

Tim Carlson

Career Honors

Letter Winner: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	668	2335	29%	~	~	~	~	12:53	158	151	~	272	~	0	0
Junior	7	568	2190	26%	~	~	~	~	13:40	167	167	~	~	~	0	0
Sophomore	6	206	1767	12%	~	~	~	~	14:33	215	151	~	~	~	0	0
Freshman	5	191	1728	11%	~	~	~	~	15:13	257	229	~	~	~	0	0

Bolded Results are Varsity

Career	26	1633	8020	20%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

1633

0

0

I have had a great experience with running XC for Wayzata. This is my favorite sport. I have made significant improvements on my race times since my Freshman year. The Wayzata coaches taught me how to train properly and believe I can improve. I have learned to set goals and achieve them by believing. This will help me later in life. One big improvement I made was breaking 6 in the mile. The accomplishments make me feel proud and have given me confidence. Throughout my XC career, I have made lots of new friends. These are the guys I hang out with outside of school and cross country. Running and competing are great, but when you add in the friendships and the coaches, it's all really important to me. Thanks to the coaches for making an awesome program. The Wayzata cross country team has made a big difference in my life. -Tim



Tyler Carlstrom

Career Honors

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	1343	1610	83%	~	~	~	~	10:26	34	24	~	119	~	4	0
Junior	7	1843	2190	84%	~	~	~	~	10:39	56	56	~	~	~	0	0
Sophomore	8	2003	2286	88%	1	52	117	44%	10:35	24	23	~	122	~	4	0
Freshman	6	1823	2019	90%	1	29	144	20%	10:48	36	12	~	24	~	4	0

Bolded Results are Varsity

Career	29	7012	8105	87%	2	81	261	31%
---------------	-----------	-------------	-------------	------------	----------	-----------	------------	------------

Victory Shoes

7093

12

0

Cross country has really shaped who I am both personally and physically. It has taught me to work hard in everything I do, persevere through failures, and accept that all I can give is my best. I can't thank the coaches enough for the countless hours they spent to give us the best opportunity to excel as runners. Finally, I couldn't have picked a better group of guys to spend the last 6 years of my life with. My favorite memory from my XC/track distance career was the last chance mile my Junior year. This race was my favorite not because I qualified for Colorado or had a big PR, but because of the support I got from my teammates. I remember every kid on the infield screaming my name, cheering me on because they were all excited for me. They truly helped me to be my best. That type of team culture is truly a special thing that I am extremely honored to have been a part of and is undoubtedly what I will remember whenever I look back on my time as a Wayzata XC athlete.

-Tylerstrom



Jack Deters

Career Honors

Letterwinner: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	1468	2335	63%	~	~	~	~	11:43	82	67	~	162	~	0	0
Junior	6	1365	1880	73%	~	~	~	~	11:33	68	63	~	~	~	0	0
Sophomore	7	1402	2216	63%	~	~	~	~	12:03	83	64	~	~	~	0	0
Freshman	6	1474	2172	68%	~	~	~	~	12:17	104	65	~	~	~	0	0

Bolded Results are Varsity

Career	27	5709	8603	66%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

5709

0

0

I have run for the Wayzata cross country team for five years, and it has been one of the best decisions I have made in my life. You will not find a better group of guys than my team mates. Each one of them works as hard as they can every day to be the best they can be. The coaches are also why my experience was so great. Everyone of them cares about their runners, and wants to see us succeed. It's been a good run, and I will miss everything about it. -Jack



John Durant

Career Honors

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1625	1960	83%	~	~	~	~	11:01	36	34	~	80	~	0	0
Junior	7	1821	2190	83%	~	~	~	~	11:31	48	44	~	~	~	0	0
Sophomore	7	1600	2216	72%	~	~	~	~	11:29	69	42	~	~	~	0	0
Freshman	6	1157	2317	50%	~	~	~	~	12:48	120	111	~	~	~	0	0

Bolded Results are Varsity

Career	26	6203	8683	71%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

6203

0

0

My experience with the Wayzata Cross Country program has been nothing but amazing. Few things have had as large an impact on my life as this team has, and few things have brought me as much joy. I encourage anyone who is on the fence about running to go, grab their friends, and join the team as soon as they can. There is no feeling quite like the feeling of finishing a race, knowing you gave it everything you had, and seeing the positive consequences of your hard work. This team has pushed me farther and faster than I ever thought possible, whether by the great coaches or the amazing teammates and atmosphere this team attracts. As a younger runner, I always looked up to great athletes that could push themselves to the point where they could not go any harder or faster. Now that I am a little older and a little faster, I hope that I have done the same and shown younger athletes that this program brings out the best in every runner that is willing to give their best at practice and in every race. I know that I will not always be as fast or fit as I am today, but I know that the lessons that I have learned as a member of this team will help me forever. -John



