



# U.S. Armed Forces Cycling

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**Manager - Air Force Civilian Debra Ponzio**, Command Fitness & Sports Manager  
Stationed: Ramstein, Germany; Hometown: Niagara, Wisconsin

**Director – Mr George Heagerty (USAF Ret)**, USA Cycling Central Region Coordinator  
Based in: San Antonio, Texas

**Head Mechanic - Air Force MSgt Frank Jaworski**, Quality Assurance Superintendent  
Stationed: Naval Air Station Rota, Spain; Hometown: Loudon, New Hampshire

**Nutritionist – Air Force Major Jim Weinstein**, Nutrition Medicine Flight Commander  
Stationed: Air Force Academy, Colorado, Air Force Academy Cycling Coach

## Athletes:

**Coast Guard Lieutenant Commander George Ganoung**, Decision System Engineer  
Stationed: Coast Guard Headquarters, Washington DC; Hometown: Tombstone, Arizona

**Air Force Reserve Major Bill Jacobus**, F-16 Pilot  
Stationed: Hill AFB, Utah; Hometown: Evergreen, Colorado

**Air Force First Lieutenant Holly Borowski**, Global Hawk Maintenance Officer  
Stationed: Beale AFB, California; Hometown: Nevada City, California  
Current training/racing full-time in the Air Force World Class Athlete Program

**Air Force First Lieutenant Ian Holt**, Missilier  
Stationed: FE Warren Air Force Base, Wyoming; Hometown: Bethlehem, Pennsylvania  
Current training/racing full-time in the Air Force World Class Athlete Program

**Air Force Second Lieutenant Zachary Garrett**, Aerospace Physiologist  
Stationed: Shaw AFB, South Carolina; Hometown: Columbia, Missouri

**Coast Guard Chief Petty Officer Sean Coleman**, Aviation Electronics Technician  
Stationed: Air Station Clearwater, Florida; Hometown: North Hampton, New Hampshire

**Marine Gunnery Sergeant Ken Young**, Command Center Team Chief  
Stationed: Pentagon, Washington DC; Hometown: St Albans, Vermont

**Marine Reserve Sergeant Chris Judy**, Linguist  
Stationed: Camp LeJeune, North Carolina; Hometown: Salt Lake City, Utah



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