The mission of AQx Sports is to provide aquatic-related innovative educational training, conditioning, and rehabilitation opportunities through the use of scientifically sound and experientially proven methods and products.

Selected Coaches, Physical Therapists, Sports Medicine Physicians, Athletic Training staffs, Elite Runners and Running Legends, National and International level Track and Field Athletes, and Professional Athletes Who Train and/or rehabilitate with AQx Aquatic Training Gear

Nike, Inc. has been offering AQx “intelligent training: just add water”™ classes for their employees and families at the Lance Armstrong Pool on the Beaverton, OR campus since August of 2008.
Selected Coaches, Elite Runners and Running Legends, National and International level Track and Field Athletes, and Triathletes:

**Alan Webb**: US High School Mile record holder; world-class middle distance runner; recently purchased his second pair of AQx Aquatic Training Shoes.

**Jim Ryun**: Former US High School and Open Mile record holder; Olympic Medalist, one of the all-time best middle distance runners in the US and the world

**Alberto Salazar**: Former World-record holder in the marathon, one of the best US distance runners of all-time; Uses our shoes on his HydroWorx Underwater Treadmill for training

**Josh Rohatinsky**: 2006 NCAA Cross Country Champion while competing for BYU, currently trains with Alberto Salazar and competes for the Nike Oregon Project; has used our shoes while at BYU and here for rehabilitation from stress fractures

**Bill Rodgers**: 4 time Boston Marathon Winner

“As an older runner, I’ve begun cross-training more than when I was in my 20’s or 30’s and the AQx Aquatic Training Shoes allow for the closest thing to ‘Real Running.’ Coming back from injury they allow you to utilize water recovery in a whole new way; different from just using a water belt.” - Bill Rodgers

**Marcus O’Sullivan**: Former world-class 1500m runner and current coach of Villanova University

**Dathan Ritzenhein**: 2008 US Olympian in the marathon

**Brad Hudson**: Club Coach considered to be one of the best in the US.

**Lornah Kiplagat**: Currently holds 4 world records on the roads; has been using our gear for 3 years

**Pieter Langerhorst**: former world-class triathlete and Global Marketing Director for Saucony; husband and manager for Lornah Kiplagat
**Ed Eyestone:** 2 x US Olympian, former NCAA CC and 10K Champion, Runner’s World Writer, Men’s CC and T&F Coach at BYU; M.S. degree in Exercise Physiology and completed a thesis on running in deep-water.

“My runners have used the AQx Aquatic Training Shoes for both deepwater running and running on the underwater treadmill. I like the shoe for deepwater running as it provides extra resistance and helps keep the runners in more of a natural running position. The shoe is also great for running on the underwater treadmill as it protects the bottom of the foot and adds cushioning for those runners recovering from overuse injuries.” - **Ed Eyestone**

**Michellie Jones:** Olympic Silver Medalist in the Triathlon; has used our gear for the last 2 years with a high degree of success and credits that use for expediting her injury rehabilitation after a horrific accident

**Tiombe Hurd:** American Record Holder in the Triple Jump

**Dwight Stones:** NBC T&F Announcer and Commentator; Former World-Record Holder in the High Jump, Olympic medalist

**Mike Powell:** World Record Holder in the Long Jump

**Willie Banks:** Former World Record Holder in the Triple Jump; wants to help us to open the market in Japan

**Ric Rojas:** Bolder boulder Road Race winner; former world-class runner and NIKE executive

**Shakeema Welch:** 2nd place in triple jump at the 2008 Olympic Trials

**Bryan Clay:** Olympic Silver and Gold Medalist and World Champion Decathlete

**Kevin Reid:** Head T&F Coach, Asuza Pacific University; Coach of Bryan Clay and of former Decathlete, Olympic Bronze Medalist Dave Johnson