Jeremy Gilbertson

Career Honors

Letterwinner: '14, '15, '16
 Captain: '16
 High Point Man: '16
 Most Improved: Career

All-Conference: '16
 All-Section: '16

All-State: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	8	1253	1480	85%	9:37	8	9	22	42	108	5	0
Junior	6	1601	1615	99%	2	411	520	79%	9:53	1	8	~	3	~	7	1
Sophomore	8	2068	2125	97%	1	83	117	71%	10:35	4	6	~	20	~	8	0
Freshman	5	1098	1983	55%	~	~	~	~	12:41	111	~	~	~	~	0	0

Bolded Results are Varsity

Career	19	4767	5723	83%	11	1747	2117	83%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

6514

20

1

Wayzata cross country has been the defining aspect of my life so far. It took me in as a self conscious young kid who didn't think I was really going anywhere, and has sent me off a better person, confident in myself and what I can accomplish, and surrounded with numerous friends for life. As an eighth grader I joined the team very overweight and very slow, but the coaches helped me set some goals for myself. With the unwavering support of great teammates and the best coaching staff in the country, I achieved these dreams, becoming all-conference, all-state, a regional champion, and a Nationals hopeful. But these accomplishments shadow in comparison to the things this team has given me. It has given me the character and strength to overcome any obstacle in my life, and shown me the power of dedication and friendship. Thank you to all that make Wayzata Cross Country what it is. --
 Jeremy



Josh Halverson

Career Honors

Letterwinner: '14, '15, '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	4	848	873	99%	4	128	192	67%	10:07	33	7	~	15	~	6	0
Junior	4	1184	1189	99%	4	694	820	85%	9:53	35	1	~	4	~	5	2
Sophomore	4	784	816	96%	5	418	505	83%	10:10	27	3	~	25	~	6	0
Freshman	6	1675	1829	92%	1	92	144	64%	10:49	7	2	~	~	~	5	0

Bolded Results are Varsity

Career	18	4491	4707	95%	14	1332	1661	80%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5823

22

2

From the determined feeling at the start of a race to a teammate pooping himself during said race, the sport of Cross Country has included some of the most funny and intense moments of my life. The friends I run with are some of the most competitive, determined, hardworking, and sometimes dumbest group of people I know. It is a great privilege to run on a team that boasts some of the best runners and coaches in the nation. The experiences I have had during the last six years are like no other, and I encourage everyone to keep running all the way through senior year. Thanks to everyone that has been apart of my XC journey. In the future, I look forward to smoking some of you stupid freshman in the alumni meet. --Josh



Liban Jama

Career Honors

Letter Winner: '15, '16
 Team Captain: '16

All-Conference: '16
 All-Sections: '16
 All-State: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	1	152	152	100%	8	1223	1434	85%	9:35	5	8	11	38	117	6	1
Junior	5	1349	1390	97%	2	118	136	87%	9:57	2	~	~	23	~	6	0
Sophomore	6	1461	1606	91%	~	~	~	~	~	16	12	~	42	~	3	0
Freshman	7	2349	2654	89%	~	~	~	~	11:29	23	7	~	~	~	2	0

Bolded Results are Varsity

Career	19	5311	5802	92%	10	1341	1570	85%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

6652

17

1

A thing that everyone in my family would agree upon is that I always loved to run. I would run everywhere and make people around me rage as they chased me to a halt. That strong passion for running has gotten me into a lot of trouble as a youngster and it wasn't until coach Bartels encouraged me to try cross-country in high school that I changed running into a positive aspect of my life. When I turned in my paperwork for the summer clinic in the summer of 2013, I had no clue for what I signed up for. I had no idea about the kind of support system that was set in place for me. I had no idea about the long history of tradition that Bill Miles worked so hard to create. Even though I didn't know what Wayzata cross country meant, I knew immediately that I was super lucky. It wasn't before long that I realized how blessed I was to be around people who loved running as much as I did. This strong vibrant community has created the perfect atmosphere for me to be my best and there are many people who deserve appreciation. As my time comes to a close, I feel nothing but gratitude towards those who work hard day in and day out to make the program what it is today. -Liban



