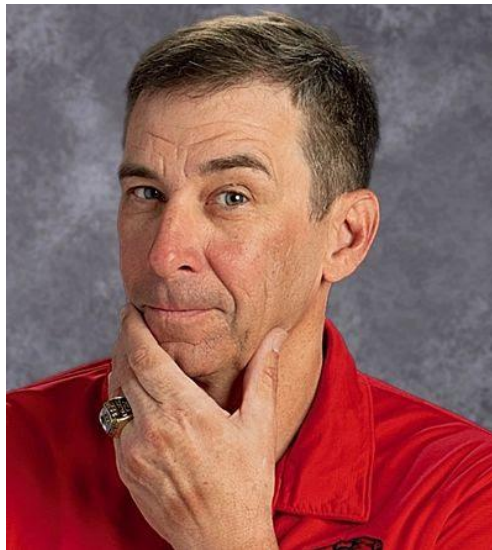


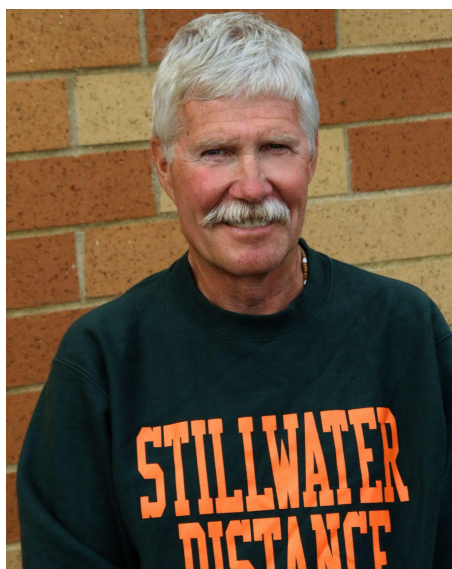
We are thrilled to announce the speakers for the distance room for the 2026 HS Coaches T&F clinic.

**Timo Mostert and
Minnesota's own
Scott Christensen**



Timo Mostert head coach American Fork HS

Coach Timo Mostert has coached the Boys Cross Country and Track Teams at American Fork (Ut.) High School since 1998 after being at Murray (Ut.) High School for 10 years. His American Fork Boys Team has competed at the State Championships every year he has coached, including 11 State Championships, 7 Runner-up trophies, 23 top 5 finishes, and 15 Region Championships. They have been ranked Top Ten in 18 of the past 20 years in the Southwest United States. His AFHS team has won the NXN Southwest Regionals 9 times, placing in the top 8 at all 12 Nike Cross Nationals to which they qualified with 5 second place podiums, 12 All-America honors and a two-time Individual National Champion. During CoVid-19, his boys placed 1st and 10th at the RunningLane XC Championships with 2 RunningLane All-America. His athletes have earned 11 Utah and 3 National Gatorade Player of the Year awards. At AFHS he has coached 55 XC (top 10) and 118 Track (top 8) All-State runners and 35 individual State Champions in Cross-Country and Track. In 2017 his boys set the National Record in the 4X1600m Relay with 16:41.30 at the Arcadia Invitational. In 2020 his boys set the National Record for 5k XC Team Time of 75:04.95 at the Running Lane Cross-Country Championships in Huntsville, Alabama. In 2024 his athlete, Daniel Simmons, set the Indoor HS National Record in the 5000m Run with a mark of 13:38.86, and the Outdoor HS National Record in the 5000m Run with a mark of 13:25.86. Coach Mostert ran in his first track meet in 6th grade. He lettered 4 years in cross-country, and two years in track in high school and was a school record holder in the 3200m run. He was the first athlete at Parkland College (Champaign, Illinois) to compete in all 4 NJCAA National Championships (Cross-Country, Indoor Track, Outdoor Track, and Marathon) in the same year. After serving a mission to Ecuador for the Church of Jesus Christ of Latter-Day Saints, he ran cross-country and track for Brigham Young University. He has an A.S. in Secondary Education from Parkland College, a B.A. in Mathematics Education with a Coaching Minor from B.Y.U., and has done Graduate Studies in Mathematics at The University of Utah. After 32 years in the classroom, Coach Mostert retired from teaching Mathematics, including 19 years of AP Calculus and 24 years of AP Statistics in 2020. Coach Mostert served 10 years on the Youth Committee 1988-1998 and 3 years as Track-and-Field Committee Chair 1998-2000 for the Utah Association of USA Track and Field, and served as Vice-President of the Utah High School Track Coaches Association 2001-2019. He served as an athlete chaperone at the Brooks PR Track Invitational 2015-2017, was distance selection chair and distance coach/chaperone for Team Utah to The Great Southwest Classic Track Invitational 2010-2019, and has taught at coaching clinics in California, Colorado, Florida, Georgia, Illinois, Kansas, Ohio, Oregon, Texas, Utah, and Vermont since 2012. He is a Masters level Certified Track and Field Official (first certification 1988). Coach Mostert was recognized as Teacher of the Year at American Fork High School in 2006. He has been nominated twice (2012 and 2014) as Coach of the Year for the Utah Governor's State of Sport Awards, as the Utah Boys Cross Country Coach of the Year in 2010 and 2018 by the NFHS, and for Utah 6A in 2023 by the UHSTCA, the District 7 (West US) Coach of the Year in 2018-19 by the NFHS, the Distinguished Service Award 5A Coach of the Year by the UHSAA for 2014-15, the NHSCA National Boys XC Coach of the Year for 2016, and the "Joe Newton Boys Coach of the Year" at the 2022 NXN. In 2023 he was named "Utah and National Boys Cross-Country Coach of the Year" by the USTFCCCA.



