

MVP Featured Athlete

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## Nathan Mountain

### St. Xavier High School



One of Cincinnati's best track and cross country runners is St. Xavier senior Nathan Mountain, who recently won the track 3,200-meter run at the OATCCC Ohio state indoor track meet in 8:56.96, the No. 2 indoor time in the nation this year. He also ran a 4:18.70 mile at the Louisville Indoor Games, finishing second in the race in the fourth-best indoor time in Ohio.

This outdoor track season, Nathan won the 800 at the Stingel Invitational in 1:57.19 at Pickerington North and the Wayne Invitational in 1:54.75. He also won the 3200 run at the Eastern Relays in 8:52.15, the fourth fastest time in the nation. Nate won this season's 800 run in 1:54.15 at the GCL Championships, helping the Bombers take the league team title.

In Nathan's sophomore year he was on the Bombers' 4x800 relay team that finished as district and regional champs and Ohio state runners-up in 7:43. That year, he was also the SWO District champion in the 3,200 run in 9:26 and went on to qualify for state. His junior year in track was wiped out by the pandemic.

In cross country, Nathan had a memorable run last September when he broke a school record running a 5K with the time of 14:46.90. This is the first time in school history that a St. Xavier runner had run a 5K under 15 minutes and it helped the Bombers capture the Trinity/Valkyrie Invitational in Louisville, Kentucky. It was the fastest time in the state for the year.

His junior year in cross country, Nathan was GCL South district and regional champion, finishing fifth at state, helping the Bombers win a team state title. He was named Cincinnati.com Sports' Awards' Cross Country Runner of the Year.

This past fall in cross country, Nathan was runner-up in the Ohio state cross country championships. He is a three-time GCL cross country champion and Runner of the Year. He is also a two-time district and regional champion and two-time Enquirer Cincinnati Cross Country Runner of the Year. He is a finalist for this year's Cincinnati Sports Awards' Cross Country Runner of the Year.

A great student with a 4.38 GPA and member of National Honor Society, Nathan is active in community service and has committed to the University of Virginia. His favorite athlete is Joe Burrow, favorite entertainer is Nathan Fielder, favorite book is Big Nate, favorite movie is Fight Club and his most-to-meet is Lil Sasquatch.



**NAME:** Nathan Mountain

**GRADUATING YEAR:** 2021

**SCHOOL:** St. Xavier High School

**SPORT:** Track-Cross Country

**PARENTS:** Matt & Jill

**HEIGHT:** 5'9"-140 lbs.

**INFLUENCE:** "My family."

**FUTURE GOAL:** Win a team national championship in college at U. of Virginia

"On a daily basis, Nathan demonstrates a tremendous desire for pursuing excellence and has a special ability to test -- and even extend -- his limits when he's competing."

- Jeremy Mosher, Varsity Track Coach

June 1, 2021

