



Name: Cory Urban

Position: Head Boy's Coach/Sprinters

Years Coaching Track: 14 years

Fun Fact: I enjoy traveling to all my kids sporting events. When we all have a bit of down time, my family and I enjoy heading to Ely to our family cabin.



Name: Jered Smiley

Position: Head Girl's Coach/Throws

Years Coaching Track: 12 years

Fun Fact: My wife and I love traveling and camping. Our happy place is by a campfire or the occasional white sandy beach somewhere beautiful. We have a furbaby named Bernard aka Nard Dog.



Name: Chris Jones

Position: Distance/4x800

Years Coaching Track:

Fun Fact:



Name: Kaeden Fellingham

Position: Distance/4x800

Years Coaching Track: 1

Fun Fact: I grew up in the Kansas City Metro, went to College in Iowa, and now (obviously) live in Rochester. I enjoy baking bread, foraging for mushrooms, backpacking, watching sports, cranking tempo runs, and going to concerts.



Name: Matthew Olson

Position: Pole Vault/Sprinters

Years Coaching Track: 12

Fun Fact: I am a big fan of outdoor games such as sand volleyball, bags, bocci, biking, etc; any excuse to get outside when it is nice out.



Name: Jeff Ubinger (Coach Ubee)

Position: Middle Distance/High Jump

Years Coaching Track: 6

Fun Fact: I'm in my 12th year of teaching; currently Social Studies @ John Adams Middle School. My wife teaches English at Mayo and we have four boys - Evan (14), Levi (13), Seth (13), and Luke (10). We enjoy anytime we can get outdoors!



Name: Jeff Schlichter

Position: Girls sprints/ Horizontal Jumps

Years Coaching Track: 10

Fun Fact: Male Platypodes have poisonous barbs on their hind feet.



Name: Scott Klote

Position: Throws

Years Coaching Track: 13 Years as a throwing coach in Rochester (10 years at Century & 3 years at John Marshall)

Fun Fact: I enjoy gaming & woodworking and we have a puggle named George



Name: Kevin Kirkeby

Position: Long Sprinters/Jumps/Relays

Years Coaching Track: 12 years

Fun Fact: I have been coaching sports in Rochester since 1992 between youth sports and varsity sports. The sports I have coached include track & field, football, basketball and soccer.



Name: Helnsarah Penda

Position: Hurdles/Relays

Years Coaching Track: 3

Fun Fact: I was born and raised in the DMV. I love to cook, snowboard, and weight train.



Name: Anh McGeeney

Position: Sprints/Horizontal Jumps

Years Coaching Track: 4

Fun Fact: I'm a Mayo grad and joined the Minnesota Army National Guard my senior year and am still in.



Name: Braedon Mengis (Mango)

Position: Boy's Sprints/Throws

Years Coaching Track: 5

Fun Fact: I also help out volunteer coach Football in the fall that will be my 7th year coaching football and my 1st year coaching basketball and also I'm a ESP at Mayo high school for 3 years and I'm also a Mayo Grad as well.