



RALPH LINDEMAN

Head Coach

Horizontal Jumps; Combined Events
18th Season

Arizona State (1973)

Ralph Lindeman is beginning his 18th season at the helm of the Air Force track and field team. He is well-known throughout the international track and field community and holds many distinctions from his long involvement with both the Olympic sport and the Academy's athletic program.

From the very first day he stepped onto the track at the Academy in 1989, the Falcons have benefited from Lindeman's leadership and his love of coaching. Over his tenure, he has earned numerous distinctions and honors. Lindeman is a five-time conference Coach of the Year and the 2001 NCAA Mountain Region Men's Outdoor Coach of the Year.

He has guided the men's program to 11 top-three finishes during the Mountain West Conference indoor and outdoor seasons, including three runner-up positions. He has watched the women's program break numerous Academy records and become a significant force in the league.

His work is not limited to the boundaries of the Academy. Most recently, Lindeman served as an assistant coach for the U.S. Men's Track and Field Team that participated in the 2004 Olympic Games in Athens. The men collected 19 medals - including two Gold and five Silver medals from Lindeman-coached athletes - for the squad's highest medal count since the 1992 Games in Barcelona.

In addition to his work with the Olympic Games, Lindeman has also served as the head men's coach for the 2001 World University Games, 1999 Pan American Games and the "North Team" at the 1993 U.S. Olympic Festival.

He also served as an advisor to the South Korean team at the 1988 Olympics in Seoul and was a scheduling manager for the 1996 Games in Atlanta. He also coordinated a series of mini-camps for the elite U.S. male hurdlers at San Diego's Olympic Training Center that ran annually from 1993 to 2000.

He has also worked on the coaching staff for the United States men's team at the 1992 World Junior Championships and the "West Team" at the 1987 U.S. Olympic Festival.

Lindeman first became excited about track and field as a seventh grader at Phoenix Christian Grade School in Arizona, when his physical education teacher took his class to a collegiate track dual-meet featuring Arizona State and New Mexico. Later, the influences of his high school track coaches, according to Lindeman, "unknowingly inspired me to pursue coaching."

Lindeman's coaching career began in 1973, when he was an assistant coach at Carl Hayden High School in Phoenix, Ariz., working with the football and track teams. From there, he became an assistant track coach at Glendale High School in Glendale, Ariz., working under Ken France, a legend in the Arizona coaching ranks. He also served as the head coach for the cross country and track teams during his five-year tenure at Glendale.

Following a stint as the boys' track and cross country coach at Westwood High School in Mesa, Ariz., Lindeman moved up to the collegiate ranks, becoming an assistant track coach at Arizona State, coaching the field events for the men's team. The 1982 Sun Devil team won Arizona State's first-ever PAC-10 title in track and field.

THE LINDEMAN FACTS

Date of Birth: April 18, 1951

High School: ... Phoenix Christian High School
..... Phoenix, Ariz. (1969)

College: B.S. in Physical Education
..... Arizona State University (1973)
..... M.S. in Exercise Science
..... Arizona State University (1976)

COACHING HISTORY

1989-Present - Head men's and women's track coach, Air Force Academy. Head cross country coach, Air Force Academy (1989-91).

1984-89 - Head men's and women's track/cross country coach, Long Beach State University.

1982-84 - Assistant men's and women's track coach (sprints, hurdles, jumps), University of Arizona.

1980-82 - Assistant men's track coach (field events), Arizona State University.

1979-80 - Head boy's track and cross country coach, Westwood High School (Mesa, Ariz.).

1974-79 - Head cross country coach, head track coach (1978-79), assistant track coach (1974-77), Glendale High School (Glendale, Ariz.).

1973-74 - Assistant track coach and assistant football coach, Carl Hayden High School (Phoenix, Ariz.).

RALPH LINDEMAN BIO CONT.

In 1982, Lindeman went to the University of Arizona as an assistant coach of the men's and women's teams, overseeing the sprints, hurdles and jumps. Both the men's and women's teams placed in the top 10 at the 1984 NCAA Championships.

Lindeman credits Dave Murray at the University of Arizona for giving him his first full-time job at the university level and teaching him about coaching collegiate athletes.

Lindeman left Arizona in 1984, when he was named the head coach at Long Beach State University. During his five years there, he took the men's and women's track and field teams, as well as the cross country teams, to new heights in the Big West Conference. He remained with the 49ers until his appointment to the Air Force Academy.

In 1989, Lindeman came to the Academy as the head coach of the men's and women's track and field team, as well as the head coach of the men's cross country program.

As the cross country mentor, he guided the Falcons to their first-ever conference championship, when they claimed the 1991 Western Athletic Conference championship.

Led by two-time WAC Champion, Chris Nelson, Lindeman's 1991 team went on to place second at the regional meet and 14th at the NCAA Championships. The team's second-place finish at the regional championships remains the best finish ever by an Air Force cross country team, while its placing at the national meet is the program's second-best finish since 1967.

Since Lindeman's arrival at the Academy, the Falcons have accounted for 31 WAC champions and 40 Mountain West Conference champions. In addition, the men have rewritten 31 Academy records, while the women have displaced 26.

