

Mark Sisson

Mark Sisson (born July 1953) is an American fitness author and blogger, and a former distance runner, triathlete and Ironman competitor.^[2]

Biography

Sisson finished 4th in the February 1982 Ironman World Championship.^[3]

Sisson was born in Maine and is the oldest of four siblings.^[4] He attended Williams College, where he was a pre-med candidate and earned a biology degree.^[4]

In the 1970s, Sisson was a record-setting runner for the Portland (Maine) Track Club.^[5]

Sisson had a top-5 finish in the 1980 U.S. National Marathon Championships and earned a qualifying spot for the 1980 U.S. Olympic Trials.^[4]

Sisson served for 15 years as chairman of the International Triathlon Union (ITU) Anti-Doping Commission and as the ITU's liaison to the International Olympic Committee.^[3] He was asked to step down from the roles due to conflict of interest in 2003 when he started his own dietary supplement company, Primal Nutrition.^[3] He is a follower of the paleo diet^[6] and markets his own version of it, called "the primal blueprint" diet.^[7]

References

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