

Career Honors

Payton Anderson

	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	635	1946	33%	~	~	~	~	12:53	167	129	~	~	~	0	0
Junior	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0
Sophomore	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0
Freshman	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	6	635	1946	33%	0	0	0	
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Victory Shoes

635

0

0

No letter.



Tanner Anderson

Career Honors

Letterwinner: 2017

	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	934	1970	47%	~	~	~	~	~	~	~	~	~	~	0	0
Junior	7	1068	2029	53%	~	~	~	~	12:07	113	116	~	~	~	0	0
Sophomore	7	958	2110	45%	~	~	~	~	12:57	118	75	~	~	~	0	0
Freshman	6	963	2072	46%	~	~	~	~	13:18	148	128	~	~	~	0	0

Bolded Results are Varsity

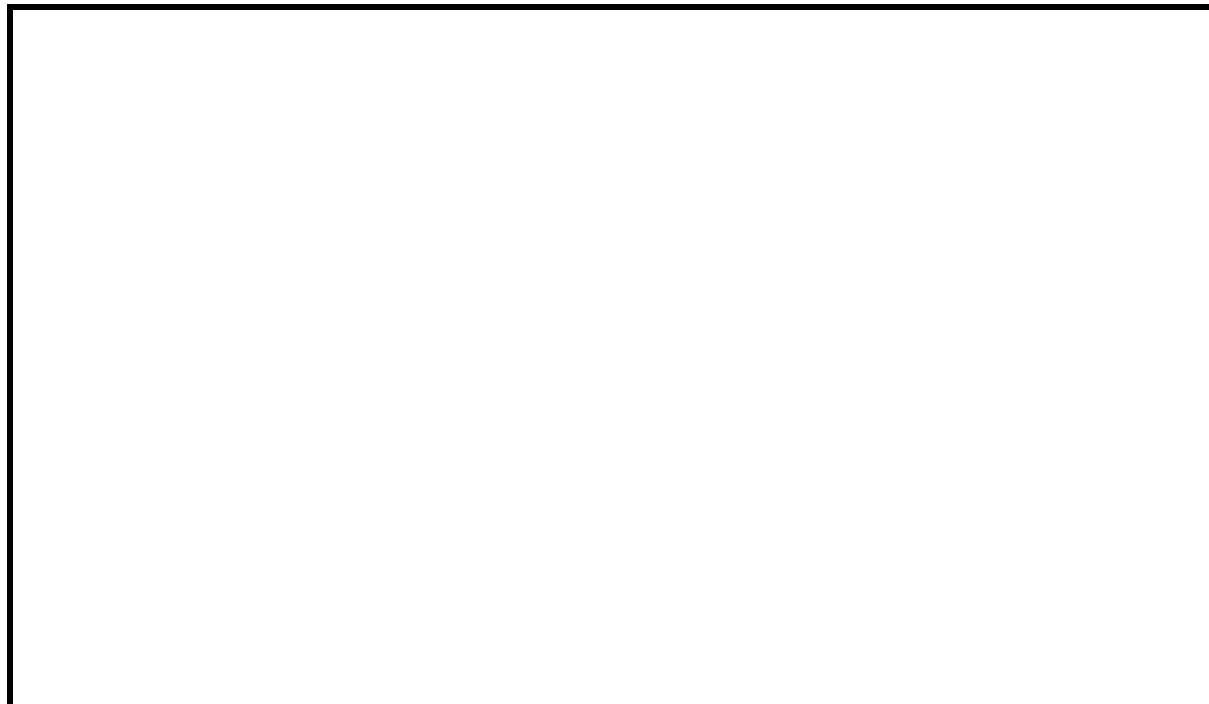
<i>Career</i>	26	3923	8181	48%	0	0	0	
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Victory Shoes

3923

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Brandon Antony

Career Honors

Letterwinner: 2017

	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	770	2169	36%	~	~	~	~	~	~	~	~	~	~	0	0
Junior	6	676	1539	44%	~	~	~	~	12:16	127	123	~	240	~	0	0
Sophomore	6	743	1800	41%	~	~	~	~	12:50	151	78	~	~	~	0	0
Freshman	5	530	1590	33%	~	~	~	~	13:38	209	164	~	~	~	0	0

