

HEAD COACH JIM KNOEDEL

12th Season • Iowa (1974)



In his 12th season as head coach of the UIC men's and women's cross country and track and field teams is Jim Knoedel, who has constructed a program that enters every season with high expectations.

Since his arrival to the UIC campus, Knoedel has turned the cross country squad into a perennial Horizon League championship contender while building the track and field program from the ground up.

2006-07 was a season full of highlights for UIC cross country and track and field.

In the fall, the men's cross country team finished in second place at the Horizon League Championships for the first time in school history. Joseph Mbari won All-Horizon League First Team accolades, Jim Sulzberger earned a place on the All-Horizon League Second Team, and Nic Aubert was selected as the league's Newcomer of the Year.

The women's cross country team, which also posted a top-four finish, also featured an All-Horizon League First Team runner for the second consecutive season.

The indoor and outdoor track and field seasons in 2007 provided its share of accomplishments for Knoedel and his teams. Horizon League titles by Mike Savegnago (pole vault) and Idara Essien (triple jump) highlighted the indoor season. The duo repeated the feat in the outdoor campaign, joined by Horizon League Outstanding Field Performer of the Meet Terell Williams (javelin throw, decathlon) and Sulzberger (1,000-meter run).

UIC finished second in the men's standings at the Horizon League Outdoor Track and Field Championships to give Knoedel's squad another stellar team showing in 2006-07.

Since his arrival at UIC in 1996 Knoedel has taken men's and women's cross country programs that never finished above sixth place in the conference championship and turned them into perennial contenders, with school-best finishes for both teams occurring in the last three years. Knoedel also resurrected UIC's track and field program in 2001 and molded both men's and women's squads into contention for individual and team titles in the Horizon League ranks.

Knoedel came to UIC after six remarkably successful seasons as an assistant coach at Loyola. A 1974 graduate of the University of Iowa, Knoedel received his bachelor's degree in physical education and was a member of the track and cross-country squads there. He furthered his education at Iowa State, where he earned a master's degree in biomechanics in 1983.

Sandwiched between higher education degrees was a stint as head coach at Simpson College in Indianola, Iowa, where he was responsible for the development of the women's track program. In 1981, Knoedel moved on to Iowa State to pursue his master's and serve as a graduate assistant track coach.

After receiving his master's degree, Knoedel accepted a position as assistant coach at Drake University and was eventually promoted to head coach. In three seasons at Drake, Knoedel

coached five All-Americans before moving on to Northwestern University as an assistant coach from 1984-1986. Two years later, he became an assistant at Loyola.

At Loyola, Knoedel was part of a program perennially rated among the top in the region. Working with the cross country team in the fall and in charge of sprinters and field athletes during the indoor and outdoor track seasons, Knoedel tutored both the men and women's teams and annually helped bring in some of the area's top student-athletes.

The USA Track and Field National Office selected Knoedel as the head coach for two United States teams. In 1996 he coached the USA Women's Ekiden team competing in Yokohama, Japan, and in 1999, the Junior Men's Coach at the World Cross Country Championships in Belfast, Northern Ireland. The Junior Team placed a surprising sixth out of 81 competing countries.

Most recently Knoedel was selected to serve on the USA Track & Field National Team staff as the decathlon/heptathlon coach for the 2007 USA vs. Germany Combined Events competition in Stuttgart in August.

Knoedel and his wife, Denise, reside in Chicago.





ASSISTANT COACH
WAYNE HOLLOWAY
 Sixth Season

Wayne Holloway enters his sixth season as an assistant coach for the UIC track & field program. He is responsible for the growth and development of sprinters and hurdlers.

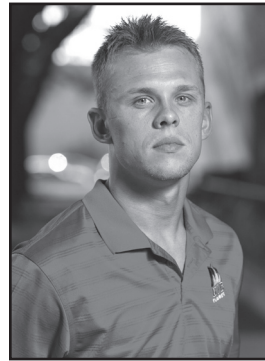
In Holloway's first five seasons at UIC, his student-athletes have broken 18 school records and three conference records. He has produced nine Horizon League champions and qualified seven athletes for the NCAA Outdoor Midwest Regional.

Prior to his arrival at UIC, Holloway enjoyed a successful three-year run as the girls sprint and hurdle coach at Homewood-Flossmoor High School in Flossmoor, Ill. The Vikings won three straight outdoor conference titles under his tutelage. At HF Holloway guided eventual UCLA All-American Adia McKinnon to an IHSA state record in the 400-meter dash (52.91), as well as state championships in the sprint medley, 100-meter and 200-meter dashes in 2000.

From 1991-2002, Holloway was a volunteer sprint, hurdle and jump coach for the University of Chicago Track Club (UCTC) and the Angelic Flyers Track Club. While coaching youth track, Holloway guided Nosa Ehimwenman, a Big Ten outdoor triple jump champion in 2002 for Ohio State, to a seventh-place finish in the triple jump at the 1998 USATF Junior Olympics in Seattle. He has also coached numerous athletes who went on to compete at the Division I, II, III and NAIA levels. Holloway is a USATF Level I certified coach.

Holloway earned his bachelor's degree in liberal arts from the University of Iowa in 1976, where he played on both sides of the ball for the Hawkeye football team. Holloway is a product of Chicago Public School Harlan High, where he lettered in track, football and baseball before graduating in 1969.

Holloway and his wife, Irma, have two sons, Wayne and Warren, and reside in Homewood, Ill. Warren also graduated from the University of Iowa, where he played wide receiver on the Iowa football squad and was also a sprinter on the Iowa track team.

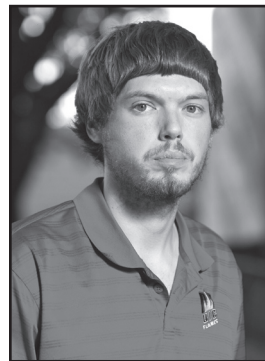


POLE VAULT
JOE KEPINSKI
 Fourth Season

Former UIC standout Joe Kepinski enters his fourth season as an assistant coach with the UIC track & field team, working with the squad's pole vaulters.

Under Kepinski's direction, former UIC pole vaulter Kristina Finley had become one of the league's top vaulters, owning the school record in the event. Kepinski has also helped the men's team improve its best vaults by over a foot and a half.

As UIC's only pole vaulter for four years, Kepinski took second at the conference indoor and outdoor championships in every year he competed. The Wadsworth, Ill., native graduated from UIC with a bachelor's degree in management and marketing in 2003.



HORIZONTAL JUMPS
BOB THURNHOFFER
 Fourth Season

Entering his fourth season as an assistant coach with the UIC track & field team is former Flames standout Bob Thurnhoffer. In charge of leading UIC in the long jump and triple jump events, Thurnhoffer has led the Flames to unprecedented heights.

In 2007 alone, six of UIC's finest jumpers reached personal bests in either the long jump or the triple jump. In 2006, Idara Essien swept the triple jump title at both the Horizon League Indoor and Outdoor Championships en route to an appearance in the NCAA Regional Championships. Essien also holds the school record for both the indoor and outdoor triple jump.

Thurnhoffer formerly competed for the Universal Sole-Reebok Club. In his first post-collegiate season, he earned a bronze medal at the 2005 USA National Club Track & Field Championships. Thurnhoffer is a USATF Level 1 certified coach.



ASSISTANT COACH
GARVIN AMBROSE
 Second Season

