



# OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

OCTOBER 16 - 31, 2011

## BMX SUPERCROSS WORLD CUP - FINAL RESULTS TWO AMERICANS GOLD; FOUR AMERICAN PODIUM FINISHES

The top 64 men and 32 women took to the BMX track for the final round of the UCI BMX Supercross World Cup at the Chula Vista Olympic Training Center on Saturday, October 1, 2011. Americans had a great showing, taking four of the six podium spots, including the gold medal in both the men's and women's finals.

In each heat, the top four finishers went on to the next round until the top eight met for the finals. Final results were:

### Men:

1. **Connor Fields – USA – also Time Trials winner**
2. Raymon van der Biezen – Netherlands
3. **David Herman – USA**

### Women:

1. **Arielle Martin – USA**
2. **Brooke Crain – USA – also Time Trials winner**
3. Mariana Pajon – Colombia



An estimated 5,000 spectators were drawn to the U.S. Olympic Training Center grounds to pack the stands and watch the action while up-and-coming American BMX athletes took to the development track near the Visitor Center.

The heat didn't drown out any of the excitement throughout the weekend and we couldn't be more proud of Team USA at this year's Chula Vista Supercross World Cup. We look forward to the BMX program carrying the momentum through to London!



Photos courtesy of gOrk Barrette

## ANNOUNCEMENTS:

- Until further notice, Sports Medicine hours have been changed to 8:00 am - 6:00 pm Monday - Friday and 11:00 am - 1:00 pm on Saturdays
- The San Diego Ballet is setting aside 40 tickets to each of their 2011/2012 shows in order to offer FREE tickets to resident athletes. Shows are The Nutcracker on December 17 & 18 and a mixed evening of Romance performances on February 10, 11 & 12. See the flyer on the bulletin board upstairs from the dining hall for more information on how to reserve tickets
- We have discount coupons to Six Flags Magic Mountain for athletes (\$25 off). Stop by ACI to pick one up. Valid through March 18, 2012



# XVI PAN AMERICAN GAMES

With the opening ceremony on October 14, the Pan American Games were officially kicked off in Guadalajara, Mexico. Falling only behind the Summer Olympics, the Pan American Games are the second largest multi-sport event with an estimated over 5,000 athletes competing in 36 different sports and nearly 400 events. The Team USA delegation currently consists of 627 athletes, including 346 men and 281 women.



The opening ceremony is set up similarly to the Olympic Games as the parade of athletes is grouped by nation with the host country being the last nation to walk the route. Other countries enter the stadium alphabetically (as determined by the Spanish language) and Argentina is traditionally the first nation to enter in order to honor the origins of the Pan American Games, which were first held in Buenos Aires in 1951.

The U.S. Pan American squad features many top-level athletes, including 79 Olympians and hundreds of 2012 hopefuls. Among those 79 Olympians are 41 Olympic medalists and 10 Olympic champions. Chula Vista resident athletes and frequent users are represented on the roster and we will be keeping a close eye on the following athletes:

guadalajara 2011  
XVI PAN AMERICAN GAMES

**Archery – Brady Ellison, Joe Fanchin, Jake Kaminski, Khatuna Lorig, Heather Koehl**

**Canoe/Kayak – Carrie Johnson, Maggie Hogan**

**BMX – Arielle Martin, Nic Long, Connor Fields**

**Field Hockey – Women’s team (resident), Men’s team (frequent users)**

**Rowing – Men’s team (resident), Women’s team (frequent users)**

**Track & Field – Becky Holliday, Yvette Lewis, Crystal Manning, Connie Moore, Sean Furey, Jamie Nieto, Jarred Rome, Russ Winger**

## GUADALAJARA FUN FACTS:

**Capital of the Mexican state of Jalisco**

**Population: 1,564,514, the second most populous metropolitan area behind Mexico City**

**Founded in 1542**

**Average temperature in October: High 77; Low 54**

The importance of this major sport competition is felt particularly by field hockey and canoe/kayak, which use the Pan American Games as an Olympic qualifier. The Pan American Games are the last-chance qualifier for sprint canoe/kayak in the men’s and women’s K1 and K2 events, plus the men’s C1. The U.S. must win the events to qualify.

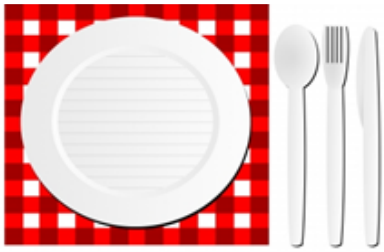
For field hockey, the Pan American Games represent the first opportunity to qualify for the Olympic Games. Eight teams on both the men’s and women’s sides will compete, with only the gold medalists qualifying. If the U.S. does not claim gold in either the men’s or women’s competitions, the teams will compete in one of three tournaments in early 2012 for one more chance at qualifying.



Track & Field athletes qualify for the Olympics by meeting a time standard while participating in the U.S. Olympic Team Trials. While performances at the Pan American Games do not have a direct impact on Olympic qualification, it can be used to meet the standards to compete in the trials. BMX performances at the Pan American Games can secure category 5 UCI points that count toward the nation ranking that determines the number of start spots the U.S. earns for the 2012 Olympic Games.