Bolded Results are Varsity

Career	24	2719	7098	38%	0	0	0	
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Victory Shoes

2719

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I got into Cross-Country by a recommendation from a neighbor. The thing that I loved about this sport was the fact that the coaches would take anyone. You could be the biggest kid in the school and could be in the best shape of your life by the time you went through four years with the program. Even at the beginning of your career when you didn't care as much, each and every coach is there for you and wants you to succeed. In my time with this program, I was never one of the fastest kids. I thought of Cross Country as training for the upcoming basketball season. After two years of disappointment in relation to basketball, I soon realized that Cross Country was giving me an opportunity that I had never had before which was to be apart of a team without having to try out. With hard work throughout my four years, I was able to improve my 5k time significantly from a 23:30 when I first started to a 19:50 at the end of my junior year. Due to support from coaches, friends, and family, running has become a big part of my life. I want to thank the coaches and all my teammates for this incredible ride and opportunity as it will go down as some of the best memories in my high school career that I will look to continue to be apart of in college and in the near future. --
Brandon



Ben Basten

Career Honors

Team Captain: 2017

Letterwinner: 2016-2017

	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	1427	1509	95%	1	18	56	32%	10:22	10	5	~	39	~	6	0
Junior	6	930	1054	88%	~	~	~	~	10:23	~	23	~	74	~	4	0
Sophomore	5	840	1161	72%	~	~	~	~	~	71	27	~	~	~	0	0
Freshman	9	2439	3206	76%	~	~	~	~	11:46	74	13	~	97	~	1	0

Bolded Results are Varsity

Career	27	5636	6930	81%	1	18	56	32%
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Victory Shoes

5654

11

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Going into high school, I never thought that I'd spend every fall season running every day and racing once a week. Cross country was a plan B after being cut from the freshman soccer team. As that first season went by, I went from reluctance to confidence in my choice of cross country. There are so many great things that kept me running over these last 4 years including the support from coaches, the friendships, and the feeling I get when I put everything on the line. The work ethic and perseverance that I've gained from running through wind, rain, sun, and snow is incredible. I feel honored to carry on the Wayzata Way, in and out of practice. I'm excited to see where the team goes in the future. Remember, get your 8 hours of sleep! --Ben



Andrew Beidel

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	1802	2450	74%	~	~	~	~	11:26	59	44	~	109	~	0	0
Junior	7	1246	2029	61%	~	~	~	~	11:54	78	73	~	~	~	0	0
Sophomore	6	263	1359	19%	~	~	~	~	13:58	172	106	~	~	~	0	0
Freshman	6	296	2072	14%	~	~	~	~	14:26	227	264	~	~	~	0	0

Bolded Results are Varsity

Career	27	3607	7910	46%	0	0	0	#####
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Victory Shoes

3607

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No letter.



Markus Braun

Career Honors

Team Captain: 2017

Letterwinner: 2016-2017

	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	1443	1508	96%	1	136	166	82%	10:07	1	13	~	44	~	6	2
Junior	8	1450	1551	93%	~	~	~	~	10:22	14	12	~	27	~	7	0
Sophomore	8	2268	2460	92%	~	~	~	~	10:56	17	7	~	35	~	5	0
Freshman	7	2241	2745	82%	~	~	~	~	12:10	89	39	~	~	~	0	0

Bolded Results are Varsity

Career	30	7402	8264	90%	1	136	166	82%
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Victory Shoes

7538

18

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Joining the Cross Country team has been one of the best decisions of my life. I first joined because I thought it would be great conditioning for basketball, but what I didn't realize was that Cross Country would turn out to be my love and true passion. Looking back over these past six years of hard work and dedication, seeing the progression in times, and reminiscing on all of the great moments and friendships, I do not regret anything. Even though training can be brutal at times, and running in the offseason when it's sleeting and 10 below seems idiotic, the relationships and glory when it's all said and done is worth the grind. I just want to thank the coaches, my teammates, and my parents for pushing me and believing in me. I as well as many others get asked the question, "Why do you run for Wayzata when you could be top-seven at another school?" My answer each time is the same: I would not be the same person and same runner if it wasn't for this program, and my times would not be as low if it wasn't for the coaches. Thank you to everyone for the great memories and experiences. --Markus



