

Sports

Athlete of the Week: Jackson Miller

Nov 14 2025

The fastest runner to ever grace the halls of 4970 Oakland Ave. might just be the hardest worker and the biggest fantasy football enthusiast at St. Louis University High. This week's Athlete of the Week is none other than junior Jackson Miller. Last Friday, Miller took the spotlight as he cruised to a third place finish of 15:07, a new personal and school record, and the highest SLUH finisher since Caleb Ford in 2009. Miller's third place finish solidified his third straight All State finish, the first to accomplish this feat. Even though Miller balled out at the MSHSAA state meet last Friday, his running accolades and prowess stack far beyond just one race. Despite being injured for a majority of the last track season, Miller holds blazing fast times of 1:54 in the 800, 4:11 in the 1600, and 9:19 in the 3200, times which rank near the top of his class in the country, and times which many SLUH students couldn't even come three minutes within. Even though he may not boast about it, be on the lookout for what's to come from one of the fastest runners in the Midwest: Jackson Miller.

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Miller crossing the finish line at the state meet | Owen Williams

Jake Fitzpatrick: Jackson, fresh off that third-place finish at state, I want to start all the way back at the beginning, like we do with a lot of our “Athlete of the Week” interviews. What first sparked your love of running, and when did you realize this was something you really wanted to pursue?

Jackson Miller: My dad actually got me started back in middle school. I picked it up pretty quickly, had some early success, and from there, I just stuck with it. That’s really where everything began. I had run with soccer, but I realized that I had a God-given gift and I just ran with it. Since a young age, I’ve just loved the grind and just going to work day in and day out.

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JF: Was there anyone you looked up to, either a professional runner or someone closer to home, who inspired you along the way?

JM: Yeah, I'd say Jakob [Ingebrigsten]. He's someone who always seems to win when it matters. His work ethic is unbelievable, and he trains harder than anyone. That's something I've really tried to model myself after. Even though I'll probably never meet him or be anywhere near his times, it's cool to see how much of an impact running and the best runner in the world can have on other people.

JF: This past year wasn't without its challenges. You dealt with an injury in the spring, but bounced back strong over the summer. Can you walk us through what that recovery process was like and how you stayed focused?

JM: It was definitely tough at first. For a while, we didn't even know what exactly was wrong. Once we figured things out, I started physical therapy to fix my mechanics and strengthen the weak spots. It took patience, but it made a big difference. I did so many hours of Physical Therapy and time on the stationary bike and stair climber. It was a grind, but state and all these races definitely made it worth it. I took a gradual approach, didn't want to push too fast and risk getting hurt again. I kept up with cross-training every week, made sure I was recovering right, and just stayed consistent. By the time the season rolled around, I felt like myself again.

JF: Let's zoom in on state, the race that everyone's talking about. What was your mindset like up until the line, and how did you handle things once the race got tactical?

JM: Honestly, I just told myself I could beat anyone on that line. I've done it before, and I knew I belonged up there. The injury was a setback, but mentally I was ready. I felt good that day, confident, and that helped a lot. I responded to moves well and I think that the biggest word was patience. I knew when guys would move and I just stayed relaxed.

JF: Looking ahead, what are your goals, both for NXR and the upcoming track season?

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JM: For NXR, the goal is to qualify individually, but if the team makes it through, that would be even better and has been a goal that we have been pushing for as a top group for a long time. After that, for track, I really want to rewrite the record books and go after the school records in the 800, the mile, the two-mile, and maybe even help the 4x8 team set a new mark.

JF: That's awesome. Thinking farther ahead, if you could pick one dream college to run at which would it be?

JM: There are a lot of great programs out there, but right now, I'd say North Carolina. I saw their 2026 recruiting class, and they're looking really strong and going there to run with the best of the best would be crazy.

JF: What's something you do to unwind or take your mind off running? And do you have any pre-race rituals or pump-up songs?

JM: Honestly, running doesn't really stress me out, thinking about it actually makes me happy. But outside of that, I spend a lot of time on fantasy football and then Clash Royale sometimes. I don't have a real pre-race ritual or song; I just stay relaxed and enjoy the moment.

JF: Thanks Jackson!

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