

## Tri Valley Athletics-Olympians in Stockton

Did you know there are Olympic athletes training in Stockton, California? Well, surprisingly, there are! An old warehouse on Rough and Ready Island is the current training facility for Tri-Valley Athletics – a group of veteran Olympic athletes and Olympic hopefuls. Founded in 1999 as a small local club to support and promote pole vaulting, Tri-Valley Athletics has expanded to include an elite post-collegiate training program for this summer's Olympic Games in Beijing. It has also expanded to include track and field events other than pole vaulting, such as high jump, discus and decathlon.

Did you know that US Olympic athletes are not subsidized or supported by any US Government or US Olympic Committee funds? Well, they're not! Olympic hopeful athletes are completely self-supporting. This means that they have to hold down a job to make money to support themselves, while also spending many grueling hours a day training. Their training facility on Rough and Ready Island, though far from glamorous, was graciously provided at a nominal cost by the Port of Stockton. However, their coach, Dan Pfaff, needs to be compensated for the many, many hours he spends providing his vast knowledge and expertise to this group of dedicated athletes. They are all so grateful to be coached by such a "biomechanics genius" and feel lucky that he lends them his time and skill. He is the reason they have all gathered in the warehouse on Rough and Ready Island.

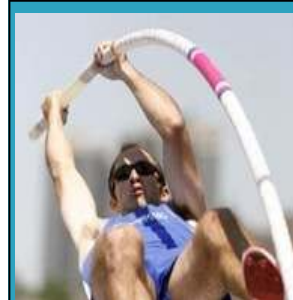
In addition to training expenses, there are travel expenses. The athletes travel to various track meets around the country to compete and test themselves before Olympic Trials in Eugene, Oregon June 27 – July 6. And then there are their own basic necessities, such as food and housing. Several of these athletes are sharing a house in Stockton to pool their resources.

Tri-Valley Athletics needs our help! As a non-profit organization, they rely on our financial contributions to help their athletes continue with training. When you visit their website, [www.trivalleyathletics.com](http://www.trivalleyathletics.com), you will find more information on the club, the athletes and donation opportunities. Lodi Physical Therapy and the PUMP Institute are committed to helping every athlete succeed. Please consider helping these athletes with your financial support. You never know, the athlete you sponsor just might win the Gold!



### SUZY POWELL-ROOS

Sport: Discus  
Birthday: September 3, 1976  
Hometown: Modesto, CA  
-2 Time Olympian (1996,2000)  
-3 Time U.S. National Champion  
-American Record Holder  
Personal Best: 227'



### JEFF RYAN

Sport: Pole Vault  
Birthday: August 12 1980  
Hometown: Huntington Beach, CA  
College: U.S.C.  
-11th at U.S.A. Championships  
Personal Best: 18' 5"

### TYE HARVEY

Sport: Pole Vault  
Birthday: September 25, 1974  
Hometown: Sonora, CA  
-2001 World Indoor  
Championship Silver Medalist  
-2004 Olympic Team Alternate  
Personal Best: 19' 5"



### BECKY HOLLIDAY

Sport: Pole Vault  
Birthday: March 12, 1980  
Hometown: Sparks, NV  
College: University of Oregon  
-NCAA Champion in 2005  
-US National Championships  
3rd Place in 2006  
Personal Best: 15' 0"



**NAME:** Corinne Casey      **AGE:** 17  
**SCHOOL:** Tokay High School  
**SPORT:** Water Polo and Swimming  
**GREATEST ATHLETIC ACHIEVEMENT:** Making the all Sac-Joaquin Section Water Polo Team  
**“I have been able to focus on specific techniques and workouts outside of regular team practice, with the help of the PUMP Institute professionals.”**



**NAME:** Matt Council  
**AGE:** 20  
**COLLEGE:** UC Davis  
**HIGH SCHOOL:** Lodi High  
**SPORT:** Track, 200m/400m  
**GREATEST ATHLETIC ACHIEVEMENT:** Getting an athletic scholarship to UC Davis

**“The PUMP Institute is a great place to work with professionals who have an athletic background. It has helped runners like me work on the little things that most runners forget.”**

## 10 Work-Out Machines You Shouldn't Use

### #7. Seated Rotation Machine

**What it's supposed to do:** Train abdominals and oblique's

**What it actually does:** Because the pelvis doesn't move with the chest, this exercise can put excessive twisting forces on the spine.

