



OLYMPIC VOICE

United States Olympic Training Center • Chula Vista, Calif.
June & July 2009 • Volume 10, Issue 4



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Athlete of the Month: May 2009 Nicholas Long

USA BMX athlete Nic Long has been named the U.S. Olympic Training Center, Chula Vista May Athlete of the Month for his outstanding results and accomplishments. Long is currently ranked #1 in North America and #3 in the World as of June 30, 2009 by the Union Cycliste Internationale, UCI. In the USA Cycling BMX U23 category for men, Long is the leader with 68 total points.



Nic Long began riding back in 1996, when at the age of seven his dad took him to the track. Growing up he also played baseball but he decided to focus solely on riding, Long said "as soon as BMX was announced to be an Olympic sport I decided that I wanted to train and make that my career."

Based on his success, it seems that Long has been able to stay focused and keep his eyes set on what he needs to do, this he mentions, can be the most challenging part of his sport. When Nic Long is not riding he spends time hanging out with friends and relaxing. Also in his free time he likes to "flatten hair cuts on the basketball court, specifically those of his fellow BMX riders Kris Fox and Barry Nobles." When asked what his proudest moment was, Nic Long was quick to respond with "winning the 2008 Dew Tour."

Nic Long has a full schedule of races left this season to compete in beginning with the ABA National in Roseville, California the weekend of the fourth of July. After that he is off to Australia, South Africa, and France. With a season that does not end until November, we are sure to hear much more about Nic Long's accomplishments.

Congratulations and Good Luck with the rest of your season!

BMX Schedule of Events		
Race	Location	Dates
ABA National	Roseville, CA, USA	Jul. 4-5
UCI World Championships	Adelaide, Australia	Jul. 24
UCI World Cup: Round 2	Pietermaritzburg, South Africa	Aug. 22
Redline Cup: Pro Series	North Carolina, USA	Sept. 11-13
UCI World Cup: Round 3	Chula Vista, CA, USA	Sept. 17-20
Intense Pro Challenge	Minnesota, USA	Oct. 10
UCI Super X World Cup: Round 4	Fréjus, France	Oct. 17-18
Redline Cup: Pro Series	Nebraska, USA	Oct. 24-25
ABA Music City Grand Nationals	Arkansas, USA	Nov. 21-22





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Amanda Gray, Edna Novokolsky,
Juli Ray, Operations Coordinator
Lisa Kurz

Athlete of the Month: June 2009

Tora Harris

USA High Jump athlete Tora Harris has been named the U.S. Olympic Training Center, Chula Vista June Athlete of the Month after winning the high jump event at USA Outdoor Championships and qualifying for the United States IAAF World Championship Team. Harris jumped 2.31m/7 feet, 7 inches to take first place at Hayward Field in Eugene, Oregon.



Tora Harris was born in College Park, Georgia and attended Princeton University. There he was 2002 NCAA Indoor & Outdoor High Jump Champion; 2001 World University Games bronze medalist; 7-time Heptagonals champion; and 5-time NCAA All-American. While at Princeton he never lost a Heptagonals title, indoor or outdoor. Harris made the Olympic Team in 2004 with his third place finish at the Olympic Trails in Sacramento, California. In 2006 he was ranked eighth in the world and first in the United States by Track & Field News with his personal record of 2.33m/7 feet, 7 and 3/4 inches. He was also the 2006 Outdoor Champion and 2007 Indoor Champion.

When Harris was asked about the keys to his high jump victory at Nationals on June 28th his response was, "I was just hanging in there and staying tough. I had to make adjustments because of the conditions. It was a great day to jump despite having too much tailwind. It was a big field with 26 guys, so in that situation you need to make adjustments and settle down."

Harris is set to compete in the 12th IAAF World Championships in Berlin, Germany, August 15-23, 2009. He has shown he will be a key member of USA's World Team. We wish him the best of luck with his European meets and in Berlin for the World Championship!

