

# WINDED WARRIORS

#FINISHCANCER



**FOR IMMEDIATE RELEASE**

**MEDIA ADVISORY**

## WINDED WARRIORS



August 22, 2018

Charles Black

TEAM CAPTAIN

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### Hood to Coast “Mother of All Relays”

August 24-25 • Mt. Hood to the Pacific Coast

### US Air Force Academy - Class of 1970

199 miles • day & night • rain or shine

**AGE 70+ OLDEST TEAM EVER!**

### Team Includes

Former president, San Diego Padres

Two-time Masters World Track Champion

Top international aviation attorney

Former Air Attaché to China

Former Prisoner of War (POW)

World’s leading retinal eye surgeon

Former Space Shuttle air rescue pilot

Former staff, Executive Office of the President

Eight former CEO’s and top execs (FEDEX, et al.)

**TOP FUND RAISING TEAM  
IN THE NATION**

**Over \$50,000**

**[www.usafa70.com](http://www.usafa70.com)**



## Oldest Team Challenges World's Longest Relay Race

**“Winded Warrior” team tops national fundraiser to fight cancer**

August 22, 2018 • Portland, OR

Twelve graduates of the United States Air Force Academy aged 70 or older have joined to run the Hood to Coast relay in the oldest team ever to challenge the grueling 199-mile race from Mt. Hood, Oregon to the Pacific Coast.

Team captain Charles Black explained, “Classmate and fellow attorney Don Rushing and I realized our Class of 1970 is turning 70 years old — some older — and the Hood to Coast relay would be an adventure to celebrate how far we’ve come.” Black is former president of the San Diego Padres major league baseball team.

“On top of it, we realized Classmates, family members and friends have battled cancer,” Black added. “So we are grateful to see our ‘Winded Warrior’ Team has raised over \$50,000 to support the race’s sponsor Providence Cancer Center.

“We salute all the teams who have raised funds. And it’s humbling that Academy graduates, Air Force and other friends have pushed us to the top of the donor list,” said Black. He also praised support from the Air Force Academy Association of Graduates (AOG) and the USAA insurance company.

The “Winded Warriors” Team is joined by runner back-ups and other Classmates. “It’s tough to support a team covering nearly 200 miles, night and day, rain or shine,” said Team runner Grady Cash. “We’re older and face risk of injury. But we have Classmate support, strong camaraderie and a sense of humor. Plus, our wives and families tolerate us!”

Cash, who doctors said would never run again, just achieved his second world record in Masters Track & Field. Noted speaker on healthy aging, Cash recently released his book ***200 Tips Every Runner Should Know*** for runners of any age.

Crossing the finish line together on the second day of the race, the “Winded Warrior” Team will carry a banner with names of those who Team Members personally know have battled cancer. One Team Member’s wife is fighting cancer; another Team Member’s daughter just had cancer surgery; a Team Member’s wife received a kidney transplant from their daughter to beat cancer; and a Team Member is now fighting his second cancer.

The Team will fly Air Force blue, as well as the Class of 1970 “Battle Flag” created by Jack “Jocko” Trimble, one of the Class of 1970’s two former Vietnam prisoners of war. Earlier this year, Trimble took the flag with Classmates to the summit of Mt. Kilimanjaro in Africa.



### Team Member Summary (alphabetical)

Lance Ammon, runner	Electronics CEO / B-52 pilot	Richland Hills, TX
Mark Bean, runner	Professor / pilot / air attaché	Cottonwood Heights, UT
“BJ” Bjorklund, runner	Invest exec / B-52 pilot	Santa Monica, CA
Charles Black, team capt	Urban dev / MLB president / atty	San Diego, CA
Grady Cash, runner	Fin Plan / Author / Speaker World Record holder	Nashville, TN
Ted Coulson, runner	Litigation Atty / KC-135 pilot	Seattle, WA
Gary Covington, backup	CEO oil exec / F-111 pilot	Midland, TX
Mike Gregersen, runner	Air rescue / Helo gunship pilot	New Braunfels, TX
John Hale, comm	Chief Comm Off / intel officer	Gettysburg, PA
Mike Lambert, liaison	Surgeon / investor / pilot	Austin, TX
Mike Landers, runner	Entrepreneur / psychotherapist	Lexington, MA
Russ McKnight, runner	Dir global logistics / pilot	York, PA
Jim Mulford, runner	CEO-Chairman / Info Sys Design	Lone Tree, CO
Clark Nichols, runner	Aviation atty / aero contracts	Medina, WA
Don Rushing, runner	Trial lawyer / space & missile sys	La Jolla, CA
Tom Stein, logistics	Construction exec / aero engineer	Portland, OR
John Stringfellow, runner	Hi-tech CFO / air combat pilot trainer	Yorba Linda, CA
Larry Tieman, advisor	Sr VP Fedex / PhD / Computer Sci	Larry Tieman
Jocko Trimble, support	FedEx Pilot / fighter pilot / ex-POW	Memphis, TN
Bob Welbaum, runner	Teacher / Pub / Author / aero eng	Centerville, OH

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## Additional information

- ❑ Bios, Team Member photos, graphics and other detailed information are available on the following sites:

Official Team website [www.usafa70.com](http://www.usafa70.com) also linked to:

- Team Facebook page (shortened URL) for event updates:

<https://bit.ly/2Mu5qUU>

- Donation site set up by the Hood to Coast race organization

<https://finishcancer2018.everydayhero.com/us/air-force-academy-class-of-1970>



Over 12,000 runners - **12 of them are ours** - 70+ years old – 199 miles  
Oldest team ever – US Air Force Academy – Class of 1970

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