

HONOLULU QUARTERBACK CLUB

"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"

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PRESS RELEASE

For Release: Sunday, February 11, 2018

The Honolulu Quarterback Club, celebrating 71 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, February 12, at the Maple Garden Restaurant, 909 Isenberg St., Honolulu, HI 96826:

+ Mark A. Shorter - LifeSport Coaching

Mark A. Shorter - LifeSport Coaching - Coach Mark is an NCCP (Canadian Coaching Association) and Ironman certified triathlon coach who has completed 91 marathons (including 27 Honolulu Marathons) to date with a PR of 2:38. He began competing in triathlons in 1982 and has completed 41 Ironman races (including 8 world championships in Kona, Hawaii) with a PR of 10:02. He has won the Canadian national age group championships in standard distance triathlon as well. Coach Mark started as an NCCP Gymnastics Coach and coaching in Lower **Mainland Community Centre's**. **He was also a Coach of the UBC Women's Gymnastics Team.** Coach Mark graduated from the University of British Columbia with a Bachelor in Physical Education and began working in the recreation/run/triathlon world. He has been coaching athletes in in running and triathlon for over 30 years. A number of his athletes have succeeded in marathons at Ironman, 70.3, Triathlon Championships, Boston Marathon, and **Race Across America, even going as far as Worlds in a number of distances.** Coach Mark's philosophy is that he believes that triathlon is a great testing ground for all of us, it gives us a chance to measure ourselves against the clock and other athletes in a safe, fun environment. We get to meet people from all walks of life that share a common bond. With proper training, coaching and hard work we can all become the best athletes that we want to be.

The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$16.00 per person for members and guests that include tax and gratuities.

The food is fabulous!

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate this speaker!

There is parking next to the Maple Garden Restaurant and plenty of street parking.

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