

Lon Kilgore, Ph.D.

Kilgore Academy – Director
www.kilgoreacademy.com

Killustrated – Author, Illustrator & Publisher
www.killustrated.com

Education

Doctor of Philosophy, 1995
College of Veterinary Medicine
Dissertation – “Heat shock protein 70 and Syndecan as components of muscular tissue remodeling”
Department of Anatomy and Physiology
Kansas State University, Manhattan, Kansas

Master of Science, 1991
College of Arts & Sciences
Thesis – “Dietary protein and fasting effects on hypertrophy and light chain isomyosins in rat skeletal muscle”
Department of Kinesiology
Kansas State University, Manhattan, Kansas

Bachelor of Science, 1986
Department of Natural Sciences and Mathematics
Senior Research – “Effects of 1,1-bis-(chlorophenyl)-2,2,2-trichloroethanol (Kelthane™) on the gross behavioral and structural characteristics of *pimephales promelus*”
Division of Biology
Lincoln University, Jefferson City, Missouri

Teaching Philosophy

I endeavor to provide evidence based teachings in anatomy, physiology, and practical physical assessment to students who wish to function as coaches, personal trainers, exercise clinicians, physiotherapists, allied health practitioners, and researchers. Of particular interest is a concerted effort to restructure teaching and training of human movement seen in classrooms, clinics, and gyms away from the conventional isolationist approach towards a more unified systems and utilitarian approach. I use as many approaches to information delivery as possible within any course I teach. Some courses with relatively static content lend themselves to traditional forms of delivery while more dynamic courses with rapidly expanding content require a more aggressively experimental approach to provide the student with the chance to assimilate the breadth and depth of disciplinary information required for their success. I have further created online learning content for fitness and science students (in use in the USA and UK) in an effort to reach more students more economically.

Research Direction

My long-term interest has historically been in the area of muscular tissue remodeling. My laboratories have examined the role of Heat Shock Proteins (HSP70 family specifically) in muscular remodeling during hypertrophy, atrophy, and after myocardial infarction. Complimentary to this track is an interest in the mechanism of inducing strength adaptation. An emerging area of interest is a theoretical dissection of the operational paradigms of the exercise sciences. This particular path of investigation has provided new areas to consider, such as a novel analysis of the application of physical law and geometry to anatomical systems during lifting movements. Derivative of this is an ongoing creation of illustrations to communicate structural concepts regarding the anatomy, physiology, and physics of human body at exercise. Another effort of interest is work towards determining the precise stimulus(i) that induces adaptation in oxygen consumption capacity in the human. Research is a teaching tool and as such students are always at the center of my research efforts.

Professional Experience

August 2011 to September 2014
University of the West of Scotland
Faculty of Science & Technology
Institute for Clinical Exercise & Health Science
Hamilton, Scotland
Professor, CertHE Programme & Sport Academy Research Leader

August 1997 to June 2011 Professor (Tenured)
Midwestern State University
College of Health Sciences and Human Services
Department of Kinesiology
Wichita Falls, Texas

March 2006 to August 2008 Certification Instructor (for fitness professionals)
CrossFit Corporation Headquarters (Basic Barbell Training and Exercise Science Courses)
Prescott, Arizona

August 1995 to July 1997 Assistant Professor
Kansas State University
College of Arts and Sciences
Department of Kinesiology
Manhattan, Kansas

August 1991 to July 1995 Research and Teaching Assistant
Kansas State University
College of Veterinary Medicine
Department of Anatomy and Physiology
Manhattan, Kansas

February 1987 to February 1990 Sergeant, United States Army
MOS - Biological Research (01H), Ordnance (55R) - SF Recondo - ASR, OSR, AAM, ARCOM, GCM

March 1989 to July 1989 Introductory Biology Instructor
Central Texas College Military Campus
Johnston Atoll, USA Territory

August 1984 to February 1987 Unit Clerk - Newborn Intensive Care Unit
University of Missouri – Columbia, MO

March 1984 to November 1984 Phlebotomist/Autopsy Assistant
Saint Mary's Hospital, Jefferson City, MO

