

NAME/NICKNAME (8/24/08)

Mark Rabold aka Titanium Turtle (a nickname from my climbing days where I may have been slow, but was bombproof and got there every time)

Age
52

FAMILY

Wife Chris
Dogs (kids) Rooster and Calvin (yellow labs)
Horses Red, Jackson and Chance

SCHOOLING

UNIVERSITY OF TENNESSEE undergrad and med school
Started as Art major and ended up with psychology/chemistry

OCCUPATION

ER doc at St Pete's

MEMBER OF VIG GROUP

Since last summer. Spotty attendance due to work demands, but LOVE working out with actual real life people (not just the ones I imagine on those long solo rides!)

NOTABLE ACCOMPLISHMENTS

Climbed the highest peak on each of the Seven Continents, including Everest in 1993
In last 12 months have done 2 Ironmans (Western Australia and Coeur de Lane) and 3 half Ironman races.

Won age group in last two tri's

Goals

Go to nationals next year and be competitive
Get lucky and draw Kona in the lottery!
Elkhorn 50K
Reteach my legs to be fast again!

PHILOSOPHY

Perseverance can piss a whole in granite!

Find out what you really want in life and then do whatever it takes to get there.

Interesting Tidbits

Grew up a Southern boy in Nashville, TN

Got married in a scuba wedding to wife Chris in Maui

First passion is hunting, especially for elk with a bow

Swam competitively age 8-18, but never really rode a bike to any extent till two years ago nor competed in running ever. Age 50 is simply NOT too late to start an athletic career!