

HIGH SCHOOL — CROSS COUNTRY

Gayville-Volin

WILL PIRAK

Distance Runner

Senior

Will is a leader in the weight room for the Cross-Country and Track Team. He also plays on the varsity Boys Basketball team. His PR in the 5k last season was 18:47, his all time PR is 18:17. He placed 4th in the Regional Meet and helped the boys team win the Regional Meet. He also placed in the top 40 at the State meet with over 120 runners. In the weight room, Will squat max is 305 and his bench max is at 200 lbs with a Vertical jump of 29 inches.

~Mark Roozen

Mandan High School

TJ BROWNOTTER

Senior

TJ Brownotter is an accomplished cross-country runner and basketball player, with a particular focus on his standout performance in cross-country. He has earned All-State honors as a cross-country runner and has been named his team's MVP twice, demonstrating his exceptional endurance, work ethic, and leadership on the course. TJ's commitment to excellence is not limited to running, as he also showcases impressive strength with a 175-pound bench press, a 225-pound squat, and a 135-pound clean. Whether on the track or in the gym, TJ continues to push himself to new heights, making him a standout athlete in both cross-country and basketball. ~Zachary Morast

Preston High School

ASHLEY SCOTT

Senior

Ashley is tough and determined. She works her guts out and is a fierce competitor. She has been consistent, steady, and reliable as a leader on the cross country team and was part of 3 state championships in xc and a school record in track. Her consistency and dedication in the weightroom has been astounding and a huge factor in staying healthy and growing in her athletic career.

~Jamie Fuse

Preston High School

AARON SERR

Senior

Aaron is unstoppable once he sets his mind on a goal. He is exuberant, resilient, and competitive. He is constantly learning and growing and is only barely starting to realize his ability. His dedication in the weightroom has made him confident and grown him as a leader. ~Jamie Fuse

Yankton

ABRAM CHANCE

Runner

Senior

Abram is a Cross-Country and Track athlete running with the distance team. He hit 4:28 in the 1600 meter run, 9:52 in the 3200 and clocked a 16:10 for a 5K. He has used the weight room to build up strength for his training runs and being able to push harder at the back end of his races. ~Mark Roozen



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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Yankton

RILYN JACKSON

Runner

Freshman

A cross country runner and track athlete, Rilyn has hit 2:31 in the 800 meter run, a 5:41 in the 1600 meter and 12:30 in the 3200 meter run. She has also clocked under 20:00 in the 5K with a time of 19:40. She started using weight training in Junior High and has been a consistent lifter and leader for the cross-country team and distance runners on the track squad. ~Mark Roozen