Lindeman-coached Air Force teams have produced two national champions, including Callie Calhoun, who earned five titles during her career. His teams have also garnered 35 All-America selections.

Lindeman has a simple coaching philosophy which is summed up in the USAFA core values - "Integrity first. Service before self. Excellence in all we do".

He believes that his role as the head coach is to make sure that the program provides a framework in which the cadet-athletes can achieve excellence, not only athletically, but also academically and militarily.

In addition to his coaching duties, he has been a featured speaker at coaching clinics in 25 states and four countries, while writing articles that have been published in three journals and chapters of the textbooks "Hurdles: Theory and Technique" and the "USA Track and Field Coaching Manual" (1999 edition).

Lindeman has been very active on various track and field committees, as well. He sat on the men's hurdle development committee during four Olympic quadrennials, holding the chairman's position from 1993-2000.

He has also served on the NCAA Track and Field Rules Committee, acting as the chairman for the 2000 outdoor championships and was the president of the U.S. Track and Field Coaches Association (Division I Coaches) from 2000-03.

Lindeman sees his involvement with these organizations as a way to not only make a significant improvement to the sport of collegiate track and field, but to extend benefits to the development of the Air Force program.

Lindeman graduated in 1973 from Arizona State University with a bachelor's degree in physical education. He went on to complete a master's in exercise science from ASU in 1976.

He has been married to his wife, Cindy, for the past 35 years. They have two children and five grandchildren.

Their daughter, Jennifer, is a graduate of Arizona State. The former primary grade school teacher now tutors elementary children. Her husband, Brian Rowedder, is also an ASU graduate and works at Ent Federal Credit Union. Jennifer and Brian have three children, Maddison (8), Brock (4) and Landon (2).

Their son, Brian, is a firefighter in Parker, Colo., and a former high school state champion in the pole vault. He is married to Heather Dunavint, a neo-natal nurse at University Hospital in Denver. They have twin girls, Elsie and Mira, who were born in December 2005.

HONORS & AWARDS

- ▶ Named the 2004 Mountain West Conference Indoor Coach of the Year.
- ▶ Named the 2003 Mountain West Conference Outdoor Coach of the Year.
- ▶ Named the 2001 Mountain West Conference Indoor and Outdoor Coach of the Year.
- ▶ Named the 2001 NCAA Mountain Region Men's Outdoor Coach of the Year by the United States Track Coaches Association.
- ▶ Named the 1995 Western Athletic Conference Indoor Track Coach of the Year
- ▶ Named the 1991 Western Athletic Conference Cross Country Coach of the Year
- ▶ Named the 1989 Big West Coach of the Year, while at Long Beach State
- ▶ Assistant coach on the 2004 U.S. Men's Olympic Track and Field Team in Athens, Greece.
- ▶ Meet Director for the 1995 U.S. Olympic Festival held in Colorado Springs.
- ▶ Served on the NCAA Track & Field Rules Committee from 1996-2000, including chairman of the 2000 NCAA Outdoor Championships at Duke University.
- ▶ Served as the president of the U.S. Track Coaches Association (Division I Coaches) from 2001-03.

COACHING DISTINCTIONS

- ▶ COACHING STAFF, USA MEN'S TEAM
2004 Olympic Games - Athens, Greece
- ▶ HEAD COACH, USA MEN'S TEAM:
2001 World University Games - Beijing, China
- ▶ HEAD COACH, USA MEN'S TEAM
1999 Pan American Games - Winnipeg, Canada
- ▶ HEAD COACH, "NORTH" TEAM:
1993 U.S. Olympic Festival - San Antonio, Texas
- ▶ COACHING STAFF, USA MEN'S TEAM
1992 World Junior Championships - Seoul, Korea
- ▶ COACHING STAFF, "WEST" TEAM
1987 U.S. Olympic Festival - North Carolina

Q&A WITH COACH LINDEMAN

WHAT IS THE "LINDEMAN PHILOSOPHY"?

"I don't think my position is just coaching the men's and women's track teams. My responsibility is to provide leadership for the entire program - that means not only ensuring athletic success, but success in the other mission elements as well. I've always thought of myself first and foremost as a teacher, and that's how I started out in this profession - teaching biology and coaching at the high school level. I'm now a teacher who spends up to three hours every day with the cadet-athletes I work with. I like to think I mentor those cadet-athletes in everything I teach from track and field technique and training to character development and leadership."

WHO DOES HE LOOK TO AS A MENTOR?

"I get much of my inspiration and motivation from my peers - like Mark Stanforth or Scott Irving from our own staff, or rivals like Ron Mann at Louisville, Rick McGuire at Missouri, Bob Fraley at Fresno State or John McNichols at Indiana State - I respect these guys and value their opinions. Also, my wife, Cindy, is the most loving and thoughtful person I've ever been around. She challenges me to be the same - in fact, I guess I have to say that she is my "mentor" in addition to being my best friend."

WHAT DOES HE LOVE ABOUT BEING A COACH AT THE ACADEMY?

