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# LINDENWOOD

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## National champion takes over as cross country coach

Sean Birren, a highly decorated cross country star at Lindenwood University, has been named the school's cross country coach and assistant track coach.

Birren, 28, is originally from Lebanon, MO. He is a two-time NAIA national champion in the marathon and is a two-time cross country all-American and an indoor all-American in the 5,000 meter run for three years.

"I am excited about the opportunity Lindenwood has given me," said Birren, who lives in St. Charles. "I've already begun recruiting."

Birren said his desire to coach was inspired by a coach from his past.

"For me, I had a really good high school coach who looked after the athletes and stuck with them," Birren said. "This is my chance to help people succeed the way my coach helped me. Coaches play a big role helping athletes develop and shaping the lives of young people."

Birren's said his recruiting efforts are focused on top runners in St. Charles County and across the country. He seeks athletes "who are good people and good students. We want to build a program that Lindenwood will be proud of."

June promises to be a busy month for Birren, who in addition to his new job, will marry Lindenwood athlete Bev Toomey, June 30, in Jefferson City. "I guess I can take a day or two off then," he said.

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