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Mary Bowers

COMPETITIVE EATER • ENTERTAINER
EMPOWERMENT SPEAKER • HOSTESS



At 5'3" tall on the outside and 6'12" on the inside, Mary Bowers is one of Major League Eating's most recognizable personalities. If variety is the spice of life, hers is a life filled with flavor.

For over a decade, she worked with the U.S. Department of Homeland Security in high-security project management, providing her clients with tools to detect and prevent threats, ensure public health and safety, and facilitate international trade and travel. And now, she's ready for the main course!

Mary's mission is to combine her expertise in high-security project management and competitive eating to encourage government officials, community leaders, and the members of the public to provide families with the education, nutrition, body awareness, and mental health support resources that inspire a healthier, happier world.



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Cover photo by Dee McNeil
Above photo by B. Johnson

FOOD FOR THOUGHT

an interview with Mary Bowers

HOW DID YOU START EATING COMPETITIVELY?

I saw a sign. With several Major League Eating Seasons under my belt, it's probably fair to believe it was a sign in the spiritual sense. So many incredible opportunities have come my way since then. But in the moment I saw it, there was a physical sign that said "Hotdog Eating Contest". I thought the restaurant would hand me a flyer with details to watch. They handed me an entry form for the last spot. I took my chance and my life hasn't been the same since.



WHAT ATTRACTS YOU TO COMPETITIVE EATING?

I'm grateful to have food and a healthy body that allow me to pursue my dreams. Competitive Eating has given me a voice to elevate conversations related to food security, nutrition, and wellness on behalf of others. There's nothing more rewarding than finding out that someone felt empowered or inspired because of the sport or something I did as an athlete - win or lose. Some of my most memorable and meaningful moments of personal growth have happened after a tough day at the table. Competitive eating is a ten minute period of time when I can experience highs, lows, strength, weakness, joy, and pain all within a few short moments. I think that's why it connects so strongly with the audience. It's life, in an instant.



DO YOU PREPARE OR TRAIN FOR CONTESTS?

Competitive eating is no different than other sports. The better condition I'm in, the better I'll perform. Some days, I focus on improving strength, other days its technique or endurance. The majority of the sport is mental and emotional. It's about pressing forward when you feel like you can't possibly keep going. It's really about fortitude and resilience. Those are the skills that matter most.

HOW DO YOU STAY IN SHAPE?

Outside of competitions, my meals are well-balanced with lots of fruits, veggies, and lean protein. I enjoy dancing, hitting the hiking trails, or pretending that I know what I am doing in aerial arts classes. I do my best to stay rested, but on the days my mind wakes me up wondering why we have both "grapefruit" and fruit that is called "grapes" at 2 AM, makeup and a dramatic wardrobe are a great way to distract people from the circles under my eyes.





WHAT'S IT LIKE BEING A WOMAN IN A MALE DOMINATED SPORT?

I'm really fortunate to be in a sport where men and women compete together. We compete under the same rules and our pay is performance based. That being said, there are still a lot of societal stereotypes on how women "should" behave, look, eat, and weigh. By stepping up to the plate, I hope to change outdated perceptions and create greater opportunities for the next generation of athletes.

WHERE DO YOU FIND INSPIRATION FOR YOUR FOODIE FASHIONS?

Some people eat their emotions; I wear mine. Fashion is how I express my thoughts and feelings. Design is a lot like breathing. I send my emotions out into the world and it gives inspiration back to me. It can be frustrating when there's an interesting concept in my imagination and I realize that I'm limited by things like gravity or physics, but I haven't given up on having french fries flying around my head yet.

HOW TO FEED THE SOUL & STAY HUNGRY FOR SUCCESS MIND, BODY, PERFORMANCE

Life Lessons from a World-Ranked Competitive Eater



TAKING A BITE OUT OF BUSINESS AS USUAL

With the Mind, Body, Performance Workshop, competitive eater Mary Bowers applies her experience as a world renowned athlete to fuel more creativity, productivity, and wellness in the workplace and beyond. This humorous, behind the scenes look inside the world of Major League Eating is sure to feed the soul and inspire audiences to stay hungry for success.

Conventional wisdom takes a place on the back burner in her signature keynote presentation, as Mary shares her perspective on how the mentality of a competitive eater can help anybody with a taste for adventure, including:

1. STEPPING UP TO THE PLATE:

Showing up, opportunity cost, and discovering the champion within

2. COMMITTING TO A BALANCED DIET:

Feeding physical, mental, and emotional health

3. TAKING THINGS ONE BITE AT A TIME:

Don't bite off more than you can chew. Timing makes a difference.