"I love the caliber of the young men and young women that I get to work with. They are well-rounded individuals who have higher priorities than athletics, but who are just as committed to excellence as any other highly successful competitors."

WHAT DOES HE EXPECT FROM HIS ATHLETES?

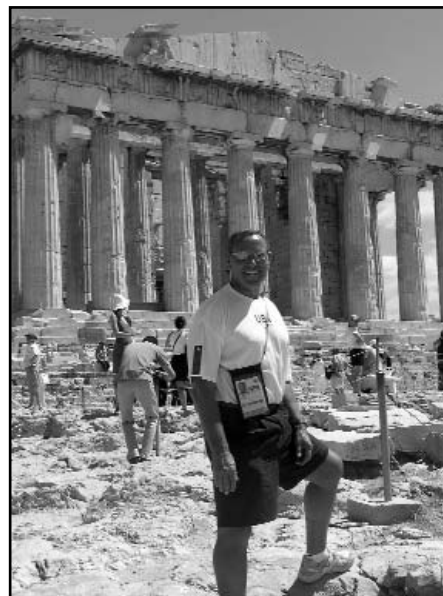
"I expect them to be committed to excellence, which means always striving to develop, progress and show improvement of their performances in their events over the course of the year and throughout their four years in our program."

WHAT IS HIS VISION FOR THE PROGRAM?

"Our vision is to develop highly competitive men's and women's track and field and cross country teams which annually contend for the conference title, while insisting on a total commitment to academic and military goals, unwavering compliance with institutional and NCAA guidelines; and whose trademarks are an image of complete class and unquestioned integrity."

WHAT DOES HE LOOK FOR WHEN RECRUITING ATHLETES?

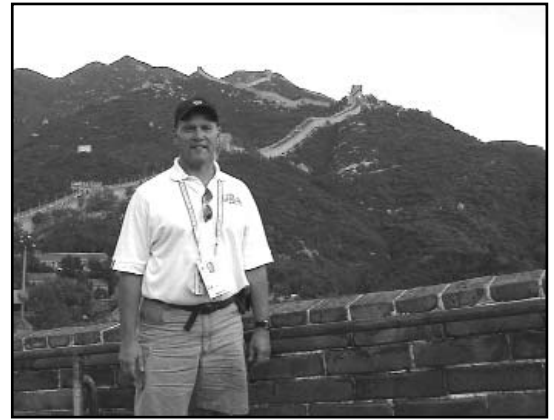
"The first task is to identify high school juniors and seniors who can run fast, jump high and throw far. Then, we screen the candidates for their academic credentials, character and citizenship. Finally, our challenge is to sell the prospects on a service academy education and a career in the U.S. Air Force."



In 2004, Lindeman had the opportunity to visit the Acropolis in Athens, Greece, while he was a part of the coaching staff for the U.S. Men's Track and Field Team at the Olympics.

WHAT ARE HIS MOST MEMORABLE COACHING EXPERIENCES?

"The most memorable experiences are of the teams that achieved way beyond their potential. This would include the 2004 men's team which went into the final event of the Mountain West Conference Indoor Championships within three points of both eventual champion, BYU, and runner-up, Colorado State. Then, there was our 1995 men's team which was the runner-up in the indoor conference championships - just three and half points behind BYU. At the time, that was the closest any team had come to BYU in six years - that was exciting! And I will never forget the 1991 cross country team that won the Air Force Academy's first-ever WAC Championship and then placed 14th in the NCAA Championships. I love scoring meets, particularly conference championship meets. They're all memorable when I can look back and identify both individual and team successes."



In 2001, as head coach of the USA men's team at the World University Games, Lindeman took his athletes to the Great Wall of China.

GETTING TO KNOW COACH LINDEMAN

Hobbies

Fly-fishing, playing golf

Favorite Pastime

Playing with his grandchildren

Last Book Read

"The Education of a Coach" by David Halberstram

Book on His Nightstand Now

"Wooden on Leadership" by John Wooden

Favorite Vacation Spot

Grand Lake, Colo. (outside of the Rocky Mountain Natl Park)

Favorite Singer or Musical Group

Mercy Me

Favorite Movie

Chariots of Fire

Favorite Foods

Salmon, Bison

Favorite Restaurant

Ted's Montana Grill

Person He'd Most Like to Meet

President George W. Bush

If He Wasn't Coaching, He'd Be

In Athletic Administration

Most Inspirational Athlete He's Coached

Jeff Kuzma (USAF A All-American 800-meter runner)

Most Talented Athlete He's Coached

Vance Johnson (NCAA long jump champion at Arizona)

Coaching Hero

Payton Jordan (longtime - now retired - coach at Stanford)

Favorite Track Meet

Drake Relays (Des Moines, Iowa)

Favorite Track Stadium

Hayward Field, University of Oregon (Eugene, Ore.)

Earliest Sports Memory

Playing streetball (baseball) in Chicago at 7-8 years old

Most Memorable Childhood Sports Experience

Walking the bases loaded in little league all-star game, then striking out the side on next nine pitches

First Job

Milking cows on a dairy farm while in high school in Arizona



MARK STANFORTH

Associate Head Coach

Distances; Middle Distances
15th Season

South Dakota-Springfield (1972)

Mark Stanforth is entering his 15th season as the coach of the distance runners for the Air Force track and field program.