Blake Buysse

Career Honors

Team Captain: 2017

Letterwinner: 2015-2017

All Conference: 2016-2017

All-Conference HM: 2015

All-State: 2017

	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	~	~	~	~	9	1243	1467	85%	9:40	5	5	9	74	100	6	0
Junior	1	150	152	99%	9	1844	2067	89%	9:41	10	13	26	88	136	6	0
Sophomore	5	1298	1317	99%	3	154	188	82%	9:59	20	3	~	11	~	8	1
Freshman	7	1987	2086	95%	~	~	~	~	11:24	14	2	~	30	~	4	0

Bolded Results are Varsity

Career	13	3435	3555	97%	21	3241	3722	87%
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Victory Shoes

6676

24

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I'm my time in cross country I learned a lot from the experiences I shared with my teammates. I know that in ten to fifteen years when I look back at my time in the distance project, I won't remember my PR's or my JV Wilmar course record, I will remember my experiences with all my friends on the team. I enjoyed every medium run where I got the opportunity to talk to my closest friends and every workout where we pushed ourselves to achieve a common goal. Our team was able to create a culture in which we would all push each other towards the goal of running as fast as we could. I working towards this goal, I made countless memories and friendships that will last a lifetime. To all young runners who are reading this and debating their future in the program, I highly recommend that you stay with the sport. There is no other sport that you can learn as much from. If you stay with the sport and do all the little things, I guarantee that you will experience success both on and off the cross country course. --Blake



Career Honors

Joseph Ching

	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	249	1970	13%	~	~	~	~	13:15	202	158	~	~	~	0	0
Junior	6	248	1230	20%	~	~	~	~	13:40	190	165	~	~	~	0	0
Sophomore	6	196	1359	14%	~	~	~	~	14:37	202	128	~	~	~	0	0
Freshman	6	233	2072	11%	~	~	~	~	16:51	233	273	~	~	~	0	0

Bolded Results are Varsity

Career	24	926	6631	14%	0	0	0	
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Victory Shoes

926

0	0
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Admittedly, I'm the slowest senior on the team. Arguably, I'm one of the busiest. But I ran for the entirety of my high school career. Why did I continue? I'm not a varsity athlete, so why in the world would I put in nine hours every week? These were questions I asked myself a lot. The answer isn't simple. The easy response is friends, memories, and fitness. But XC is so much more than that. It's an experience that brings people together, people that would never talk to each other in class. It's an experience that is so painful, yet so rewarding. It's experience that teaches perseverance, integrity, and commitment. And most importantly, no matter how slow you are, as long as you are committed, you share the same values as any other runner on the team. You share the same determination and belief that if the little things are put in everyday, great rewards will be reaped. I'm so honored to be part of this incredible program. Thank you to all the coaches, friends, and meets for making me a better person. Coaches especially, thank you so much for giving me the opportunity to participate in this program. You guys put in so much time, and I can't begin to imagine leading a team over 100 people. I may not be the fastest, but the experiences and memories from XC will carry with me for the rest of my life.

Best regards,
Joseph



Hugo Dunn

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	2012	2251	89%	~	~	~	~	10:39	15	17	~	67	~	4	0
Junior	7	1546	2091	74%	~	~	~	~	11:21	73	53	~	137	~	0	0
Sophomore	6	1257	1902	66%	~	~	~	~	11:50	81	35	~	~	~	0	0
Freshman	5	855	1590	54%	~	~	~	~	12:44	155	100	~	~	~	0	0

Bolded Results are Varsity

Career	25	5670	7834	72%	0	0	0	
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Victory Shoes

5670

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In my years of Cross Country, I have learned and experienced a lot. As many older people have told me, you won't remember your times as much as you will remember the memories you make during practice, during strides and extras. I want the younger runners to know that every day you have to act like it's your last. No matter if you're a seventh grader or a junior, because eventually the day will come where you no longer have running. And all the experiences will become memories sooner than you think. Also, I would like to tell the younger runners, especially incoming freshmen, that even when it gets hard to keep trying. Eventually, you will become faster, which feels better than quitting and regretting it later. --Hugo Dunn



