

COBOURG & DISTRICT SPORTS HALL OF FAME

P.O. Box 45, Cobourg, Ontario K9A 1M8

HONOURED MEMBERSHIP NOMINATION APPLICATION

Date Received

Nominee: Brown, Jeremiah Feltgen

Address
Postal C

Phone (l

Email Address: brownj24@gmail.com

Birth Place: Hamilton, ON

Date of Birth: Nov. 25, 1985

Year Lived in Cobourg and/or District:

Family home here since 1999; He lived in Cobourg from 1999-2008 (throughout high school & University years); His parents, Jonathan and Bettina, still live in Cobourg

SPORT ACHIEVEMENT

Nomination For: Athlete

Sport (s): Rowing

SPORT	TEAM	ROLE/CAPACITY	DATE
Hockey	CCHL rep and a bit of Cobourg Cougars Jr. A	player	2000-2003
Fastball	Cobourg all-star fastball		2001-2003
High School	Played many sports in high school; was an average to above average athlete. Went to CDCI East until grade 12 and then went to CDCI West.		2001-2003
Football	University of McMaster Marauders (varsity team)		2003-2007
Rowing	Rowed at the provincial and international level		2009-2012

Championship Teams: (Please provide dates):

Local:

2001 – Ontario Hockey Federation (OHF) Midget A Championship

National:

2010 - silver medal at the national championships in the single sculls

2011 – bronze medal at national championships in men's pair event with Andrew Byrnes.

International:

2011 – 5th place at his first World Cup event, in Lucern, Switzerland, in the men's eights.

2011 – bronze at the World Championship (Slovenia), in the men's eights

2012 – bronze at the World Cup in men's eights (At this meet they set a record for "World Best Time" during their heat, which stood for 8 years! They don't call them "World Records" in rowing))

2012 – silver at the Olympics (London), in men's eights

Individual Awards/Citations: (Please provide dates):

Cobourg Minor Hockey Most Improved Player (local) -Unsure of exact year.

2005 - In his 3rd year of University playing for the McMaster Marauders, he won the Most Improved Offensive Player Award (varsity football)

2013 - He was named an Honourary Fellow of the Royal Conservatory of Music for his advocacy for the arts. He is a drummer & played piano growing up. They eventually attached his Olympic face to their program to try to attract athletes to music. (National)

Associations/Organizations/Clubs with whom nominee is/was associated with (local, provincial, national, international etc.)

Local:

- Cobourg All Star Fastball
- CCHL Minor Rep Hockey – including Cougars Jr A (although never full time) & rep hockey
- High School Sports @ CDCI East (gr 10-11); gr 12 to West (transferred to Bowmanville High School part way through final year)

Provincial:

2003-2007 McMaster University Football (CIS Sports)

2008-20212 - Victoria City Rowing Club (Note - He was representing BC because he was living and training there and there was more funding).

National:

2011-2012 Team Canada - Rowing

If possible, please provide a summary/description of any other additional information that would describe the nominee's outstanding contribution to sport.

He went to McMaster University. They didn't have a varsity hockey team and one of his friends joked that he should play football. He contacted the coach and the coach allowed him to come out. He was a walk-on & made the team. Most were recruited. For the next 2 years he learned the game and became a starting offensive tackle for the McMaster Marauders for his last 2 years. In his third year, he won the award for Most Improved Offensive Player. He earned a Bachelor of Commerce Degree.

Jeremiah wrote a book called "The 4 Year Olympian – From First Stroke to Olympic Medallist". (Improbably, heart-wrenching, and uplifting, Jeremiah Brown's journey from novice rower to Olympic silver medallist in under four years is a story about chasing a goal with everything you've got).

Jeremiah is a motivational speaker. One of his keynote address is "From Couch to Podium". (In just 4 years, Jeremiah Brown went from lying on his parents' couch to the Olympic podium in a sport he had never tried before. Discover how Jeremiah's captivating story, strategies, and insights can help you adapt to change, overcome adversity, and propel your team to podium performances.)

(Resource - <https://the4yearolympian.com/>)

2015-2018 -Jeremiah was hired by the Canadian Olympic Committee as the national manager of "Game Plan", the COC's program to help elite athletes make the transition to the next chapter of their lives.

2018 – Jeremiah supported the International Olympic Committee (IOC) development of athlete wellness and transition programs, and was consulted on the implementation of a new database system for the program.