Teaching Responsibilities have included

SPDL7001 – Anatomy for Fitness Professionals (created, produced, and delivered online content)
SPDL7003 – Physiology for Fitness Professionals (created, produced, and delivered online content)
SPDL7002 – Teaching Strength & Running Skills (created, produced, and delivered online content)
SPDL7004 – Teaching Endurance & Multi-Element Training (created, produced, and delivered online content)
SPOR – Methods of Enquiry
SPOR – Immunology & Nutrition
SPOR – Cardiac Rehabilitation
SPOR – Honours Dissertation
KNES 1011 – Fundamentals of Physical Activity & Health (designed fully web-based course 1999-2004)
KNES 1032 – Varsity Weightlifting
KNES 1162 – Weight Training
KNES 1292 – Walking and Aerobic Fitness (designed fully web-based course used 2000-2004)
EXPH 1983 – Anatomical Assessment of Human Movement
EXPH 2002 – Principles of Exercise Leadership (Methods of teaching exercise and programming)
EXPH 2503 - Physiology of Sport and Exercise (KIN 335 at KSU)
EXPH 3331 – Sport Pharmacology
KNES 3603 – Testing and Measurement in Kinesiology
KNES 4673/6 - Internship in Exercise Physiology
KNES 4703 – Advanced Exercise Physiology and Clinical Assessment

KNES 4903 - Nutrition and Exercise
KNES 4993 - Topics in Kinesiology
KNES 5003 - Research and Statistical Methods in Kinesiology (Post-Graduate)
EXPH 5023 – Applied Exercise Physiology (Post-Graduate)
EXPH 5063 – Seminar in Kinesiology (Post-Graduate)
KNES 5073 - Problems in Kinesiology (Post-Graduate)
EXPH 5093 - Advanced Exercise Physiology (Post-Graduate)
EXPH 5203 – Kinesiology in the College Classroom (Post-Graduate)
KNES 5673 – Legal Aspects of Physical Education and Athletics (Post-Graduate)
EXPH 6003 –Internship (Post-Graduate)
KNES 6013 - Advanced Physiological and Mechanical Testing and Analysis (Post-Graduate)
EXPH 6103 – Research (Post-Graduate)
EXPH 6983, 6993 - MSc Thesis
Successfully directed 40 students to Master of Science degrees (thesis)
Committee member for 44 other Master of Science students
Directed 1 PhD student to completion and entry into the professoriate
Committee member for 1 other PhD student
Presently supervising 7 PhD students

Other Instructional Efforts

BIOL 2333 - Nutrition
AP 737 – Veterinary Physiology 1 (Extracellular Matrix Lectures & Laboratory Assistant - KSU)
AP 747 – Veterinary Physiology 2 (ECG Laboratory Instructor & Surgery Instruction Team - KSU)

Research and Scholarly Activity [Peer reviewed]

1. Thomson J, Kilgore L, and Ni Lionnain 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.
2. 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.
3. Kilgore, JL, JS Baker & B. Davies (2014). A consideration of the paradigm of exercise physiology. *Research in Sports Medicine*, 22 (3):314-322.
4. 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.
5. 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
6. 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
7. 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.
8. 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.
9. 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.
10. 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.
11. 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

12. Kilgore, J.L. (2012) Anthropometric variance in humans: Assessing renaissance concepts in modern applications. *Anthropological Notebooks* , 18(3): 13-23.
13. 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
14. 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.
15. 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
16. 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
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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).
23. 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.
24. 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.
25. Kilgore, J.L. (2011). Vitruvian Man Exercise: Preparing exercise professionals to detect segmental variations. *HAPS Educator* 10(3): 21-24.
26. 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.
27. 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.
28. Hartman, M.J., B. Clark, D.A. Bembien, J.L. Kilgore, and M.G. Bembien (2007). Comparisons between twice-daily and single-daily training sessions in male weightlifters. *International Journal of Sports Physiology and Performance*, 2:159-169.
29. Kilgore, J.L. and M.C. Rippetoe (2007). Redefining fitness for health and fitness professionals. *Journal of Exercise Physiology*, 10(2) April.
30. Kilgore, J.L. (2006). Exercise Physiology: Learning from history and moving towards the future. *Professionalization in Exercise Physiology*. 9(2) February.
31. 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.
32. 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.