**A better exercise:** Do the cable wood chop, letting your heels turn freely with your torso. Aim for 10 to 12 reps.



### #8. Seated Hip Abductor Machine

**What it's supposed to do:** Train outer thighs

**What it actually does:** Because you are seated, it trains a movement that has no functional use. If done with excessive weight and jerky technique, it can put pressure on the spine.

**A better exercise:** Place a heavy, short, looped resistance band around your legs (at your ankles); sidestep out 20 paces and with back control. It's harder than it sounds!





**MAY 18, 2008**  
**Woodbridge Winery**  
 Proceeds benefit your local Boys and Girls Club and the American Heart Association

There is still time to register!

Visit the Fleet Feet Stockton store this Friday or Saturday to register for the Half Marathon OR 5K Run/Walk...There is NO race day registration!

**Not Running? Show your support and come cheer on the runners!!**

6541 Pacific Avenue Stockton, CA 95207 209-952-1446

Look your best this summer!

Stop by the store for specials on tanning, supplements, sunglasses and clothing!



LODI 225 Lakewood Mall 209-368-7867  
 GALT 1067 C Street 209-745-3013

Are you ready to get PUMPed?

# The PUMP Institute Open June 2, 2008

The highly anticipated opening of the PUMP Institute is less than a month away!

Call today to schedule your appointment to become a PUMPed athlete!

The PUMP Institute offers **Individual, Class, and Team** sessions. Below is our summer class schedule.

## CLASS SCHEDULE

**June 2, 2008—August 31, 2008**

**Functionally Fit Over 50**

**M,W,F**

**8—9 AM**

If you are over 50, this class is just for you! With gentle stretches and exercises, you will leave feeling better and more flexible in your everyday life.

**PUMPed Walkers**

**M,W,F**

**9—10 AM**

Enjoy the scenery of our town as you learn the proper technique to make you a successful walker.

**Solid To The Core**

**M,W,F**

**11AM— Noon**

This class is geared for athletes ages 14—18 years old. Stay in shape this summer, build your core muscles and work on balance and flexibility, while preventing injuries. A recipe for a successful athlete!

**ACL Injury Prevention Training**

**T, TH**

**2—3 PM**

Knee injuries are prevalent in sports. This science based program is built to protect your knees and boost performance.

**Core Fundamentals**

**TBD**

**TBD**

For the young ones! This class is specifically for athletes ages 10—14. A good athlete must have solid core strength and understand proper form. This class will teach you just that!

**Don't see a class for you?** Call us! We have many other classes available to suit your specific needs. We also have classes specifically targeting your sport: volleyball, swimming, water polo, baseball, football, rowing, cycling, track and field, basketball, gymnastics, golf, tennis... **We can get you and your teammate PUMPed for any sport!**



**PUMP Institute**  
**220 S. Church Street**  
**Lodi, CA 95240**  
**209-368-7433**



**Questions? Want more information? Call Nicole at 209-368-7433 Ext. 113 to schedule your PUMP time!**

Were on the  
Web!  
[www.lodipt.com](http://www.lodipt.com)

### Lodi Physical Therapy

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Lodi, CA 95242

209-368-7433

[nicole@lodipt.com](mailto:nicole@lodipt.com)

*Hands on Healing,  
A Passion for Performance*

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LODI, CA  
95240

## Oatmeal Cookies

From The Kitchen of Lavonne Kolb

### Ingredients

1/2 Cup Margarine  
1/2 Cup Brown Sugar  
1/2 Cup White Sugar  
2 Eggs  
2 Tsp. Vanilla  
3 Cups Flour  
1 Tsp. Baking Powder  
1 Tsp. Baking Soda  
1 Tsp. Salt  
1 1/2—2 Cups Rolled Oats  
1/2 Cup Slices Almonds  
1 Cup Chocolate Chips  
1 1/2 Cups Dried Cranberries

### Directions

Pre-Heat oven to 375°

**Cream:** Margarine and  
sugars until smooth

**Add:** Eggs and vanilla

**Add:** Baking powder, baking  
soda and salt.

**Add:** Flour gradually

**Stir:** Almonds, oats, chocolate  
chips, and cranberries

**Bake:** 10-12 Minutes, or until  
golden brown

Enjoy!



**Do you have a recipe you  
would like to share? Bring  
a copy into our office or  
email it to Nicole at  
[nicole@lodipt.com](mailto:nicole@lodipt.com)**