

Our Staff

Dr. Andrew Pasternak

Education

- Undergraduate degree: University of Michigan, Bachelor of Science- 1990
- Medical Degree: University of Michigan- 1993
- Residency: University of Wisconsin –Madison Department of Family Medicine-1996
- Fellowship: University of Wisconsin- Masters of Science in Epidemiology/Preventative Medicine
- Certified- American Board of Family Practice Board 1996. Recertified 2008

Professional Memberships

- Medical Director Tahoe Rim Trail Races
- American Academy of Family Physicians
- Nevada Academy of Family Physicians
- Washoe County Medical Society
- American College of Sports Medicine

Athletic achievements

- Boston Marathon Finisher
- Death Ride Finisher

Jeff Angermann, Ph.D.

Education

- Ph.D., Environmental Chemistry with emphasis in Toxicology, University of California, Davis, 2003.

Current position

- Assistant Professor, School of Community Health Sciences, University Nevada, Reno

Professional Memberships

- American College of Sports Medicine
- American Physiological Society

Coaching background

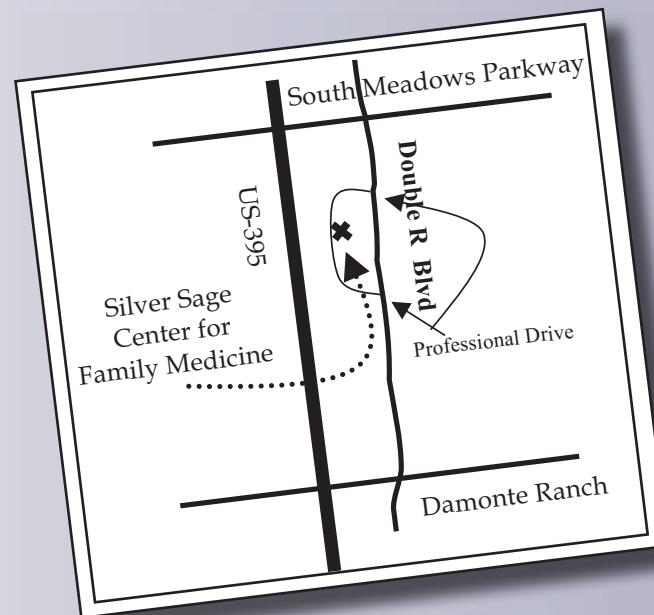
- Head Coach, UC Davis Cycling Team: 1999-2000
- USCF elite (level 1) coach certification: February 2005

Athletic achievements

- USCF Category 1 and NORBA Semi-Pro current licensure
- 3-time collegiate national road cycling champion
- 6-time collegiate all-American in road cycling
- 2006 NCNCA time trial and NORBA National XC champion
- Ex-professional road cyclist (Webcor cycling team, 2003)

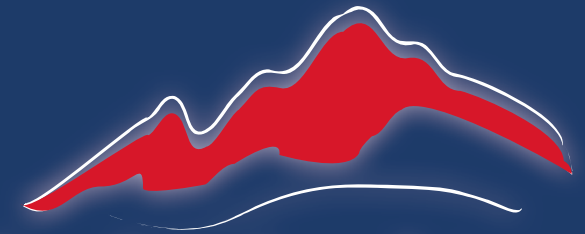
Silver Sage Center for Family Medicine

Silver Sage Sports Performance



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Please visit our website at:
www.silversagecenter.com



Silver Sage Sports Performance



Silver Sage Sports Performance

Are you a serious athlete looking to improve your performance? Are you a recreational athlete looking to improve your fitness and quality of life? Do you just want to get back in shape after not exercising? Silver Sage Sports Performance will help evaluate your current fitness and work towards reaching your goals.

Julie Young

Andrew Pasternak, MD

Jeff Angermann, PhD

Services provided

For complete details please visit www.silversagecenter.com or contact Julie Young at jyoung@o2fitness.net with questions.

Bicycle Fitting with Dartfish Video Analysis

A properly fitted bicycle can dramatically improve your performance, help avoid chronic injury and produce efficient pedaling, which equates to more power and speed on the bicycle.

Gait Analysis via Dartfish Video Analysis

Walkers, hikers and runners will benefit by refining technique, maximizing efficiency and preventing chronic overuse injuries.

approach begins with an initial meeting to discuss your goals and conduct a physiological test (recommended) and assess movement patterns. Based on this baseline data and your personal goals, your trainer develops an individualized wellness plan. You will be educated, engaged and empowered through the process to take control and elevate your health with guidance from and accountability to your trainer.



Lactate and Vo2 tests

Testing is an important first step in developing a systematic wellness/fitness, endurance or strength conditioning program. The data provides the coach and trainer with the

necessary tools to prescribe precise workouts to train specific energy systems. This data insures that you are maximizing every minute of your workout investment.

Functional Movement Screen (FMS)

The FMS consists of seven movements which identify weak links in the individual's movement patterns. Based on this evaluation an individualized program is developed to improve weak movement patterns resulting in greater movement efficiency, improved performance and reduced injury potential.

Wellness Programs

This comprehensive system will assist you achieve and maintain a lifestyle of health and fitness. This integrated

Endurance Coaching and Training Plans

Following a physical evaluation, your trainer designs and develops a tailored endurance training program to attain your goals. Endurance athletes of all interests and abilities will benefit including – hikers, cross-country skiers, adventure racers, runners, cyclists – road and mountain, and triathletes.

Strength Conditioning Plans

Following a physical evaluation, an individualized dynamic program is developed to establish, train and strengthen quality movement patterns. Each prescribed exercise effectively challenges – mobility, stability, coordination, balance, and the neural system – equating to more bang for your training time buck.

Discounts offered for members of the Silver State Striders, Reno Wheelmen, Procrastinating Pedalers, Reno Area Triathletes and Far West Nordic Skiing. Please contact us if you are interested in team and/or group discounts; or team and/or event sponsorship opportunities.

Julie Young Current position

- Director Sports Performance, Silver Sage Sports Performance Center

Professional Memberships

- Athletes' Performance, Mentorship

Coaching/Fitness background

- O2fitness – coaching and training: March 2005-present
- Director of Cross-Country Programs, Northstar Resort 2005-2011
- USCF certified coach: March 2005-present
- East-West Partners Wellness Program: Summer 2007
- Tahoe Center for Health – Performance trainer and endurance coach, emphasis Alpine and Nordic skiers, junior cyclists

Athletic achievements

- Six-time Cycling World Championship Team Member
- Overall General Classification winner of the Tour de L'Aude, France – women's equivalent of Tour de France
- Overall General Classification winner Tour d'Aquitaine, France
- Stage wins and podium finishes at Tour de L'Aude, Tour d'Aquitaine, Tour of the European Economic Community, Molenheike, Tour d'Epinal and Grand Prix de Quebec
- Pro teams included AutoTrader.com, Timex, Fanini, Saturn and Kahlua, concurrently representing the U.S. National Team
- Winner Tahoe 100k mountain bike race, 2011
- Winner Xterra Tahoe City, 2010, 2011
- Winner Tahoe Rim Trail 50K, 3rd overall, 2010
- UCLA Golf Team, NCAA Academic All-America