Frank Fetrow

Career Honors

Team Captain: 2017

Letterwinner: 2015-2017

	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	5	1020	1085	94%	3	153	250	61%	9:55	8	8	~	42	~	5	0
Junior	8	1454	1551	94%	~	~	~	~	10:02	5	9	~	48	~	7	0
Sophomore	7	1375	1497	92%	~	~	~	~	10:20	41	19	~	~	~	5	0
Freshman	7	1939	2448	79%	~	~	~	~	10:42	18	29	~	44	~	2	0

Bolded Results are Varsity

Career	27	5788	6581	88%	3	153	250	61%
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Victory Shoes

5941

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I've been in cross country since seventh grade. Being completely honest, I had no desire to be in cross country when I first started. My mother signed me up. That first year, cross country was an excuse to chase my friends around in the woods and drink gatorade at people's houses when the coaches looked away. I returned in eighth grade by choice with the same mindset, but was fortunate enough to be noticed by some of the coaches who encouraged me to work harder, saying that I had the potential to be pretty successful. Cross country became less of a sport for me and more of a life-style, which has defined the type of person who I am today. Because of the experience that I and so many others have had on this team, cross country naturally attracts disciplined, hardworking, and reliable individuals. These are the qualities that make a good friend. As someone struggling with depression, the experiences I have had with my teammates and coaches will be the greatest take away I could ask for from cross country. The community that exists on this team is incredible and has become a positive force in my life to strive towards the future.

For any newcomers to this team, do not take it for granted. The friends you make and experiences you create will better you as a person and follow you into aspects of your life outside of cross country. I want to thank the coaches and my friends for everything that I have experienced through this team. --Frank Fetrow



Andrew Foss

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	2081	2450	85%	~	~	~	~	11:03	28	21	~	71	~	1	0
Junior	8	1627	2189	74%	~	~	~	~	11:09	54	59	~	116	~	1	0
Sophomore	7	1459	2110	69%	~	~	~	~	11:45	72	39	~	~	~	0	0
Freshman	6	1074	2263	47%	~	~	~	~	12:37	153	104	~	~	~	0	0

Bolded Results are Varsity

Career	29	6241	9012	69%	0	0	0	
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Victory Shoes

6241

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To this day, Cross Country has been one of the best experiences in my life. My favorite memories are of racing PRs both junior and senior years at NXR and seeing all of my work pay off. Starting as a pretty unathletic kid, running has helped me grow into the man I am today. XC has given me many great things, including great friendships and community, showing me how to work hard towards my personal goals, and how to stay in shape and perform my best. Thank you, Wayzata Cross Country; I couldn't have asked for a greater program to run with. --Andrew Foss



Khalid Hussein

Career Honors

Team Captain: 2017

All Conference: 2016-2017

All-State: 2015-2017

All-American: 2017

All-Heartland: 2016-2017

Letterwinner: 2014-2017

	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	1403	1424	99%	9:25	1	1	1	3	10	8	4
Junior	~	~	~	~	9	1481	1526	97%	9:33	4	2	2	9	29	8	2
Sophomore	1	198	198	100%	8	1274	1480	86%	9:51	15	11	21	32	76	5	1
Freshman	5	1303	1340	97%	~	~	~	~	~	9	1	~	8	~	5	1

