 167. FLY IN A BLIMP
- 168. SLEEP IN A ICE HOTEL
- 169. VISIT A GHOST TOWN *
- 170. HELICOPTER INTO THE GRAND CANYON *
- 171. DANCE AT CARNIVAL IN RIO DE JANEIRO
- 172. DRINK GUINNESS IN DUBLIN *
- 173. DRINK RED WINE IN CHILE *
- 174. DO A POLAR BEAR PLUNGE
- 175. ZIPLINE
- 176. PLAYBOY MANSION *
- 177. CROSS ABBEY ROAD CROSSING – LONDON
- 178. SEE THE MONA LISA – PARIS *
- 179. VISIT BEACHES AT NORMANDY – FRANCE *
- 180. VISIT REDWOOD FOREST *
- 181. AIRCOMBAT USA *
- 182. ATTEND WORLD SERIES
- 183. ATTEND MARDI GRAS – NEW ORLEANS *
- 184. VISIT PRAGUE
- 185. VISIT SINGAPORE *
- 186. VISIT KUALA LUMPUR – MALAYSIA *
- 187. VISIT HONG KONG
- 188. VISIT SHANGHAI *
- 189. RIDE ATV'S

- 190. CERTIFIED FOR SAIL BOATING *
- 191. SWIM WITH STINGRAYS *
- 192. CAMEL RIDE ON BROOME BEACH – AUSTRALIA *
- 193. RELAX IN A NATURAL HOT SPRING *
- 194. RIDE HORSE & CARRIAGE *
- 195. SEE THE SALMON RUN
- 196. SHEAR A SHEEP
- 197. WIN AGE GROUP TRIATHLON 70.3 *
- 198. WIN IRONMAN AGE GROUP
- 199. WIN AGE GROUP OLYMPIC TRIATHLON *
- 200. UQUALIFY & COMPETE IN TRIATHLON USA NATIONALS *
- 201. COMPETE AS MEMBER OF TEAM USA IN WORLD LONG COURSE TRI *
- 202. 365 PHOTO CHALLENGE BOOK *
- 203. CROSS THE PANAMA CANAL
- 204. CRUISE TO ALASKA
- 205. DO AN EVERGLADES TOUR *
- 206. VISIT BHUTAN
- 207. BE RECOG WORLDWIDE AS AUTHORITY IN MY FIELD *
- 208. ARRIVE BY SEAPLANE *
- 209. KAYAK THE CHICAGO RIVER *
- 210. CLIMB A GLACIER
- 211. CLIMB A PYRAMID
- 212. CLIMB AYRES ROCK – AUSTRALIA *
- 213. VISIT ANTARCTICA *
- 214. VISIT PATAGONIA – CHILE *
- 215. BIKE BIG SUR
- 216. ATTEND A PRESIDENTIAL INAUGURATION
- 217. DELIVER A TED TALK
- 218. ATTEND A BAT MITZVAH *
- 219. HOT AIR BALLOONING *
- 220. ATTEND SUPER BOWL *
- 221. ATTEND FINAL FOUR *
- 222. PLAY BLACKJACK IN MONTE CARLO *

- 223. FOURTH OF JULY IN DC *
- 224. RIDE A DOUBLE DECKER BUS IN LONDON *
- 225. CARRY THE OLYMPIC TORCH
- 226. VISIT ST. PETERS IN ROME *
- 227. FINISH A CORN MAZE
- 228. FLY IN A PRIVATE JET *
- 229. GO INDOOR SKYDIVING
- 230. KISS THE BLARNEY STONE – IRELAND *
- 231. MUSH A DOG SLED
- 232. MARATHON AT NORTH POLE
- 233. PLAY BOCCE BALL *
- 234. PUSH A STONE AT STONEHENGE
- 235. READ 52 BOOKS IN ONE YEAR
- 236. RIDE A HELICOPTER *
- 237. SEE OLD FAITHFUL IN YELLOWSTONE
- 238. TOUR ACROPOLIS IN GREECE *
- 239. SLEEP IN A CASTLE *
- 240. SLEEP IN A RAINFOREST *
- 241. OVERNIGHT IN A TREEHOUSE *
- 242. SPEAK IN FOREIGN COUNTRY WITH A TRANSLATOR *
- 243. STAND ON THE EQUATOR *
- 244. VISIT ANNE FRANKS HOUSE – AMSTERDAM
- 245. VISIT GALAPOGOS ISLANDS *
- 246. WRITE A CHILDREN’S BOOK
- 247. CLIMB A ROCK WALL *
- 248. WIN AGE GROUP MARATHON *
- 249. QUALIFY FOR BOSTON MARATHON *
- 250. SWIM WITH A DOLPHIN *
- 251. NIGHT SNORKLE WITH MANTARAYS *
- 252. WRITE AUTOBIOGRAPHY
- 253. DRIVE ACROSS USA COAST TO COAST *
- 254. VISIT A CONCENTRATION CAMP *
- 255. EXPERIENCE WEIGHTLESSNESS – ZERO GRAVITY

- 256. VISIT ACTIVE VOLCANO *
- 257. RUN WITH BULLS IN PAMPALONA
- 258. SEE MT. RUSHMORE
- 259. EAT A MEAL FROM WORLD-CLASS CHEF *
- 260. RIDE A GONDOLA IN VENICE
- 261. LEARN TO SURF *
- 262. VISIT THE HOOVER DAM
- 263. HIKE RIM TO RM GRAND CANYON *
- 264. VISIT CHRIST REDEEMER STATUE *
- 265. WALK COLOSSEUM IN ROME *
- 266. VISIT EPHEBUS- TURKEY *
- 267. VISIT MACHU PICCHU VIA INCA TRAIL *
- 268. VISIT TAJ MAHAL *
- 269. VISIT JERUSALEM
- 270. GIVE A COMMENCEMENT SPEECH
- 271. FLY AN AIRPLANE *
- 272. EAT AT A BRAZILIAN STEAKHOUSE, IN BRAZIL *
- 273. VISIT THE LOUVRE – PARIS *
- 274. VISIT ST. MARK’S BASILICA – VENICE
- 275. VISIT DUBROVNIK IN CROATIA
- 276. EDGE WALK THE TOWER IN AUCKLAND, NZ *
- 277. WATCH BASEBALL GAME AT WRIGLEY FIELD *
- 278. SETUP PASSIVE INCOME STREAMS *
- 279. RIDE A SEGWAY
- 280. WATCH A BROADWAY PLAY *
- 281. VISIT SISTINE CHAPEL *
- 282. RIDE LONDON EYE *
- 283. VISIT VICTORIA FALLS
- 284. VISIT SYDNEY OPERA HOUSE *
- 285. WALK GOLDEN GATE BRIDGE *
- 286. VISIT PRESIDENTIAL LIBRARIES
- 287. VISIT GRAND TETONS/ AMERICAN SAFARI *
- 288. CRATER LAKE RIM RUNS OREGON – register Jan 1
- 289. CATALINA ISLAND ECO MARATHON – early Nov
- 290. CARRY OLYMPIC TORCH
- 291. GO TO DUKE BASKETBALL CAMP

COMPLETED AS OF FEB 29, 2016 = 197 OF 287 OR 69%