



Lon Kilgore, Ph.D.

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Education

Doctor of Philosophy, 1995 College of Veterinary Medicine	Department of Anatomy and Physiology Kansas State University, Manhattan, Kansas
Master of Science, 1991 College of Arts & Sciences	Department of Kinesiology Kansas State University, Manhattan, Kansas
Bachelor of Science, 1986 Department of Natural Sciences and Mathematics	Division of Biology Lincoln University, Jefferson City, Missouri

Professional Experience

January 2015 to Present Kilgore Academy Edinburgh UK, Halfway MO	Director, Curriculum Designer, Author & Illustrator see http://kilgoreacademy.com
October 2018 to June 2021 Crossfit, Inc. Contractor Scotts Valley, California	Anatomical Illustrator and content author see https://www.crossfit.com/essentials/anatomy-physiology
August 2011 to November 2014 University of the West of Scotland Hamilton, Scotland	Professor, Online Curriculum & Sport Academy Research Leader Institute for Clinical Exercise & Health Science
August 1997 to June 2011 Midwestern State University Wichita Falls, Texas	Professor (Tenured), Director Exercise Physiology Major College of Health Sciences and Human Services
March 2006 to August 2008 CrossFit Inc. Contractor Santa Cruz, California	Certification Designer and Instructor (Basic Barbell Training and Exercise Science Courses)
August 1995 to July 1997 Kansas State University Manhattan, Kansas	Assistant Professor, KIN 101 Program Leader Department of Kinesiology
August 1991 to July 1995 Kansas State University Manhattan, Kansas	Research and Teaching Assistant College of Veterinary Medicine Department of Anatomy and Physiology
March 1989 to July 1989 Central Texas College Military Campus Johnston Atoll, USA Territory	Introductory Biology Instructor
February 1987 to February 1990 MOS - Biological Research (01H) Ordnance (55R) - Special Forces Recondo	Sergeant, United States Army ASR,OSR,AAM,ARCOM,GCM
August 1984 to February 1987 University of Missouri – Columbia, MO	Unit Clerk - Newborn Intensive Care Unit
March 1984 to November 1984 Saint Mary's Hospital, Jefferson City, MO	Phlebotomist/Autopsy Assistant

University Teaching Responsibilities have included

AP 737 – Veterinary Physiology 1 (Extracellular Matrix Lectures - KSU)
AP 747 – Veterinary Physiology 2 (ECG Laboratory Instructor & Surgery Instruction Team - KSU)

BIOL 2333 - Nutrition (MSU)
 EXPH 1983 – Anatomical Assessment of Human Movement (MSU)
 EXPH 2002 – Principles of Exercise Leadership (MSU) (Methods of teaching exercise and programming)
 EXPH 2503 – Physiology of Sport and Exercise (KIN 335 at KSU)
 EXPH 3331 – Sport Pharmacology (MSU)
 EXPH 5023 – Applied Exercise Physiology (MSU Post-Graduate)
 EXPH 5063 – Seminar in Kinesiology (MSU Post-Graduate)
 EXPH 5093 – Advanced Exercise Physiology (MSU Post-Graduate)
 EXPH 5203 – Kinesiology in the College Classroom (MSU Post-Graduate – Teaching methods course)
 EXPH 6103 – Research (MSU Post-Graduate)
 EXPH 6983, 6993 - MSc Thesis (MSU/UWS Directed 40 thesis students, committee member for 47 others)
 KNES 1011 – Fundamentals of Physical Activity & Health (MSU, designed fully web-based course 1999-2004)
 KNES 1032 – Varsity Weightlifting (MSU)
 KNES 1162 – Weight Training (KSU/MSU)
 KNES 1292 – Walking and Aerobic Fitness (MSU – Designed fully web-based course used 2000-2004)
 KNES 3603 – Testing and Measurement in Kinesiology (MSU)
 KNES 4673/6 – Internship in Exercise Physiology (MSU)
 KNES 4703 – Advanced Exercise Physiology and Clinical Assessment (MSU)
 KNES 4903 – Nutrition and Exercise (MSU/UWS)
 KNES 4993 – Topics in Kinesiology (KSU/MSU/UWS)
 KNES 5003 – Research and Statistical Methods in Kinesiology (MSU - Post-Graduate)
 KNES 5073 – Problems in Kinesiology (MSU - Post-Graduate)
 KNES 5673 – Legal Aspects of Physical Education and Athletics (MSU - Post-Graduate)
 KNES 6013 – Advanced Physiological and Mechanical Testing and Analysis (MSU - Post-Graduate)
 SPDL7001 – Anatomy for Fitness Professionals (UWS – creator and operator of online course)
 SPDL7002 – Teaching Strength & Running Skills (UWS – creator and operator of online course)
 SPDL7003 – Physiology for Fitness Professionals (UWS – creator and operator of online course)
 SPDL7004 – Teaching Endurance & Multi-Element Training (UWS – creator and operator of online course)

Research and Scholarly Activity [Peer reviewed]

RG Score = 30.20 h-index = 15

1. Ralston GW, Kilgore L, Wyatt FB, Dutheil F, Jaekel P, Buchan DS, Baker JS (2019). Re-examination of 1- vs. 3-Sets of Resistance Exercise for Pre-spaceflight Muscle Conditioning: A Systematic Review and Meta-Analysis. *Frontiers in Physiology*, doi: 10.3389/fphys.2019.00864.
2. Ralston, G.W., Kilgore, J.L., Wyatt, D. Buchan, F.B., Baker, J.S. (2018). Weekly training frequency effects on strength gain: a meta-analysis. *Sports Medicine*, 4(1):36. doi: 10.1186/s40798-018-0149-9.
3. Ralston, G.W., Kilgore, J.L., Wyatt, F.B., Baker, J.S. (2017). The Effect of Set Number on Strength Gain: A Meta-Analysis. *Sports Medicine*, doi.org/10.1007/s40279-017-0762-7
4. Brown, E., Buchan, D.S., Wyatt, F.B., Kilgore, J.L., Chatzi, M., Cavana, J., Baker, J.S. (2017). The 10-week lifestyle intervention Fit for School: Impact on obesity indices, biomarkers, and blood pressure. *Health Behavior and Policy Review*, 4(2):142-149.
5. Brown EC, Kilgore JL, Buchan DS, Baker JS. (2017). A criterion-referenced assessment is needed for measuring child obesity. *Research in Sports Medicine*, 25(1): 108-110.
6. Brown E.C., Buchan D.S., Baker J.S., Wyatt F.B., Bocalini D.S., Kilgore L. (2016). A Systematised Review of Primary School Whole Class Child Obesity Interventions: Effectiveness, Characteristics, and Strategies. *BioMed Research International*, Article ID 4902714, 15 pages.
7. Brown, Elise C., Buchan, Duncan S., Cavana, Jonathan, Baker, Julien S., Wyatt, Frank B., Kilgore, J. Lon (2016). Fit for School: Results of a 10-week School-Based Child Healthy Weight Pilot