Bolded Results are Varsity

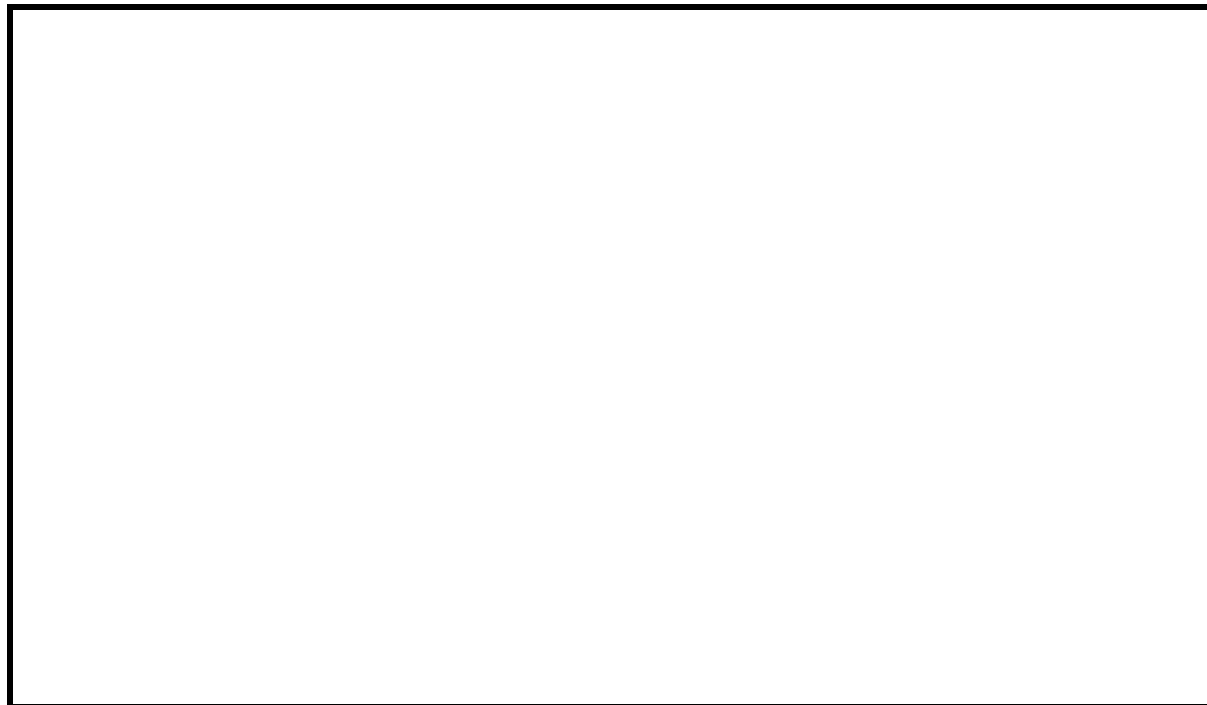
<i>Career</i>	6	1501	1538	98%	25	4158	4430	94%
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Victory Shoes

5659

26

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Matt Kavanaugh

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	1410	2059	68%	~	~	~	~	11:08	67	~	~	191	~	0	0
Junior	6	1235	1897	65%	~	~	~	~	~	86	61	~	185	~	0	0
Sophomore	2	547	951	58%	~	~	~	~	~	~	~	~	~	~	0	0
Freshman	7	1470	2667	55%	~	~	~	~	12:36	120	71	~	~	~	0	0

Bolded Results are Varsity

Career	21	4662	7574	62%	0	0	0	
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Victory Shoes

4662

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Cross country has been a valuable and life-changing experience for me. I started in 8th grade, not exactly sure what I was getting myself into. Fast forward to today where running has become an essential part of my daily routine that I truly enjoy. It has been quite a journey despite dealing with everything from stress fractures to heat illness. With everything that comes at me, I always learn something new and try my best to make the most of it. Over these five years, I have taken in and learned so much. Being part of a nationally successful team has really taught me how to work hard and appreciate what I have. Experiencing adversity also taught me to stick with something even when it is downright frustrating. There were so many times that I could have given up, but my love for running and the program kept me going. Of course, I could not do it alone. I could not have asked for more amazing coaches and teammates to be there for me through the tough days as well as the good ones. They have been so supportive and I could not be more grateful to have them around. From cracking me up with good laughs to being a major help in times of disappointment, I could not have gotten through it without the remarkable coaching staff that we have here. Thank you to everyone in this program who has made the experience worthwhile, and may the glory days carry on! - Matt



Alex Knueppel

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	1712	2002	86%	~	~	~	~	11:00	17	~	~	70	~	2	0
Junior	2	286	524	55%	~	~	~	~	11:25	60	~	~	180	~	0	0
Sophomore	2	302	406	74%	~	~	~	~	12:16	~	~	~	~	~	0	0
Freshman	4	973	1387	70%	~	~	~	~	12:44	112	43	~	~	~	0	0

Bolded Results are Varsity

Career	14	3273	4319	76%	0	0	0	#####
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Victory Shoes

