



Ultra-Marathon Strength Athlete

Jim “The Shark” Dreyer was designated a [“Superhuman”](#) when he appeared on the *History Channel’s* popular TV series, *Stan Lee’s Superhumans* on August 6, 2014. The segment, entitled “The Human Tugboat,” featured Jim successfully towing a 27-ton car ferry while swimming across Newport Beach Harbor, in an astounding aquatic feat of strength. Jim Dreyer has set 19 world records and has been called the “Next Jack LaLanne.”

Jim’s TV series debut came on the heels of his August 5-7, 2013 event, in which he pulled a ton of bricks for 51 hours while swimming 22 miles alone across Lake St. Clair to Detroit, in support of *Habitat for Humanity*. As the first to combine a world record feat of strength with marathon swimming, Jim Dreyer coined the term "strength swimming."

In 2022, Jim’s strength swimming will morph into an all-night swim out to sea from Chicago with 22 pounds of deadweight strapped to his body, including a cannonball, in his first annual [Dusk ‘til Dawn Cannonball Swim](#). The cannonball swim supports and involves disabled U.S. combat Veterans served by the [Swim Mission 22](#) project he initiated in 2021. After Jim swims as far as he can get from shore overnight, the *Veteran Swim Team* will find him somewhere beyond the Lake Michigan horizon at sunrise and make the swim back to Chicago. The *Swim Mission 22* project includes the 2022 introduction of [Reach the Beach – Chicago](#), a 22-mile relay race and distance competition fundraiser for public participation.

In 1998, just two years after learning to swim, Jim started his ultra-marathon career with a 65-mile swim across Lake Michigan. He went on to become the first to set records swimming across all five Great Lakes, in a series benefitting the *Big Brothers Big Sisters* program. Highlights include his 2005 self-sufficient swim across the raging waters of Lake Superior, in which he swam 60 miles in 60 hours alone, while towing 250 pounds of supplies and finding his way from Michigan's Upper Peninsula to Canada. As the first to combine Ironman-distance running and biking with swimming record distances in a continuous event, Jim ran 26.2 miles through the beach sand, biked 130 miles, and swam 56 miles across Lake Ontario in another of his most notable events, in 2000.

Jim holds a black belt in tae kwon do and has been an accomplished semi-professional baseball player, cross country skier, and just missed making the U.S. Olympic team as a snowshoe competitor. Jim lists kayaking as his favorite hobby and paddled across the U.S. from Lake Michigan to the Gulf of Mexico. After completing the expedition, he helped build a *Habitat for Humanity* home in the hurricane-stricken area of New Orleans.

Jim was appointed by Michigan Governor Jennifer Granholm to the *Mentor Michigan Leadership Council* from 2006 - 2010. During his term, he founded and led the *Adventures in Mentoring (AIM)* program. AIM matched court-involved youth with mentors and trained them in wilderness survival and adventure racing to develop self-confidence and interpersonal life skills.

The open water, Jim’s greatest fear since a childhood near-drowning, has become the playing field for much of his unprecedented athletic success. Controlling fear and harnessing [“Cornerstone Strength in the Face of Burden”](#) is the subject of his inspirational presentations, as an accomplished speaker on the circuit.

After his humble beginnings in the water, Jim is now known as “The Shark” and has raised hundreds of thousands of dollars for charity. Prior to his *Swim Mission 22* project, Jim founded and directed the *Mighty Mac Swim* for the 50th anniversary celebration of Michigan’s Mackinac Bridge in 2007 and held the event 3 more times in subsequent years. The 2015 *Mighty Mac Swim* ranked as the 12th highest grossing charity swim in world history according to the *World Open Water Swimming Association*.