- Intervention for Primary School Students. *International Journal of Health Promotion and Education*, 54(2).
8. Thomson J, Kilgore L, and Ni Lonnain T (2015). The triple helix in action in the fitness sector: A case study of Chi & Co. *Local Economy*, 10/2015 DOI: 10.1177/0269094215604573.
 9. Cavalcante PAM, Rica RL, Evangelista AL, Serra AJ, Figueira Jr A, Pontes Jr FL, Kilgore L, Baker JS, Bocalini DS (2015). Effects of exercise intensity on postexercise hypotension after resistance training session in overweight hypertensive patients. *Clinical Interventions in Aging*. 18(1): 1487-1495.
 10. Kilgore, JL, JS Baker & B. Davies (2014). A consideration of the paradigm of exercise physiology. *Research in Sports Medicine*, 22 (3):314-322.
 11. McCormick, MC, H Watson, L Kilgore, JS Baker (2014). Surface electromyographic activities of upper body muscles during high intensity cycle ergometry. *Research in Sports Medicine*, 22(2): 124-135.
 12. J.S. Baker, D.S. Buchan, D.P. Wong, B. Davies S.M. Cooper, M. Davies & L. Kilgore (2013). Physiological implications of two versus three sets in the development of quadriceps muscle strength in untrained men. *Sport Medicine & Doping Studies* 3(3), doi 2161-0673.1000132
 13. Whitehead, P.N., B.K. Schilling, M.H. Stone, J.L. Kilgore, L.Z.F. Chiu (2013). Snatch technique of United States national level weightlifters. *Journal of Strength & Conditioning Research*. doi: 10.1519/JSC.0b013e3182a73e5a
 14. Baker, J.S., B. Davies, S.M. Cooper, D.P. Wong, D.S. Buchan & L. Kilgore (2013). Strength and body composition changes in recreationally strength-trained individuals: Comparison of one vs. three sets resistance-training programmes. *BioMed Research International*, Article ID 615901, doi:10.1155/2013/615901.
 15. Hayes, LD, Grace, FM, Kilgore, JL, Young, JD, and Baker JS (2013). Salivary hormone response to maximal exercise at two time points during the day. *Sport Scientific and Practical Aspects* 10(1): 25-30.
 16. Brown, E, L Spiller, B Stiles, and L Kilgore (2013). Sexual coercion risk and women's sport participation. *Physical Culture & Sport*, 57(1): 5-11.
 17. Baker, JS, B Davies, D Buchan, L Kilgore (2013). Anaerobic Performance in Obese Populations: Underestimation of Power Profiles. *Asian Journal of Sports Medicine*, 4 (1): 82-83.
 18. Grace FM, Buchan D, Kilgore L and Baker JS (2013). The Obesity Paradox – Some Methodological Considerations and Potential Physiological Mechanisms. *Journal of Sports Medicine and Doping Studies*, 3:1 doi: 10.4172/2161-0673.1000e133
 19. Kilgore, J.L. (2012) Anthropometric variance in humans: Assessing renaissance concepts in modern applications. *Anthropological Notebooks*, 18(3): 13-23.
 20. Graham, S.M., McKinley, M., Connaboy, C., Westbury, T., Baker, J., Kilgore, L. Geraint, F.J. (2012). Injury occurrence and mood states during a desert ultramarathon. *Clinical Journal of Sport Medicine*, 22(6). doi: 10.1097/JSM.0b013e3182694734
 21. McCormick, MC, Kilgore, L, Grace, F, Watson, H and Baker, JS (2012). Perceptual Feeling and Time-of-day effects on high intensity exercise performance. *Biology of Exercise* 8(2): 5-18.
 22. Baker, JS, D Buchan, L Kilgore and F Grace (2012). High intensity exercise assessment of special populations. *Journal of Sports Medicine and Doping Studies*, 2(5). doi: 10.4172/2161-0673.1000e123
 23. Buchan, D, L Kilgore, F Grace & JS Baker (2012). Identification of hypertensive youth. *Journal of Sports Medicine and Doping Studies*, 2(5). doi: 10.4172/2161-0673.1000e124
 24. Martin, R, Buchan, DS, Kulik, KS, Kilgore L, and Baker JS (2012). Cardiorespiratory fitness and muscular fitness levels of Scottish youth and their associations with physical activity. *Biology of Exercise* 8(2): 33-46.
 25. Kilgore, JL and JS Baker (2012). BMI: Good Measure or Fat Chance? *Sports Medicine and Doping Studies* 2(4). doi: 10.4172/2161-0673.1000e118.
 26. Buchan, D., J. Young, L. Kilgore, N. Thomas, S. Cooper, R. Malina, and J. Baker (2012). Prevalence of cardiovascular disease risk factors among Scottish youth of south Asian ancestry. *Online Journal of Biological Science* 12: 72-79.