The 2011 Pan American Games mark the 16th celebration of the Pan American Sports Organization event. The U.S. has hosted the event twice, in Indianapolis in 1987 and Chicago in 1959. The Parapan American Games are held in the same location following the Pan American Games and will have a separate opening ceremony on November 12.





# **NUTRITION, SPORT, FOOD... WITH OPINION**

// By Andrea Braakhuis, Nutritionist

Why meatless? Last week in the dining hall we started a meat-free meal. This move generated much discussion amongst athletes regarding the role of meat in an athlete's diet. Some athletes loved it, others hated it. In reality, the health benefits of vegetarian diets have been made popular with books such as "The China Project," and studies on the Amish population (a religious group who happen to be vegetarians). Vegetarian diets have been associated with reduced cancer risk, heart disease, diabetes and obesity. Although changing one meal a week to a meat-free meal is unlikely to bring about these health benefits, it will introduce a different and possibly new protein option to athletes.

Consuming beans or peas can increase the intake of fiber, folate, zinc and magnesium with less saturated fat and total fat. Regardless of the possible health effects, the environmental benefits are worth us all appreciating. The United Nations' Food and Agriculture Organization estimates the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions.

The water requirements of livestock are tremendous, far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef. Soy tofu produced in California requires 220 gallons of water per pound. Fossil fuels required to produce beef are higher than that for vegetarian protein. On average, about 40 calories of fossil fuel energy go into every calorie of feed lot beef in the U.S. Compare this to the 2.2 calories of fossil fuel energy needed to produce one calorie of plant-based protein.

I don't expect athletes to turn vegetarian, just consider the planet for one of the 21 meals in the week. Maybe you should try this, too.



## **RECENT RESULTS:**

### **Archery - LONDON TEST EVENT/ LONDON ARCHERY CLASSIC, OCTOBER 2 - 10**

Number one ranked archer in the world, Brady Ellison, had a great showing at the London Test Event (also known as the London Archery Classic) at Lords Cricket Grounds in London, where he won the gold. The London Archery Classic is intended to allow athletes to test out the London 2012 venue and familiarize themselves with variable wind and weather conditions.

The men's recurve team of Brady Ellison, Joe Fanchin and Jake Kaminski had a gold medal victory over Chinese Taipei.

### **All Sports - PAN AMERICAN GAMES MEDAL COUNT (AS OF OCTOBER 16, 2011)**

	Gold	Silver	Bronze	Total
1. United States	11	5	10	26
2. Brazil	5	5	3	13
3. Canada	2	3	4	9
3. Mexico	2	3	4	9
5. Colombia	3	1	2	6

Please email [emily.cox@usoc.org](mailto:emily.cox@usoc.org) with any additional recent results you would like to have published.

## **ATHLETES IN TRAINING:**

### **Resident Programs:**

- Archery
- BMX
- Canoe/Kayak
- Field Hockey
- Rowing
- Track & Field

### **Short-Term Programs:**

- October 10 - 19**  
Triathlon - Pan American Games Prep
- October 12 - 16**  
Archery - Paralympic Pan American Games Prep
- October 13 - 26**  
Rugby - Men's 7s Pan American Games Prep
- October 19 - 29**  
Biathlon - Men's Paralympic Training Camp
- October 22 - 30**  
Soccer - Men's Paralympic Soccer Camp
- October 23 - 28**  
Paralympics - Wounded Warrior Archery Camp
- October 30 - November 3**  
Cycling - Road & Mtn. Bike National Talent ID Camp



# CHULA VISTA'S HAPPY BIRTHDAY

The City's 100th Birthday Bash was held at the OTC on Saturday, October 15



Over 22,000 people streamed into the U.S. Olympic Training Center facility on Saturday, October 15 to wish the City of Chula Vista a happy 100th birthday.

Visitors walked down the Olympic Path – temporarily re-named the Centennial Milestone Path – to take a look back at the past 100 years with displays of inspiring moments from Chula Vista's history and a classic car show with 50 vintage vehicles from Model Ts to low riders.

Chula Vista Olympic Training Center resident athletes **Arielle Martin** (BMX), **Jamie Nieto** (Track & Field), **Blake Leeper** (Track & Field) and **Lex Gillette** (Track & Field) along with Coach & Olympic Gold Medalist **Al Joyner** entertained the crowd and helped them catch the Olympic spirit with their inspiring stories. There was a BMX demo and an Olympic Preview video on two giant L.E.D screens where visitors learned about the Team USA: Britain Bound campaign ([www.teamusa.org/BritainBound](http://www.teamusa.org/BritainBound)).



Between the constant flow of activity with the carnival and tasting area and everything else, a crowd favorite was found in the presentation of the City of Chula Vista flag and American flag brought in by Navy skydivers. Overall, it was an exciting event that exceeded attendance expectations and was enjoyed by Chula Vistans, San Diegans and Southern Californians.

By the night's end, guests sat back on Soccer Field #1 to see the fireworks spectacular. Chula Vista natives P.O.D. performed to a packed audience in a true homecoming performance.

If the next hundred years in Chula Vista is anything like this party, Chula Vista is looking at a bright future.



Photos courtesy of Chula Vista 100

