

Coaching Resume

Jay R. Gump, Ph.D., CSCS

Incline Training
235 Greenfield Road
PO Box 132 (mail)
South Deerfield, MA 01373
jay@incline-training.com
413-397-9990

PROFILE

Fitness consultant who offers simple, effective training advice.

ATHLETES

Clients span all abilities, ranging from individuals wishing to lose a few pounds to some of North America's top endurance athletes.

COACHING EXPERIENCE & CERTIFICATION

- USA Triathlon Level 1 certified coach, October, 2005
- Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association, 1/2005
- Director Sportif, Webcor Builders Pro Cycling Team, 2004
 - 1st place, The Redlands Bicycle Classic, Sea Otter Classic, and T-Mobile (San Francisco Grand Prix) headlined a season that included 24 victories.
 - 1st place individual (Chris Horner), 2004 National Racing Calendar
 - 3rd place team ranking, 2004 National Racing Calendar
- Coach, Alto Velo Bicycle Club, 2004
- USA Cycling elite licensed coach – since 1997
- Cycling coach, owner, Incline Training, (Burlington, VT, Menlo Park, CA, and S. Deerfield, MA). since 1997
- Resident coach, U.S. Olympic Training Center, Colorado Springs, CO. Summer 1997
 - Lived at OTC and worked with other national team coaches and physiologists
 - Served as traveling coach for the Pan American Cycling Championships in Cali, Colombia
- Cycling Coach and Road Captain, Colorado State University Road Team, 1996-1997
- Category 1 road cyclist with 13 years of racing experience

EDUCATION

- Ph.D., Dept. of Molecular Physiology and Biophysics, University of Vermont, Burlington, VT, May 2001
- M.S. Exercise Physiology, Colorado State University, Ft. Collins, CO, May 1997
- B.A. Mathematics, University of North Carolina, Chapel Hill, NC, May 1990

ATHLETICS

- Category 1 road cyclist with 13 years experience
- Victories in cycling races (road and mountain), triathlon, running races, and winter multi-sport competitions

- 20 years experience in outdoor sports including skiing, climbing, backpacking

RESEARCH EXPERIENCE

- Postdoctoral Fellow, Laboratory of Frank McCormick, Cancer Research Institute at the University of California, San Francisco, May, 2001-Sept., 2003
- Graduate student, Laboratory of James Koh, Depts. of Medicine and Pathology, University of Vermont, Burlington, VT, May 1998-May 2001
- Muscle Laboratory rotations, Laboratories of Christopher Berger and James Posada, University of Vermont, Burlington, VT, August, 1997-May 1998
- Masters Thesis Project, Colorado State University, Fort Collins, Colorado
 - Utilized supplemental oxygen to demonstrate that elite cyclists training at altitude are limited by different physiologic capacities
- Comparison of various lactate meters for accuracy and utility, US Olympic Training Center, summer 1997

TEACHING EXPERIENCE

- Postdoctoral teaching fellow, UCSF Medical School, Spring 2003
- Teaching Assistant, University of Vermont, Burlington, VT. 1997-2001
- Physiology Tutor, University of Vermont College of Medicine, Spring, 1999

AWARDS and HONORS

- Poster award, Environmental Carcinogenesis Research Symposium. 10/2000
- 1st place, 3rd place, 1st place, Graduate/Medical Research Symposium, University of Vermont College of Medicine. 4/1998-4/2000, respectively
- John Stenner Memorial Scholarship for contributions to collegiate cycling, awarded by the United States Cycling Federation. 1996-97
- Pi Mu Epsilon – National mathematics honor society, University of North Carolina chapter. 1990
- Coker-Fox Scholarship from the University of North Carolina, awarded for character, scholarship, and leadership. 1986-90

PEER REVIEWED PUBLICATIONS

- Greenblatt, MS, Beaudet, JG, **Gump, JR**, Godin, KS, Trombley, L, Koh, J, and Bond JP. (2003) Detailed computational study of p53 and p16: using evolutionary sequence analysis and disease-associated mutations to predict the functional consequences of allelic variants, *Oncogene* 22, 1150-63
- **Gump, J**, Stokoe, D, and McCormick, F. (2003). Phosphorylation of p16^{INK4A} correlates with cdk4 association, *J Biol. Chem* 278, 6619-6622.
- **Gump, J**, Turner, S, and Koh, J. (2001) The COOH-terminus of p18^{INK4C} distinguishes function from p16^{INK4A}, *Cancer Research* 61, 3863-8
- **Gump, J** and Koh, J. (2001) An antibody to p16^{INK4A} recognizes a modified form of galectin-3. *Hybridoma* 20, 167-74

POPULAR ARTICLES

- **Jay Gump** and Max Testa (2005) *Power Play* – power output from domestic pro's at the 2004 Tour de Georgia, *Velonews*, 34(9) p. 62.
- **Jay Gump** and Max Testa (2005) Training for multiple hard efforts, *Velonews* 34(10) p. 70.

- **Jay Gump** and Max Testa (2005) Cadence Selection, *Velonews* 34(11) p. 68.