27. Hancock, S., F. Wyatt, and L. Kilgore (2012). Variation in barbell position relative to shoulder and foot anatomical landmarks alters movement efficiency. *International Journal of Exercise Science* 5(3): 183-195.
28. Hayes, LD, Grace, FM, Kilgore JL, Young, JD, and Baker JS (2012). Diurnal variation of cortisol, testosterone, and their ratio in apparently healthy males. *Sport Scientific and Practical Aspects* 9(1); 6-12.
29. Baker, JS and JL Kilgore (2012). Implications for high intensity cycle ergometer power assessment: Morphological and metabolic factors. *Sports Medicine and Doping Studies* 2(4) doi: 10.4172/2161-0673.1000e117).
30. Pawar, G., Kilgore, J.L. and Wyatt, F.B. (2011) Exercise induced cardiac fatigue following prolonged exercise in road cyclists. *ICHPER Research Journal* (6):64-69.
31. Crossland B.W., Hartman J.E., Kilgore J.L., & Hartman M.J. (2011). Upper-body anthropometric and strength measures and their relationship to start time in elite luge athletes. *Journal of Strength and Conditioning Research*, 25(10):2639-44.
32. Kilgore, J.L. (2011). Vitruvian Man Exercise: Preparing exercise professionals to detect segmental variations. *HAPS Educator* 10(3): 21-24.
33. Gregg, J.S., Wyatt, F.B. and Kilgore, J.L. (2010). Determination of ventilatory threshold through quadratic regression analysis. *The Journal of Strength and Conditioning Research*, 24 (9): 2512-2515.
34. Haff, G.G., Jackson, J.R., Kawamori, N., Carlock, J.M., Hartman, M.J., Kilgore, J.L., Morris, R.T., Ramsey, M.W., Sands, W.A., Stone, M.H. (2008). Force-time curve characteristics and hormonal alterations during an eleven-week training period in elite women weightlifters. *Journal of Strength Conditioning Research*, 22(2):433-446.
35. Hartman, M.J., B. Clark, D.A. Bemben, J.L. Kilgore, and M.G. Bemben (2007). Comparisons between twice-daily and single-daily training sessions in male weightlifters. *International Journal of Sports Physiology and Performance*, 2:159-169.
36. Kilgore, J.L. and M.C. Rippetoe (2007). Redefining fitness for health and fitness professionals. *Journal of Exercise Physiology*, 10(2) April.
37. Kilgore, J.L. (2006). Exercise Physiology: Learning from history and moving towards the future. *Professionalization in Exercise Physiology*. 9(2) February.
38. Haff, G.G., J.M. Carlock, M.J. Hartman, J.L. Kilgore, N. Kawamori, J.R. Jackson, R.T. Morris, W.A. Sands, M.H. Stone (2005). Force-Time Curve Characteristics of Dynamic and Isometric Muscle Actions of Elite Women Olympic Weightlifters. *Journal of Strength and Conditioning Research*, 19(4): 741-748.
39. Powell, D, B. Stiles, G. Haff, and L. Kilgore (2005). The Notion of Masculinity in Male Collegiate Road Cyclists. *Free Inquiry in Creative Sociology*, 3(22): 1-9.
40. Kilgore, J.L. Severity of viral infection is promoted by hyperthermic pretreatment (2004). *Journal of Science and Medicine in Sport*, 7(2): 259-263.
41. Touchberry, C.D., M. Ernsting, G.G. Haff, and J.L. Kilgore (2004). Training alterations in elite cyclists may cause transient changes in glomerular filtration rate. *Journal of Sports Science and Medicine*, 3 (YISI 1): 28-36.
42. Kilgore, J.L., C.R. Ross, and D.K. Saunders (2003). Potential effects of anesthetic agents on heat shock proteins in the laboratory rat. *Texas Journal of Science*, 55(2): 149-158.
43. Haff, G.G., A. Whitley, L.B. McCoy, H.S. O'Bryant, J.L. Kilgore, E.E. Haff, and M.S. Stone (2003). The Effects of Different Set Configurations on Barbell Velocity and Displacement during a Clean Pull. *Journal of Strength and Conditioning Research*, 17(1):95-103.
44. Lehmkuhl, M., M. Malone, B. Justice, G. Trone, E. Pistilli, D. Vinci, E. Haff, L. Kilgore, G. Haff (2003). The effects of eight weeks of creatine monohydrate and glutamine supplementation on body composition and performance measures. *Journal of Strength and Conditioning Research*, 17(3): 425-438.
45. Waldron, J.E., G.W. Pendlay, T.G. Kilgore, G.G. Haff, J.S. Reeves, and J.L. Kilgore (2002). Concurrent creatine monohydrate supplementation and resistance training does not affect markers of hepatic function in trained weightlifters. *Journal of Exercise Physiology*, 5(1): 57-64.

46. Kilgore, J.L., G.P. Pendlay, J.S. Reeves, and T.G. Kilgore (2002). Serum chemistry and hematological adaptations to 6 weeks of moderate to intense resistance training. *Journal of Strength and Conditioning Research*, 16(4):509-15.
47. Mattson, J.P., C.R. Ross, J.L. Kilgore, and T.I. Musch (2000). Induction of mitochondrial stress proteins following treadmill running. *Medicine and Science in Sport and Exercise*. 32(2):365-369.
48. Kilgore, J.L., T.I. Musch, and C.R. Ross (1998). Physical Activity, Muscle, and the HSP70 Response. *Canadian Journal of Applied Physiology*, 23(3): 245-260.
49. Kilgore, J.L., T.I. Musch, and C.R. Ross (1996). Regional distribution of HSP70 proteins after myocardial infarction. *Basic Research in Cardiology*, 91(4): 283 - 288.
50. Kraemer, R.R., E.O. Acevedo, D.A. Dziewaltowski, J.L. Kilgore, G.R. Kraemer, and V.D. Castracane (1996). Effects of low-volume resistive exercise on Beta-endorphin and cortisol concentrations. *International Journal of Sports Medicine*, 17(1): 12 - 16.
51. Kilgore, J.L., B.F. Timson, D.K. Saunders, R.D. Klemm, R.R. Kraemer, and C.R. Ross (1994). Induction of the stress protein response in skeletal muscle: Comparison of laboratory models to naturally occurring hypertrophy. *Journal of Applied Physiology*, 76(2), 598 - 601.
52. Kraemer, R.R., J.L. Kilgore and G.R. Kraemer (1993). Plasma volume changes in response to resistive exercise. *Journal of Sports Medicine and Physical Fitness*, 33, 246 - 251.
53. Kraemer, R.R., J.L. Kilgore, G.R. Kraemer, and V.D. Castracane (1992). Growth hormone, IGF-1, and testosterone responses to resistive exercise. *Medicine and Science in Sports and Exercise*, 24(12), 1346 - 1352.