**Congratulations on your accomplishments this season,
Tora!**



Athlete Results:

Track & Field

2009 National Championships
Eugene, Oregon

Javelin

2nd place: Mike Hazle
3rd place: Sean Furey
8th place: Bobby Smith

Triple Jump

3rd place: James Jenkins
4th place: Yvette Lewis

Pole Vault

4th place: Toby Stevenson
3rd place: Stacy Dragila
6th place: Melinda Owen

Discus

2nd place: Jarred Rome
3rd place: Ian Waltz
8th place: Karl Erickson

High Jump

1st place: Tora Harris

Hammer

4th place: Britney Henry

Paralympics

2009 Paralympic World Cup
Manchester, England
5/24/2009

Kortney Clemons:

3rd place: T42– 100m
2nd place: T42– 200m

April Holmes:

4th place: T44– 100m

Archery

Croatian World Cup:
5/1/09-5/4/09

4th place: Brady Ellison
9th place: Kristin Braun

Youth World Championship Trials:

Peter Kelchner and Emily Blake
both qualified to compete at the
Youth World Championships in
Ogden, UT in July.

Gold Cup, New Jersey
5/23/09-5/24/09:

3rd place: Brady Ellison
2nd place: Kristin Braun
3rd place: Heather Koehl
4th place: Megan Carter

World Team Trails: Conyers, GA

5/30/09-5/31/09

1st place: Brady Ellison (2 new
National records)

4th place: Jake Kaminski
(alternate)

3rd place: Kristin Braun

4th place: Heather Koehl (alternate)

BMX

UCI Milford, Delaware
6/13/09

2nd place: David Herman
3rd place: Nic Long
6th place: Mike Day
7th place: Donny Robinson

UCI Rockford, Illinois
6/20/09-6/21/09

Men

2nd place: David Herman

Congratulations!

James Jenkins
Mike Hazle
Becky Breisch
Ian Waltz
Jarred Rome
Tora Harris
Stacy Dragila
Anna Willard
Sheena Tosta
Brad Walker
Toby Stevenson
Yvette Lewis (alternate)
Grace Upshaw (alternate)

These athletes have made the USA
World's Track & Field Team!

Olympic Day Celebration

Olympic ideals were celebrated Tuesday at the U.S. Olympic Training Center in Chula Vista, California (OTCCV). The OTCCV partnered with the South Bay YMCA and the City of Chula Vista to provide a special day for local children and promote the Olympic ideals. Several television networks and newspapers covered the story showing their support of the day. International Olympic Day is celebrated around the world each year on June 23. This year Mayors from across the country joined in proclaiming Olympic Day in their communities and highlighting the Chicago Bid for the 2016 Summer Olympics.



Torch lighting and proclamation with Chula Vista Mayor Cheryl Cox.

The kids started the day learning about the Olympic movement from two Gold Medalist, Al Joyner, representing coaches, and Tim Mack, representing athletes. Both of them promoted the Olympic ideals of respect, fair play, sportsmanship, hard work and honesty. Also taking the podium was Lisa Johnson, Associate Executive Director of the South County YMCA, Mayor Cheryl Cox and Danny Melgoza a representative for the Supervisors of San Diego County.



Our special guest speakers, Tim Mack, Tracy Lamb, and Al Joyner.

After words of inspiration, the kids got a chance to interact with numerous Olympic and Paralympic athletes from a variety of events including Bobsled, Discus, Long Jump, 100 Meters, Pole Vault, Triple Jump and BMX. Many athletes brought their Olympic and Paralympic medals for the kids to see and hold.



Athletes interacting with the children.



Then they headed to the BMX track for a demonstration where the kids would count down from five to start each race. Before splitting into different groups the kids passed a Chicago 2016 relay baton yelling "Go Chicago." In the different groups kids participated in different soccer activities and discovered Olympic Ideals through a tour of the Olympic Training Center and an Olympic movie. The kids enjoyed a day of Olympic inspiration and fun physical activity.