For more information, see attached.

Newspaper clippings, scrapbooks, photos or sort memorabilia will assist in supporting the application.

SUBMISSIONS WITH INSUFFICIENT INFORMATION WILL RESULT IN THE NOMINATION FORM BEING RETURNED TO THE NOMINATOR BY THE SELECTION COMMITTEE.

Additional Information/Comments:

I HEREBY CERTIFY THAT, TO THE BEST OF MY KNOWLEDGE, THE ABOVE FACTS ARE TRUE, AND I ENDORSE THIS APPLICATION FOR INDUCTION INTO THE COBOURG AND DISTRICT SPORTS HALL OF FAME

NOMINATOR: Jennifer Ashley

ADDRESS

PHONE:

EMAIL: j

DATE: Sept. 30/21

**Please return completed form to:
Cobourg & District Sports Hall of Fame
P.O. Box 45
Cobourg, Ontario
K9A 1M8**

Resource: McMaster University Daily News - <https://dailynews.mcmaster.ca/articles/alumni-row-to-world-record-olympic-berth/>

Alumni row to world record, Olympic berth

JUNE 5, 2012

McMaster alumni Doug Csimá and Jeremiah Brown have qualified for the Summer Olympics.

The pair are members of Canada's men's eight rowing team, which set a world record at a World Cup meet in Lucerne Switzerland, May 25.

The Canadians won their 2,000-metre semi-final heat in 5:19.35 minutes, breaking the previous world's best of 5:19.85 set at the 2004 Athens Olympics by the US team.

The Canadian men's eight team won the last gold medal at the 2008 Games in Beijing.

Csimá, originally from Oakville, was a member of McMaster's varsity rowing crew from 2003 to 2007. He has been a top performer at Hamilton's Leander Boat Club and a member of the national rowing team since 2008. He graduated with a degree in nursing from McMaster.

Brown, a commerce alumnus from Cobourg, Ont., was an offensive tackle with the Marauders football team from 2004 to 2007. He began rowing in 2008, and joined the Canadian men's eight team in 2011.

The 2012 Summer Olympic Games will take place July 27 to August 12 in London, UK.

Resource: <https://www.thepeterboroughexaminer.com/news/peterborough-region/2018/03/20/olympic-rower-jeremiah-brown-sharing-his-story.html>

Olympic rower Jeremiah Brown sharing his story

By **Joelle Kovach** Examiner Reporter
Tue., March 20, 2018 timer 3 min. read
update Article was updated May. 11, 2020



Peterborough resident Jeremiah Brown, an Olympic silver medallist in rowing, went from rank beginner to the podium in just four years - and he wants to tell you how he did it.

Brown, 32, won an Olympic silver medal as a member of the Canadian men's eight rowing team in London in 2012.

He first dipped an oar in the Otonabee River, at the Peterborough Rowing Club - and he wasn't a natural talent.

Brown says rowing is one of the most difficult sports in the world, and even though he was 6'6" and a former football player for McMaster University, he capsized so many times in the early days it seemed doubtful he would ever get the hang of rowing - never mind go to the Olympics.

But then he meets a difficult coach who will take him on if he can survive the brutal workouts.

Hands rubbed raw from the oars, struggling for breath, Brown sometimes felt he was exerting himself so much his ribs would break.

"It's a pain game, that's for sure," he said in an interview at the Peterborough Rowing Club on Tuesday.

His book, *The Four Year Olympian*, describes the journey and all its suffering (and euphoria, in the end).

Brown was born in Hamilton and grew up in Port Hope and in Cobourg.

His book describes a brush with the law at age 17 that nearly sends him to jail. By 19 he was in his second year of business school at McMaster when he becomes a father.

Barely into his 20s with a newborn, a partner, a mortgage and a job at a bank, he craved a huge challenge - and became inspired when he met a rower. That's when he decided then to take up rowing and go to the Olympics.

Brown then chased his dream to Victoria, B.C., where he trained with the national team and competed in international races in Europe before winning the silver medal in 2012.

Since then he's hardly rowed.

"I just didn't want to hurt my body, anymore," he said.

In 2014 he moved to Peterborough to be near family - his parents, both retired teachers, live in Cobourg. His son Ethan is now 12 and in Grade 7 at Westmount Public School.

