



418 Grubb Hill Rd. Kennedy, NY 14747 : 914-466-9214 : CoachMarkWilson@gmail.com : www.CoachMarkWilson.com

Occupation

Founder/President-Southern Tier Triathlon Club (Est. 2017)
Race Director-STTC Summer Tri-Series (Est. 2017)
Race Director-HITS Endurance (2011-2015)
Professional Life Coach (Est. 2005)
Founder/President-Hudson Valley Triathlon Club (Est. 2000)
Race Director-HVTC Summer Tri-Series (Est. 2000)
Professional Triathlon Coach (Est. 1999)

Professional Coaching Experience

Braveheart Triathlon Camp-San Diego, CA 2016
Triathlon Camps-Bearsville, NY; Bend, OR; Burlington, VT; Cheshire, CT; Clermont, FL; Kailua-Kona, HI;
Killington, VT; Hunter & Lake George, NY; Lake Havasu City, AZ; Lake Placid, NY; Middlebury, VT; Palm Springs,
CA; Ocala, FL; Raleigh, NC; Lake Havasu City & Tucson, AZ; Napa Valley & Palm Springs, CA; Marble Falls, TX
Mohonk Resort Mini-Triathlon Clinic; New Paltz, NY
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

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 Age-Group All-Americans
Empire State Games; Cycling (Silver/Bronze Medals)
ITU World Championship Qualifier-Athena Champion
USAT Ironman National Championship-Athena Champion

Race Experience/Honors

Duathlon World Championship Qualifier
Ironman 70.3 World Championship Finisher
9-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
6-Time USAT All-American

Education

USAT Certified Race Director-Colorado Springs, CO
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
BS Music Education/Voice-SUNY Fredonia