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### JONAS KNOX

**BIOGRAPHY**

Jonas Knox is co-host of FOX Sports Radio’s weekday morning program, *2 Pros and a Cup of Joe* with LaVar Arrington and Brady Quinn. Airing Monday through Friday from 6 to 9 a.m. ET on more than 350 stations nationwide, in addition to iHeartRadio, the program features the trio’s entertaining and thought-provoking conversation on the biggest headlines.

Knox also hosts the Friday evening/Saturday morning program, *The Jonas Knox Show*. He previously co-hosted *Straight Outta Vegas with R.J. Bell*,which airs weekdays on more than 230 stations nationwide, as well as a Saturday program with five-year NFL veteran Bucky Brooks, and a Sunday program with former Notre Dame Quarterback Brady Quinn. A former MMA/boxing expert for the network, he frequently produced FSR’s fight-night coverage, including *UFC on FOX* simulcasts, and served as a freelance reporter for several MMA/boxing websites.

Knox got his start in Los Angeles radio at AM 830 as an intern, where he covered games for local teams, including the Clippers. In 2009, he flew across the country to Charleston, S.C. to deliver his resume in person for a potential co-host/executive producer/update anchor position at a brand-new station, WSPO. His determination impressed the station ownership and he got the job. Unfortunately, the fledgling station folded in a year and Knox was forced to return to Los Angeles in 2010.

Never giving up on his radio dream, he did odd jobs to make ends meet, including construction, dishwashing at restaurants and telemarketing - a job he was fired from after applying to radio positions during his shift. As luck would have it, a co-worker from his stint in Charleston connected him with the head of FSR the following week. He was offered a position at the network as an overnight weekend editor, and he soon after added producer duties for weekday mornings and weekends, as well as various news anchor shifts.

After producing *FOX Sports Daybreak with Andy Furman and Mike North* for four years, he got his chance to get behind the mic again. He added fill-in hosting duties on weekends until a Saturday morning shift opened up; that shift soon expanded to Sundays, and the rest is history.

When he’s not in the studio, Knox enjoys working out, writing poetry, making music with his rock band and rooting for his favorite teams – the Bears, Cubs, Celtics and Pittsburgh Penguins. He can even be found cheering for the South Carolina Gamecocks, thanks to an on-air bet. Fans can connect with him on Twitter @TheJonasKnox.

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