Books & Book Chapters

1. Kilgore, J.L. & V.B. Perry. (2017) *Health & Safety: A Primer for CrossFit Trainers*. CrossFit, Inc, Santa Cruz, CA.
2. Kilgore, J.L. (2016). *Anatomy without a Scalpel Second Edition*. Kilgore Academy Books, Azle, TX (first edition 2010).
3. Kilgore, J.L. (2015). *Anatomy & Physiology: A Primer for CrossFit Trainers*. CrossFit, Inc, Santa Cruz, CA.
4. Hanson, J. and L. Kilgore (2014). *Deconstructing Yoga*. Killustrated Books, Iowa Park, TX.
5. Kilgore, J.L. (2014) *Strength Performance Standards*. In Henriques, T, "NPTI's Fundamentals of Fitness and Personal Training". Human Kinetics, Champaign, IL USA. ISBN: 9781450423816
6. Kilgore, L. (2014). *Appendix: Strength Standards*. In Heyward, V, "Advanced Fitness Assessment and Exercise Prescription" 7th Edition, Human Kinetics, Champaign, IL USA. ISBN: 9781450481021
7. Grace F, Sculthorpe N, Baker JS, Kilgore L. (2012) Effects of anabolic androgenic steroid (AAS) use on cardiac structure and function. In "Perspectives on anabolic steroids and doping in sport and health". Nova Scientific publications, New York, NY USA.
8. Buchan, D.S., Thomas, N.E., Kilgore, L. and Baker, J.S. (2012). Traditional and Novel risk factors of Cardiovascular Disease and Their Associations between Obesity, Physical Activity and Measures of Physical Fitness. In "Youth: Practices, Perspectives and Challenges". Nova Scientific publications, New York, NY USA.
9. Baker, J.S., F.M. Grace, and J.L. Kilgore (2012). Performance. In the "Encyclopedia of Exercise Medicine in Health and Disease". Springer Verlag, Stuttgart, Germany.
10. Baker, J.S., F.M. Grace, and J.L. Kilgore (2012). Pennation Angle. In the "Encyclopedia of Exercise Medicine in Health and Disease". Springer Verlag, Stuttgart, Germany.
11. Kilgore, L. (2011). Biological Adaptation Illustration in Leyland, T, "Exercise: Health & Health", Kendall Hunt, Dubuque, IA.
12. Kilgore, L., M. Hartman, and J. Lascek (2011). *FIT*. Killustrated Books, Iowa Park, TX.
13. Rippetoe, M. and L. Kilgore (2009). *Practical Programming for Strength Training 2nd Edition*. The Aasgaard Company, Wichita Falls, TX. (1st edition 2006)
14. Kilgore, J.L. and C.D. Touchberry (2008). *Basic Fitness Testing: Field Tests for Health & Fitness Professionals. Second Edition*. Heimdall Books, Wichita Falls, TX.
15. Rippetoe, M. and L. Kilgore (2007). *Starting Strength 2nd Edition: Basic Barbell Training*. The Aasgaard Company, Wichita Falls, TX. (1st edition 2005)

16. Kilgore, J.L. and C.D. Touchberry (2007). Basic Fitness Testing: Field Tests for Health & Fitness Professionals. The Aasgaard Company, Wichita Falls, TX. (e-book).
17. Kilgore, J.L. (1997). Dynamics of Sport and Exercise: Physical Activity from the Cell to Society. Burgess International Group, Inc., Edina, MN.

Government Reports

1. Baker, JS, Kilgore, JL, Hursthouse, A, Gulliver, J, Wang, Y. (2013). Development of decision support tools for assessing the significance of exposure of athletes to air pollution: A Scoping study for Scottish Government. A report for Air Quality Scotland.
http://www.scottishairquality.co.uk/documents/reports2/464130128_UW_IC_air_pollution_exposure_for_publication_23Jan2013.pdf
2. Kilgore, L, Baker, J, Brown, E and Adams, J. (2012). Inquiry into Community Support for Sport. Scottish Parliament Invited Report.
<http://www.scottish.parliament.uk/parliamentarybusiness/CurrentCommittees/57845.aspx>

Lay Publications [non-refereed and/or compensated]

- 1-97. Kilgore, J.L. CrossFit Essentials: Anatomy & Physiology (2019-2021). A commissioned series of illustrations and text lessons in anatomy and physiology (97 installments).
<https://www.crossfit.com/essentials/anatomy-physiology>
98. Kilgore, J.L. The Value of Knowing (2018). CrossFit Journal.
99. Kilgore, J.L. Running the numbers (2018). CrossFit Journal.
100. Kilgore, J.L. Diet, nutrition, and the bitter pill of potential regulation (2018). CrossFit Journal.
101. Kilgore, J.L. Walking: Wrong Path to Fitness (2017). CrossFit Journal.
102. Kilgore, J.L. Day One: Screening New Clients (2017). CrossFit Journal.
103. Kilgore, J.L. Aging: Chronology, Chromosomes and Outcomes (2017). CrossFit Journal.
104. Kilgore, J.L. Let's talk about urinary incontinence (2017). CrossFit Journal.
105. Kilgore, J.L. Errors, Cues & Exaggeration (2017). CrossFit Journal, May.
106. Kilgore, J.L. Exercise Science: Reading between the Lines (2017). CrossFit Journal, February.
107. Kilgore, J.L. Seniors: How to Say No to Chronic Disease (2016). CrossFit Journal, October.
108. Kilgore, J.L. Conjectural Fatigue: High-Repetition Weightlifting (2016). CrossFit Journal, September.
109. Kilgore, J.L. Fitness: A choice for the ages (2016). CrossFit Journal, April.
110. Kilgore, J.L. Exercise Is Medicine: Imprecision and Impracticality (2016). CrossFit Journal, January.
111. Kilgore, J.L. Scoping out your Practice (2015). CrossFit Journal, December.
112. Kilgore, J.L. Drunk on Sugar (2015). CrossFit Journal, December.
113. Kilgore, J.L. Aging, Performance & Health (2015). CrossFit Journal, October.
114. Kilgore, J.L. Startling Ignorance (2015). CrossFit Journal, September.
115. Kilgore, J.L. Locking it Down: Part 2 (2015). CrossFit Journal, September.
116. Kilgore, J.L. Locking it Down: Part 1 (2015). CrossFit Journal, July.
117. Kilgore, J.L. Perish the Thought (2015). CrossFit Journal, June.
118. Kilgore, J.L. Periodization: Period or Question Mark? Part 2 (2015). CrossFit Journal, April.
119. Kilgore, J.L. Periodization: Period or Question Mark? Part 1 (2015). CrossFit Journal, February.
120. Kilgore, J.L. Certification and Licensure: Benefit or Liability? (2015). CrossFit Journal, January.
121. Kilgore, J.L. Peering through the Academic Blinds (2015). CrossFit Journal, January.
122. Kilgore, J.L. Shell Games and Competency: Education vs. Certification (2014). CrossFit Journal, July.
123. Kilgore, J.L. Deliver Fitness, Not Diagnosis (2014). CrossFit Journal, July.
124. Kilgore, J.L., Starrett, K., Tsytkin, J., Henschel, Q., and R. Moore. Offline: The "Knees Out" Cue. Video published February, 2014. <http://journal.crossfit.com/2014/02/offline-tba.tpl>

