



Biography of AL FOXX

SPEAKER—COMEDIAN—AUTHOR

*“Winners see challengers in every calamity.
Losers see calamities in every challenge.
Winners see opportunities...not obstacles.”*

BORN AND RAISED in the Midwest, Al's family moved to the Seattle area where he completed high school. He immediately went to work as a hot tar roofer. He earned lots of money for his hobbies of hiking, backpacking, skiing, and driving his Camaro. He had two loves: Cheryl, his fiancée, and his fancy motorcycle.

One evening in May of 1980, a few days before his 19th birthday, Al was late for a concert and sped off on his motorcycle. He never saw the pickup truck that ran the stop sign.

The devastating crash and loss of blood left the doctors at Harborview Hospital with no option but to tell his mother that he probably would not live. His brain was injured, his body mangled, little hope remained.

When he finally emerged from a coma, doctors told his family that Al would never be normal again—not speak, walk, work, or drive a car.

But the doctors didn't know Al Foxx.

Al began rehabilitation and first learned to point out letters on an alphabet board, then babble out words and finally sound human. He progressed from bed to wheelchair to walkers to a cane to standing on his own feet. He was told repeatedly he would never be able to drive again. (You'll have to hear Al tell this story.)

Today, Al Foxx remains partially paralyzed as he travels around the country as a professional speaker. He hobbles to the mike and tells his sometimes humorous, sometimes serious story, of being happy, successful—and disabled.

Using his speaking skills and gift for comedy, that have earned him regular starring roles in comedy clubs and business meetings, he weaves together his experiences, bringing laughter (sometimes tears) and hope to audiences of all ages and backgrounds.

His insights into courage and persistence combined with his sense of humor (clean humor) make him a captivating story-teller and an inspiring keynote speaker, breakout session leader, and conference presenter.

AL FOXX is the founder and president of *Winners Don't Quit Association*, located near Seattle.

He was first place winner of the Giggles Comedy Club 2000 Laff-off in Seattle and he does comedy routines to help organizations to raise funds.

Al is the author of an on-line autobiography titled *No Limits*, and is in the process of publishing another book about his story.

Al has given keynote speeches around the country for such clients as

- Costco
- John Deere Company
- American Healthcare System
- Rotary & Kiwanis
- Government Agencies
- Churches
- Colleges and Universities

as well as numerous schools, AA meetings, car dealerships, businesses, hospitals, etc.

His most popular topics are *Winners Don't Quit* and *Disabling Disability Myths* (on communicating with people with disabilities).

**Winners Don't Association
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