LTC John B. Mountford is a native of DeSoto, Missouri. He graduated from the United States Military Academy at West Point and commissioned a Second Lieutenant of Field Artillery in 1995. He holds a Bachelor of Science degree in Philosophy and earned a Master of Arts in Organizational Leadership from Gonzaga University.

LTC Mountford's first duty assignment was with the 18th Field Artillery Brigade at Fort Bragg, North Carolina where he served as a platoon leader and battery executive officer in 3rd Battalion (MLRS), 27th Field Artillery and as commander, 1st Field Artillery Detachment (Airborne). Upon completion of the Field Artillery Officer Advanced Course, LTC Mountford served as the Task Force Fire Support Officer for 1st Battalion, 16th Infantry in 1st Brigade, 1st Infantry Division at Fort Riley, Kansas. He commanded D Battery, 1st Battalion, 5th Field Artillery, and HHB, 1st Battalion, 5th Field Artillery. In 2003, he deployed with Headquarters Battery in support of Operation IRAQI FREEDOM II. After departing Fort Riley, LTC Mountford served as a Small Group Leader and Fire Support Instructor at the Australian Artillery School at Bridges Barracks, Puckapunyal, Australia. Following graduation from Command and General Staff College, LTC Mountford served as the assistant fire support coordinator for V Corps in Heidelberg, Germany. He was reassigned to the 172nd Separate Infantry Brigade where he served as the operations officer and later executive officer of 1st Battalion, 77th Field Artillery in Schweinfurt, Germany and during Operation IRAQI FREEDOM 08-10. Most recently, LTC Mountford served as the Aide-de-Camp to the Vice Chief of Staff, Army.