In addition to his duties as the team's associate head coach, Stanforth also serves as head coach of the men's and women's cross country teams.

Since his arrival in 1992, Stanforth has expected consistency from his distance runners and his expectations have brought the results needed to be competitive in the Mountain West Conference and at the NCAA Division-I level.

Last season, Nick Wilson won the conference 10,000-meter championship, one year after leading a 1-2-3 Air Force sweep in the 5000-meter run at the Mountain West Conference Outdoor Championships. In 2004, Stanforth coached Ben Payne to his third straight outdoor championship title in the 10,000-meter run.

The 2003 Air Force men's cross country team became the first squad other than BYU to claim the conference title, winning the MWC Championship by four points. The 2003 season concluded with an eighth-place finish at the NCAA Championships for the team's highest national finish since 1967.

The Academy's women's cross country team proved that, under Stanforth's coaching, it could be competitive at the Division-I level. From 1999-2003, the team picked up five consecutive top-three MWC finishes, which is the highest conference finish the women's program has had since joining a conference (Western Athletic) in 1996.

Stanforth has coached his men's cross country teams to 14 top-three finishes in the last 15 years with the Western Athletic and Mountain West conferences. His 1994 and 1996 teams were the WAC champions, and the 2003 team won the program's first MWC title.

His peers have honored Stanforth as both the WAC and MWC Coach of the Year on four different occasions. The WAC honored him as the league's top coach in 1994 and again in 1996. He claimed his first MWC coaching award in 1999 and repeated that honor in 2003, after winning the conference title.

While in the WAC, Stanforth was the only Air Force coach to lead a Falcon team to two outright conference titles in any sport and accomplished the impressive feat of qualifying a team for the national championships in each of his first four years as head coach (women's cross country).

Under Stanforth's leadership, the Falcons have garnered six cross country All-Americans, 11 track and field All-Americans, four appearances at the NCAA Division II women's national championships, two men's cross country WAC championships, one men's MWC championship, three men's national all-academic teams and three women's national all-academic teams.

Before joining the Academy for the 1992 season, Stanforth served as the head coach for the men's and women's cross country and track programs for five years at the University of California-San Diego. Thirty-seven athletes earned All-America status while he was at UCSD. Before those years, the Tritons had never had a track and field All-American.

Needless to say, both programs gained national recognition for their efforts. Stanforth's UCSD women's track team finished in the top six at the NCAA Division III Championships for four straight years, while both cross country teams finished in the top 12 nationally two times in a three-year period. In 1992, UCSD was one of only two institutions to have all four teams (men and women's track, men and women's cross country) place in the nation's top 12.

Success has followed Stanforth throughout his entire collegiate coaching career.

At Glendale Community College in Arizona, where he coached all four teams (head coach for men's and women's cross country, head women's track coach, assistant men's track coach) in a seven-year span, he earned NJCAA Region Coach of the Year honors twice for men's cross country. That program clinched the Region I Championship in 1981 and 1984, while capturing second place in 1980 and 1982. Two of those teams ('81 and '84) were also the Arizona Community College champions and two of his runners won state individual titles. He developed 19 NJCAA All-Americans (cross country and track) and 15 community college state champions in middle distance and distance track events.

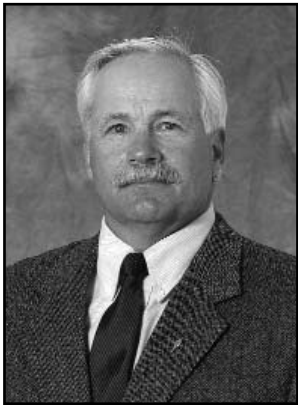
Before his stint at Glendale, Stanforth was the head coach of both programs at his alma mater, South Dakota-Springfield, in 1977-78.

While there, he orchestrated an incredible one-season turnaround for the cross country team, taking the squad from last place to second in the conference, while utilizing the same athletes.

A solid athlete in his own right, Stanforth earned 11 collegiate letters during his career at South Dakota-Springfield, acting as team captain for the cross country, basketball and track teams.

He earned his bachelor's degree from the university in 1972, graduating with a double major in mathematics and physical education. He also earned a master's in education from Northern State College in South Dakota and did additional graduate course work at Arizona State University.

Stanforth and his wife, Pat, live in Colorado Springs. They have two sons, Nicholas and Daniel.



SCOTT IRVING

Field Events Coordinator

Throws
Eighth Season

Willamette (1972)

Scott Irving joined the Air Force staff in 1999 as the coach of the field events. His primary responsibilities include recruiting for field events and coaching the men's and women's throws.

Last season was a milestone year for Irving and his athletes. Not only did Dana Pounds defend her NCAA Division I national title and shatter the Academy's javelin record, she also tied the American collegiate record and became the first-ever athlete in Academy history to win back-to-back NCAA titles. In addition, she was recognized as the Academy's Most Valuable Female Athlete, received the Most Outstanding Performance award at the MWC outdoor championships, finished second at the USATF Championships and was named to two USA national teams.

