

Team USA Pontevedra, Spain Support Crew

Tim Yount, USA Triathlon COO



Many athletes will know Tim Yount as a mediator, race announcer, award ceremony MC, and overall fun guy. Tim is the COO of USA Triathlon and the longest tenured employee. He is your staff support so feel free to approach him with any questions or problems you may have while in Spain.

61st World Championship in either a lead or support team manager role - attended more worlds than any person in the sport – managed/co-managed 23 of 24 duathlon world teams - was an active triathlete/duathlete for nearly 15 years but currently relegated to racing my bike now because of a diagnosis of Rheumatoid Arthritis about a decade ago which impacts bones in my feet and hands – started as an intern for USAT in 1989 and have essentially done every role at USAT but IT and High Performance Director – currently serving as USAT's Chief Operating Officer.

Troy Smurawa, MD



Dr. Troy Smurawa is an attending physician of the Akron Children's Hospital Sports Medicine Center and an assistant professor of pediatrics at NEOMED School of Medicine. He is a team physician for the University of Akron and Hudson High School. Dr. Smurawa is certified by the American Board of Pediatrics in both Pediatrics and Sports Medicine. He is a graduate of the University of Wisconsin and a graduate of the University of Texas Health Science Center Medical School. He completed his residency at the University of Wisconsin and a fellowship in Sports Medicine at Akron Children's Hospital.

Dr. Smurawa has been on the medical staff for USA Triathlon and travels as a team physician for the USA Triathlon World Championships teams. He is certified by USA Triathlon, USA Track and Field and USA Cycling as a coach and coaches elite and novice runners, triathletes and multisport athletes. He is a competitive runner and triathlete and has completed over 30 marathons, multiple triathlons and six Ironman Triathlons.

Dr. Smurawa is an active member of the American Academy of Pediatrics, the American Medical Society for Sports Medicine and the North American Society for Pediatric Exercise Medicine. He is a member and clinical advisor for the American Medical Athletic Association. He has been a writing contributor for numerous sports, health and medical journals.

He has a strong interest in sports biomechanics, running and video motion analysis and is the medical director of the human performance lab at the Center for Orthopedics and Sports Medicine.

Dr. Smurawa resides in Hudson, OH with his wife Lynette and daughters Noelle, Liesel and Laurel.

Jeff Armstrong, MD



Dr. Jeff Armstrong is part of the Roper St. Francis Health system and practices in Charleston, SC. He has a degree in Sports Medicine and is a Certified Athletic Trainer. He has an extensive background in Sports Medicine, sports related injuries and has worked with high school, college and professional athletes over the years. He is board certified in Foot Surgery and Sports Medicine. He is currently a member of the American College of Foot and Ankle Surgeons, as well as the National Athletic Trainers Association.

Dr. Armstrong has been a part of the medical staff since 2003 and to several World Championships with the USA Triathlon/Duathlon teams.

Josh Dubin, Chiropractor



Dr. Joshua Dubin is a chiropractor in Quincy, MA. He has been on the Team USA Triathlon medical staff since 1996. He has published several articles on common sports-related injuries such as plantar fasciitis, ankle sprains, Achilles tendonitis and more. For more information, please view his website www.dubinchiro.com.

Jason Oliveira, Massage Therapist



Jason Oliveira is a massage therapist who comes to us from a high end fitness facility located in Arvada, Colorado. He received his 750 hour training from Cortiva Institute of Boston in 2009 and eventually earned a position at Burke Williams Day Spa in Santa Monica, California. After two years in a 5-star spa setting he and his family decided it was time for a change in scenery and moved to beautiful Colorado, where he was destined to fine tune his Deep Tissue and Sports Massage techniques. When he isn't helping athletes, he's engaged in some type of athleticism or spending time with his 3 year old son. Recently opening his own massage business called, Table of Youth, LLC, he wishes to bring people excellent body treatments at a fair price. He currently resides in Wheat Ridge, Colorado with his partner Geri Lynn, their 3 year old son Kaden, and their 3 year old boxer girl Jerzy. Jason can be contacted through email at; Jason@tableofyouth.com.

Bernardo Mangilin, Massage Therapist



Bernardo Mangilin is a massage therapist with Athletico Physical Therapy and currently lives in Chicago, Illinois. His clinical approach to his treatments utilizes a blend of Swedish, deep tissue, trigger point release, myofascial release, Thai massage, and sports massage.

He currently works with the Joffrey Ballet, Hubbard Street Dance Company, Fenwick High School athletics, and the Chicago Marathon elite runners. Other experiences have included MLS soccer franchises (Chicago Fire, Seattle Sounders, and Kansas City Wizards), CONCACAF soccer, Bill T. Jones Dance Company, international rugby teams (Wales, Argentina, and Scotland), and athletes at numerous sporting events and performances (Chicago Triathlon, Wisconsin IronMan, Illinois Swimming, etc.).

Bernardo has a Bachelors degree in Biology from the University of Michigan and a Masters degree in Public Health from the University of Illinois-Chicago. He enjoys doing crossfit workouts throughout the year and playing competitive beach volleyball in the summer on the Chicago beaches.

Jack Murray, Bike Mechanic

Jack Murray has been a mechanic with USA Triathlon since 2001. In 2004 he was named head mechanic for the team. He is also the Owner of Jack & Adam's Bicycles, which has been voted "Best Triathlon Store" in Texas four years in a row. Jack has started many events in Texas which have gone on to become some of the largest and best triathlons in the state. These award winning events include The Rookie Triathlon, Jack's Generic Tri, and The Austin Triathlon.

Jay Williams, Bike Mechanic



Jay Williams is a Bikeologist, originally from Memphis, Tennessee. Jay moved to Texas in 2002, earned a master's degree in Exercise Physiology from UT at Austin, and now lives in San Antonio. Jay has worked in bike shops for over twelve years and in triathlon specific shops for the past six years. Jay opened and now manages Soler's Tri Sports, a triathlon retail store in San Antonio. Jay continues to be a top-level mechanic due to his quick thinking, work ethic, and attention to detail.