Tracy Lamb, Director of the CVOTC, receives the proclamation from Mayor Cox.



June & July Events

Birthdays in June/ July:

Karl Erickson 6/1
Pamela Long 6/1
Gordon Eakin 6/6
Alistair Cragg 6/13
Edna Novokolsky 6/13
Ty Sevin 6/17
Tammy Williams 6/21
Brad Walker 6/21
Christopher Needham
6/22
Kortney Clemons 6/23
Daniel Browne 6/24
Bobby Smith 6/24
Jerrod Fields 6/25
Lauren Lappin 6/26
Michael King 6/30

Jesse Gey 7/1
Jennifer Rhines 7/1
Ki Lee 7/2
Jennifer Adams 7/8
Lindsay Schutzler 7/13
Leslie Coons 7/16
Katie Uhlaender 7/17
Tim Hornsby 7/20
Courtney Bures 7/24
Polly McCormick 7/25
Monica Abbott 7/28

June & July 2009 Programs

Archery:

- Ongoing Resident Team Training
- Jr. World/ Jr. Dream Team
June 12-18

Athletics:

- Ongoing Resident Team Training
- US Nationals 6/25-28
- European Season July-September

Bobsled/Skeleton:

- Spring/Summer Training, April
9-September 30

Canoe/Kayak:

- World Team Trials 2 July 6-13

Cycling:

- BMX Resident Team Training
- BMX Junior Development
Camp2 June 21-29
- BMX Elite & U23 World Prep

Field Hockey

- Men's National Champs June
30-July 5

Paralympic Sports:

- Track and Field Resident Team
Training

Triathlon:

- Junior National Team Selection
Camp July 6-10

Softball:

- Women's National Team Training
June 29- July 3

Volleyball:

- Girls Youth National Team Training
6/13-6/28
- Women's Junior National Team
Champs July 5-14
- Men's Junior National Team
Training July 14-28



Upcoming Events

June 23: Olympic Day

June 25-28: Track & Field
Nationals

July 4: Eastlake Community
Fireworks

Olympic Day BMX Demo



Game
6/16/09



Resident athletes Nic Long and Kris Fox showed the campers what BMX is all about.



Katie Uhlaender, a skeleton athlete, traded in her sled and helmet for a baseball and a pitchers mound Tuesday, June 16. Uhlaender threw out the opening pitch when the San Diego Padre's took on the Seattle Mariners at Petco Park. There were 33 Olympic athletes and hopefuls in the crowd that night to show their support for her. After the game Uhlaender said "I had a blast throwing out the first pitch. I wish my father could have been here to see it, he had been talking about me doing that for a long time." Uhlaender holds baseball close to her heart as her father, Ted Uhlaender, was a Major League Baseball outfielder from 1965 - 1972.



Mya, Hyleas, Akiba, Karl, and Jemia on the field for Katie's first pitch!



BMX



After winning three of the six medals at the 2008 Olympic Games in Beijing USA BMX Director, Mike King currently has his sights on the development of the next generation of Olympians. The Junior development BMX camp arrived Monday, June 22 and will be here through June 26. Athletes range in age from 15 to 16. Sixteen year old Paul Wassenaar said "it's cool that we are riding the same track that was used in the Olympics, the track is technical and fun." The purpose of the camp is to develop Olympians for 2012 and 2016. While most of the attention is currently on development, elite BMX riders are preparing for their next big event, World Champions, in Adelaide, Australia. The race runs from July 23rd to 26th. Then it's off to the Supercross World Cup Preparation Camp held in Chula Vista, CA August 10 through 15th, before traveling to the World Cup in Pietermartzburg, South Africa. The 2009 UCI BMX World Cup features four rounds of competition on 3 different continents, the first round was held in Copenhagen, Denmark. The third race will take place at the Olympic Training Center in Chula Vista, California in September and the World Cup will finish in Frejus, France in October. More than 150 athletes, both men and women, are expected to compete at each event.