Pounds was not alone in rewriting the record books for Irving-coached events in 2006. Olivia Korte topped her own record in the weight throw and placed seventh in the discus at the NCAA Championships. She and Pounds combined for 12 points and a 21st-place finish at the meet - the highest finish ever for any USAFA women's sport at the NCAA Division I level. Their finish at the meet was doubly historic, since it also marked the first time in Academy history that two women had attained NCAA Division I All-America status at the same championship in any sport.

Under Irving's guidance, Academy records have been rewritten countless times in the men's indoor and outdoor shot put, women's indoor and outdoor pole vault, men's indoor and outdoor triple jump, women's discus, women's hammer and weight throw and men's and women's javelin.

In addition, the field events have increased point production at championship meets. The women throwers scored 21 of 29 points at the 2006 MWC outdoor meet, as Pounds and Korte combined to score in all four throwing events. It marked the fourth year in a row that the throwers accounted for over half the women's points at the MWC meet.

With Pounds' three titles in the javelin, Boivin's 2003 MWC title in the discus, and Ana-Maria Oretaga's 2001 title in the pole vault, Irving now claims five of Air Force's six female MWC champions, more than all other women's sports combined at USAFA.. Since 2001 he has coached 11 MWC champions and 11 MWC runners-up for the men's and women's track and field teams.

In his first year of coaching the horizontal jumps, Anthony Park and Chris Banks broke Academy records in the indoor and outdoor triple jumps.

In 2003, Jocelyn Dooley became the Academy's first female NCAA Division I qualifier. Since that time, Irving's throwers have accounted for 18 of the 25 female qualifiers to the NCAA Regional meet. And of the seven Falcons who have advanced to national championships in all women's sports at USAFA, Irving has coached six (Pounds three time, Korte twice and Dooley).

Irving coached two Mountain West Conference champions in 2002, including freshman pole vaulter Paul Gensic, who was ranked second in the NCAA that season among freshmen. The other champion, Tim Fritz, set a championship-meet and MWC record on his way to the first of two javelin titles.

Irving brings an impressive list of credentials to the Academy. Countless champions in four conferences, over 35 NCAA All-Americans, eight national champions, numerous national team members and two Olympians have developed under his tutelage.

He helped build two NCAA championship programs at Oregon (1977-83) and Florida (1983-89). Three records for Irving-coached athletes still stand at Oregon, and Florida throwers scored nearly half of the points possible in their events and earned five of the top seven places in the women's discus at the 1989 SEC outdoor championships, including champion and runner-up.

From 1989-93, Irving guided Illinois' men's team back to the conference title, as he built the strongest field events program in the Big Ten. While at Illinois, he coached three Big Ten triple jump champions, including 1991 Big Ten Medal of Honor winner, GTE Academic All-American and NCAA outdoor All-American Aaron Mobarak. Another Irving-coached athlete, JD Teach, was a five-time conference shot put champion and NCAA All-American.

Records by Irving-coached javelin throwers still stand in all five major Division I programs where he has coached (ACC, Big Ten, SEC, PAC-10, Mountain West).

Irving has written dozens of technical articles in a variety of journals. His national coaching assignments include the 1985 World University Games, the 1987 Olympic Festival, head coach for the 1989 junior tour, the 1990 Scandinavian Javelin Tour, and the "U.S. vs. Great Britain" meet in the summer of 1993.

A recipient of two master's degrees (Art History from Northwestern in 1977 and Physical Education from Oregon in 1979), the 1973 Willamette University graduate places the pursuit of academic excellence as an utmost priority.

His athletes at Oregon annually dotted the dean's list, while his athletes at Florida made the All-SEC academic team 40 times. Phenomenally, in two out of just four years at Illinois, he had athletes awarded the most prestigious accolade - the Big Ten Medal of Honor for academic/athletic excellence. The tradition continues at the Academy, as 2005 graduate Brian Willis was awarded a Fulbright Scholarship.

Irving was born in Portland, Ore., 40 miles from his hometown of Cascade Locks. He and his wife, Allyn, have been married 34 years and have two sons, Scott (20) and Kevin (17).



CAPT. BEN DAHLKE

Assistant Coach

Hurdles
First Season

Air Force Academy (1999)

Captain Ben Dahlke is entering his first season as an assistant coach with the Air Force track and field program. He primarily works with the men's and women's hurdlers, while assisting with the sprint events.

Dahlke graduated from the Air Force Academy in 1999 with a B.S. in biology. Following graduation, Dahlke remained with the track and field program as a graduate assistant, where he was responsible for coaching the hurdlers.

During that time, he also expanded recruitment in all event areas, while focusing on the hurdle and sprint events. Student athletes included in that class of recruits went on to become the men's first, second and fifth all-time 110-meter hurdlers and swept the top three places of both the indoor and outdoor Mountain West Conference championships; the school record-holder in the women's indoor long jump and outdoor triple jump; and school record-holders in the men's long jump and triple jump, among many others.

