

Although it's been almost 10 years since his last collegiate race, Christensen still runs competitively, participating in races anywhere between 50 meters and 50 miles. He also hosts the Angry Owl Ultramarathon, which takes place every summer in Salem, and prides himself on running regularly with his athletes.

"I just want to be the guy that practices

what they preach, but I also want people to know that they can run beyond high school. There are all sorts of opportunities, whether it's in college or at local runners clubs, and I want to model that," Christensen said.

With McNary cross country not being competitive for a number of years, Christensen knows that he has

his work cut out for him. But he believes that in time, the Celtics will return to prominence.

"It takes time, consistency and investment, by both athletes and coaches. It's going to take me showing that I care and that I'm going to be here long term. It's about not just showing what I know, but showing that I care," Christensen said.

"We are going to treat it like a championship program, even though we aren't there yet.

"McNary hasn't been in the conversation for competitive cross country in a few years, and that is going to change. We're going to be in that conversation. It's going to take some time, but we're going to be there."



The McNary High School cross country team in practice in fall of 2021.

Photo by MATT RAWLINGS of Keizertimes

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