33. Kilgore, J.L. Severity of viral infection is promoted by hyperthermic pretreatment (2004). *Journal of Science and Medicine in Sport*, 7(2): 259-263.
34. 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.
35. 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.
36. 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.
37. 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.
38. 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.
39. 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.
40. 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.
41. 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.
42. 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.
43. 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.
44. 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.
45. 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.
46. 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.

In review and preparation

47. Adams, J, J Thomson, J Baker and L Kilgore. A brief historical perspective on the business of professional fitness practice. *Physical Culture & Sport* (in review).
48. Riley, C. F. Wyatt, and L. Kilgore. Lifting belt wear increases 1RM back squat in highly trained competitive powerlifters and weightlifters. *International Journal of Exercise Science* (in review).
49. Touchberry, C, J Baker and JL Kilgore. Measurement of Glomerular Filtration Rate in Exercise Physiology Based Research. *Journal of Science and Medicine in Sport* (in review).
50. Brown, E., J. Cavanagh, J.S. Baker, F. Baker, and J.L. Kilgore. School-based Child Healthy Weight Interventions Reduce BMI-SDS Scores in Primary School Students. *Pediatric Exercise Science* (in review)
51. Kilgore, L., A. Neilson, E. Brown, A. Kinchloe-Skinner, K. MacIntyre, and K. Currie. e-Assessment of Teaching Skills in Students in an Online Fitness Instructor Preparation Programme (in preparation).
52. Kilgore, J.L., C.D. Touchberry, and F.B. Wyatt. Maximal efforts in high-intensity and endurance exercise elicit differing serum HSP70 responses (in preparation).
53. Kudrna, R, JS Baker and JL Kilgore. The Valsalva Maneuver: Risk or risk management (in preparation).

Books

1. Hanson, J. and L. Kilgore (2014). *Deconstructing Yoga*. Illustrated Books, Iowa Park, TX
2. Kilgore, L., M. Hartman, and J. Lascek (2011). *FIT*. Illustrated Books, Iowa Park, TX.
3. Kilgore, J.L. (2010). *Anatomy without a Scalpel*. Illustrated Books, Iowa Park, TX.
4. Rippetoe, M. and L. Kilgore (2009). *Practical Programming for Strength Training 2nd Edition*. The Aasgaard Company, Wichita Falls, TX.
5. Kilgore, J.L. and C.D. Touchberry (2008). *Basic Fitness Testing: Field Tests for Health & Fitness Professionals*. Second Edition. Heimdall Books, Wichita Falls, TX.
6. Rippetoe, M. and L. Kilgore (2007). *Starting Strength 2nd Edition: Basic Barbell Training*. The Aasgaard Company, Wichita Falls, TX.
7. 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).
8. Rippetoe, M. and L. Kilgore (2006). *Practical Programming for Strength Training*. The Aasgaard Company, Wichita Falls, TX.
9. Rippetoe, M. and L. Kilgore (2005). *Starting Strength: A Simple and Practical Guide for Coaching Beginners*. The Aasgaard Company, Wichita Falls, TX.
10. Kilgore, J.L. (1997). *Dynamics of Sport and Exercise: Physical Activity from the Cell to Society*. Burgess International Group, Inc., Edina, MN.

NOTE: The *Starting Strength* and *Practical Programming* editions have now combined for nearly 500,000 copies sold world-wide and have remained best sellers since their original publication dates. *Anatomy Without a Scalpel* and *FIT* have both spent significant time on their respective category Amazon best seller lists. The chapter on youth strength training from the 1st edition of *Starting Strength* (free online from publisher) has been accessed 4.9 million times since 2006.

Book Chapters

1. 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
2. Kilgore, L. (2014). *Appendix: Strength Standards*. In Heyward, V, "Advanced Fitness Assessment and Exercise Prescription" 7th Edition, Human Kinetics, Champaign, IL USA. ISBN: 9781450481021
3. 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.
4. 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.
5. 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.
6. Kilgore, L. (2011). *Biological Adaptation Illustration* in Leyland, T, "Exercise: Health & Health", Kendall Hunt, Dubuque, IA.