After his first coaching stint, Dahlke went to Officer Space Prerequisite Training at Vandenberg AFB, Calif., and entered U.S. Space Command in the 90th Operations Group at F.E. Warren AFB, Wyo. Dahlke's impressive five-year run in the 90th culminated with assignments as the Senior Combat Crew Evaluator and as Chief Wing EWO Plans, responsible for the targeting of 150 nuclear weapons.

During his time at F.E. Warren, Dahlke also earned a master's degree in Environmental Policy and Management through the American Military University.

A three-year letterwinner in track and field as a hurdler at the Academy, Dahlke also ran a leg on the fourth-fastest 4x100-meter relay team in Academy history and was a consistent point-earner in the 110-meter high hurdles. He earned multiple academic all-conference selections in the Western Athletic Conference and was named team captain as a senior.

Ben and his wife, Aimee, are originally from Menomonie, Wis., and were married in December 2001. They have three boys; Noah, Garrett and Reese.



CAPT. JAKE GENSIC

Assistant Coach

Pole Vault
Fourth Season

Air Force Academy (2000)

Captain Jake Gensic is beginning his fourth season as an assistant coach with the Air Force track and field program. He will work with the men's and women's pole vault event participants.

Gensic graduated from the Academy in 2000, with a B.S. in management. He earned a MBA in Finance from Wright State in 2003 and spent three years as a budget officer for the HQ Air Force Material Command at Wright-Patterson AFB.

During his first three seasons as the Academy's pole vault coach, Gensic has coached four NCAA Championship qualifiers, back-to-back NCAA Midwest Region pole vault champions (Paul Gensic in 2004 and Makisi Haleck in 2005), a new school record in the men's pole vault (18'0½"), and a 2004 Olympic Trials qualifier.

In addition, Gensic has also coached six of the top-10 men's Academy all-time marks and seven of the top-10 women's all-time USAFA marks.

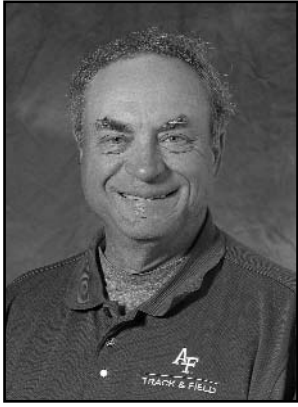
A four-year letterwinner in track and field while at the Academy, he remains listed among the top-five pole vaulters in school history, both indoors and outdoors. Gensic's matching indoor and outdoor career-best marks of 17'0¾" ranks fifth all-time.

He was also a two-time runner up at the Western Athletic Conference and Mountain West Conference championships.

A native of Fort Wayne, Ind., Gensic and his wife, Abbie, were married in August 2001.

He has four brothers, including Sam (a videographer), Ben (a 2001 graduate of the Academy), Paul (a 2005 graduate of the Academy) and Matt (a junior decathlete on the team).

Gensic is joined by his brothers, Ben and Paul, on the Academy's all-time pole vault top-marks list, with three of the top seven indoor marks and three of the top eight outdoor marks.



BOB GRAF

Volunteer Coach

High Jump
Second Season

Northern Colorado

Bob Graf is entering his second season as a volunteer coach for the Air Force track and field team. He will work primarily with the program's high jumpers.

Graf joins the Academy after spending six years as the assistant track coach at the University of Colorado-Colorado Springs. Prior to his appointment at UCCS, Graf spent 25 years coaching at the high school level, including 18 years at Wasson High School in Colorado Springs.

During his career, Graf coached a state championship boys' team and a state champion or place-finisher in 17 of 18 track events. He has been honored as the Coach of the Year four times, was named the Junior Achievement "Economics Teacher of the Year" for the state of Colorado and the Colorado High School Coaches Association Teacher/Coach of the Year.

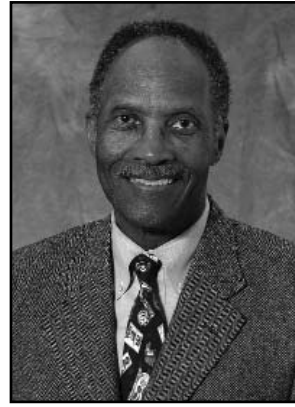
He is a master USA Track and Field official and has been the head starter for Air Force track meets over the past 20 years. Graf has also served as the head starter at the Colorado state meet. He has worked at two Olympic Games and four Olympic Trials, as well as numerous national meets.

Graf has served as the president and executive secretary of the Colorado High School Coaches Association. He is also a member of the USA Track and Field Officials Association.

Graf received his bachelor's degree from the University of Northern Colorado and went on to obtain a master's degree from Adams State College, where he worked as a graduate assistant for the cross country and track programs.

Retired as the activities director of the Woodland Park School District, Graf lives with his wife Suzie at Blue Mountain Ranch, an activities and sports camp that was founded by Suzie's parents in 1946.

They have two sons, David and Tim. David is currently pursuing a master's degree in education, while Tim is a junior at Northern Arizona.