**Tom Pappas:** 3 x US Olympian in the Decathlon

**John Godina:** 2 x US Olympian in the Shot Put and Discus

**Ken Flax:** US Olympian and U of O School Record Holder in the Hammer Throw

**Randy Huntington:** Coach of several world-class track and field athletes including Mike Powell

**Joanna Hayes:** Olympic Gold Medalist in the 100H

**Alice Schmidt:** ranked #1 800m runner in US in 2008

**Lolo Jones:** Ranked as the #1 100H in the World in 2008
**Hyleas Fountain:** 2008 US Olympic Trials Champion in the Heptathlon setting 3 American Records; Olympic Silver Medalist

**Kimbia Running Group:** A group of World-Class Kenyan distance runners and Road Racers

**Matt Scherer:** National caliber 800m runner for Nike Oregon Track Club; Also is an AQx Approved Instructor

**Catherina McTiernan:** 3 x World Cross Country Championships silver medalist from Ireland; Also is an AQx Approved Instructor

**Dennis Mitchell:** Former World-Class Sprinter and Olympic Medalist; currently trains the HS 100m record holder

**Meb Keflezighi:** US Olympic Silver Medalist in the Marathon

**Ron Tabb:** Only marathoner to run under 2:10 on 5 continents!

**Dedy Cooper:** US Olympian in the 110 hurdles

**Elijah Greer:** The top ranked 800m in the US in 2008 and 2009
Professional Athletes/Trainers/Coaches who use AQx gear

In the US

Alex Rodriguez: New York Yankees, World Series Champion, two-time Gold Glove Award winner, three-time American League MVP

TyRon Warren: New England Patriots

David D Thornton: Tennessee Titans

Andrew Ference: Boston Bruins

Jason Spezza: Ottawa Senators

Shawn Horcoff: Edmonton Oilers

Chuck Kobasew: Minnesota Wild

Haley Wickenheiser: Three time Olympic Gold Medalist, known as the "best female hockey player in the world"

Patrick Chan: Canadian Olympic Figure Skater; 2008-2010 Canadian Figure Skating Champion

Tiger Woods: One of the BEST golfers of all-time; used our gear to rehabilitate from knee surgery and stress fractures

Peyton Manning: One of the top quarterbacks of all-time; uses our gear to rehabilitate

Greg Oden: #1 Draft choice for the Blazers; used our gear and my training to assist with his rehabilitation process for microfracture surgery

Channing Frye: Blazer currently using our gear and training as part of his athletic conditioning

Yao Ming: Houston Rocket using our gear to assist with his rehabilitation process

Tracy McGrady: help with his conditioning

Grant Hill: purchased our gear online to help with his conditioning

Tim Grover: considered one of the top basketball trainers in the US (really likes the concept)

Jacoby Ellsbury: using our gear and training as part of his athletic conditioning for the World Champion Boston Red Sox; on pace to break Red Sox team stolen base record

Derek Anderson: using our gear and training as part of his athletic conditioning for the Cleveland Browns

Fred Jones: NBA 6yr vet and 2004 NBA Slam Dunk Contest winner is using our gear and training as part of his athletic conditioning

Tim Day: NFL Cincinatti Bengals TE is using our gear and training as part of his athletic conditioning

Derrick Devine: NFL Washington Redskins QB is using our gear and training as part of his athletic conditioning

Derrin Hearspink: NFL Miami Dolphins OL is using our gear and training as part of his athletic conditioning

Dara Torres: 5-time Olympic swimmer, 12-time Olympic medalist using our gear for knee rehabilitation and athletic conditioning
Some U.S. university and professional teams/programs training with AQx products include:

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<tr>
<th>NCAA Customers</th>
<th>NBA Customers</th>
<th>NFL Customers</th>
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<tr>
<td>Brigham Young University</td>
<td>Atlanta Hawks</td>
<td>Cincinnati Bengals</td>
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<td>Utah Jazz</td>
<td>Tennessee Titans</td>
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<td>Green Bay Packers</td>
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<td>Denver Broncos</td>
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<td>University of Southern Florida</td>
<td>Milwaukee Bucks</td>
<td>New Orleans Saints</td>
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<td>Gonzaga University</td>
<td>Houston Rockets</td>
<td>New York Giants</td>
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<td>Wake Forest University</td>
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<td>Houston Texans</td>
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Athletic and Sports Medicine Professionals who use AQx:

**Dr. Mark Lindsay, D.C.:** World-renowned chiropractor and soft tissue specialist; one of the most sought after therapists amongst NHL, NFL, MLB, professional, world and Olympic athletes.

