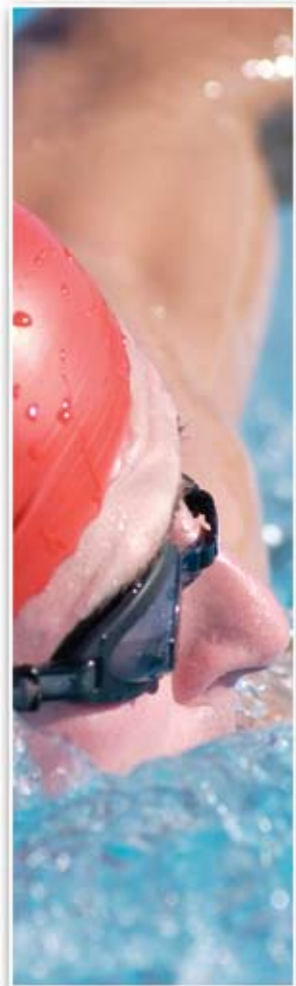




USA Triathlon Certified Training Center

GREAT RIVER MEDICAL CENTER, WEST BURLINGTON, IOWA





The logo for Great River Medical Center features a stylized blue cross with three horizontal wavy lines passing through it, representing water.

Great River Medical Center



In January 2006, Great River Medical Center was selected by USA Triathlon (USAT) as their first regional training center. USAT is the governing body for the multi-sport of triathlon in the United States.

Great River Medical Center is a regional medical center offering acute, skilled and intermediate care to residents of southeast Iowa, west-central Illinois and northeast Missouri. The hospital is part of Great River Health Systems, a 378-bed regional, integrated health-care system based in West Burlington, Iowa.

Staff members at the USA Triathlon Certified Training Center at Great River Medical Center work with athletes from throughout the Midwest who are interested in becoming competitive triathletes or those already involved in the sport who would like to progress to a higher level. The hospital also conducts coaching clinics for those interested in working with triathletes.

FACILITIES

Most of the USA Triathlon Certified Training Center's services are provided through Great River Center for Rehabilitation, one of the state's premier outpatient rehabilitation facilities. The Center for Rehabilitation excels at providing outpatient sports-medicine services to all individuals, including youth, age-group and elite athletes. The center's staff also provides athletic training support to several area sports teams.

The Center for Rehabilitation, which is located on Great River Medical Center's main campus in West Burlington, offers a wide range of training and therapy equipment including:

- A whirlpool
- An aerobics studio and locker/shower room facilities
- Cybex® 340 Extremity Testing and Rehabilitation System™
- Extensive cardiovascular equipment including arm ergometers, NuSteps®, Precors®, stationary bicycles and treadmills
- Strength training equipment including Olympic free weights and a Smith press
- Two fitness gyms with two complete Cybex® strengthening circuits
- Two therapy pools

USA Triathlon Certified Training Center athletes also may use the running and swimming facilities at the Burlington Area Community YMCA-YWCA, Burlington Community School District and Southeastern Community College.







COACHING STAFF

USA Triathlon Certified Training Center's staff includes 14 USAT-certified coaches. Coaches work directly with athletes and will make appropriate referrals to other training center professional staff members, such as an athletic trainer, clinical dietician or sports psychologist.

CLINICAL/ATHLETIC SERVICES

The following services are available to athletes at the training center:

- **Cardiopulmonary reconditioning**—This service is designed to optimize cardiopulmonary function, decrease shortness of breath and increase muscular endurance.
- **Exercise classes**—A variety of group exercise classes are available to athletes for a fee. Classes include aerobics, Pilates, Pilates/yoga combination, step aerobics, tai chi, target-area exercise, yoga and routines that use equipment such as exercise balls, flexible bands and hand weights.
- **Exercise physiology**—Exercise physiology focuses on the analysis, improvement and maintenance of health and fitness. The center's exercise physiologists are available to work with athletes on the physiological basis for endurance performance and training.
- **Exercise reconditioning and stretching**—Staff will work with athletes to develop reconditioning and/or stretching programs that are specific to athletes' needs.



- **Human performance testing**—This battery of tests includes:
 - Gait/movement, VO₂Max and oxygen-uptake analyses
 - Isokinetic and strength testing
 - Lactate threshold assessment
 - Muscle imbalance identification
- **Injury treatment**—The center uses the latest athlete injury and reconditioning techniques provided by USAT. These techniques include the assessment and treatment of conditions affecting balance, flexibility, range of motion and strength.
- **Massage therapy**—Therapeutic massage is available to help prevent and alleviate pain, discomfort, muscle spasms and stress, and promote health and fitness. The center’s massage therapists are licensed and certified by state and national organizations.
- **Occupational and physical therapy**—A sports-related injury may affect an athlete’s ability to function in their everyday lives at home and at work. The center’s occupational therapists will work with injured athletes to not only help them improve basic motor functions but also compensate for loss of function. Physical therapists provide specialized treatment to soft tissues (muscles, tendons, ligaments and fascia) and joints, which may have been damaged by injury or disease. Physical therapists help the body restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities.





- **Sports nutrition**—Licensed, registered dietitians can provide analysis, diet planning and nutrition consultation for before and after an event, and during in-season and off-season training.
- **Sports psychology**—Psychological and mental factors influence participation and sports performance. A psychologist with special training in sports psychology is available to teach focus and confidence, and the use of guided imagery, emotional control and visual motor behavior rehearsal.
- **Water therapy**—The buoyancy of water makes exercise easy on joints and enhances flexibility, stability and injury recovery. The center features warm-water (92 degrees) and cool-water (84 degrees) therapeutic pools.

COACHING EDUCATION AND CLINICS

The training center works with USAT to provide CEU coaching education and USAT certification clinics. Please call USA Triathlon Certified Training Center at (319) 768-4100, or USAT at (719) 597-9090, for upcoming clinic dates.

SPECIALIZED CAMPS

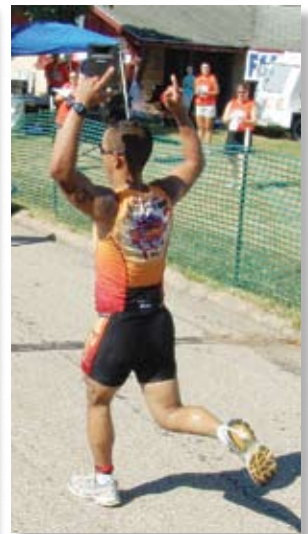
USA Triathlon Certified Training Center conducts camps to help increase the number of youth and age-group athletes participating in triathlon and to identify talent for USAT's Athlete Development Pipeline program. The purpose of this program is to increase the talent pool available to fill USAT's national teams and, ultimately, vie for spots on the U.S. Olympic Triathlon Team.





LOCAL TRIATHLON SUPPORT

USA Triathlon Certified Training Center works with Team BEAST (Burlington Endurance Athlete Sports Team), a triathlon training club sponsored by Great River Medical Center and the Burlington Area Community YMCA-YWCA. The club hosts the annual Lake Geode Challenge, an Olympic-distance triathlon scheduled in mid-July at Geode State Park, near Danville, Iowa. Great River Medical Center is the primary sponsor of the event.





FOR MORE INFORMATION

For more information about the USA Triathlon Certified Training Center and fee structures for various services, please call (319) 768-4100.





1221 S. Gear Ave.
West Burlington, IA 52655
(319) 768-4100