Nick Kerbeshian

Career Honors

Letter Winner: '14, '15, '16

All Conference HM: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1138	1151	99%	2	61	89	69%	9:49	18	4	~	4	~	8	2
Junior	5	1363	1397	98%	3	467	562	83%	9:56	22	4	~	8	~	6	0
Sophomore	3	608	636	96%	4	339	452	75%	10:31	5	5	~	21	~	3	0
Freshman	6	1996	2224	90%	~	~	~	~	10:59	46	4	~	~	~	3	0

Bolded Results are Varsity

<i>Career</i>	20	5105	5408	94%	9	867	1103	79%
---------------	-----------	-------------	-------------	------------	----------	------------	-------------	------------

Victory Shoes

5972

20

2

~Being part of such a legendary cross country program like Wayzata since 8th grade has been an unreal experience for me. When I started running, it was to cross train for hockey. I fell in love with the sport after my freshman year and focused solely on running. I never looked back. I have had the honor to run with awesome teammates and learned so much from our inspiring coaches over the years. Wearing the Wayzata blue and gold jersey was truly an honor. I am going to miss racing cross country as a Trojan.

~Bill Miles made an impact on me and I will never forget his voice saying, "Beautiful" or "Keep moving, keep moving". After he retired, Coach Popp and the other coaches have kept up with the famous Bill Miles traditions and the program will continue to dominate!

~The days we spent together in Colorado over these past three years have been one of my favorite memories in XC. It was a time where we could push ourselves physically but still have fun with endless Kubb tournaments and other antics.

~For the young guys starting out in the Wayzata XC program, here are a couple words of wisdom from Captain Kerbesh: 1) Keep healthy eating habits 2) Have a consistent sleep schedule 3) Trust your training 4) High school goes by fast so have some fun, too 5) Set seasonal goals and long-term goals 6) Give it all you can and try to beat my Incline record!

--Nick



Logan Knochenmus

Career Honors

Letterwinner: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	7	1546	2335	66%	~	~	~	~	11:45	79	58	~	180	~	0	0
Junior	5	714	1241	58%	~	~	~	~	12:45	102	77	~	~	~	0	0
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	12	2260	3576	63%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

2260

0

0

Throughout my high school career, my favorite extracurricular activity has been Cross Country. During running, I have met some of my best friends. Catching up and talking after a long, sometimes grueling day of school is important for anyone, and running has helped me focus on school work since I feel healthier. As a result, my running career has been a catalyst for my success in high school.

~Despite the importance of this success, the most important part of my experience has been the reality check that the sport of running imposes on us. A good race reminds us of our potentials, but running also serves as an ego check. Running includes both a physical and mental game; one may feel mentally ready to throw down, but his/her body may not be feeling ready. That is why our training emphasizes the physical components so much; when one is physically ready, the mental components will take care of themselves.

~My only regret in Cross Country is not joining the sport earlier. I wish I had a couple more seasons to throw down on the steamy Apollo course, the treasured three laps at Mustang, as well as the famous lollipop at Gale Woods. Through my two seasons with Wayzata Cross Country, I have learned many lessons about what it means to work your hardest in all arenas of life. I am truly honored to have spent so many hours with some of the most driven and hard-working guys I have ever met. Thanks to everyone. --Logan



Jesse Kulberg

Career Honors

Letter winner: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	1522	1620	94%	~	~	~	~	10:22	7	14	~	39	~	7	1
Junior	6	1164	1267	92%	1	87	94	93%	10:39	24	22	~	~	~	5	~
Sophomore	8	2563	2775	92%	~	~	~	~	10:36	21	16	~	32	~	5	~
Freshman	5	1461	2104	69%	~	~	~	~	11:56	~	~	~	~	~	1	~

Bolded Results are Varsity

Career	27	6710	7766	86%	1	87	94	93%
---------------	-----------	-------------	-------------	------------	----------	-----------	-----------	------------

Victory Shoes

6797

18

1

Running at Wayzata for the past four years has truly been an amazing experience. If I could go back and relive my cross country experience, I wouldn't change a thing. The coaches here at Wayzata are incredible, and they always have the best intentions for you in mind. They've developed me into the best possible runner that I could be. The coaches also focus on much more than just running. This team points a lot of attention towards discipline and character which is very important in my opinion. We are becoming better athletes while also becoming better people. Although I never earned a top 7 varsity spot and could be considered a varsity caliber athlete on other teams, I guarantee that I would not be as good of a runner and a person if I were on another team. I am also very grateful for all the wonderful friendships I have made. I've been very honored to be part of this team and run the 'Wayzata Way' for these four short years. --Jesse



