

## ATHLETE FEATURE: MARK SHORTER

- 1. What was your first race and where was it?** *Spanish banks, 1982 or 1983, 2k swim, 40k bike and 15k run before the standard distance was changed to 1.5k swim, 40k bike and 10k run.*
- 2. What races are you planning to participate in this year?** *So far have done Vancouver BMO 1/2 Marathon, Florida 70.3, Hawaii 70.3, I will do the Peach Standard Distance, Whistler 70.3, Long Course ITU Worlds, Honolulu Marathon so far.*
- 3. What keeps you competing in triathlons, what keeps you coming back?** *I like to still test myself physically and really believe in the benefits of cross-training. Another reason that I compete, is that I feel it makes me a better coach to experience what my athletes are going to experience and it shows my athletes that I don't generally ask them to do something that I wouldn't do.*
- 4. What have been the major changes you have seen in the years you have participated?** *It is more inclusive and less exclusive to competitors and completers. When I started triathlons wetsuits were not legal and swims were 2k long so I would usually be completely hypothermic when I exited the water. Handlers were allowed, and my wife, Cara, would come along and help me change (usually in the middle of a parking lot) then she would point me in the right direction on the bike.*

