

Cairn XC Camp Instructor Bios

Christopher Palladino

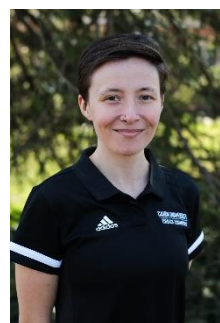


Christopher Palladino has taught at Cairn since 2006, and currently serves as Chair of the History Department. Years ago, he began running in as a means for training for soccer, which blossomed into a love of running. Since then, he has run many 5ks, 10ks, and race series. He has completed several marathons (Boston included) and has finished over 50 Ultra-Marathons, as a top 20 finisher in many of them. He has run the Hellgate 100k ten times, and has completed two 100 mile races, the Lynchburg Ultra Series, and the [BEAST Ultra-Marathon Series](#). He has also volunteered at many race events, and served as a pacer for friends.

Christopher played soccer for a nationally ranked high school team (Archbishop Ryan), was eventually named to the Hall of Honor at Cairn University, and was selected for the Pennsylvania State U-23 team. His soccer experiences led him to coach soccer in one capacity or another at the youth, junior, and high school level since 1994.

Due to his increasing interest in distance running, Christopher was named the head coach of the Boys and Girls Cross Country team at Heritage High School in Lynchburg, Virginia. Under his direction, both teams made numerous regional meets, and several individual runners competed at the state level; one of his runners won the individual state championship. During his tenure as Cross Country coach, he was named the Seminole District Coach-of-the-Year, and became director of a city-wide cross-country camp for several years. In his first two years of coaching cross-country at Heritage, the team grew from less than 6 to over 45 runners. Christopher is currently the Head XC Coach at Cairn University.

Allyssa Hampson



Allyssa Hampson is a 2017 MS.Ed. graduate of Cairn University. Currently Allyssa serves as an English Teacher and Chair of the English Department at MaST Community Charter School II in Philadelphia and as an adjunct professor in the History Department at Cairn University and the School of Education.

A competitive swimmer in high school, Allyssa transitioned to Cross Country while an undergraduate at Cairn. Allyssa was a four-year Cross Country runner and three time MVP while posting the second fastest time in the history of the women's program. The holder of 6 Cairn records, she earned Second Team All Conference in 2015 and First Team All Conference in 2016.

Since graduating, Allyssa has continued her pursuits as a runner. She has finished a number of half-marathons and marathons qualifying for Boston in 2016. In 2020, Allyssa completed her first ultra-marathon at the Holiday Lake 50K+ in Virginia.

Allyssa has shared her love of running by serving at races and leading her high school students in the Running Club. Allyssa is currently the Associate Head XC Coach at Cairn University.

Cairn Cross Country

The Cairn Cross Country coaching staff is committed to the development of student athletes in an integrated environment, where growth is measured in more than just wins or race results, but in fulfilling the mission of the University “to serve Christ in the church, society, and the world as biblically minded, well-educated, and professionally competent men and women of character.” While running can rely heavily on individual interests, goals, and determination, it is from the community of runners that the individual draws their strength. We want students to experience running in a way that transcends sport and becomes a lifestyle that is glorifying to God.



The men's cross-country squad has dominated the CSAC this decade with 32 All-CSAC awards, 5 CSAC Championships since 2014, and a number of record-breaking performers. The Highlanders have won the CSAC Championship five of the past six seasons of competition (there was no XC season for the CSAC in 2020 due to the pandemic). The women's cross-country squad has had an exceptional decade with a CSAC Championship, a number of All-CSAC performers, and the entirety of the Cairn University record holders. The Highlanders have come on very strong in recent years most recently winning the CSAC Championship in 2018.