Joe Larson

Career Honors

Letter Winner: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	1705	2335	73%	~	~	~	~	11:18	71	56	~	159	~	0	0
Junior	7	1119	2190	51%	~	~	~	~	12:35	219	226	~	~	~	0	0
Sophomore	7	1006	2558	39%	~	~	~	~	~	185	113	~	~	~	0	0
Freshman	5	402	1728	23%	~	~	~	~	14:20	235	189	~	~	~	0	0

Bolded Results are Varsity

Career	27	4232	8811	48%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

4232

0

0

Cross country has meant so much to me. I have learned the true meaning of hard work and how to succeed. This sport has gone from being something I used to train for hockey and something I barely gave any thought about, to the most important thing in my life. In the beginning I would have never thought I would be in this sport for six years. These six years have been so amazing with all of the coaches and teammates. This sport would not have been the same without the amazing coaches, who have taught me to never give up no matter where I'm placing in the races or what times I'm running. They have truly inspired me to be the person & runner I am today. My teammates have become my best friends and I'm deeply saddened that this will be my last year with my friends and coaches. I will never forget the funny and slightly terrifying stories Bill would tell us to keep us in line or the endless argument with Heeb about the Vikings vs. The Packers. Overall I'm blessed that I went out to practice in 7th grade not knowing what I was getting into. I would never trade away the six amazing years I've had with this sport. -Joe



Gemechu Meskele

Career Honors

Letterwinner: '14, '15, '16
 Team Captain: '16

All-Conference: '15, '16
 All-Section: '15, '16
 All-State: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	8	1145	1436	80%	9:34	~	7	58	28	136	3	0
Junior	~	~	~	~	9	839	1148	73%	~	10	13	28	43	155	5	0
Sophomore	6	1647	1749	94%	1	98	163	60%	10:37	3	7	~	40	~	4	2
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	6	1647	1749	94%	18	2082	2747	76%
--------	---	------	------	-----	----	------	------	-----

Victory Shoes

3729

12

2

No letter.



Jack Olson

Career Honors

Team Captain: '16

Letterwinner: '15

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Junior	7	1797	1895	95%	1	67	88	76%	10:26	9	16	~	45	~	6	0
Sophomore	9	2496	2775	90%	1	68	208	33%	10:41	22	19	~	58	~	4	0
Freshman	7	2205	2654	83%	~	~	~	~	11:54	56	24	~	~	~	1	0

Bolded Results are Varsity

Career	23	6498	7324	89%	2	135	296	46%
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------

Victory Shoes

6633

11

0

Throughout my experience on the Wayzata Cross Country team, I have learned who I am as an individual and who I want to be later in life. With the recommendation from my grandfather, I started XC in 7th grade. I didn't know much about the sport other than the fact that all you really do is run which sounded pretty fun. I fell in love with the sport and worked very hard to achieve my goals each year.

~Unfortunately, over the summer going into my senior XC season, I was diagnosed with a serious right leg stress fracture, which kept me out the whole season. When I first heard the news, I thought "Ok, I will be feeling good about halfway through the season to start racing". However, my hopes were brought down when half -way through the season I felt the same and I knew I would be out the whole season.

~I believe that everything happens for a reason and not being able to participate in my senior season has motivated me to set new goals for later in my running career. Overall, I have made so many great friendships as a result of my participation in cross -country and I have developed a lifelong passion for this sport. -Jack



Andrew Stanek

Career Honors

Team Captain: '16

Letterwinner: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	2147	2335	92%	~	~	~	~	10:42	8	18	~	41	~	6	0
Junior	5	1160	1672	69%	~	~	~	~	~	92	69	~	~	~	0	0
Sophomore	7	1979	2287	87%	~	~	~	~	~	26	41	~	84	~	0	0
Freshman	5	1105	1728	64%	~	~	~	~	13:37	141	46	~	~	~	0	0

Bolded Results are Varsity

Career	25	6391	8022	80%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

6391

6

0

My time with the Wayzata Cross Country team has taught me a lot of things, but I think the main thing I've learned is that the only thing that can hold you back is yourself. The coaches can train you physically, but in the end, speed comes from our mind and the will to keep fighting. I've learned so much about myself and my capabilities, and I owe that all to the coaches, the team, and the sport of Cross Country. I'm honored to have been a captain and to have had the chance to lead this year. Don't believe people that doubt you, and never give up on yourself or your dreams. --Andrew