RON WHITE

Volunteer Coach

Sprints
Sixth Season

Penn State

In his sixth year as a volunteer assistant coach with the Falcons, Ron White brings a diverse coaching background to the Academy track and field program.

Following his last tour in Viet Nam, White returned to coaching in Weisbaden, Germany. His military coaching duties included two years as the head track coach for the USAFE team that placed third and second at the All-Air Force Championships. He also spent several years as the head track coach, assistant football coach and head of the Department of Athletics and Training at the USAFA Prep School.

After his retirement from the Air Force, White resumed his coaching career within the Colorado Public Schools System. He coached several of the best sprinters, hurdlers and middle distance runners in the state, including an undefeated two-time 110-meter high hurdles state champion and record holder.

White began coaching in the USATF Junior Olympics program and was able to coach even more state champions and finalists, which included male and female champions in both hurdle distances, sprinters in the 100-, 200- and 400-meter dashes and middle distance runners in the 1600- and 3200-meters.

As a coach for the Junior Olympics, White has guided national champions in the 200-meter dash and 400-meter hurdles, as well as several national top-six 1600-meter relay teams.

In over 40 years of coaching, it can be estimated that White has been a coach and mentor to over 75 champions in Colorado and Pennsylvania.

White has also been a member of two Colorado state champion football staffs. As the coach of the linebackers and quarterbacks, he was fortunate to coach all-state team members in both positions.

White and his wife, Veronica, have been married for 51 years. They are blessed with five children (four daughters and one son) and eight grandchildren.



2LT. PAUL GENSIC

Volunteer Coach

Pole Vault
Second Season

Air Force Academy (2005)

2Lt. Paul Gensic is entering his second season as a volunteer coach with the Air Force track and field team. He will assist the Academy's pole vault team, while training for the 2008 Olympic Games as a member of the World Class Athlete Program.

Gensic graduated from the Academy in 2005 after an impressive four-year career with the track and field program. He was immediately assigned to the Air Force's World Class Athlete Program. As a WCAP athlete, he will be able to train for the 2008 Olympic Games.

A native of Fort Wayne, Ind., Gensic is the Academy's record holder in both the indoor and outdoor pole vault, with matching heights of 18'0½". Tied with David Pike for the program's indoor standard, Gensic remains one of just two Falcons to ever clear the 18-foot mark. He also holds the Freshman (17'5¾"), Junior (18'0½") and Senior (18'0½") Class records.

During his tenure with the Falcons, Gensic earned All-America honors on three occasions, highlighted by a third-place finish at the 2005 NCAA Indoor Championships. He also won the NCAA Regional meet in 2004.

The 2002 Mountain West Conference champion in the outdoor pole vault, he never finished lower than third at any of the eight conference meets.

Once named the team's "Newcomer of the Year", Gensic capped off his career with the team's Most Valuable Player award. In addition, he claimed the "Alonzo Babers Performance Award" and the "Falcon Award for Spirit and Enthusiasm".

He has four brothers, including Sam (a videographer), Jake (a 2000 graduate of the Academy and assistant coach on the current staff), Ben (a 2001 graduate of the Academy) and Matt (a junior decathlete on the team).

Gensic is joined by his brothers, Jake and Ben, on the Academy's all-time pole vault top-marks list, with three of the top seven indoor marks and three of the top eight outdoor marks. In addition, Matt is currently ranked sixth on the Academy's all-time heptathlon scoring list.



2LT. DANA POUNDS

Volunteer Coach

Javelin Throw
First Season

Air Force Academy (2006)

2Lt. Dana Pounds returns to the Air Force track and field program to begin her first season as a volunteer coach. She will primarily work with the team's javelin throwers.

Pounds graduated from the Air Force Academy in 2006 with a B.S. in systems engineering management and was assigned to the Air Force's World Class Athlete Program. As a WCAP athlete, she will be able to train for the 2008 Olympic Games, while a member of the coaching staff.

A three-time All-America honoree, Pounds capped off a stellar career at the Academy, winning her second consecutive national championship title in the javelin after successfully defending her NCAA regional title.

As a senior, Pounds claimed her third consecutive Mountain West Conference title, with an Academy, conference and championship-meet record throw of 195'8". That throw was the best in the nation during the 2006 season, matched the best toss ever by an American-born collegian, was the second-best throw by any U.S. athlete and registered as the ninth-best throw in the world during 2006.

In addition, Pounds became the first three-time javelin champion in the history of the prestigious Drake Relays. She also set a new meet record at the North America-Central America-Caribbean Championships, en route to her second title.

Pounds collected numerous awards during her final collegiate season. She was named the Mountain District Female Field Athlete of the Year, en route to being named the Midwest Region Female Field Athlete of the Year.

The two-time captain claimed the Academy's Most Valuable Female Athlete award after earning her third straight team MVP honor.

Most recently, Pounds was honored by the Colorado Sports Hall of Fame as one of the state's Athletes of the Year for 2006, joining DU Hobey Baker winner Matt Carle and Denver Broncos cornerback Champ Bailey.