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. Kilgore, J.L. *Aging, Performance & Health* (2015). *CrossFit Journal*, October.
2. Kilgore, J.L. *Locking it Down: Part 2* (2015). *CrossFit Journal*, September.

3. Kilgore, J.L. Locking it Down (2015). CrossFit Journal, July.
4. Kilgore, J.L. Perish the Thought (2015). CrossFit Journal, June.
5. Kilgore, J.L. Periodization: Period or Question Mark? Part 2 (2015). CrossFit Journal, April.
6. Kilgore, J.L. Periodization: Period or Question Mark? Part 1 (2015). CrossFit Journal, February.
7. Kilgore, J.L. Certification and Licensure: Benefit or Liability? (2015). CrossFit Journal, January.
8. Kilgore, J.L. Peering through the Academic Blinds (2015). CrossFit Journal, January.
9. Kilgore, J.L. Shell Games and Competency: Education vs. Certification (2014). CrossFit Journal, July.
10. Kilgore, J.L. Deliver Fitness, Not Diagnosis (2014). CrossFit Journal, July.
11. Kilgore, J.L., Starrett, K., Tsytkin, J., Henoch, Q., and R. Moore. Offline: The "Knees Out" Cue. Video published February, 2014. <http://journal.crossfit.com/2014/02/offline-tba.tpl>
12. Kilgore, J.L. Fat of the Land: Mismeasures and Missing the Point (2012). CrossFit Journal, October.
13. Kilgore, J.L. Risk managed out of health and fitness (2012). 70sBig.com, April.
14. Kilgore, J.L. Rate your Shoe (2011). CrossFit Journal, January.
15. Kilgore, J.L. Paradigm Lost (2010). CrossFit Journal, November.
16. Kilgore, J.L. Getting Some Leverage (2010). CrossFit Journal, May.
17. Kilgore, J.L. Running the Wrong Way (2010). CrossFit Journal, March.
18. Kilgore, J.L. Adaptation for Fitness (2010). CrossFit Journal, January.
19. Kilgore, J.L. Safety: For Athletes and Trainers (2009). CrossFit Journal, November.
20. Kilgore, J.L. Forcing the Issue (2009). CrossFit Journal, September.
21. Kilgore, L. Built to Move (2009). CrossFit Journal.
22. Kilgore, L. Movement 101 (2009). CrossFit Journal.
23. Kilgore, L. Anatomical Illustration in Rippetoe, M (2008) "You Don't Know Squat without an Active Hip". CrossFit Journal.
24. Kilgore, L. Milking Fact from Intolerance (2008). CrossFit Journal.
25. Kilgore, L. The Measure of a Man (2008). CrossFit Journal 71: 35-40.
26. Kilgore, L. Cerifiable Knowledge (2008). CrossFit Journal 70: 10-12.
27. Kilgore, L. Dissecting the Fish: Plotting Progress in Multi-Mode Training (2008). CrossFit Journal 69: 33-37.
28. Rippetoe, M. and L. Kilgore. High Rep Overhead Lifting (2008). CrossFit Journal 67: 23-27.
29. Kilgore, L. Specifically Speaking (2007). CrossFit Journal 62: 17-19.
30. Kilgore, L. Genetic Potential (2007). CrossFit Journal 60: 20-21.
31. Kilgore, L. The Most Powerful Human Being in the Entire Universe (2007). CrossFit Journal 59:17-19.
32. Kilgore, L. Physics, Physiology, and Food (2007). CrossFit Journal 58: 8-10.
33. Kilgore, L. Putting the Physical back into Education (2007). CrossFit Journal 57: 1-3.
34. Kilgore, L. What is meaningful (2007). CrossFit Journal 56: 5-7.
35. Kilgore, L. Putting out fires (2007). CrossFit Journal 55: 1-3.
36. Kilgore, L. Removing Interference (2007). CrossFit Journal 53: 6-7.
37. Kilgore, L. Seven deadly sins and the gym (2007). EliteFTS Newsletter, January.
38. Kilgore, L. The Paradox of Aerobic Fitness Prescription: A Facultative Anaerobe Sucks the Air Out of VO_2 max (2006). CrossFit Journal 52: 19-23.
39. Kilgore, J.L. and C.M. Rippetoe. Gym shoes 101 (2006). ExRx.net Journal, November.
40. 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.
41. Haff, G. and L. Kilgore (2001). Glutamine Supplementation. Weightlifting USA 19(3): 14.
42. Pendlay, G. and L. Kilgore (2001). Hormonal fluctuation: A new method for the programming of training. Weightlifting USA 19(2): 15.
43. 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.
44. Haff, G.G. and J.L. Kilgore (1999). The basics of creatine supplementation. Wichita Falls Medicine, 14(3): 13-15, 1999.
45. Kilgore, J.L. (1998). Midwestern State Football - Strength & Power Program (instructional video). MSU-TV2, Wichita Falls, TX.
46. 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 Lioinnáin, 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. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Wong, C. and Kilgore, L. (2012). Progressive Back Squats Increase Bone Density. *International Journal of Exercise Science*, Vol. 2 (4). February.
8. 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.
9. Kilgore, J.L. (2009). Paradigm Lost. ASEP National Conference, Wichita Falls, TX.
10. 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.
11. 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.
12. 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.
13. 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.
14. Connor, B., L. Kilgore, D. Connor, and M. Connor (2007). Optimizing Your Weight Training Programs: Theory into Practice. AAPEHRD National Conference, Baltimore, MD.
15. 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.
16. Kudrna, R., M. Rippetoe, and J.L. Kilgore (2005). The Valsalva Maneuver: Risk or Risk Management. ASEP National Conference, Minneapolis, MN.
17. 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.
18. 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.
19. Hartman, M.J., M. Bembien, D. Bembien, G. Pendlay, and J.L. Kilgore (2004). Neuromuscular response to twice-daily training in national-level weightlifters. NSCA National Conference, Minneapolis, MN.
20. 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.
21. 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.
22. 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)