Scott Christensen

• B.A. Biology, Gustavus Adolphus College • M.S. Comparative Physiology, University of Nebraska • Currently USATF National Endurance Special Projects Instructor • Currently USATF National Level 2 Endurance Lead Instructor • Currently IAAF Level 5 Academy Instructor • Currently USTFCCA Endurance Master's Course Instructor • 2010-2017, USTFCCA Lead Endurance Instructor • 1995-2008, Chairman of USATF Endurance Coaching Education • 1995-2010, Lead Level 2 Instructor USATF Endurance Education • USA Junior Team Leader, World Cross-Country Championships, Switzerland, 2003 • USA Senior Team Leader, World Cross-Country Championships, Scotland, 2008 • Stillwater elite athletes coached: Ana Weaver, 2019-2021. 2022 USA U20 5000 meter champion, 12th in the U20 World Championships 5000 meter final. Ben Blankenship, 2002-2007. 2016 USA Olympian at 1500 meters, 8th in Olympic Final. 2018 World Indoor Championships 5th in mile final. Luke Watson, 1993-1998. 1999, 2004, 2006 USA World Cross Country Championship Teams. Three time Olympic Trials finalist. Sean Graham, 1993-1998. 2006 USA National Team: USA vs. Great Britain. Two time Olympic Trials finalist • Only coach/program in U.S. high school history to produce four alumni sub 4:00 milers • Have published 24 technical articles, two books and 12 online training courses. • Over 60 various state clinic endurance presentations throughout the U.S. • Minnesota State Boys Track and Field Team Champions: 5 • Minnesota State Boys Cross Country Team Champions: 5 • Over the past 20 years, top 3 team finishes at State Cross Country Meet: 13 • Over the past 20 years, top 3 team finishes at State Track and Field Meet: 11 • 23 Individual State Track and Field Champions, with 7 in the 1600 meter run • 2 Individual State Cross Country Champions • 59 combined track and cross country section team championships • 1997 USA National Cross Country Champions • 2011 Nike Cross Country Team Nationals, 10th place • 4 individual qualifiers for Nike Team Nationals • As an athlete myself: Captain of both my high school track and cross country teams and ran a personal best 2:30.24 for the marathon in 1984. • Married, wife Shelly, a Minnesota State House of Representative member, daughter Megan. • Hobbies: running, mountaineering, kayaking, fly fishing, alpine skiing, reading