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February 10th 2015: Head On Into Forgiveness

Life presents many opportunities for forgiveness. For Mark Rein, that opportunity came less than 5 years ago when and 81 year old man was on a suicide mission and drove head on into Mark's car. Mark's entire life changed as a result of his horrific accident, and it changed for the better. Mark not only survived life threatening injuries and near amputation, but after almost a year of being off work, he was more determined than ever to return to his CrossFit lifestyle and was able to generate record sales at Acquity Group. In fact, Mark will participate in his third consecutive CrossFit Open

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Featured Guest



Mark Rein

Mark is an avid 51-year old CrossFit enthusiast, husband and father of four. Professionally Mark is a Group Account Director at Acquity Group, part of Accenture Interactive. On August 6, 2010 Mark's life changed drastically while driving home from work when a man intentionally drove his car head on into Mark's car in a suicide attempt.

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