

## Timo Mostert

Coach Timo Mostert has coached the Boys Cross Country Team at American Fork High School since 1998 after being at Murray High for 10 years. His boys teams have competed at the State Championships every year he has coached, including 8 State Championship, 5 Runner-up trophies and 17 top 5 finishes. His teams have been ranked in the Southwest United States 12 of the past 14 years including winning 7 NXN-SW titles and have placed 8th, 8th, 6th, 2nd, 7th, 5th, 2nd and 2nd at NXN. He has coached 19 individual State Champions in Cross-Country, the 800 meter run, the 1600 meter run, and the 3200 meter run. His athletes have earned 9 All-America awards at NXN including the 2015-16 Individual National Champion. In 2017, his boys set the National Record in the 4X1600m Relay (16:41.30).

He served 10 years on the Youth Committee and 3 years as Track-and-Field Committee Chair for the Utah Association of USA Track and Field and has served as Vice-President of the Utah High School Track Coaches Association since 2000. He is a Masters level Certified Track and Field Official. Coach Mostert was recognized as "Teacher of the Year" at American Fork High School in 2006. He was named NFHS "Utah Coach of the Year" for the 2010 season, was awarded the "Distinguished Service Award 5A Coach of the Year" for 2014-15 by the UHSAA, and recognized as "National Boys Cross Country Coach of the Year" by the NHSCA in 2016.

## Rick Weinheimer

Weinheimer came to Columbus in 1978 as an English teacher at Northside Middle school and cross-country coach at Columbus East. For 38 years, Weinheimer had been the Bull Dogs' boys cross-country coach, and he also led the girls team for 35 years. In those 35 years, North has qualified for the state finals 32 times. Weinheimer has led the boys to the state finals 20 times, winning five state championships (2002, 2003, 2009, 2010, 2011). But the biggest moment in his tenure came in that 2009 season when both the **boys and girls ran to state championships**.

The boys were heavy favorites that year and responded by becoming one of only three teams ever to put all five scorers in the top 25. The girls ran after the boys that year, and pulled a shocking upset, winning by 82 points after finishing third behind Carmel and Noblesville in the semi-state a week earlier.

### Making runners great

Former Athlete says it best: Christian Wagner moved to Columbus from Lafayette in the early summer of 2001, he didn't know anyone

"It was awesome what he did for me," Wagner said. He reached out to me, and I ran with the kids during the summer. He goes out of his way all the time to make kids better." Wagner became a three-time All-State runner and the state champion as a senior, running a school-record 14:35.

The top girls runner in North history, Mackenzie Caldwell, agrees. Caldwell was the cross-country state runner-up in 2013. "I could never say enough to thank him for everything to make me not only the runner that I am but the person that I am," he allows all of his athletes to tell their story.

**Also an author:** Weinheimer wrote the book "Move Your Chair," which was published in 2015.

The Columbus North cross-country programs under coach Rick Weinheimer:

Boys:	38 years, Regional titles – 24,	Conference titles – 17,	State top 10 – 16,	State Champs – 5
Girls:	35 years, Regional titles – 27,	Conference titles – 27,	State top 10 -27,	State Champs -1

## **Kate Davis - MS, RD, CSSD**

Kate has been with us many times at the Cross Country and Track Clinics. She is well respected and earns high evaluations every time she visits us.

Level 1 ISAK Certified

Consultant: US. Paralympics Women's and Men's Goalball, LCC Mens Baseball

Editor-in-Chief, Academy of Nutrition and Dietetics' online Sports Nutrition Care Manual

2024 Paris Paralympics Sports Dietitian

Past Consultant: U.S. Women's Hockey, NBA G-League (Grand Rapids Drive), Grand Valley State University Athletics

Member: United States Olympic Committee Sports Dietitian Registry