125. Kilgore, J.L. Fat of the Land: Mismeasures and Missing the Point (2012). CrossFit Journal, October.
126. Kilgore, J.L. Risk managed out of health and fitness (2012). 70sBig.com, April.
127. Kilgore, J.L. Rate your Shoe (2011). CrossFit Journal, January.
128. Kilgore, J.L. Paradigm Lost (2010). CrossFit Journal, November.
129. Kilgore, J.L. Getting Some Leverage (2010). CrossFit Journal, May.
130. Kilgore, J.L. Running the Wrong Way (2010). CrossFit Journal, March.
131. Kilgore, J.L. Adaptation for Fitness (2010). CrossFit Journal, January.
132. Kilgore, J.L. Safety: For Athletes and Trainers (2009). CrossFit Journal, November.
133. Kilgore, J.L. Forcing the Issue (2009). CrossFit Journal, September.
134. Kilgore, L. Built to Move (2009). CrossFit Journal.
135. Kilgore, L. Movement 101 (2009). CrossFit Journal.
136. Kilgore, L. Anatomical Illustration in Rippetoe, M (2008) "You Don't Know Squat without an Active Hip". CrossFit Journal.
137. Kilgore, L. Milking Fact from Intolerance (2008). CrossFit Journal.
138. Kilgore, L. The Measure of a Man (2008). CrossFit Journal 71: 35-40.
139. Kilgore, L. Cerifiable Knowledge (2008). CrossFit Journal 70: 10-12.
140. Kilgore, L. Dissecting the Fish: Plotting Progress in Multi-Mode Training (2008). CrossFit Journal 69: 33-37.
141. Rippetoe, M. and L. Kilgore. High Rep Overhead Lifting (2008). CrossFit Journal 67: 23-27.
142. Kilgore, L. Specifically Speaking (2007). CrossFit Journal 62: 17-19.
143. Kilgore, L. Genetic Potential (2007). CrossFit Journal 60: 20-21.
144. Kilgore, L. The Most Powerful Human Being in the Entire Universe (2007). CrossFit Journal 59:17-19.
145. Kilgore, L. Physics, Physiology, and Food (2007). CrossFit Journal 58: 8-10.
146. Kilgore, L. Putting the Physical back into Education (2007). CrossFit Journal 57: 1-3.
147. Kilgore, L. What is meaningful (2007). CrossFit Journal 56: 5-7.
148. Kilgore, L. Putting out fires (2007). CrossFit Journal 55: 1-3.
149. Kilgore, L. Removing Interference (2007). CrossFit Journal 53: 6-7.
150. Kilgore, L. Seven deadly sins and the gym (2007). EliteFTS Newsletter, January.
151. Kilgore, L. The Paradox of Aerobic Fitness Prescription: A Facultative Anaerobe Sucks the Air Out of VO₂max (2006). CrossFit Journal 52: 19-23.
152. Kilgore, J.L. and C.M. Rippetoe. Gym shoes 101 (2006). ExRx.net, November.
153. Burgener, M., A. Faigenbaum, L. Kilgore, M. Lavella, and M. Nitka. Roundtable Discussion: Youth Resistance Training (2003). Strength and Conditioning Journal 25 (1): 49-64.
154. Haff, G. and L. Kilgore (2001). Glutamine Supplementation. Weightlifting USA 19(3): 14.
155. Pendlay, G. and L. Kilgore (2001). Hormonal fluctuation: A new method for the programming of training. Weightlifting USA 19(2): 15.
156. Kilgore, L., G. Haff, K. Pierce, J. Garhammer, L. Jones, G. Pendlay, and R. Byrd (2001). USA Weightlifting Sports Science Committee Position Statement: Weight Training and Competition in Youth Populations, USA Weightlifting Local Publication. Author of paper, endorsed by committee.
157. Haff, G.G. and J.L. Kilgore (1999). The basics of creatine supplementation. Wichita Falls Medicine, 14(3): 13-15, 1999.
158. Kilgore, J.L. (1995). Funding student research. Sports Medicine Bulletin, 30(1), 36.

Conference Presentations and Abstracts of Research

1. Thomson, JC, Kilgore, L. and Ní Linnáin, T, (2014), Achieving the Right Formula for Success for Supporting the Enterprise City: A case study of Chi & Co. Regeneration, Enterprise, Sport and Tourism Symposium, Glasgow Scotland UK.
2. Brown, E., Cavana, J., Baker, J.S., Wyatt, F.B., Buchan, D.S., Kilgore, J.L. (2014). A comparison of child obesity prevalence changes using international and United Kingdom national growth references following a 10-week intervention. Mini-oral presentation at the 19th annual congress of European College of Sport Science (ECSS), 1-5 July 2014. Amsterdam, Netherlands.