3273

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These past six years running Cross Country has given me my best memories and taught me the most important lessons I've learned. Of all of the things I've done in life, Cross Country has changed me the most. I've learned the power of patience, the fact that no matter my effort I can always improve, and that I have to savor the best moments: they go by too fast. I am so honored that I have gotten to run and grow up with some of the finest people I have ever met. These people didn't stick around for any other reason than the fact that they love this sport and I am blessed to call these people my best friends. I want to thank them and anyone else who has helped me along the way. It's been a great ride. Thank you so much. -Alex



Jackson Lopata

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	686	1913	36%	~	~	~	~	12:47	165	143	~	~	~	0	0
Junior	6	727	1796	40%	~	~	~	~	12:53	135	141	~	~	~	0	0
Sophomore	5	195	769	25%	~	~	~	~	x	171	124	~	~	~	0	0
Freshman	4	457	1822	25%	~	~	~	~	14:34	211	228	~	~	~	0	0

Bolded Results are Varsity

Career	21	2065	6300	33%	0	0	0	
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Victory Shoes

2065

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It was a great experiment running cross country for these past 4 years. Running has become a part of my life because of it. I want to thank my coaches for being there every day, and the life lessons that they taught me. And for you, younger guys don't take this experience for granted, what we have on this team is special, not many people get to be on a team this deep. --Jackson



Grant Matthews

Career Honors

Team Captain: 2017

Letterwinner: 2015-2017

All-Conference: 2016-2017

All-State: 2016-2017

	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	1165	1345	87%	9:41	12	6	15	24	104	5	0
Junior	2	305	313	97%	8	1188	1435	83%	9:42	7	10	21	53	109	6	0
Sophomore	6	1496	1535	97%	1	41	48	85%	9:58	4	2	~	25	~	6	0
Freshman	7	1840	2390	77%	~	~	~	~	~	55	6	~	25	~	2	0

Bolded Results are Varsity

<i>Career</i>	15	3641	4238	86%	16	2394	2828	85%
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Victory Shoes

6035

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I sat down to write this and found a blank screen staring back at me. It is difficult to put into words the incredible experiences I've had while being a part of Wayzata Cross Country. I've made lifelong friends and memories that will stay with me forever. As a freshman, I qualified for NXR and quickly realized what great people Cross Country runners are and the value of running as a sport. Four years later, having finished my final NXR race and looking forward to NXN, my most cherished memories aren't standing on the podium at State or receiving awards at a national level. Instead, I cherish and remember the memories like Chipotle after meets, the Bday bash, and the dance. These memories with the team are what I'll take with me to college and beyond, and I want to thank everyone involved. Thank you coaches, family, and most of all teammates for makin gmy time with Wayzata Cross Country something I'll remember forever. --Grant



Jack Ostapeic

Career Honors

Team Captain: 2017

Letterwinner: 2016-2017

	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	2105	2307	91%	~	~	~	~	10:44	4	10	~	40	~	5	0
Junior	5	993	1154	86%	~	~	~	~	~	28	17	~	58	~	1	0
Sophomore	7	1957	2190	89%	~	~	~	~	11:00	15	8	~	~	~	4	0
Freshman	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

Career	20	5055	5651	89%	0	0	0	
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Victory Shoes

5055

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I have no regrets about running cross country in high school. In fact, I do regret not running freshmen year. Success in cross country is dependent on how much YOU care and how hard YOU work. Blame can not be passed onto anyone but yourself and you are forced to hold yourself accountable. That is what I like about this sport. It teaches you how to balance life and athletics and this sport has helped me develop a work ethic that will help me in the future no matter the activity. The people involved in this sport are also great people and am glad I was able to create relationships with all of them along the the way. It is a bittersweet feeling being done with my cross country career, but as a sprinter in track, it does not completely break my heart. -Jack



Riley Picket

Career Honors

Team Captain: 2017

Letterwinner: 2016-2017

	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	1219	1271	96%	2	121	210	58%	10:19	40	6	~	28	~	5	0
Junior	8	1875	2338	80%	~	~	~	~		26	20	~	56	~	2	0
Sophomore	7	1439	2110	68%	~	~	~	~	11:48	80	58	~	~	~	0	0
Freshman	7	1691	2745	62%	~	~	~	~	12:27	100	68	~	~	~	0	0

Bolded Results are Varsity

Career	28	6224	8464	74%	2	121	210	58%
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Victory Shoes