**Andy O’Brien:** Director of Strength and Conditioning, National Hockey Institute

**Jon Ishop:** Athletic Trainer, Houston Texans

**Mike Allen, PT, ATC, CSCS:** Director of Rehabilitation, Steadman-Hawkins Clinic Denver; has worked with the Denver Broncos and remains on the Colorado Rockies medical staff.

**Guido Van Ryssegem, MS, ATC, CSCS, NBFE, RN:** Practiced for the Kansas City Royals, Texas Rangers and the Baltimore Orioles.

**Mike Nilson:** Head Strength and Conditioning coach, Gonzaga University, former WCC Defensive BB Player of the year

**Dena Evans:** Point Guard College Owner and Director; former NCAA first team all-american, Pomeroy Player of the Year Award winner using our gear and training as part of her athletic conditioning

**Bill Knowles:** Tiger Woods’ & Peyton Manning’s athletic trainer

**Bob Williams:** Coach of many top level runners

**Vern Gambetta:** widely known speed development specialist

**Dr. Tim DeFrancesco:** Physical Therapist and AQx Approved Master Trainer who uses AQx with several basketball players on an underwater treadmill with his TD Athlete’s Edge company

**Dr. Heike McNeil:** Ph.D. in Chemistry and Head Cross Country and Track and Field Coach at Northwest Christian University

**Pepper Burress:** Green Bay Packers Athletic Trainer

**Dr. Robyn Dreibelbus, D.O.:** Team Physician, Linfield College

**Dr. Greg Strum, M.D.,** Orthopedic Surgeon

**Dr. Ken Schmidt, M.D.**
European Teams, Athletes, etc:

**Premier League Football clubs using the AQx gear now:**

- Liverpool FC
- Chelsea FC
- Arsenal FC
- Blackburn Rovers FC
- Aston Villa FC
- Bolton FC
- Reading FC
- Tottenham Hotspur FC
- Real Madrid
- Inter Milan
- Manchester United FC
- Everton FC
- Middlesbоро FC

Also the **Deputy Head of Medical and Exercise Science** in the English FA (Football Association) Gary Phillips, the International Team, will recommend highly the kit and training.

**The England under 21, under 17, and Senior Women's Football team** are going to wear and use the kit in the near future.

The England Senior team will follow.

A number of Premier League coaches will speak for the kit.

