

Sports & Fitness Lab Team

All members of our team have exceptional coaching knowledge and experience working with athletes and are also accomplished athletes in their own right.



Andrew Pasternak, MD, MS Medical Director

Dr. Pasternak provides medical expertise and guidance for clients and is particularly focused on helping athletes with underlying medical conditions. He enjoys competitive cross country skiing and running, tennis and recreational cycling. He volunteers as Medical Director of the Tahoe Rim Endurance Trail Races and is also the research director for the University of Nevada Sports Medicine Fellowship.



Julie Young Lab Director

Julie provides hands-on coaching and training, physiological testing, biomechanical gait analysis and bike fitting for our clients in consultation with Dr. Pasternak and Jeff Angerman. This former 12-year US National Cycling Team member competed internationally with impressive results on the road. She currently competes nationally in mountain and road cycling, XTerra triathlon, trail running and cross country skiing.



Jeff Angerman, PhD Testing & Physiology Consultant

Jeff is Assistant Professor at the University Nevada School of Community Health Sciences and employs his research and education background to support client testing and data analysis. He is a former professional road cyclist, a five-time collegiate all-American and four-time National Champion.



Silver Sage

SPORTS AND FITNESS LAB



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Cutting-edge sports science for every athlete



Putting science in athletics

Anyone can give you a workout plan, but is it designed specifically for you? At Silver Sage Sports and Fitness Lab, we utilize our extensive athletic experience, science-based education, state-of the art equipment and a highly focused individualized approach to benefit each of our client-athletes.

{ We take the guesswork out of your workouts to maximize your training time. }

Services

Silver Sage Sports and Fitness Lab uses testing and motion analysis equipment similar to the US Olympic Training Center. Just as important, we have the team that can effectively read and analyze the data.

- Individually tailored health and wellness programs
- Endurance coaching
- Sport specific performance training
- Injury prevention and return to sport programs
- Gait analysis and bike fitting
- Physiological performance testing
 - Resting metabolic
 - Vo2 max/metabolic efficiency
 - Lactate threshold

Do you need a performance coach?

Some believe that only the most elite athletes need sophisticated coaching. Well, consider how they got there.

At Silver Sage Sports and Fitness Lab we help athletes of all levels achieve their goals. Whether you are a busy professional trying to get your health and fitness back on track, an accomplished high school standout working toward athletic scholarship, or a veteran athlete training for an ultra-endurance event, you will benefit from individually tailored, scientifically-based athletic training.