4. "BAKING THE MOST OUT OF LIFE":

Mixing it up, rolling with the punches, and rising to the occasion

FOR BOOKING INFORMATION, PLEASE EMAIL:
Bookings@eatbemary.com

"Some folks try to be funny; other folks are funny. Mary has a unique style that makes me laugh."

— "Jersey" Johnny Cimasko, 1070 AM TheFan, Indianapolis

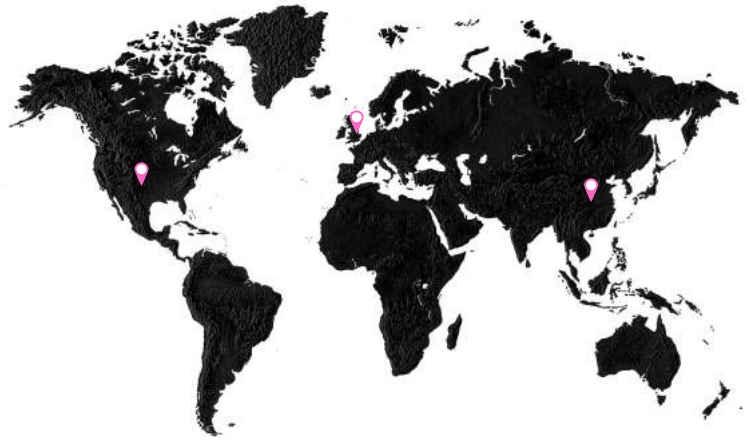
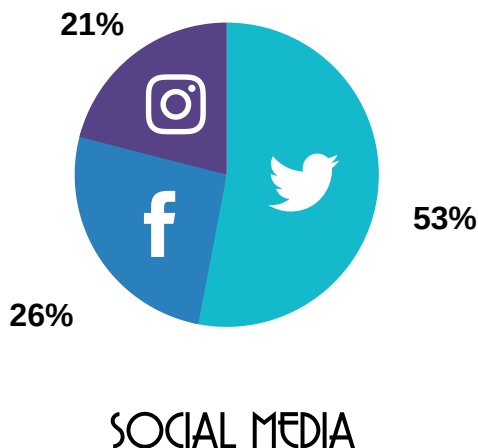
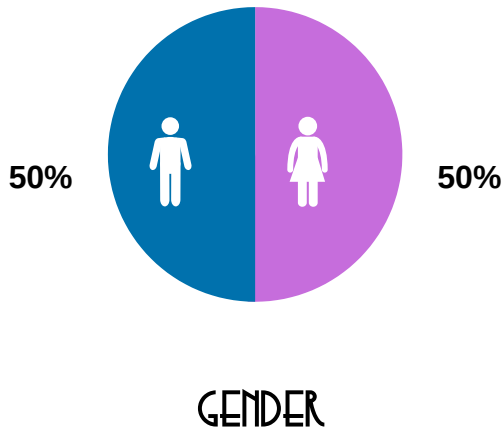
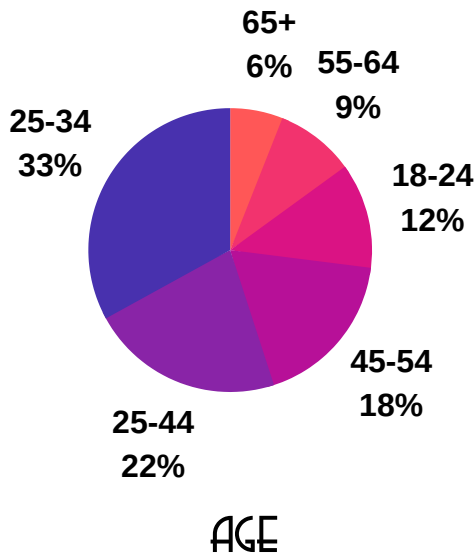


"Mary is the perfect role model for young girls everywhere in an image conscious society."

—Juan "More Bite Rodriguez"

World Ranked Competitive Eater, Physical Trainer

Audience Insights



82% United States

3% United Kingdom

9% China

6% Other Countries

AUDIENCE INTERESTS

• Fashion • Food • Finance • Beauty • Health & Wellness

MARY'S SERVICES & EDITORIAL CONTENT

Mind, Body, Performance Workshops:

How to Feed the Soul and Stay Hungry for Success

Parent in the Pantry Private Coaching:

Grocery Store Games and Creative Cuisine for Families

Follow Mary's Foodie Fashion Adventures for:

Treats, Eats, and Recipes

Self-Acceptance & Body Empowerment Articles

Tips for Hosting & Entertaining at Home

Stories & Fairy Tales

And Much More!



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