For the last three years Brown has commuted to Toronto where he works for the Canadian Olympic Committee as the national manager of Game Plan, the COC's program to help elite athletes make the transition to the next chapter of their lives.

Now he says he wants to meet more people in Peterborough, and he hopes the launch of his book at Chapters on Lansdowne St. on March 31 will be a bit of a "coming-out party."

Brown said he's inviting parents to bring their children and speak to him about what sport might be a good fit for a budding athlete.

"I can advise - bring your kids!" he said.

What advice does he have for kids? Practice, practice, practice - no matter what skill you are trying to acquire. That applies to adults too, by the way.

"Do the work when no one's looking and no one cares," he said. "I think if you're unsatisfied enough, you owe it to yourself to do it."

Joelle.Kovach@peterboroughdaily.com

What: Book launch for Jeremiah Brown, author of *The 4 Year Olympian*

When: Saturday, March 31

Time: 11 a.m. to 4 p.m.

Place: Chapters on Lansdowne St. in Peterborough

Resource: <https://marauders.ca/sports/football/roster/jeremiah-brown/1036>

The screenshot shows a web browser window with the URL <https://marauders.ca/sports/football/roster/jeremiah-brown/1036>. The browser's address bar shows "Not Secure" and "Paused". The page content includes a navigation menu with "FOOTBALL" and "MORE LINKS+", a "2005-2006 Football Roster" section, and a player profile for Jeremiah Brown. The profile includes a dropdown menu for "BROWN, JEREMIAH" with a search icon, a header "54 JEREMIAH BROWN", and a table of player statistics. At the bottom, there are tabs for "BIO", "RELATED", "STATS", and "HISTORICAL".

BROWN, JEREMIAH	
54 JEREMIAH BROWN	
WEIGHT: 250	ELIGIBILITY YEAR: H Commerce
HOMETOWN: Cobourg ON	HIGHSCHOOL: Cobourg West

BIO RELATED STATS HISTORICAL



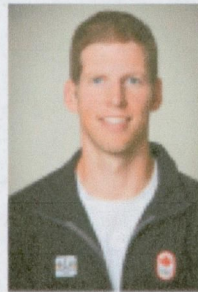
Jeremiah Brown



Canadian Olympic Medal Count



Personal Details



Sport	Rowing	Games	London 2012
Born	November 25, 1985	Age	35
Height	198cm	Weight	106kg
Birthplace	Cobourg, ON	Home Province	Ontario
Residence	Victoria, BC		

Personal Channels



Biography

Jeremiah Brown made his first Olympic appearance at the London 2012 Games, earning silver as a member of the men's eight crew. A relative newcomer to the sport, Brown started rowing after being inspired by the 2008 Olympic Games Canadian men's eight as they rowed to gold in Beijing.

After a learn-to-row program, in which he put in more than 1,700 hours on the water, this former McMaster University offensive lineman football player earned a silver medal at the 2010 national championships in the single sculls and a bronze medal at the 2011 World Championships in the men's eight.

Olympic Highlights

Games	Sport	Event	Finish
2012 London	Rowing	Coxed Eight - Men	Silver

Evidence - Music Connection

Jeremiah Brown

Professional Speaker, Olympic medallist, Best-selling Author, Business Leader

To Jeremiah Brown, reinvention and resilience are the lifeblood of progress, and as such, he's spent his life harnessing the power of resilience to adapt to new environments and overcome setbacks. The Olympic medalist, bestselling author, and keynote speaker delivers a compelling message – realizing your potential requires adapting to change. To get to know Jeremiah, explore the six related areas of his work.

Within only four years of learning how to row, Jeremiah Brown helped power rowing crews to World Cup, World Championship, and Olympic medals. Jeremiah began his career as a commercial banker with TD Bank, managing the lending risk for an \$80 million portfolio of loans to SME businesses on Vancouver Island. After the 2012 Olympics, Jeremiah was selected by the Canadian Olympic Committee to lead the development and implementation of Game Plan – a holistic athlete wellness and transition program designed to support over 3000 national team, Olympic, and Paralympic athletes in their transition out of elite sport and into their next phase of life. The work of Jeremiah Brown and his team has been featured by major news outlets including the Globe and Mail, Toronto Star, CTV, CBC, Radio Canada, Al Jazeera, and Jeremiah has been consulted by the International Olympic Committee for his expertise while continuing to support the development of athlete welfare programs around the world. It took Jeremiah four years to get to the Olympics and five years to write the book about it, but with resilience and dedication he got it done. The 4 Year Olympian, published by Dundurn Press, spent five weeks as the #1 bestselling sport memoir in Canada, and has achieved a cult-like following in Canada and the USA. The book has transcended the sport memoir genre with its raw honesty and appeal to anyone chasing a big dream.