3. Brown, E., Cavana, J., Baker, J., Wyatt, F., Kilgore, L. (2013). Fit for School: A School-based Child Healthy Weight Intervention Reduces BMI-SDS Scores in Primary School Students. Oral presentation at the Athens Institute for Education and Research (ATINER) 9th Annual International Conference on Kinesiology and Exercise Sciences, 29-31 July & 1 August 2013. Athens, Greece.
4. Kilgore, L., A. Neilson, E. Brown, A. Kinchloe-Skinner & K. MacIntyre (2013). Video Assessment of Psychomotor Skills in Online Learning: Professional Fitness Practice. E-Assessment Scotland Conference, Dundee Scotland UK.
5. Grace FM, Sculthorpe, N, Baker JS & Kilgore L (2012). The effects of short term high intensity exercise on glucose regulation and asymmetric dimethylarginine (ADMA) in borderline Type 2 diabetics. *Medicine and Science in Sports and Exercise* 44(5): S111 Suppl.
6. Donaldson, A., Wyatt, F. and Kilgore, L. (2012). An Investigation of Expired Gas Influence on the Shape of the Heart Rate Response at Maximal Effort in Cyclists. *International Journal of Exercise Science*, Vol. 2 (4). February.
7. Pandya, P., Wyatt, F., Kilgore, L. and Velasquez, B. (2012). Meta-Analysis of Exercise Associated Hyponatremia in Endurance Athletes. *International Journal of Exercise Science*, Vol. 2 (4). February.
8. Tailor, N, Wyatt, F., Kilgore, L. and Velasquez, B. (2012). Oxidative Low Density Lipoprotein and Exercise: A Historical and Meta-Analysis. *International Journal of Exercise Science*, Vol. 2 (4). February.
9. Wong, C. and Kilgore, L. (2012). Progressive Back Squats Increase Bone Density. *International Journal of Exercise Science*, Vol. 2 (4). February.
10. Kilgore, J.L., M.Rippetoe, and S. Bradford (2009). Pilot evaluation of the scapular alignment model of the deadlift. American Society of Exercise Physiologists National Conference, Wichita Falls, TX.
11. Kilgore, J.L. (2009). Paradigm Lost. ASEP National Conference, Wichita Falls, TX.
12. Pawar, G., Wyatt, F., Kilgore, L. & Waugh, L. (2008). Exercise Induced Dysfunction Following Prolonged Exercise in Ambient Environment in Road Cyclists. *Medicine and Science in Sports and Exercise*, Vol. 40(5), Supplement.
13. Wyatt, F., Kilgore, L., & Achterberg, G. (2008). Sport Science and Sport Performance: An Overview of the Midwestern State University Program. ASEP National Conference, Duluth, MN.
14. Gregg, J., Wyatt, F., Kilgore, L. & Pack, C. (2008). Determination of Ventilatory Threshold through Quadratic Regression Analysis. *Medicine and Science in Sports and Exercise*, Vol. 40 (5), Supplement.
15. Lopez, Y., Wyatt, F., Kilgore, L. & Pack, C. (2008). Analysis of Urine Specific Gravity in American Football Players via Water and High-Sodium Supplementation. Texas Chapter of the American College of Sports Medicine Conference, Odessa, TX.
16. Connor, B., L. Kilgore, D. Connor, and M. Connor (2007). Optimizing Your Weight Training Programs: Theory into Practice. AAPEHRD National Conference, Baltimore, MD.
17. Kilgore, J.L., D. Connor, M. Connor, B. Connor (2006). Power Up Your Weight Training Program: Bridging the Gap between Theory and Practice. AAPEHRD National Conference, Salt Lake City, UT.
18. Kudrna, R., M. Rippetoe, and J.L. Kilgore (2005). The Valsalva Maneuver: Risk or Risk Management. ASEP National Conference, Minneapolis, MN.
19. Kilgore, J.L., J. Kulik, and C.D. Touchberry (2005). Oral Carbohydrate Supplementation Does Not Affect Strength Performance, Pain Perception, or Acute Muscle Damage. ASEP National Conference, Minneapolis, MN.
20. Haff, G.G., J. Carlock, M. Hartman, N. Kawamori, J. Jackson, J.L. Kilgore, R. Morris, W.A. Sands, and M.H. Stone (2005). Force time curve characteristics and hormonal alterations in elite women weightlifters over 11-weeks of training. NSCA National convention, Las Vegas, NV.
21. Hartman, M.J., M. Bemben, D. Bemben, G. Pendlay, and J.L. Kilgore (2004). Neuromuscular response to twice-daily training in national-level weightlifters. NSCA National Conference, Minneapolis, MN.
22. Hartman, M.J., G.W. Pendlay, J.L. Kilgore (2004). Evaluation of the hormonal control model of weightlifting programming in national-level weightlifters. ACSM National Conference, Indianapolis, IN.
23. Hartman, M.J., G.W. Pendlay, J.L. Kilgore (2003). Evaluation of the hormonal control model of weightlifting programming in national-level weightlifters. CSC-ACSM, Kansas City, MO.

24. Hartman, M.J., K.L. Wells, G.W. Pendlay, and J.L. Kilgore (2002). Weightlifting performance changes using serum chemistry indicators. NSCA National Conference, Las Vegas, NV. (Won national graduate research award)
25. Lehmkuhl, M., B. Justice, E. Pistilli, G. Trone, M. Malone, D. Vinci, A. Utter, J.L. Kilgore, E. Haff and G. Haff (2001). The effect of eight weeks of creatine and glutamine supplementation on body composition and performance. NSCA National Conference. *Journal of Strength and Conditioning Research*, 15(3):396.
26. Kilgore, J.L., T.G. Kilgore, G.W. Pendlay, and S. Snowden (2000). Serum Chemistry adaptations to four weeks of intense resistance training. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):365.
27. Whitley, A., Haff, G.G., McCoy, L.B., O'Bryant, H.S., Stone, M.H., Pistilli, E.E., Lehmkuel, M, Kaminsky, D., and Kilgore J.L (2000). The effects of different set configurations on barbell velocity and displacement during clean pulls performed at 90 and 120% of one repetition maximum power clean. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):372.
28. McCoy, L.B. Haff, G.G., Kilgore, J.L., Reeves, J.S., Martin, J.L., Whitley, A.C., Schilling, B.K., O'Bryant, H.S. and Stone, M.H (2000). Kinematic analysis of the snatch of elite female weightlifters. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):367.
29. Schilling, B.K., Stone, M.H., Reeves, R.S., Haff, G.G., Kilgore, J.L., Pierce, K.C. and O'Bryant, H.S (2000). Kinematic differences in the clean and clean pull exercise while using varied set protocols. Annual congress of the European College of Sports Medicine, Jyvaskyla, Finland.
30. Schilling, B.K., M.H. Stone, H.S. O'Bryant, J.L. Kilgore, J. Martin, J. Reeves, and G.G. Haff (2000). Snatch Technique of United States National Level Weightlifters. Annual Congress of the European College of Sport Science, Jyväskylä, Finland.
31. Pendlay, G.W., J.S. Reeves, and J.L. Kilgore (2000). Weightlifting performance changes during intense loading. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):368.
32. Reeves, J.S., J.L. Martin, and J.L. Kilgore (2000). Trajectory dissimilarities between the clean and the clean-pull exercises. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):369.
33. Waldron, J.E., T.G. Kilgore, G.G. Haff, and J.L. Kilgore (2000). Effects of creatine supplementation on hepatic function in strength trained athletes. National Strength and Conditioning Association Meeting, Orlando, FL. *Journal of Strength and Conditioning Research*, 14(3):371.
34. Kilgore, J.L. and S.R. Snowden (1998). Strength Coach Education: Establishing a student oriented strength and power training program for athletes at a small division II university. TAAPEHRD State Conference, Houston, TX.
35. Mattson, J.P., C.R. Ross, J.L. Kilgore, and T.I. Musch (1997). Effects of training and chronic heart failure on the expression of heat shock protein 75 in female rat skeletal muscle. ACSM National Conference. *Medicine and Science in Sports and Exercise*, 29(5), supplement, S228
36. Kilgore, J.L., C.R. Ross, and D.K. Saunders (1995). Acute anaesthetic effects on tissue concentrations of HSP70 family proteins. ACSM National Conference. *Medicine and Science in Sports and Exercise*, 27(5), supplement, S124.
37. Kilgore, J.L., B.F. Timson, D.K. Saunders, R.D. Klemm, R.R. Kraemer, and C.R. Ross (1993). Stress protein induction in skeletal muscle: Comparison of laboratory models to work-induced hypertrophy. ACSM National Conference. *Medicine and Science in Sport and Exercise*, 25(5), supplement, S34.
38. Kraemer, R.R., D.A. Dziewaltowski, E.O. Acevedo, J.L. Kilgore, G.R. Kraemer, R. Heleniak and W. Lee (1993). Effects of resistive exercise on mood and plasma concentrations of Beta-Endorphin and Cortisol. AAPEHRD National Conference. *Research Quarterly for Exercise and Sport*, March supplement, A-32.

