



Performance & Awards



“Making Dreams Come True with Teamwork”

#building a national championship team together

Trophies, awards, medals and recognitions, are all nice to receive, but the goal of our team or its philosophy has always been able to build character through the dissolution of ego and infusion of virtue. Ego can be defined as a disposition or mentality of self-centeredness or selfishness, or a detachment from our neighbors or community and a fixation on ourselves or our families exclusively without regard to the greater good. Whereas virtue can be expressed as almost the exact opposite. If we as coaches, leaders, parents, volunteers, can in our own lives strive to reflect virtue by our actions, choices and behaviors, then our hope is that this will be contagious to those who we govern. If virtue through controlled behavior and our steadfastness to think of others first or virtue becomes contagious then it will eventually become cultural. If it becomes cultural, then it will become normal. It will become normal not only in our personal life but also in the lives of those closest to us. Furthermore, this way of thinking will positively affect the scope of our entire track family. When this happens, we are essentially (in all humility) unstoppable! As a result, when we think of others first and attenuate our natural proclivity to ego-like behavior – then we become strong as a team and community. To keep it simple, it will become one unit.

Coach Ryan and his wife has coined this state of thinking with one word “HEART” Basically, every championship athlete, relay team, age group or gender division group or overall team trophy has been achieved because in some way shape or form the individual or the group bought into this concept of “HEART” One can see this philosophy repeated by most championship team and honored recipients. In example, and in humility, they give credit to others first and attempt to reduce attention to themselves. Every year at both our Nationals Pizza Party, and National Meeting, and in many of the pep talks to both pre-race meets as well as directly before the competition, we attempt to communicate the necessity to place this disposition at the center of attention, so that when the going get tough, which it always does, we as individual or collectively as a group don’t collapse into ourselves because of egos. Coach Ryan has literally seen team who did not realistically have a chance to be on the award stand place or win, and he gives full credit to the fact the athletes and divisional or age group coaches bought in the philosophy of “Heart”. Attempted to live it our personally and through example became a positive influence and role model to those around them.

The best instance Coach Ryan could remember in which this way of thinking most notably became of living experience was when his 2016 Boy High School Team won the AAU National Cross Country Championship in Tallahassee, FL. With only 38 points, after only being ranked 7th out of 17 registered teams. We didn't have the best athletes in the county, but we had a team that wanted to win and to die for each other. Many witnesses gave to testimony that the kids in surreal way seemed to run very closely bunched as if an invisible cord connected them. Probably, our most significant moment in the history of our team was our recent performance and National Championship at the Western Nationals in Reno, NV, when for all intents and purposes and judged by previous competitions and the competing team – we should have been ranked 5th at best. Of course, the result was the championship trophy, and a team score record. What happened? The entire team in their own was participated, competed or served with “Heart” – that literally the only explanation.

To highlight a few major accomplishments of our team over the last 23 years, here is a short list:

- 1) Over 700 athletes to taken various National Championship events.**
- 2) Our track family has collectively won 749 AAU and USATF National Medals.**
- 3) Our relay teams have achieved All-American status (Top 8) 14 times at the Summer Junior Olympics.**
- 4) Our Cross Country-age group/gender division teams have placed 3 also 14 times and have been awarded to 2 National Championship for High School 2016, and Primary boys in 2023.**
- 5) Our Cross County team has also won 326 medals or Top 25 including 27 All-American or top 8**
- 6) As a team, KCXC family has won 8 overall team titles in district or regional meets, 2 second place at Western National and a Championship in 2025.**
- 7) We have 11 Junior Olympic or Summer game Racewalking medals**
- 8) And the individual 14-year-old cross country title in 2013.**
- 9) The team has also had 38 athletes receive Division I and II scholarships for athletics**
- 10) Coach Ryan and his wife received the 2024 Calvin Stuggs award for AAU regional volunteers of the year**

Coach Ryan would like to give thanks to all his beautiful wife Stacy, and all his hard-working athletes, division coaches, volunteers, and dedicated parents and always faithful sponsors and donators. But even more importantly, he would like to give all glory, thanks and honor to God alone!