



Aron Ralston

**Fearless adventurer and subject of the film
“127 Hours”**

An ordinary man pushed to extraordinary limits, Aron Ralston takes you inside the story that captured international headlines in which he proves that courage, perseverance and the human spirit can help you triumph over tough challenges when the stakes are extraordinary.

Aron's biography

Aron Ralston's Background

Growing up in Ohio and Indiana before moving to Colorado with his family in 1987, Aron Ralston had little exposure to the wild outdoors.

But by the time he hiked into a remote area of Utah's canyon country in April of 2003, he was an experienced outdoorsman out for a walk in the park. Seven miles into the canyon that day, Aron accidentally dislodged a boulder that crushed and pinned his right hand. After six days of entrapment alone, he freed himself with a cheap multi-tool knife and hiked to a miraculous rescue.

Since his amputation, Aron has written an internationally bestselling book, *Between a Rock and a Hard Place*, spoken to hundreds of audiences around the world, and interviewed with Tom Brokaw, David Letterman, and Jay Leno.

With new prosthetic arms that he designed, Aron returned to his outdoor passions: he finished climbing Colorado's 59 "Fourteeners," in winter, solo; he's skied from the summit of Denali, North America's highest mountain; and, he's led a rafting expedition through the Grand Canyon.

Today, Aron lives in Boulder, Colorado, where he advocates for wilderness protection, and where, in February 2010, he embarked on his biggest [adventure](#) yet: raising his toddler son, Leo.

127 Hours, the major-motion-picture adaptation of his book, directed by Danny Boyle and starring James Franco, was nominated for 6 Oscars. Aron's only disappointment was that the soundtrack didn't have enough songs by his favorite band, Phish.

Aron's talks

- **127 Hours: Between a Rock and a Hard Place**

'There is no force more powerful than the will to live,' explains Aron Ralston, who faced an unimaginable challenge with his life-or-death decision. An ordinary man who was pushed to the extreme, he demonstrates the human capacity for the extraordinary, proving anyone can survive the most grueling circumstances. A talented storyteller, Ralston recounts his ordeal, shedding new light on the meaning of sacrifice, and on what is truly important.

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