

Rain City Flyers Scholarship 2018 Recipients Announcement

The RCF Scholarship was established in 2013 by the cross country team parent group to recognize Jim Neff for his “. . . generosity and dedication to Rain City and our kids.” Since inception, the parents have collected funds which are designated for the Rain City Flyers Scholarship as an expression of thanks to Jim for his time, energy and effort for their children and for the hundreds of youth he has coached and guided to become responsible athlete/citizens of the world over his 29 years of coaching RCF. Over time the scholarship has grown to recognize all the many coaches, parents, athletes and others who have contributed to RCF.

The RCF Scholarship Committee is proud to announce the 2018 RCF scholarship recipients:

Henry Gruen participated with Rain City from 2010 to 2014. He was a member of the 2011 All American 11-12-boys team that finished third at USATF Cross Country Nationals in Myrtle Beach. Henry credits RCF with teaching him many things. Through long and grueling races and in both successful and struggle-filled seasons he learned perseverance. He learned commitment from showing up to weekly practices and racing every Saturday. And he learned leadership as a 7th and 8th grader when he was an older member of the team.

Henry applied this learning when he moved on to high school at Seattle Prep. He ran all four years on the cross country and track teams and was captain of both. Henry is currently a freshman at the University of Wisconsin where he runs on a club team.

Parker Rathbun joined the Rain City Flyers cross country team in 2008. He competed in several Junior Olympics national meets, becoming an individual All American in 2010 (7th place 9-10 boys) and a team All American in 2011 as a member of the third place RCF 11-12 boys team. Parker continued his running career at Bishop Blanchet High School, where he was captain of both the cross country and track teams.

For Parker, games at Rain City practices were a highlight of his day and competing with a team of friends was fun. What he didn't realize until much later was that he was also learning dedication by showing up to practice and that through competing in races he was learning to build and maintain friendships. And most importantly, he was learning to persevere not only the snow, hail, and rain, but also the bad races. There was always the next day of training, a new season with teammates – who ultimately are what matter.

Parker is taking a gap year after graduating from Bishop Blanchet. He will continue school at Whitman College in Walla Walla, WA in the fall of 2019, where he will run for the cross country and track teams.

Veronica Redpath moved to Seattle from out-of-state when she was in 7th grade and Rain City Flyers was a way for her to meet new people and make friends. In her four years with the team, she competed in JO cross country, finishing as high as 2nd at the Regional meet. Veronica attended Ballard HS where she was captain of both the XC and track teams and competed at the State XC meet all 4 years.

Running on the Rain City team helped Veronica develop confidence. She learned the value of practice, setting personal goals, and most importantly teamwork. The skills she learned with Rain City opened doors of opportunity that she enjoyed through high school, and now at the university level. Pursuit of that personal record and being a valued part of the larger team keeps Veronica motivated to compete and support the team.

Veronica is a freshman at California Lutheran University. She was the top freshman for the CLU Regals XC team and is on the track team. She is pursuing studies in film-making, theater and orchestra. Check out her short films on YouTube!

Congratulations to our 2018 RCF Scholarship recipients! They join all nine past recipients as exemplary athlete/citizen role models, having truly demonstrated "... a commitment to working to achieve their personal best, both as an individual and as a member of the team." We are proud of their accomplishments, within and beyond Rain City.

[Click here for more information about the scholarship program and previous recipients.](#)