Track & Field

The week of June 25th to the 28th will be an important one as Track and Field athletes are preparing for Nationals. Athletes began departing from the training center to Eugene, Oregon on June 23 and will return on Monday the 29th. Nationals will contest all disciplines of Track and Field, it gives the athletes an opportunity to prove they have the ability to represent Team USA in Berlin Germany at the IAAF World Championship this August.

"Nationals is a gate way competition, the last step to making the world team. There's not as much hype or as many rounds compared to the Olympic trials, which leads to better results at World's due to less burn out physically and emotionally," Trevell Quinley explains. Upon returning to complex after Nationals, athletes will prepare to for competition in Europe, departures start on June 30th. Since Track and Field is larger in Europe than in the U.S. there are more opportunities for athletes to compete. There are many competitions leading up to World Championships which will be held August 18th - 23rd, 2009. Two of the larger ones are the Golden League which will take place in Norway, Italy, France, Switzerland and Belgium and the Super Grand Prix which will be in Switzerland, Great Britain, Monaco and Sweden.

First Annual CVOTC 5K Fun Run/Walk A Huge Success!

by Denny Bulcao, Jr.

United States Olympic Committee Volunteer

-Chula Vista, CA

U-S-A! U-S-A!

Olympians and Olympic hopefuls are sweating and working hard at the US Olympic Training Center, Chula Vista for the 2010 Winter Olympic Games in Vancouver, Canada and the 2012 Summer Games in London. On June 6, 2009 the community was invited to participate in the Chula Vista Community Fun Run/5K. The course mapped through the Olympic Training Center venues and grounds where Olympic magic happens every day. The effort was all for a great cause.

Eric Daniel Avila, National high school cross country champion and a graduate of Chula Vista's Bonita Vista High School, is currently attending Northern Arizona University and running for the Lumberjacks.

On the event, Eric said:

"I think this place is great. When I was younger I used to come over here with my family and stuff and it's kinda fun looking at all the Olympic stuff. It gets you kind of inspired. But, as far as the race, I kind of just ran with some friends and some high school friends—just to come for the atmosphere. You know, the race was fun but it was just fun to get out with the community here."

On aspirations of being a U.S. Olympic athlete/runner, Eric continued:

"Oh, absolutely! Absolutely. If I can get everything moving in the right direction and have everything line up perfectly, I don't see why it would be impossible. One day I hope my picture's on the wall over there! That'd be awesome! So, yes, that's definitely a big goal."

The Sharp Chula Vista Medical Center was the title sponsor for this very unique event. Chris Boyd, CEO of the SHARP Chula Vista Medical Center, was thrilled with the public response.

"The common denominator in the programs that benefited today is they're all about kids – so we're real excited about that. The City of San Diego wins because a lot of these people were from outside the area. So, we hope they stick around and spend some money in Chula Vista.

Then, of course, the Olympic Training Center wins because this is really a chance to showcase everything that we have. This is one of the most unique attractions in San Diego County – the only warm weather OTC of three in the country. So, we're real proud of it."

Tracy Lamb, Director of the Chula Vista OTC, worked with Chula Vista Mayor Cheryl Cox to offer this first-ever opportunity to the public.

"This was a phenomenal course," Lamb said. "(The participants) ran inside the Olympic Training Center through the entire 150 beautiful acres of sport playground that is the U.S. Olympic Training Center in Chula Vista.

Families, strollers, dogs, experienced runners and Olympians all ran as soccer teams played, BMX cyclists flew off the BMX tower, the field hockey team practiced and runners took a lap where the track and field stars train. Pole vaulters vaulted and archers were even shooting arrows! How fun is that?

Three big C's made this a huge success – community, a great course and a great cause. Great sporting events like this bring everyone together."

Mayor Cox said she was "very happy" with the event and would like to organize future fun runs/walks every spring and winter.