6345

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I am thankful to have had the opportunity to run for the best program in the state for the last five years. Over the last few, running has taken me places I never could have dreamed of, and it has truly turned into a passion of mine. Running in the blue and gold has been a great honor, and I can't think of another group of guys I would rather run with. I've also been lucky to have the best coaching staff out there supporting me this whole time, and helping me become the best runner I can be. For any young guy who is on the fence about joining the team, just know that running Cross Country was the best decision I've ever made, and there is not a better sport at this school to join. Regardless of how fast you are, running will teach you valuable life lessons and bring memories you will cherish for the rest of your life. For all the young guys who are already on the team, just remember to work hard every day (that includes summers and winters) and cherish every moment; it goes by faster than you think. It's been an honor being one of your captains, and I look forward to racing (and beating) you at Alumni next August.



Isaac Polum

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	1336	2258	59%	~	~	~	~	11:46	97	~	~	204	~	0	0
Junior	8	1229	2338	53%	~	~	~	~	12:12	102	122	~	213	~	0	0
Sophomore	5	616	1747	35%	~	~	~	~	13:06	~	~	~	~	~	0	0
Freshman	4	476	1340	36%	~	~	~	~	~	205	198	~	~	~	0	0

Bolded Results are Varsity

Career	24	3657	7683	48%	0	0	0	
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Victory Shoes

3657

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I joined Cross Country as a 7th grader and have been part of it ever since. While it may have taken me a while to understand the commitment I was facing as a young runner, once I did, I became better. I remember as a 7th grader, I would run to the Luce Line bridge and back, and four miles was a long day. Now, those four miles are an easy day and running has become much more enjoyable. I have learned to appreciate the support and those who run it, because stepping up to the line is the hardest thing you can do. --Isaac



Jacob Rohrer

Career Honors

Team Captain: 2017

Letterwinner: 2016-2017

	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	2149	2307	93%	~	~	~	~	10:39	7	9	~	34	~	6	1
Junior	8	1370	1521	90%	~	~	~	~	10:28	29	21	~	64	~	4	0
Sophomore	8	2031	2380	85%	~	~	~	~	11:21	35	16	~	57	~	3	0
Freshman	9	2508	3209	78%	~	~	~	~	12:05	53	46	~	78	~	1	0

Bolded Results are Varsity

Career	33	8058	9417	86%	0	0	0	
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Victory Shoes

8058

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Starting out, I never could have seen myself as a long distance runner or even a runner in general. I always wanted to be the kid that played football, which I used to think was a superior sport to Cross Country. I started Cross Country hesitatingly and didn't really fully commit myself. But over time, I learned to love and appreciate what this sport has done for me. I truly believe that this is the best sport in the world, as it teaches you so many more things than just to run. It shows how hard work pays off and what dedication can do. It doesn't matter how fast you are, it matters how much work you put in and how you improve as a person, not just as a runner. I saw how much the coaches cared about us and how proud they are of the Wayzata culture that has been established here, and instantly knew this was where I wanted to be. I've shared some of my greatest memories with guys from this team, and the sport has changed my life for the better. I'll always remember what the coaches and my teammates have done for me and will continue to do so. --Jacob Rohrer



Career Honors

Andrew Rudser

	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	840	910	92%	~	~	~	~	10:26	41	~	~	~	~	3	0
Junior	8	1760	2338	75%	~	~	~	~	11:17	46	39	~	171	~	1	0
Sophomore	5	759	1079	70%	~	~	~	~	11:30	101	46	~	~	~	0	0
Freshman	7	1512	2745	55%	~	~	~	~	12:31	116	85	~	~	~	0	0

Bolded Results are Varsity

Career	24	4871	7072	69%	0	0	0	
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Victory Shoes

4871

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Before high school, I had never even heard of Cross Country. I was just sort of an average kid who wasn't really passionate about anything in particular. However, after I started running, I fell in love with the sport. I enjoyed how competitive every workout was, how dedicated the veterans on the team were, and how passionate the coaches were to making sure that every single guy was successful. It is this "team-first" culture that I find most admirable about our program, but it can also be seen outside of running. The guys on the team have been my best friends for all of high school. I eat lunch with them, talk with them in classes, and spend nearly every hour of my free time with them. It was this sort of positive communicty that helped me grow as a person. Being on the team encouraged me to become more responsible over the years and to take accountability for my actions. Even though I still make poor choices sometimes, I would like to think that being a part of this team has helped me become the best version of myself. And looking back now, I wouldn't change anything about my experience. --Andrew