39. Kilgore, J.L. and R.R. Kraemer (1992). Protein deficiency and fasting effects on hypertrophy and myosin light chain profile in rat skeletal muscle. ACSM National Conference. Medicine and Science in Sport and Exercise, 24(5), supplement, S126.
40. Rinehardt, K., R. Kraemer, E. Acevedo, L. Kilgore, J. Schmitz, T. Miller, and M. Richardson (1992). Physiological and hormonal adaptations to training at the 4 mM anaerobic threshold in elite cross-country runners. ACSM National Conference. Medicine and Science in Sports and Exercise, 24(5), supplement, S123.
41. Kraemer, R.R., J.L. Kilgore, G.R. Kraemer, and V.D. Castracane (1991). Growth hormone, testosterone, and IGF-1 responses to resistive exercise. ASCM National Conference. Medicine and Science in Sports and Exercise, 23(4), supplement, S124.

Invited Lectures

- 2015 – Canadian Strength Symposium, Saskatoon, CAN
- 2014 – Science & Practice of Strength Sports Conference, London, UK
- 2013 – American Association for Health, Physical Education, Recreation & Dance, Charlotte, North Carolina
- 2012 – American Association for Health, Physical Education, Recreation & Dance, Boston, Massachusetts
- 2011 – University of Edinburgh, Disciplinary lecture to dissertation students
- 2004 – United States Olympic Committee/USA Weightlifting Coaches Summit, Colorado Springs, Colorado
- 2003 – United States Olympic Committee Elite Coaches Conference, Colorado Springs, Colorado
- 2001 – International Symposium for Sport and Applied Science, Monterrey, Mexico
- 2000 – International Olympic Committee Solidarity Symposium, Colorado Springs, Colorado

Memberships and Activities (*Current & Past*)

- Guild of Natural Science Illustrators
- Royal Society of Biology - Fellow (FRSB)
- American Society for Exercise Physiologists
 - Co-organizer for 2009 National Conference (recruited and hosted Kary Mullis, Nobel Laureate)
- Human Anatomy & Physiology Society
- British Weightlifting
- USA Weightlifting (formerly US Weightlifting Federation, formerly Amateur Athletic Union)
 - National Coach, Coach Educator, Competition Official, National Event Organizer
- USA Powerlifting
- US Powerlifting Association
- USA Track & Field
- Scottish Powerlifting
- Sigma Xi (scientific research society)
- American College of Sports Medicine
- National Strength & Conditioning Association

Reviewer/Editorial Activity

Journals: Journal of Reproductive and Infant Psychology (2012), Journal of Strength & Conditioning Research (2010-2011), Clinical Chemistry and Laboratory Medicine (2007-2009), Strength & Conditioning Journal (2004), Clinical Biochemistry (2003), Acta Physiologica Scandinavica (2001), Sports Science Editor, Weightlifting USA (2000-2005), Editor, Midwestern Weightlifting News (1996-1999)

Books: “Power, Speed, Endurance: A Skill Based Approach to Endurance Training”, Victory Belt Publisher (2012), “Nutritional Science: An Integrated Approach”, Wadsworth/Thompson Publishers (2004), “Quantum Strength Fitness II”, Patrick’s Books (2000)

Non-Compensated Board and Advisory Service

- CrossFit Certification Board Member – 2015 to present
- Limerick Institute of Technology External Reviewer – MSc program design and review (2014)
- Scottish Qualifications Agency – FH&E HNC/D design and review Committee (2013)

Opus Learning Advisory Board (2013 to 2019)
USA Weightlifting – Sports Science, Collegiate, and Doping Infraction Committees (2000-10)
Created the first university based Regional Development Center (TX 1999)
American Society for Exercise Physiologists – Certification Committee (2009-11)
External reviewer for professorial promotion, University of Idaho (2009-2010)
External reviewer for professorial promotion, Louisiana State University (2007)
Worksite Wellness Alliance (with YMCA & United Regional Medical Center) (1999-2001)
American College of Sports Medicine – National Student Affairs Committee (1994-1995)