Consistently ranked as one of the top speakers on resilience, leadership, and transformation, Jeremiah Brown brings an engaging warmth and humour while delivering powerful, inspiring, and practical keynotes. His presentations are customized for every event, ensuring a highly relevant and valuable outcome. Through his talks, Jeremiah has inspired thousands of people around the world. Beginning at age eight, Jeremiah became a dedicated musician. He studied piano and drum set for ten years, and has shared the stage with Randy Bachman (on keys) and The Arkells (on drums). He was named honorary fellow of the Royal Conservatory of Music in 2013 for his advocacy for the arts. Jeremiah brings the creative mindset he cultivated as a musician to all his business and speaking endeavors. A passionate advocate for mental health, Jeremiah volunteers his time every week with the Alzheimer's Society in order to improve the quality of life for those suffering with mental illness. Jeremiah Brown brings a unique and diverse set of experiences to every keynote. He helps people and organizations become more resilient in the face of adversity, and more prepared to build a strong vision for their future.

BOOKS



The 4 Year Olympian

Jeremiah's book, The 4 Year Olympian, spent five weeks as the #1 bestselling sports memoir in Canada.

Resource: <https://speakerscanada.com/jeremiah-brown/>

Quite the company Jeremiah keeps as an Honorary Fellow of the Royal Conservatory. Resource - <https://www.rcmusic.com/about-us/honorary-fellows-of-the-royal-conservatory>

Honorary Fellows of The Royal Conservatory

Honorary Fellowships are conferred by The Royal Conservatory to individuals who have made extraordinary cultural contributions across Canada and around the world.

“The Fellow of The Royal Conservatory of Music is our highest designation and is awarded to those who have had a profound impact on society through music and the arts,” said Dr. Peter Simon, Michael and Sonja Koerner President & CEO, The Royal Conservatory.

Join us in celebrating these Fellows of The Royal Conservatory of Music (FRCMT).

- Peter Allen (2009)
- Anagnoson & Kinton (2019)
- Louis Applebaum, C.C., O.Ont. (1982)
- Randy Bachman, O.C., O.M. (2013)
- Charles Baillie, O.C. (2004)
- Denise Ball (2018)
- Tommy Banks, O.C., A.O.E, LL.D. (2014)
- Barenaked Ladies (2004)
- Leo Barkin (1989)
- Isabel Bayrakdarian (2004)
- Martin Beaver (2013)
- Mario Bernardi (1996)
- Carol Birtch (2003)
- Blue Rodeo (2007)
- BMO Financial Group (2019)
- Richard Bradshaw (2002)
- Russell Braun, O.C. (2017)
- Jeremiah Brown (2014)
- Measha Brueggergosman (2012)
- Dr. Norman Burgess (1990)
- Joan Chalmers (2005)
- Dr. Stephen Chatman, C.M. (2019)
- The Rt. Hon. Adrienne Clarkson, P.C., C.C., C.M.M., C.O.M., C.D. (1993)
- Bruce Cockburn, O.C. (2003)
- Aline Chrétien (2001)
- Burton Cummings, O.C., O.M. (2017)
- Leslie Dan, C.C., O.Ont. and Anna Dan (2006)
- Erica Davidson (2007)
- Robertson Davies, C.C., O.Ont. (1994)

