

## Bios



Lilah Al-Masri, MS, RD, LD  
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**Lilah Al-Masri, MS, RD, CSSD, LD** is a registered dietitian and a board-certified specialist in sports dietetics. She received her bachelor's degree from Villanova University, her master's degree in clinical nutrition from Boston University, and completed a fellowship in adolescent medicine and eating disorders at Children's Hospital Boston. Currently, Lilah is the head sports dietitian for the United States Naval Academy and is the co-founder of Quest Sports Science Center, a world-class sports nutrition and physiological testing center.

Lilah is a highly sought after public speaker for sports nutrition education and has lectured to numerous athletic programs, clubs, and sports camps. In addition, she was integral in designing and implementing the sports nutrition program for the Women's World Cup Lacrosse tournament held in Annapolis in 2005 as well as training personnel from the Ericsson Yacht Team program during the 2006 Volvo Ocean Race.

An avid athlete, Lilah's interest in sports nutrition began while she was a student-athlete at Villanova. She earned two All-American honors and three All-Conference honors, in women's water polo team and later coached at the Division I level. Lilah placed first in her age group in the 2005, 2006, and 2008 Chesapeake Bay Swim Challenge. Today, Lilah continues to be involved in water polo, adventure races, and open water swimming events.

Lilah is co-author of the book *100 Questions and Answers about Sports Nutrition and Exercise* published by Jones and Bartlett Publishers (March 2010).



Simon Bartlett, PhD, CSCS, ATC  
simon@questssc.com

**Simon Bartlett, PhD, CSCS, ATC** has been an exercise physiologist for 28 years. He has 8 years of teaching experience at the collegiate level and 20 years active duty service as an aerospace physiologist with the United States Navy. As a naval aerospace physiologist, Simon was responsible for developing and implementing state-of-the-art training programs for Navy, Marine Corps and Air Force pilots and aircrew to perform optimally in some of the most rigorous environmental conditions on the globe. In addition, Simon trained Navy Seals, NASA Astronauts, and Hollywood movie actors and was hand picked to be the personal exercise physiologist for the Blue Angel Flight Demonstration Team. Simon's extensive knowledge and experience in human performance enhancement made him one of the most sought-after lecturers in the armed forces, speaking to over 70,000 active duty personnel on topics of nutrition, exercise, and performance improvement. Many of Simon's program designs have become the cornerstone of much of naval aviation's success in developing some of the finest pilots in the world. Simon was personally selected as an instructor for the Physical Education Department at the United States Naval Academy, teaching exercise physiology and sports specific conditioning. In addition, he was the director of the Human Performance Laboratory, responsible for testing all Naval Academy individual and team sport athletes. Simon is co-owner of Quest Sports Science Center, a world class nutrition and physiological testing center in Annapolis, Maryland.

Simon is co-author of the book *100 Questions and Answers about Sports Nutrition and Exercise* published by Jones and Bartlett Publishers (March 2010).

Guest Lecturers:



Greg Abbott  
Bikefit Specialist

Greg is a Cat. II cyclist with more than a decade of experience in the sport. He holds a Bachelors and a Masters Degree from American University in Washington DC . Currently, Greg is a member of the NCVV / INOVA Health System Elite Cycling Team.

2007 Results:

1st – Spring Track Carnival

3rd – Quicksilver Criterium

3rd – Sonny Hutchins Memorial (Track)

5th – MABRA Track Cycling Championships

6th – Tour of Walkersville



Dr. Ho grew up in San Francisco, California and received his B.S. degree in Biology from Santa Clara University. After receiving his medical degree from Georgetown University, he completed his residency training at Virginia Commonwealth University / Fairfax Family Practice, where he served as Chief Academic Resident. The following year, Dr. Ho completed specialized fellowship training in Sports Medicine with Fairfax Family Practice, where he worked closely with several organizations including the Washington Redskins, the DC Divas, the Washington Glory, the US Military Academy at West Point, and the Naval Academy in Annapolis.

Dr. Ho is currently a Team Physician for the Washington Bayhawks Professional Lacrosse Team and Briar Woods High School, as well as the Medical Director of the Fairfax County Public School System's Athletic Training Program. He also regularly volunteers in the medical tent at local endurance events, such as the Marine Corps Marathon and the Army Ten-Miler. Dr. Ho is a Board Certified Family Physician with a Certificate of Added Qualification in Sports Medicine, and has special interests in Sports Medicine, office procedures, and preventative medicine. He also enjoys teaching and mentoring medical students, residents, and sports medicine fellows.

Dr. Ho currently lives with his wife in Vienna, Virginia.



Brenda Shaeffer, PT, DPT

Dr. Brenda Shaeffer has a Doctorate in Physical Therapy from Simmons College and a Bachelor of Science degree from Cleveland State University . She has been a Licensed Physical Therapist since 1978, business owner and private practitioner since 1981. Dr. Shaeffer is an Ohio native where she was co-founder and owner of a large, multi disciplinary sport, orthopedic and industrial rehabilitation company, Dublin Physical Therapy, Inc. . A Maryland resident since 1994, she owns Advantage Physical Therapy, specializing in injury prevention of and treatment for sport and orthopedic issues. She is a researcher, lecturer and regularly writes on topics related to performance and sport injury.