A native of Lexington, Ky., Pounds is the second member of her family to graduate from the Academy. Her older brother Eric, who is currently a first lieutenant stationed at Vance AFB, graduated in 2004 and was a member of the Academy's swim team.



STEVE SCALES

Athletic Trainer

10th Season

New Mexico (1987)

Steve Scales joined the Academy as an athletic trainer in 1997. He oversees the medical needs of the Air Force track and field and cross country teams.

Scales earned a B.A. in health education (physical education) from the University of New Mexico in 1987 and received a master's degree in sports administration from UNM in 1988.

Athletic training was a change for Scales, who spent over 20 years as a technician with the New Mexico Engineering Research Institute that was contracted to the Air Force Weapons Lab at Kirtland AFB, N.M.

Scales and his wife, Margy, have been married for 44 years and live in Colorado Springs.



JEFF KIPP

Strength and Conditioning Coach

Second Season

Texas A&M (1995)

Jeff Kipp is in his third year as a strength and conditioning coach at Air Force. In addition to working with the track and field team (sprinters, jumpers and pole vaulters), Kipp is the primary strength and conditioning coach for ice hockey, men's and women's soccer, and women's gymnastics. He is also in charge of speed development for the Air Force football team.

Kipp received his B.S. in kinesiology from Texas A&M in 1995 and his M.S. in exercise science from the Northern Colorado in 2004.

He is a certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. He is also a member of the Collegiate Strength and Conditioning Coaches Association, USA Weightlifting and USA Track and Field.

Originally from Houston, Kipp now resides in Castle Rock with his wife, Vicki, and their sons, Brayden and Carter.



BUCK BLACKWOOD

Strength and Conditioning Coach

Fourth Season

Willamette (1997)

Buck Blackwood begins his fourth season as the strength and conditioning coach for the Air Force track and field program.

He arrived at the Academy in 2000, after working as a graduate assistant at Montana State, while completing his master's degree in exercise physiology. Blackwood received his bachelor's degree from Willamette University in 1997.

Blackwood is a certified strength and conditioning specialist, receiving his certification from the National Strength and Conditioning Association (NSCA). He is also certified by USA Weightlifting as a level one club coach.

He and his wife, Lyndsay, reside in Colorado Springs.



CAPT. ROB MISCHEV

Officer Representative

Third Season

Air Force Academy (1999)

Captain Rob Mishev is in his third year as an officer representative for the Air Force track and field program. He returned to the Academy in July 2004 and is currently serving as an assistant professor in the Department of Management.

Mishev graduated from the Air Force Academy in 1999 with a B.S. in management. He was a distinguished graduate in management and also earned athletic honors.

He spent three years at Hanscom AFB in Massachusetts as a program manager for various computer hardware and software development efforts, including the B-2 stealth bomber mission planning system. Additionally, Mishev served as the executive officer to the director of the Battle Management C3 Program Office.

After his first tour, he was selected by the Academy and the Air Force Institute of Technology to attend graduate school and return to the Academy. He graduated from the Harvard Business School with a master's in business administration degree in June 2004. In between his first and second year at business school, Mishev served as a Senate Liaison Officer on Capitol Hill.

While at the Academy, Mishev was a member of the track and field team and served honorably as the last of the celebrated "high chumpers." As a four-year letterwinner, Mishev competed in the high jump and remains ranked among the top-five high jumpers in school history, both indoors and outdoors. Mishev's indoor mark of 6'11 $\frac{3}{4}$ " ranks fourth, while his outdoor mark of 6'10 $\frac{3}{4}$ " ranks fifth.

He served as team captain, received the Most Valuable Competitor award and earned the team's "High Point" award during his senior year. Mishev was also a runner-up at the Western Athletic Conference championships and served as the First Sergeant and Squadron Commander for Cadet Squadron 04, the Fightin' Fourth.

Mishev originally hails from Bowie, Md., and occasionally attempts to relive his glory days by competing in open track meets. Most recently, he was named a member of the 2006 all-Air Force track and field team and competed in June in the United Kingdom, placing third in the high jump. Additionally, Mishev was a member of the all-Air Force track and field team that competed in Germany in 2002 and he won the high jump competition at the USATF New England Outdoor Championships in 2000.

While previous retirement announcements proved false, after a series of ill-fated penultimate steps, this year will be Mishev's "farewell tour" to high jump competitions.



CAPT. LAURA GOODMAN

Officer Representative

Second Season

Air Force Academy (1997)

Captain Laura Goodman is in her second season as an officer representative for the Air Force track and field team. She is currently serving as Air Officer Commanding of Cadet Squadron 32.

Goodman graduated from the Academy in 1997 with a B.S. in management, while earning military honors. She earned her Masters of Business Administration from Charleston Southern University in 1999.

An aircraft maintenance officer, Goodman has had assignments to McGuire AFB, N.J.; Laughlin AFB, Texas; Charleston AFB, S.C.; Kunsan AB, Korea; and Elmendorf AFB, Alaska.

She has primarily managed aircraft maintenance on the C-17, F-16 and E-3 weapons systems and has completed a cross-flow assignment as a Logistics Readiness Officer, working primarily on wing deployments.