- Sir Andrew Davis, CBE (2014)
- Dr. J. Anthony Dawson (1993)
- Denise Donlon, C.M. (2011)
- Paul Dornian (2015)
- Phil Dwyer, C.M. (2015)
- James Ehnes, C.M., O.M. (2015)
- Joseph Elworthy (2013)
- Darren Entwistle, C.M. (2010)
- Bob Ezrin (2013)
- Leslie Feist (2012)
- Victor Feldbrill, O.C., O.Ont. (2014)
- Lorand Fenyves (1997)
- Leon Fleisher (2001)
- Lois Birkenshaw Fleming (2003)
- Maureen Forrester, C.C., O.Q. (1995)
- David Foster, O.C., O.B.C. (2002)
- Michael Foulkes (2016)
- Nelly Furtado (2008)
- Marina Geringas (2000)
- Alan Goddard (2000)
- Nicholas Goldschmidt, C.C. (1987)
- June Goldsmith (2012)
- Stewart Goodyear (2020)
- Robert Goulet (1993)
- Chris Hadfield, O.C., O.Ont., M.S.C., C.D. (2015)
- Doreen Hall (1997)
- Ben Heppner, C.C. (2017)
- Tomson Highway, C.M. (1999)
- Alex Himelfarb (2006)
- Henry Hung (2017)
- Ian Ihnatowycz (2007)
- Elmer Iseler, O.C., O.Ont. (1997)
- Eugene Kash (1991)
- Michael Koerner, C.M. & Sonja Koerner (2003)
- John Kruspe (1990)
- Anton Kuerti, O.C. (2009)
- Gordon Kushner (1991)
- Jeanne Lamon, C.M., O.Ont. (1999)
- k.d. lang, O.C., A.O.E. (2016)
- Edith Lantos (2001)
- Henry Lee (2013)
- Lighthouse (2019)
- Jens Lindemann, C.M. (2012)
- William Littler (1992)
- Judy Loman, C.M. (2013)
- Peter Loughheed, P.C., C.C., A.O.E., Q.C. (2012)

- Jean MacPhail (2015)
- Richard Margison, O.C. (2003)
- Andrew Markow (2014)
- Lois Marshall, C.C. (1994)
- Dr. Judy Matthews (2012)
- Wilmot Matthews (2012)
- Stephen McHolm (2013)
- Marianne McKenna, O.C. (2011)
- Murray McLaughlan (2011)
- Adelmo Melecci (1988)
- Tania Miller (2015)
- Florence Minz (2010)
- David Mirvish, C.M., O.Ont. (1995)
- Oskar Morawetz, C.M., O.Ont. (1997)
- Mary Morrison (2015)
- Zara Nelsova (1986)
- Christopher Newton (1993)
- Linda Niamath (2018)
- Phil Nimmons, O.C., O.Ont. (2012)
- Jon Kimura Parker, O.C. (2016)
- John Perry (2008)
- Oscar Peterson, C.C., C.Q., O.Ont. (1995)
- Adrienne Pieczonka, O.C. (2013)
- Louise Pitre (2005)
- Tim and Frances Price (2018)
- Louis Quilico, C.C. (1993)
- Eric Radford (2019)
- Sondra Radvanovsky (2018)
- The Honourable Bob Rae, P.C., C.C., O.Ont., Q.C. (2005)
- Robbie Robertson, O.C. (2018)
- Jeanne Rogers Lougheed (2012)
- Mario Romano (2015)
- Buffy Sainte-Marie, C.C. (2015)
- Ezra Schabas, C.M., O.Ont. (2002)
- R. Murray Schafer, C.C. (2008)
- Doc Severinsen (2013)
- Ron Sexsmith (2014)
- Mitchell Sharp, P.C., C.C.
- Helen Simmie (1999)
- Dr. Peter Simon (1989)
- Gerald Stanick (2013)
- Steven Staryk, O.C. (2008)
- Teresa Stratas, O.C. (1999)
- Simon Streatfeild (2004)
- Phil and Eli Taylor (2014)
- Stephen Toope, O.C. (2014)

- Bramwell Tovey, O.C., O.M. (2005)
- The Tragically Hip (2006)
- Bill van der Sloot (2015)
- Jon Vickers, C.C. (2000)
- Kathryn Walker (2015)
- Weston Family Foundation (2016)
- Dr. Marta Witer (2007)
- Samuel Wong (2006)
- Donna Wood (2002)

Interview Notes by Jen Ashley

Born in Hamilton.

Grew up in PH gr 2-9 moved to Cobourg for High School. Went to East High School & the west for 1 semester.

Always playing something – hardball in summer, hockey in winter

He competed in most of the school sports → Average to above average athlete

- played Midget A & won OHF Championship (2001-ish); played some pre-season games with Cobourg Cougars

Won most improved in minor hockey – unsure of year.

McMaster University

-Football- They didn't have a hockey team and he wanted to play a varsity sport so Chris Donegan on his back patio jokingly suggested he go out for football. He was a walk-on. Most were recruited. He contacted the coach and the coach allowed him to come out. For the next 2 years he learned the game and became a starting offensive tackle for the McMaster Marauders for his last 2 years. Degree in Bachelor of Commerce Degree.