23. 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.
24. 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.
25. Whitley, A., Haff, G.G., McCoy, L.B., O'Bryant, H.S., Stone, M.H., Pistilli, E.E., Lehmkuhl, 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.
26. 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.
27. 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, Jyväskylä, Finland.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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
34. 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.
35. 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.
36. 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.
37. 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.
38. 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.

39. 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 and Past

The Physiological Society

Royal Society of Biologists

Fellow (FRSB)

Guild of Natural Science Illustrators

American Society for Exercise Physiologists

Registered Exercise Physiologist (REP)

Certification Committee Member

Co-organizer for 2009 National Conference (recruited and hosted Kary Mullis, Nobel Laureate)

Human Anatomy & Physiology Society

USA Weightlifting

Director, USA Weightlifting Regional Development Center at Wichita Falls (end 2011)

Member, Sports Science Committee Member, Collegiate Committee

Coaching Education Instructor

Regional Coach

Doping Infraction Panel Member

Performance Enhancement Team Project Author (for United States Olympic Committee)

Competition Organizer & Director (52 events including national championships and world trials)

USA Powerlifting

British Weightlifting

Scottish Powerlifting

American College of Sports Medicine

National Student Affairs Committee

Central States Administrative Committee

Texas Chapter Member

Editorial Activity

Reviewer, *Journal of Reproductive and Infant Psychology* (2012)

Reviewer, "Power, Speed, Endurance: A Skill Based Approach to Endurance Training", Victory Belt Publisher (2012)

Reviewer, *Journal of Strength & Conditioning Research* (2010-2011)

Reviewer, *Clinical Chemistry and Laboratory Medicine* (2007-2009)

Reviewer, *Strength & Conditioning Journal* (2004)

Reviewer, "Nutritional Science: An Integrated Approach", Wadsworth/Thompson Publishers (2004)

Reviewer, *Clinical Biochemistry* (2003)

Reviewer, *Acta Physiologica Scandanavica* (2001)

Reviewer, "Quantum Strength Fitness II", Patrick's Books (2000)

Sports Science Editor, *Weightlifting USA* (2000-2005)

Editor, *Midwestern Weightlifting News* (1996-1999)