Sam Smith

Career Honors

Team Captain: 2017

Trojan Award: 2017

Letterwinner: 2016-2017

	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	2149	2307	93%	~	~	~	~	~	3	12	~	47	~	5	0
Junior	8	2059	2338	88%	~	~	~	~	10:48	30	22	~	63	~	1	0
Sophomore	6	1514	1965	77%	~	~	~	~	11:29	63	~	~	~	~	0	0
Freshman	8	2146	2942	73%	~	~	~	~	12:09	71	30	~	~	~	0	0

Bolded Results are Varsity

Career	30	7868	9552	82%	0	0	0	
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Victory Shoes

7868

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I would like to thank our amazing parents and coaches; their hard work throughout the season is greatly appreciated. I cannot express enough gratitude for the work they do. I would also like to thank my teammates: you all work tremendously hard every day at practice and even harder on race day. I will leave you with some very simple advice: train hard and run fast. --Sam Smith



Anders Sonnesyn

Career Honors

Team Captain: 2017

All-Conference: 2017

All-Conference (HM): 2016

Letterwinner: 2015-2017

All-State: 2017

	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	~	~	~	~	9	1094	1465	75%	9:52	9	13	19	56	121	6	0
Junior	1	198	199	99%	6	917	1172	78%	9:35	20	2	~	~	~	6	0
Sophomore	2	316	363	87%	4	587	712	82%	9:52	48	1	~	~	~	4	1
Freshman	6	1924	1974	97%	1	75	163	46%	10:34	29	3	~	~	~	4	0

Bolded Results are Varsity

<i>Career</i>	9	2438	2536	96%	20	2673	3512	76%
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Victory Shoes

5111

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The last six years as a Cross Country runner at Wayzata have brought me my greatest memories. You could say that the team's success year in and year out has been memorable, but State Championships and PRs are not first to come to mind when I reflect on my experiences. Instead, I think of all the time I have spent with the greatest group of friends I could ask for. They are the toughest collection of guys I have come to know. We push each other every single day to become the best that we can be. I hope that every runner to come through this program realizes that they have been a part of our success, whether they are setting records or finishing last on the team. I also cannot thank the coaches enough for putting in so much work, which often goes unnoticed. There is much more to be said about the culture of Wayzata Cross Country, but I know that those words are already clear with every teammate and coach here. --Anders



Conner Tolander

Career Honors

Team Captain: 2017

Letterwinner: 2017

	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	1716	2458	70%	~	~	~	~	11:14	64	43	~	141	~	0	0
Junior	8	1370	2346	58%	~	~	~	~	11:28	88	71	~	167	~	0	0
Sophomore	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0
Freshman	~	~	~	####	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	15	3086	4804	64%	0	0	0	
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Victory Shoes

3086

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No letter.



Mitch Tolander

Career Honors

Team Captain: 2017

Letterwinner: 2015-2017

All-Conference: 2016-2017

All-State: 2017

	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	~	~	~	~	9	1122	1467	76%	9:35	6	8	25	107	172	6	0
Junior	2	506	508	100%	6	704	756	93%	9:44	13	1	~	3	~	6	1
Sophomore	6	1462	1535	95%	1	33	48	69%	10:10	5	4	~	41	~	5	0
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

Career	8	1968	2043	96%	16	1859	2271	82%
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Victory Shoes

3827

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There's really something special about being a part of Wayzata's Cross Country team that really can't be described. 10 years from now I won't be able to tell you my 5k PR and I'll have no idea where I placed at State my senior year. 10 years from now if you asked me about what I remember from being at Wayzata, I'll tell you all about how after every meet the boys go to The Chip. I'll remember all of the idiotic conversations I had for an hour and a half during a long run. Because 10 years from now, running won't be nearly as important as the memories and friendships I've made during my four years at Wayzata. So run fast, but enjoy your time here, because before you know it, it'll all be over. Thanks to everyone for making my experience great, can't wait to dust you all at alumni. - Mitch

