RYUN AVERY KASTEN

Ryun Kasten graduated from Herculaneum High School in 1997. He was a track and cross country athlete and was a two-time state qualifier in track and all-state in track in 1997. Ryun went on to run for a national championship indoor track team and was a national runner up on the cross country team at Lindenwood University.

Ryun was hired by the Dunklin R-5 School District to coach cross country at the early age of 20. He coached two undefeated girls' middle school cross country teams. His middle school teams were middle school conference champions for three consecutive years. In 2002 Ryun was the head boys cross country coach at Herculaneum High school and they placed 3rd at the State Championship. The following year they won a State Championship.

He continued his career at Herculaneum coaching five (5) Boys State Championships and four (4) Girls State Championships. Ryun is the youngest coach in the history of Missouri athletics to win a State championship according the the MTCCCA Historian. To further his coaching career, he coached four additional Top 4 State teams and a fourth place team trophy in track. He was the head coach of two individual state champions, one in cross country and one in track. He has additionally coached over 30 all-state athletes in cross country and over 30 all-state athletes in track.

Because of these accomplishments, Ryun was named Missouri's cross country coach of the year 9 times and was a two-time finalist for the National cross country coach of the year.

After receiving his master's degree in 2012, he became an athletic director at Winfield High School. After one year, he took the athletic director position at North County for three years and is currently serving his fourth year as activities director at Seckman High School. He has since finished his specialist degree.

Ryun is respected by his athletes. His main goal was to shape his student athletes into responsible, honest adults, not just successful athletes on the track. He has made a positive impact in the lives of all his athletes.

Ryun taught ten (10) years in the Dunklin R-5 School District and coached thirteen (13) for years.

Ryun is married to his wife Amy and they have two (2) beautiful daughters, Claire and Kate. He resides in Pevely.