

# HONOLULU QUARTERBACK CLUB

*"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"*

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## PRESS RELEASE

**For Release:** Sunday, July 14 , 2013

The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, July 15th., at the MGR:

**+ Dr. Nate Carlson - Doctor of Physical Therapy - Elite Runner - Running Coach**

**+ Joji Yoshida - Actor – Stuntman - Personal Trainer – Martial Art Artist**

**Dr. Nate Carlson - Doctor of Physical Therapy - Elite Runner - Running Coach - Certified Strength and Conditioning Specialist - Board Certified Orthopedic Clinical Specialist - Aspiring Author & Founder of Dr. Nate's Champion Running Group** - Dr. Nate born and raised in Seattle Washington grew up in the San Juan Islands on the island of Orcas, WA. At 12 years old, he started running track and in order to do that, he had to take a 40 minute ferryboat to another island to attend practices. The following year he moved to Pateros, WA where he continued to compete in varsity track and field and basketball at a high school with only 100 students. In high school he was the State Champion in the 1600 meter and 800 meter runs, a 4-time District champion in both the 1600 and 800 meter runs, a 3-time Track and Field Team MVP, and competed in 2 Basketball State Championship Tournaments and was named most inspirational player. After high school, he attended Saint Martin's University in Lacey WA on a Track and Field/Cross Country Scholarship. While attending, he competed in NCAA athletics and graduated with honors and earned a BS in Biology. His athletic accomplishments earned him to be an inductee into the Saint Martin Hall of Fame. He became an All-American NCAA Division II in the 1500m run and 8th in the nation, an ESPN The Magazine Academic All-American 1st Team, a 9-time NCAA Academic All-American (outdoor track, indoor track, cross country), a Great Northwest Athletic Conference (GNAC) Conference Champion and record-holder in the 1500m, Indoor Mile and Distance-Medley Relay races, GNAC Sportsman of the Year, GNAC Academic Athlete of the Year and competed in 3 Track and Field NCAA National Championships. Following college, Dr. Nate was commissioned in the Army as an Officer and attended the US Army-Baylor University Doctoral Program in Physical Therapy. He served in the Army for a period of 8 years as a Captain and Doctor of Physical Therapy, spending 1 year deployed in Iraq. He continued to compete in running races throughout his military career. Some of his Hawai'i highlights were winning the Maui Half-Marathon, becoming a 3-Time Great Aloha Run Military Champion, (2011,2012,2013), and winning a 2<sup>nd</sup> place overall in 2012, a Ford Island Champion, a Wheeler Airfield 10 miler – 3-Time Champion and course record holder, a winner in the Hawai'i Warrior Dash and numerous other course records on the Main Land and in Iraq.

**Joji Yoshida - Actor – Stuntman - Personal Trainer – Martial Art Artist** – Joji returns to the HQC to talk about his latest film. Joji originally from Tokyo, Japan received his introduction to the movie industry came early in childhood when he visited the renowned Toei Film Studios. There he met famous Japanese actors Ken Takakura and Sonny Chiba who both deeply influenced him in his career choice as an actor. In 2012 Joji appeared in the Sci-fi action movie "Battleship" alongside Taylor Kitsch, Brooklyn Decker, Liam Neeson and pop singer Rihanna. Most recently Joji acted opposite Matthew McConaughey in the upcoming drama "Dallas Buyers Club". Also starring Jennifer Garner, Jared Leto and Steve Zahn. The film will be released

December 6, 2013. Joji's has extensive Film & TV credits including Hawai'i Five-O, My Wife & Kids, ER, 50 First Dates, Baywatch and Godzilla. The HQC welcomes back Actor and Stuntman Joji.

**The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guest which includes tax and gratuities. The food is fabulous!**

**THE GENERAL PUBLIC IS INVITED**

**Come to our meeting & celebrate these speakers!**

There is parking next to the Maple Garden Restaurant and plenty of street Parking.