"We have people here who have never been to the Olympic Training Center and they want very much to support exercise, being outside and the athletes who are here. It's also a way to appreciate Chula Vista – I mean we've got the lakes, the mountains and you can see practically all the way to the bay!"

The Corpizo family ran the 5K together.

"Well, this year we're starting to be more health conscious and active," Joseph Corpizo said. "This was our second 5K and we thought since we're living here in Chula Vista it would be a great idea to do a 5K that's pretty much in our back yard."

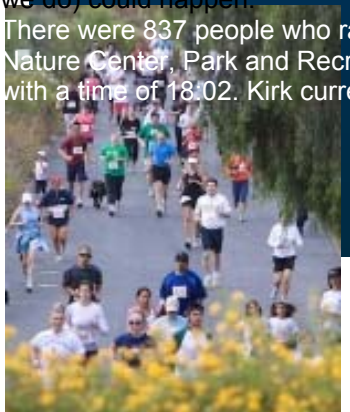
Runners came from all over San Diego County.

"This wasn't just another 5K, and that's why I came," said Danielle Zerhusen of San Marcos. "It was a special treat to run through the Olympic Village and see where our Olympic athletes train."

Those athletes were happy to talk to participants and sign autographs. A few showed off their BMX bikes.

"It feels super good being here today," 2008 Super X BMX Champion Kris Fox said. "Four years from now is what I'm really pushing for and to have the support I have from the kids and stuff—that's what keeps me going. That's what keeps me really motivated to build a fan base and never let them down. So, without the big community that's here, I don't think any of (what we do) could happen."

There were 837 people who ran in this First Annual Chula Vista Community Fun Run. All proceeds will go to the Chula Vista Nature Center, Park and Recreation Department, Animal Shelter and local libraries. The winner of the race was Kirk Phair with a time of 18:02. Kirk currently goes to UC Berkeley and graduated from Bonita Vista High School.



Meet the Summer 2009 Interns



**Keri
Dennison,**
*Strength &
Conditioning
Intern*

Hometown: Morgantown, WV

*School: Davis &
Elkins College*

Major:

Sports: Basketball

*Favorite Food:
Rigatoni*

Favorite Movie: Snatch

Favorite place in CA: outside

Favorite part about the OTC:

*Everyone is so kind and friendly,
the scenery is beautiful, and I
learn something new everyday.*



Amanda Gray,
*Athlete &
Community
Relations Intern*

Hometown: Greenville, SC

*Schools: College of Charleston
Alumni,*

University of Alabama

*Major: Business Admin, Sport
Management*

Sports: football, basketball

*Favorite Food: Anything fried
and pizza*

*Favorite Movie: Almost Famous,
The Hangover*

Favorite Book: Beyond Belief

*Favorite part about the OTC: The
people.*



**Edna
Novokolsky,**
*Athlete & Community
Relations Intern*

Hometown: San Diego, CA

*School: Drexel
University*

*Major: Sport
Management*

Sports: Track & Field, football

Favorite Food: Cupcakes

*Favorite Movie: 300, The
Hangover*

Favorite place in CA: Del Mar

Favorite part about the OTC:

*Listening to every ones' sto-
ries and learning about the
different sports.*

Meet the Summer 2009 Interns and New Staff



Juli Ray,
Operations Intern

Hometown: Ooltewah, TN

School: University of Tennessee

Major: Sport Management

Sports: football

Favorite Food: mac n cheese

Favorite Movie: Dirty Dancing, Sex in the City, Anchorman

Favorite place in CA: Coronado Beach

Favorite Part about the OTC: Plenty of work.



Lisa Kurz,
Operations Coordinator

Hometown: Parma, OH

School: Kent State University

Sports: soccer

Favorite Food: enchilladas

Favorite Movie: The Motorcycle Diaries

Favorite place in CA: San Diego/Coronado



**Every Tuesday
@ 7:00 PM:**
Shuttle service to
Wal-mart,
Target,
Otay Ranch Center, etc.