Dr. Shaeffer is collaborating with the professionals of Quest Sports Science Center to integrate her unique Physical Therapy perspective and skills to provide the athlete with the highest quality of expertise to facilitate optimal, maximal performance. As a former elite gymnast and coach, national and international sailboat racer, she understands competition, sports injuries and performance on a personal and professional level. She has been and is involved with injury risk identification, management and treatment with all types and levels of athletes including amateurs, collegiate and professional players in football (NFL) , golf (PGA), Bicycle and motorcycle racing, tennis, rodeo, sailboat racing, soccer, lacrosse, gymnastics, baseball, marathons, bi- and triathlons.

Dr. Brenda Shaeffer uses an integrative assessment and treatment approach utilizing techniques proven through valid, scientific research in biomechanics, physiology, kinesiology and neuroscience. After a comprehensive, objective assessment is completed, a sport relevant treatment and performance program is implemented by application of a variety of techniques including; restoration of movement through manual therapy, biomechanical retraining, exercise, ergonomic modifications, orthotics and sensory-motor training.



Steve Cooksey  
U.S. Naval Academy Head Track and Field Coach

U.S. Naval Academy, Annapolis, MD  
Head Track & Field Coach/Associate Professor of Physical Education,  
1989 – Present

2005: Patriot League Indoor Coach of the Year

2005: Patriot League Indoor Team Champions

2004: Patriot League Indoor Coach of the Year

2004: Patriot League Indoor Team Champions

2003: U.S. Naval Academy Coach of the Year

2003: U.S. Naval Academy Superintendent Distinguished Athletic Leadership  
Award

1998: Head Coach, USA Junior Track & Field Team, World  
Championship, Annecy, France

1998: NAAA Coach of the Year

1995: Head Coach, USA Track & Field Team, USA vs. Great Britain, Gateshead,  
England

1994: U.S. Naval Academy, Physical Education Teacher of the Year

1993: U.S. Naval Academy, Physical Education Teacher of the Year

1993: Indoor and Outdoor Heptagonal Team Champion

1992: NCAA Division I Track Coach of the Year, District 2

1992: Assistant Coach, USA Junior Track & Field Team, USA vs. Canada, Winnipeg, Canada

1992: Indoor and Outdoor Heptagonal Team Champion

1991: Outdoor Colonial Athletic Association Team Champion

1991: Outdoor Colonial Athletic Association Coach of the Year

1991: Outdoor Heptagonal Team Champion

U.S. Naval Academy, Annapolis, MD  
Assistant Cross Country and Track & Field Coach/Assistant Professor of Physical Education 1984 – 1989

Ball State University, Muncie, IN  
Head Cross Country/Track & Field Coach, Instructor of Physical Education 1979 – 1983

Ball State University, Muncie, IN  
Assistant Cross Country/Track & Field Coach, Instructor of Physical Education 1974 – 1978



## Ronnie Harris

1983-California State High School 1600 meter runner up

1985-1987 Three Time Division I all American Cross Country, Indoor Track 3,000 meters, Outdoor Track 5,000 meters

1993 3:58.03 mile, Prefontaine Classic, Eugene Oregon. the 190th American to break four minutes in the mile.

1993 Fifth Avenue Mile Champion, New York City 3:58.5

1994 Third Place United States Track and Field Championships, Knoxville Tennessee, 5,000 meters

1994 USA vs Great Britian 5,000 meter champion. Member of the only men's team that defeated the British National team in head to head competition.

1995 Army Ten Mile Champion 48 minutes 10 seconds

1996 Third Place, U.S. Olympic Trials 5,000 meters

Personal best times:

800 meters: 1:47.7

1,500 meters: 3:40.2

One Mile: 3:56.5

3,000 meters: 7:53.99

5,000 meters: 13:29.25

10,000 meters: 28:51

Ten Miles: 47 min 51 sec

Marathon: Three hours Twelve Seconds





John Fowler, PhD

Dr. John C. Fowler has joined our staff to provide education and training of the Mind/Body connection. He utilizes a learning model linked to state of the art biofeedback assisted performance enhancement techniques to enable maximal performance.

John received a Bachelor of Arts Degree from Hampden-Sydney College in Hampden-Sydney, Virginia in 1975, a Masters Degree in Psychology from James Madison University Harrisonville, Va. in 1976 and a Ph.D. in Clinical Psychology from Alliant University San Diego, Ca. in 1980.

As Head of Health and Physical Readiness at the Bureau of Naval Personnel (1987-1990) he was certified by the American College of Sports Medicine. Dr. Fowler had a very successful career in the Navy and retired in 1994 from the Naval Academy. While at the Academy, John worked closely with many of the Varsity athletic teams utilizing Biofeedback for Performance Enhancement.



Jow Wollschlager

Joe grew up in Baltimore, Maryland and found his passion for bikes at a young age. As a youth and teen he raced BMX competitively and also played football and lacrosse. Over the years, Joe has developed a passion for mountain and road biking, skiing, and mountaineering. Joe has spent the last 15 years working in the cycling and outdoor industries and has completed extensive training courses with both Specialized and Trek bike fit schools. Joe has conducted hundreds of bike fits for recreational and elite athletes and considered to be one of the foremost bike fit specialists in the tri-city area. Joe competes in triathlons and mountain bike and adventure races. Joe is a member of the Annapolis Triathlon Club and regularly trains in the greater Annapolis area.