University Service

UWS Faculty Board (2012-2014)
UWS Research & Knowledge Exchange Board (2012-2014)
UWS “NHS Your Contribution to Health” Conference Organizing Committee (2012)
UWS Institute for Clinical Exercise & Health Science development team (2011 – 2014)
UWS Institute for Clinical Exercise & Health Science start-up budget manager (2012-14) - £424,500
UWS BSc Coaching, Sport & Exercise Science, Sport Development progression board member (2011 - 2014)
UWS School of Science Ethics Representative (2011 to 2012)
UWS Institutional Ethics Reviewer (2011 to 2014)
UWS Staff Disciplinary Policy Investigator (2011-2012)
UWS Student Complaint Policy Investigator (2011-2013)
UWS Distance Learning Developer (Certificate of Higher Education - Fitness Practice) – 2012-2014
MSU Strategic Planning Committee (2003-2011)
MSU Facilities Design Committee - \$2.4 million academic and exercise facility renovation (1999-2001)
MSU Regents Professor Selection Committee (2004-05)
MSU Institutional Accreditation Committee (2005-2006)
MSU Graduate Faculty Committee (2002-2005)
MSU Graduate Program Coordinator (2000-2003)
MSU Program Designer & Leader - Bachelors in Exercise Physiology (Pre-Physical Therapy)(2002-2011)
MSU Academic Adviser (continuous - average of 70 advisees)
MSU Department of Kinesiology Curriculum Review Group (1997-2010)
MSU Institutional Promotion and Review Board (2007-2008, 2009-2010)
MSU Human Subjects in Research Committee (ethics) (1999-2006, chair 2002-2006)
MSU Varsity Athletics Strength & Conditioning Director - 9 sports - 2 National Tournament Teams (1998-2002)
MSU University Grievance Committee (1998-2000)
MSU Recreation Facilities Budget Director (1997-2001)

Grants and Other Requested Funding

1. Sporting Chance Initiative – Fitness business consultation, 2012, £4,970
2. NHS Lanarkshire PhD Studentship Grant – Pediatric Health Intervention, 2012, £18,000
3. NHS Renfrewshire PhD Studentship Grant – Oncology & Exercise, 2012, £21,000
4. NHS Lanarkshire Contract Research – Community health, 2012, £2,073
5. Scottish Sensor Centre Grant – Product testing of micro-CO₂ sensor, 2012, £5,000
6. AAHPERD – Invited speaker travel funds, 2012, £650
7. Scottish Funding Agency – product testing of Wii Fit peripheral, 2011, £5,000
8. STAR Grant – Fitness business consultation, 2011, £4,997
9. Carnegie Travel Grant - 2011, £810
10. VS Athletics Shoe Research VIK, 2010, \$3,000
11. United States Olympic Committee travel fund, 2006, \$1500 (travel to and from research center)
12. MSU University Faculty Development Research Grant, 2005, \$5600 (co-investigator)
13. College of Health Sciences and Human Services Faculty Research Grant, 2003, \$1550
14. MSU University Faculty Development Research Grant, 2003, \$3200
15. State of Texas, Nursing, Allied Health, & Other Health-Related Education Grant, 2002-3, \$123,581
16. Clinics of North Texas, VIK, 2002, \$15,000 (Quinton Integrated Treadmill and Electrocardiograph)

17. USA Weightlifting VIK, 2001, \$6,000 (Calibrated Weight Equipment)
18. Contract Funds from Appalachian State University Faculty Research Grant, 2001, \$1600
19. Texas Higher Education Access Request, 2000, \$88,000
20. Family Practice Associates VIK, 2000, \$11,000 (Coulter Onyx Hematology Analyzer)
21. MSU University Faculty Development Research Grant, 2000, \$3223
22. MSU University Faculty Development Research Grant, 1999, \$2995
23. Texas Higher Education Access Fund Request, 1999, \$56000
24. Wichita Falls Weight Loss Center VIK, 1998 \$5000 (Electrocardiograph, BIA, Phlebotomy Station)
25. MSU University Faculty Development Research Grant, 1998, \$1250
26. MSU University Faculty Development Research Grant, 1997, \$2300
27. Contract Funds from American College of Sports Medicine Research Grant, 1996, \$2500
28. Sigma Xi Scientific Research Society Travel Grant, 1995, \$350
29. American College of Sports Medicine Research Grant, 1993, \$2200
30. Sigma Xi Scientific Research Society Grant-in-Aid of Research, 1992, \$350
31. Central States Chapter, American College of Sports Medicine, 1992, \$250

Community/Professional Service & Consultation

Professional Development Seminars – Reebok CrossFit Glasgow & Irvine (2012)
 Director, USA Weightlifting Regional Development Center at MSU (1999-2002, 2004 to 2011)
 Sport shoe design consultant, VS Athletics Corp. (2010)
 Illustrator, Hotter ‘n Hell Cycling Science Conference poster (2010)
 External Accreditation Consultant, CrossFit Inc. (2009)
 Illustrator, American Society for Exercise Physiologists conference materials (2009)
 Advisor/Coach MSU Weightlifting (1997-2002, 2004 to 2008 – 5 national team championships)
 MSU Health Fair (1999-2005) – Organized and supervised exercise physiology student services
 Event Director North Texas Senior Olympics (1999-2003)
 Director, Re-Cycle Texas Community Health & Fitness Program (2001-2003)
 Director, Team Shadow Junior Cycling Program (2001-2004 – 4 national championship competitors)
 MASH Camp Committee (2001-2002)

Honors & Awards

IPF North American Powerlifting Championships – Team USA member – Gold Medalist (2019)
 IWF World Masters Weightlifting Championships – Team USA member – Silver Medalist (2018)
 USA Weightlifting Masters National Champion (2018)
 UWS Star Award Finalist – Teaching (2014)
 UWS Star Award – Research & Knowledge Transfer (2013)
 Scottish Masters Weightlifting Champion (2012)
 USA Powerlifting National Masters Record Holder (2010)
 MSU College of Health Science & Human Services Outstanding Faculty Award (2002)
 Certificate of Appreciation, North Texas Senior Olympics (1997-2001)
 USA Weightlifting Directors Recognition Award (1999)
 USA Weightlifting National Masters Champion & Record Holder (1995)
 Eugene Dehner Research Award, Kansas Academy of Science (1994)
 Phi Zeta Research Society Award in Basic Science (1993)
 Graduate Research Award, Central States Chapter, American College of Sports Medicine (1992)
 Graduate Student Award, College of Arts and Sciences, Kansas State University (1991)
 Missouri Academy of Science Research Award, Collegiate Division (1986)
 US National Collegiate Weightlifting Champion (1978)
 US National Junior Olympic Weightlifting Champion (1977)
 High School Letterman in Wrestling (1973-76)
 Governor’s Art Award – Pencil Media (1975)