



FOR IMMEDIATE RELEASE

**Pursuit Athletic Performance Announces Opening of Technologically Advanced
Athletic Training and Rehabilitation Facility**

Old Saybrook, CT...October 28, 2010...Dr. Kurt Strecker and Coach Al Lyman announced today the opening of their athletic training and rehabilitation facility, Pursuit Athletic Performance in Old Saybrook, CT.

Created by athletes for athletes, Pursuit Athletic Performance is dedicated to helping athletes become stronger, faster, and more injury resistant. Their expert coaches, physicians and trainers specialize in movement and gait analysis to help athletes recover from injury, prevent future injury and achieve their ultimate performance potential.

Dr. Strecker is a Certified Chiropractic Sports Physician. He is a Magna cum Laude graduate of the University of Bridgeport College of Chiropractic, where he later assisted in teaching human gross anatomy. Currently post-graduate faculty for Southern California University of Health Sciences, he lectures on the diagnosis, treatment and rehabilitation of sport-related injuries. Dr. Strecker is certified in Active Release Techniques (ART), a state-of-the-art soft tissue treatment system frequently used to treat top athletes. He is co-founder of the Center for Better Health in Old Saybrook, holds a USA Cycling Level 3 coaching license and is a competitive runner and triathlete.

Dr. Strecker said, "Al and I are very excited about what we've created. We each bring unique perspectives and skill sets that collectively provide great benefits for our clients.

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We've already seen a number of athletes who had been struggling with long-standing injuries and we've gotten them back to training and competing at a level beyond where they were previously. That's the most satisfying part for me."

Coach Lyman is the owner and founder of Pursuit Fitness, the nationally recognized coaching company for endurance athletes. An author, columnist and motivational speaker, he has been coaching novice to elite athletes since 1999, including the 2010 Ironman World Championship's 45-49 age group winner and course record holder, Lisbeth Kenyon. A certified expert in Clinical Gait Analysis, Coach Lyman has participated in hundreds of endurance races. He's run 25 marathons with a personal best of 2:39 at the Boston Marathon, and has also competed in nine Ironman Triathlons, including three Ironman World Championships in Kona, Hawaii.

Coach Lyman said, "This endeavor is a vision finally come to fruition for Kurt and me. Helping athletes to stay injury free and perform up to their personal potential is my true passion and my destiny. My entire career as an athlete and coach has led me to this point, and I am so excited."

Pursuit Athletic Performance is located at 1381 Boston Post Road in Old Saybrook. For additional information regarding Pursuit Athletic Performance, please visit their website at www.pursuit-athletic-performance.com or call 860-943-0031.