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 present)
UWS Staff Disciplinary Policy Investigator (2011-2012)
UWS Student Complaint Policy Investigator (2011-2013)
UWS Distance Learning Developer (Certificate of Higher Education - Professional 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 Programme Coordinator – Exercise Science (2000-2003)
MSU Programme Leader – Exercise Physiology (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 Department of Kinesiology Webmaster (1997-2003)
MSU Athletics Strength & Conditioning Director (1998-2002)
MSU University Grievance Committee (1998-2000)
MSU Recreation Facilities Budget Director (1997-2001)
KSU Anatomy & Physiology Seminar Speaker Selection Committee (1991-1995)
External reviewer for professorial promotion, University of Idaho (2009-2010)
External reviewer for professorial promotion, Louisiana State University (2007)

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)
 Illustrator, Mach 5 Fitness business promotional materials (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)
 Illustrator, NorTex Barbell promotional materials (2008)
 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)
 MASH Camp Committee (2001-2002)
 Worksite Wellness Alliance (with YMCA & United Regional Medical Center) (1999-2001)

Honors & Awards

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 for Conducting Weightlifting, 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 Award, Research in Basic Science (1993)
 Graduate Research Award, Central States Chapter, American College of Sports Medicine (1992)
 Graduate Student Award, Department of Physical Education & Leisure Studies, KSU (1991)
 Missouri Academy of Science Research Competition, Collegiate Division Award (1986)
 US National Collegiate Weightlifting Champion (1978)
 US National Junior Olympic Weightlifting Champion (1977)
 Letterman in Wrestling (Mexico HS, Helias HS, Liberty HS)(1973-76)
 Governor's Art Award – High School, Pencil Media (1975)

Representative Students & Their Current Employment

Benson, Christie - University Instructor – NCAA DIII Tennis Coach
 Bisaro, Ivana - Professional Cycling Coach
 Brown, Elise - Professor
 Canterbury, Tim - University Instructor
 Crossland, Brett - NCAA DI Professional Strength Coach
 Ernsting, Mark - Professor, CEO M1 Sports Management
 Ezzell, Brandon - Sport Director, Missouri Olympic Development Center (Weightlifting)
 Franks, Chauncey - Regional Director - Fellowship of Christian Athletes

Gajare, Anil - Physician
Hancock, Shelley - Commercial Fitness Research Director
Hartman, Michael - Education Director, R&D Dept., Advocare, Intl. (NSCA Young Researcher Award)
Kennel, Robin - University NATA Curriculum Director
Kudrna, Becky - Professor
Lamb, Stacey - University Instructor - Soccer Coach (NCAA DII Coach of the Year)
Martin, John - Exercise Physiologist (civilian) US Airforce, Owner CrossFit Wichita Falls
Mauslby, Wade - Captain, Pilot, US Airforce
McAdams, Robert - High School Teacher - Football Coach - Football Theory Author
McIntyre, Joey - High School Teacher - Football Coach
Miller, Tony - High School Teacher - Football Coach
Ozokio, Kingsley - Pharmacist
Patel, Nilesh - Pharmaceutical Representative
Pendlay, Glenn - USA National Team Coach (weightlifting); Vice-President Muscle Driver, Inc.
Reeves, Jacob - Major, Helicopter Pilot, US Marine Corps
Rippetoe, Mark - Gym Owner, Author, Co-Founder Aasgaard Company
Robinson, Dale - Biology instructor, High School Athletic Trainer
Rodriquez, Tom - Insurance Agent
Stark, Jeanie - Junior High School Teacher - Volleyball Coach (Texas State Champions)
Talbot, Dan - High School Teacher - Football Coach (National High School Champions)
Touchberry, Chad - Professor
Waldron, Joe - High School Teacher - Volleyball Coach
Wanntke, Svea - Physiotherapist (Germany)
Welge, David - Lieutenant Colonel, Aerospace Physiologist & Professor, US Air Force Academy
Wells, Josh - Fitness Entrepreneur
Wells, Kathy - University Wellness Coordinator
Worthington, Clay – Australian National Track Cycling Coach, Western Australia Institute of Sport