



33 Pettit Place, Cassadaga, NY 14718 ~ 914-466-9214 ~ E-Mail: [CoachMarkWilson@gmail.com](mailto:CoachMarkWilson@gmail.com) ~ [CoachMarkWilson.com](http://CoachMarkWilson.com)

### **Occupation**

Race Director/Co-Owner/Founder - Wilson Endurance Sports (2017 - Present)  
Founder - Southern Tier Triathlon Club (Est. 2017)  
Race Director-HITS Endurance (2011-2015)  
Founder/President-Hudson Valley Triathlon Club (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**

USAT Collegiate National Long Course Female Champion  
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  
Boston Marathon Qualifiers/Finishers

### **Race Experience/Honors**

Ironman 70.3 World Championship Finisher  
8-Time Finisher Ironman USA Lake Placid, NY (10:59:40 P.R.)  
Ironman Copenhagen, Denmark Finisher  
HITS Full Distance, Kingston, NY Finisher  
9-Time Finisher S.O.S. (Survival of the Shawangunks)  
Escape From Alcatraz Qualifier-Westchester Triathlon  
Qualifier Duathlon World Championships  
10-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



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BS Music Education/Voice-SUNY Fredonia

### **Race PR's**

Sprint: 1:05:38 Cayuga Lake, NY  
Olympic: 2:03:41 Westchester Triathlon  
Half Iron: 4:36:13 Tupper Lake Tinman  
Full Iron: 10:59:40 Lake Placid, NY

1 mile: 5:03 Brooklyn, NY  
5k: 17:36 Woodstock, NY  
10k: 37:18 Kingston, NY  
15k: 56:58 Woodstock, NY  
Half Marathon: 1:23:45 Saugerties, NY  
Marathon: 3:19:24 Massachusetts  
50k: 4:23:13 Staatsburg, NY