



370 Coldbrook Rd. Bearsville, NY 12409 Tel: 845-679-8602 Fax: 845-679-8131 E-Mail: mark@hvtc.net Online: www.hvtc.net

Occupation

Professional Life Coach (Est. 2005)
Founder/President-Hudson Valley Triathlon Club (Est. 2000)
Professional Triathlon Coach (Est. 1999)

Professional Coaching Experience

Triathlon Camps-Bearsville, NY; Bend, OR; Cheshire, CT, Clermont, FL; Kailua-Kona, HI; Killington, VT; Lake Placid, NY; Middlebury, VT, Raleigh, NC; Tucson, AZ
USAT Northeast Multisport Expo Swim Clinics at MIT-Cambridge, MA
Vassar College Triathlon Clinic-Poughkeepsie, NY
Total Immersion Swimming (Director of Triathlon Camps)-New Paltz, NY
USAT Level I Coach Certification Swim Clinic-Weston, MA
Endless Pools Expo Swim Coach-Madison, WI & Kailua-Kona, HI
Pose Method of Running Clinic w/ Dr. Nicholas Romanov-Miami, FL
40 Triathlon Clients Weekly-Bearsville, NY

Coaching Honors

Ironman Triathlon World Championship
Ironman 70.3 World Championship
ITU Olympic Triathlon World Championship
ITU Sprint Triathlon World Championship
ITU Duathlon World Championship
Hudson Valley Magazine-2008 Triathlon Coach of the Year
Escape From Alcatraz
Lifetime Fitness National Championship
USAT All-Americans
Empire State Games; Cycling (Silver, Bronze Medals)
ITU World Championship Qualifier-Athena Champion
USAT Ironman National Championship-Athena Champion

Race Experience/Honors

Ironman 70.3 World Championship Finisher
7-Time Finisher Ironman USA Lake Placid, NY (10:59:40 P.R.)
8-Time Finisher S.O.S. (Survival of the Shawangunks)
Escape From Alcatraz Qualifier-Westchester Triathlon
5-Time USAT All-American

Education

Serotta Bike Fit Technician-Saratoga Springs, NY
Joe Friel Coaches Symposium-Boulder, CO
USAT Level II Certified Coach-Clermont, FL
Pose Method of Running Levels I & II Certified Coach-Miami, FL
USAT Level I Certified Coach-Chicago, IL