Chris Stanek

Career Honors

Team Captain: '16

Letterwinner: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	7	1277	1330	96%	1	48	53	91%	10:05	1	6	~	31	~	7	1
Junior	7	1747	1895	92%	1	73	94	78%	10:32	21	15	~	55	~	5	0
Sophomore	6	1503	1920	78%	~	~	~	~	12:03	92	41	~	84	~	0	0
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	20	4527	5145	88%	2	121	147	82%
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------

Victory Shoes

4648

12

1

Cross Country has been one of my best experiences so far. After joining the team sophomore year, I slowly began to love the sport. I have made many friends over the past few years, and have also improved greatly. Cross Country has taught me many values such as dedication and perseverance, and I cannot imagine my life without having made the decision to join the team. I am very proud of what our team has been able to accomplish this year, and in past years, and I can't wait to follow this program for many years to come. Thank you to all the coaches who have made this journey a great one. --Chris



Robby Underdal

Career Honors

Letterwinner: '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	8	1400	2335	60%	~	~	~	~	11:28	76	86	~	173	~	0	0
Junior	7	1524	2190	70%	~	~	~	~	11:44	73	71	~	~	~	0	0
Sophomore	6	839	1885	45%	~	~	~	~	12:33	162	84	~	~	~	0	0
Freshman	5	1254	1728	73%	~	~	~	~	12:36	88	68	~	~	~	0	0

Bolded Results are Varsity

Career	26	5017	8138	62%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

5017

0

0

Of all the sports Wayzata has to offer, cross country is unique. My friendships created from the cross country team have produced some of the craziest adventures, funniest jokes and best relationships I've ever experienced. We all share the same special excitement when a teammate PRs, letters, gets a medal or wins state. The achievement itself doesn't matter, the team relishes it as a whole. Why is this? Because we suffer through workouts together, we run deep into Hamel together, we race Gale Woods together and we hang out at the Rusty Taco together. For these reasons, and many others, cross country is the most rewarding sport out there. --Robby



Dan Urke

Career Honors

Letterwinner: '14, '15, '16

Team Captain: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	4	707	721	98%	4	130	177	73%	9:56	21	4	~	~	~	6	0
Junior	8	2085	2185	95%	~	~	~	~	10:37	8	12	~	37	~	6	1
Sophomore	7	1788	1911	94%	1	75	163	46%	10:38	8	8	~	17	~	6	0
Freshman	8	2466	2764	89%	~	~	~	~	11:41	26	8	~	~	~	3	0

Bolded Results are Varsity

Career	27	7046	7581	93%	5	205	340	60%
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------

Victory Shoes

7251

21

1

I would like to say thank you to the many people who have supported me throughout my running career. Thank you to all my amazing coaches for supporting me both in and out of running. Thank you to all of my teammates who push me to work hard every day in practice and toe the line with me every meet. Through this shared experience you have become by best friends. Last and certainly not least I would like to thank my family for always being there at races to cheer me on or at the Colorado trip to inspire me. Although it took a lot of explaining for her to understand why I need new running shoes every 2 months, my mom has been there with me the whole way. Running, and endurance sports in general, have been one of the largest parts of my life for the past 6 years and hopefully many more. Cross country has been a stable element of a somewhat unstable time. The repetitive motion of running provides uninterrupted time to think and has helped me deal with some difficult situations. I am grateful for all of the lessons that running has imparted and all of the people that it has allowed me to meet. --Dan



Alex White

Career Honors

Team Captain: '16

Letterwinner: '16

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	3	520	560	93%	~	~	~	~	10:33	15	15	~	~	~	3	0
Junior	3	884	1167	76%	~	~	~	~	~	89	~	~	~	~	0	0
Sophomore	7	1829	2261	81%	~	~	~	~	10:49	40	26	~	52	~	1	0
Freshman	3	745	1016	73%	~	~	~	~	11:15		36	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	16	3978	5004	79%	0	0	0	0%
---------------	-----------	-------------	-------------	------------	----------	----------	----------	-----------

Victory Shoes

3978

4

0

I have had amazing coaches and teammates that have given me a great experience on the cross county team. It has been extremely rewarding and has taught me many lessons about life. My favorite thing about it is that I always have a goal to pursue every day because of it. I have had so much fun on this team the last six years. I have had lots of injuries and setbacks but getting through them has made the successes mean more. --Alex