Award for Most Improved Offensive Player.

Got injury between 3rd & 4th year of football requiring shoulder surgery. Many teammates went on to pro ball and he didn't know what to do. 2008 he was watching Olympics and saw men's 8 win gold and that's when he decided to give rowing an honest shot. Moved to Victoria coached by Doug White; working at TD bank as analyst; trained in morning with coach for multiple boat classes for 2 years and then won the single skulls at the Canadians after joining the national team. One of his biggest challenge was learning to sweep – 2 hands on 1 oar. It took him time to develop that sweep. Got a development card for about \$450/mo from gov't was enough for him to manage cost of living while he trained full time with the national team (he had savings).

Jan 1, 2011 quit job and joined national rowing team.

Carding - \$900/mo as stipend from gov't.

First world cup event in Lucern Switzerland in 2010, in the 8's. 5th place. Later that summer Aug 2011 the world Championships were held in slovenia and they won bronze in only his second race with the crew.

The following year 2012, you have to compete at Nationals even if in top crew. Came 3rd in 2011 national championships in mens pair event Andrew Byrnes.

World Cup May 2012 – 3rd place in 8's. Improvement. Of note – their first heat there was a strong tailwind so they broke the existing record for "world best time" which stood for 8 years (not called a world record in rowing because wind has such an effect on results). That really pumped them up! They laboured to a 3rd place finish after that.

Olympics London 2012 – 3rd ranked in world- in first heat, the top 3 ranked teams were all in the same heat. Came in last about 13 s behind 1st place Germany. Sousearching as a team. Went into repichague where they came 2nd behind Britain (top 4 qualify). In final, came 2nd behind Germany. They were very happy and it was an epic response to their slow start. Battle with Britain and all their fans were loud and they passed them in the last few seconds of the race. Hard to change position that late in race in rowing but they did.

Story of Sport

Jeremiah Brown

Jeremiah Brown was born November 25, 1985 in Cobourg. He was the middle child, Julia younger and Jenny older. He and his family spent part of his youth living in Port Hope across the road from the Ganaraska River. In his late teens, in Cobourg, he tried to pull off a prank that landed him in jail for several days. He was sentenced to 80 hours of community service and 1 year of probation.

Jeremiah attended high school in Cobourg where his sport of choice was hockey. Because of the prank he had to change schools and drop hockey. He graduated and attended McMaster University in Hamilton. They didn't have a varsity hockey team so he decided to learn how to play football. In his sophomore year he put on 40 pounds but only made the service team. In his third year he got to 255 pounds, could bench press 225 eleven times and earned a position on the Marauders Varsity Team as an offensive tackle. A shoulder injury half way through the season shut him down and though he played his final year, the shoulder injury became aggravated and he began looking for other sports opportunities.

In 2004 Jeremiah and his girlfriend Amy had an unexpected pregnancy and Ethan was born in May, 2005. It was a busy time with classes and child care for both Amy and Jeremiah and football for Jeremiah. When Jeremiah started looking for another sport, he recalled seeing an article in his youth about a Canadian world champion in single sculls working hard to win gold at the 1996 Atlanta Olympics. By chance he entered a rowing fundraiser and then followed up with a look-see. He thought he could teach himself how to row! How wrong he was!

He borrowed a single scull for his first rowing venture and headed for Rice Lake. His first mistake was putting on the oar locks backwards causing him to fall into the lake after a mere 10 strokes. Undaunted and determined, he got himself back into the boat and tried again. He would experience many such dunkings into the water but he craved the challenge to excel. He would have to lose that weight but rowing would be easier on his shoulder. The day he saw on TV the Canadian Men's Eight Rowing Team win Gold at the 2008 Olympics in Beijing, Jeremiah set himself the "impossible" goal of winning Gold at the 2012 Olympics in London England, just 4 short years away.

Jeremiah and Amy and 3-year-old Ethan moved to British Columbia where he started working for a TD bank in Victoria. Victoria was where the national

men's eight rowing team trained. He met Doug White who agreed to be his rowing coach. He started a learn-to-row program in the Canadian national program and spent some 1700 hours in training. By the fall of 2009 he was able to row 200 metres and was able to represent British Columbia in the Nationals.

