

Media Release



Mark Slade earns Bronze All World Athlete status in IRONMAN

Ann Arbor, Michigan April 7, 2015 – Mark Slade, Bank of Ann Arbor’s First Vice President and CFO, is not only a leader in the banking industry but was recently congratulated, by World Triathlon Corporation, for his strong performance in 2014, earning him the top 10% of his age group as a Bronze All World Athlete in the IRONMAN.

Mark has been training and competing in IRONMAN competitions since 2012 with his first 70.3 event taking place in August of 2012. The 70.3 event consists of a 1.2-mile swim, 56-mile bike ride and a 13.1-mile run. Since his first event, Mark has competed in 7 other 70.3 events.

In September of 2013, just over a year after his first race, Mark completed a full Ironman consisting of a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. Mark’s finish placed him amongst top competitors in the country.

“I put in anywhere from 20 to 25 hours of training during peak times. I love the mental grind of the event; the satisfaction of pushing your body far longer after your body says stop. No matter what is going on in my personal or work life, being able to get out for a bike ride or run after work is a great way to unwind” comments Mark when asked about his training program.

Bank of Ann Arbor is committed to wellness for all employees and offers a wellness program for all employees that consists of tracking healthy habits such as exercise, health education, preventive health care and proper nutrition. Recently, Crain’s Detroit Business put Bank of Ann Arbor on their Honor Roll of healthiest employers in Michigan and Washtenaw County recognized the bank as a healthy workplace.

“Mark is a great role model in the bank for his continued commitment to excellence. He is able to encourage us all, at every age and any training level to get moving” said Tim Marshall, President and CEO of Bank of Ann Arbor. Marshall adds, “Our wellness program is designed to enhance productivity, contain insurance costs, improve employee morale but most importantly – create a culture of health. Having an IRONMAN on hand sets the bar pretty high.”

Mark is currently in training to complete his second full Ironman competition, taking place later this year.

About Bank of Ann Arbor

Bank of Ann Arbor is a locally owned and operated bank with total assets and assets under management of over \$1.8 billion, serving people and businesses in the Ann Arbor area with offices at the corner of Fifth Avenue and Washington Street in downtown Ann Arbor, in the Traver Village Shopping Center, at the corner of Stadium and Liberty streets, on West Ellsworth Road in Pittsfield Township, on West Michigan Avenue in downtown Ypsilanti, and in Plymouth on Ann Arbor Road. Its newest office opened in January 2013 on East Michigan Avenue in downtown Saline. The web site is www.boaa.com. Visit us on Facebook, Twitter, and LinkedIn.

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