**Ronaldo:** World Football (Soccer) Player of the Year 2008; One of the BEST soccer players of all-time

**Rugby Union:**

- England Rugby Union
- Sale Sharks
- Saracens
- Rugby League

**Bobby Goulding:** All time great ST Helens Captain promoting the AQx gear at the moment.

Ireland Rugby Union International team and Irish Clubs

Plus Top Gaelic Football clubs

**England Cricket:** (To buy shortly) England has accepted AQx Gear and Training from Terry Nelson's recent demo.

**Military:** British Royal Marines

**Horse racing:** Top flat Jockey Francis Norton. The Queens Jockey riding Banknote

**Individual athletes:**

- **Helen Richardson:** Vice Captain GB Olympic Hockey team
- **Mara Yamauchi:** Great Britain Number 2 Marathon Runner and Olympian
- **Liam Collins:** Great Britain International Hurdler
- **Nick Buckfield:** Olympic Pole Vaulter
- **Lucy Hassell:** Great Britain Marathon Squad
- **Kerry Harty:** N.Ireland 10,000m and 5000m champion
- **Dave Watson:** Ex England and Everton Captain Premier League Footballer
Dr. Garry Killgore’s Biography: Dr. Garry Killgore is the President and one of the founding partners of AQx. He oversees all business operations including management of the AQx Corporate Headquarters, product development, authoring research articles, and leading training clinics. Killgore is a Full Professor and Academic Chair of Human Performance at Linfield College and earned his Ph.D. in Exercise Physiology and Biomechanics in 2003. He has published and presented on the biomechanics of running both on land and in water, prevention of running-related injuries and scientific concepts applied to coaching. His specialty is alternative training and rehabilitation for athletes. He was first certified as an American Red Cross lifeguard and Water Safety Instructor in 1980 and has held several aquatic-related positions with a variety of organizations, most notably, Oregon State University’s Summer Youth programs, 4-H Camps, and the Boy Scouts of America where he served as the Aquatics Director. He was recently named the Linfield College “Edith Green Distinguished Professor” for 2010 and the 2008 College/University Physical Education Teacher of the Year for the State of Oregon. Killgore has delivered presentations on water training and conditioning to a variety of audiences all over the U.S., most notably at the International Aquatic Fitness/AEA Conference, World Aquatic Health Conference, USA Track and Field Association’s national conference (Podium Project), and the NW Associations of the National Strength and Conditioning Association, American College of Sports Medicine and the National Athletic Training Association, as well as in England, Ireland, and Spain.

Killgore just completed his 21st year as Linfield College’s (NCAA III) Head Men’s and Women’s Cross Country and Track and Field Coach. Killgore was named NCAA III Indoor and Outdoor T&F Men’s Coach of the Year and Women’s Coach of the Year for the West Region in 2007 and 2006 respectively, and the Indoor Track and Field Coach of the year in 2009 and 2010. He was also named the Northwest Conference Men’s T&F Coach of the Year in 1991, 1992, 1994, 1995, 1996, and 2007. In addition, he was named Women’s T&F Coach of the Year in 1993 and in 1996. Lastly, Killgore’s athletes have earned nine national titles, sixteen national runners-up, and over 96 all-american and 87 academic all-american honors, a “National Field Event Athlete of the year for NCAA III T&F”, a NCAA Woman of the year award, as well as competed in the 1992 and 1996 Canadian Olympic Trials (PV) and the 1996 and 2000 US Olympic Trials (1500/800).
REFERENCES PUBLICATIONS and PRESENTATIONS

Articles


Research Presentations


NON-REFEREED PUBLICATIONS and PRESENTATIONS

Articles


Professional Presentations


Killgore, G.L. “Aquatic Training” Clinics (2004 - present). Boulder, CO (4 clinics); Providence, RI (Brown University); Eugene, OR (3 clinics); Boston, MA; San Diego, CA; Portland, OR (3 clinics); Honolulu, HI; Jacksonville, FL; Bend, OR (2 clinics); Corvallis, OR (2 clinics) and several hosted at Linfield College for Physical Therapists, Athletic Trainers, Coaches, Personal Trainers, Aquatic Exercise Specialists, Exercise Science students, etc.
The Founder of AQx, Dr. Garry Killgore’s scientific presentations, papers, and articles on Water Training: continued


Killgore, G. L. “Alternative Training for Distance Running”. Northern California Olympic Development Track and Field Clinic, Union City, California, February, 1999.


Dissertation

A Biomechanical and Physiological Comparison of Deep-Water Running Styles, 2003 Dr. Anthony Wilcox, Chair

Thesis

The Effects of Surface Type on Plantar Pressure Distribution and Running Kinematics, 1989 Dr. Terry Wood, Chair

Garry Killgore, Ph.D.
Founder/President, AQx Sports
Professor of Human Performance
Head Men’s and Women’s CC/T&F Coach Linfield College
McMinnville, OR 97128

Garry.killgore@aqxsports.com • cell: 503-435-7325

www.aqxsports.com