Join Ariko Iso as she shares the inspirational story of her life as the head football trainer for the Oregon State University Football team and her experiences with the Pittsburgh Steelers as the National Football League’s first female athletic trainer. Born in Tokyo, Japan, Iso describes her career path and diversity of experience. The rewards and challenges of working as an athletic trainer will be explored.

Iso became interested in athletic training after tearing her ACL while playing basketball and after hearing Oregon State University exercise physiologist Chris Zauner while in high school in Tokyo. Iso then attended Oregon State, earning her bachelor's degree in 1993. She then attended San Jose State University and earned her master's degree in 1995.

Iso was hired by Portland State University in 1996 and worked with women’s basketball, wrestling and track and field before becoming the head football athletic trainer. After interning at the Pittsburgh Steelers’ training camp in 2000 and 2001, she was hired by the Steelers as a full-time athletic trainer—first female football athletic trainer in NFL history. In 2011 Iso returned to Oregon State University to assume the head football athletic trainer for the Beavers.

Iso says, "I understand that it's still a male-dominated sport. But I see myself as a health care professional, and you go to see a male or female physician or nurse. I try to be professional. That way athletes see me not as a female athletic trainer, but just as an athletic trainer."

February 13, 2015 at noon
Coffee & Cookies served
Albany Main Library
2450 14th Ave.