In 2010 he earned a silver medal at the national championships in the single sculls. In January 2011 he was named to the national rowing team. He began working with renowned coach Mike Spracklen. Spracklen was a polarizing figure as Jeremiah expressed in his feelings "I felt a lot of rage towards him (yes, RAGE) at various times in the two years leading up to the Olympics...Mike was the only person around who had coached athletes to Olympic medals...he was my ticket to the podium".

In further describing those months of grueling training Jeremiah provides insight into what drives an elite athlete despite injury and other obstacles: "There is not a clear answer to why we willingly suffer on a daily basis. Before I began training at this level, I thought it had to be the ego and even vanity that pushed athletes on in the pursuit of an Olympic gold medal. But the ego gets broken down in those first 2 months of training and vanity is overshadowed by fatigue and, at times, despair.

At some primitive level we all have a disposition towards fighting or fleeing. The elite athlete is a fighter. When tested, he or she will feel the same symptoms as their fleeing counterpart; fear, nervousness, tension, anxiety, etc, the difference being that something irrational will compel the elite athlete to fight and overcome these symptoms just because it's in their nature. That's why I suffer. I don't have a choice. I'm a fighter and I can't turn it off. (Jeremiahspeaks.com).

Jeremiah won bronze at the World Championships as part of the men's eight. 3 weeks before the 2012 Olympics he was named to the men's eight team. All that hard work paid off for Jeremiah and the dream of standing on the podium at London was realized. After a potentially disastrous preparatory heat, the Canadians fought off the British and Australians in an exciting final, almost catching the Germans, but thrilled to be second and silver!

Following the Olympics Jeremiah had three herniated discs and had ruptured tendons in his fingers. And mentally he had had enough of rowing. Jeremiah counts himself lucky that he was spared the post-Olympic depression that afflicts many other athletes. Part of the way forward was to throw himself into one of his other passions, music. He plays the drums He was named an Honourary Fellow of the Royal Conservatory of Music in 2013 for his advocacy for the arts.

In the summer of 2014 Jeremiah and family moved to Peterborough to be closer to his parents in Cobourg and Amy's business, West Pines Park Resort, north of Bancroft. Several months later Jeremiah was selected by the Canadian Olympic Committee as the national manager of Game Plan, the COC's program to help elite athletes make the transition to the next chapter of their lives. "A lot of athletes find it difficult, I found it difficult coming from the Olympics.

There is a transition that needs to happen and an identity shift that needs to happen, there is an ego check that needs to happen ... it's a really tough time for Olympic athletes and athletes who identify (with the Olympics). That's their life. Here I was, I was someone who played different sports, I had my degree, I even had marketable skills in finance that I could still presumably find a job fairly easily compared to my peers and I still found it challenging and to this day it is challenging".

Jeremiah's accomplishments include developing the Game Plan Education Network, which saw Canada's leading universities sign on to provide more flexibility and support for Canada's national team athletes; the Game Plan Employer Network, a brand new recruiting resource connecting Canada's top companies with Canada's top athletes; developing a partnership with Smith School of Business at Queen's University, which will provide over \$11 million in direct scholarship to retired Olympians and Paralympians.

The work of Jeremiah and his team has been featured by major news outlets including the Globe and Mail, Toronto Star, CTV, CBC, Radio Canada, and Al Jazeera. Jeremiah has been consulted by the International Olympic Committee for his expertise while continuing to support the development of athlete welfare programs around the world.

After the Olympics Jeremiah also began writing. His plan was to self-publish an e-book for college rowers – part memoir, part how-to. Feedback from rowers he sent a draft to was they wanted to hear more about his story and the motivations that drove him. In total it took Jeremiah 5 years to write the book. In early 2018 *The 4 Year Olympian*, was published by Dundurn Press. It spent five weeks as the #1 bestselling sport memoir in Canada, and has achieved a cult-like following in Canada and the USA. The book has transcended the sport memoir genre with its raw honesty and appeal to anyone chasing a big dream.

Following the release of his bestselling book Jeremiah recreated his amazing journey into an emotionally captivating experience. Consistently ranked as one of the top speakers on transformation, resilience, teamwork, and leadership, Jeremiah brings an engaging warmth and humour while delivering powerful, inspiring keynotes. Through his talks, Jeremiah has inspired thousands of people around the world.

Jeremiah Brown spent his life harnessing the power of resilience to adapt to new environments and overcome setbacks.