

Cam Arkesteyn

Career Honors

All-Conference ('18)
 All-Section ('18)
 All-State ('18)

Academic All-State ('18)
 Team Captain ('18)

	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	130	130	100%	7	1016	1218	83%	9:53	8	8	23	65	~	5	1
Junior	4	834	847	98%	4	179	294	61%	9:54	43	1	~	13	~	6	2
Sophomore	7	1381	1430	97%	1	40	53	75%	10:02	13	5	~	6	~	8	~
Freshman	6	1907	1972	97%	1	59	88	67%	10:31	16	4	~	~	~	5	~

Bolded Results are Varsity

Career	18	4252	4379	97%	13	1294	1653	78%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5546

24

3

Cross country has often been difficult for me, as I have dealt with numerous injuries that have ended my seasons early, and have made it difficult to maintain my fitness. Through all of my injuries, I never lost my love for the sport, or the team. One of the biggest things that helped we overcome every injury was the continuous support of my family, coaches, and my peers. This support is something I believe is felt throughout the team, and is something that has been formed by the incredible culture of Wayzata Cross Country. Perseverance has also been key in overcoming these obstacles, and this is a trait that I have seen in countless people on the team over and over throughout my time in cross country, and I believe is formed by this sport, as well as the culture of the team. This sport has provided a phenomenal environment, one that has shaped me into the person I am today. It has also provided me with my closest friends, and relationships that I hope to hold for many years past my involvement with the team. This year has seen these relationships grow stronger, and has also seen much success all across the team. Personally, I have far exceeded any expectations I had for myself coming into the year, and this has furthered my appreciation for the sport. Running cross country for Wayzata has truly been an exceptional experience, and the memories I have are something that I will never forget. –Cam Arkesteyn



Adam Basten

Career Honors

Team Captain ('18)

	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	1362	2325	59%	~	~	~	#####	11:57	63	97	~	132	~	~	~
Junior	7	1185	2169	55%	~	~	~	#####	12:21	107	81	~	~	~	~	~
Sophomore	3	205	512	40%	~	~	~	#####	13:04	~	106	~	~	~	~	~
Freshman	5	545	1251	44%	~	~	~	#####	13:25	160	80	~	~	~	~	~

Bolded Results are Varsity

Career	22	3297	6257	53%	0	0	0	#####
--------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

3297

0

0

The Wayzata Cross Country program has been the most impactful part of my High School years. It's so much more than running to me, and in a few years when I look back on it, it won't be my 5k times that I remember. It will be the memories I have made and the lessons I've learned. I have come out of this program as a better person. Running has taught me more about perseverance, discipline, strength, and effort than anything else I have ever done. The people in the program are incredible, and I can honestly say that they are some of my best friends. It has helped me stay as fit as I have ever been in my life. Running became the part of the day that I would look forward to the most, and it was a great way to have fun with my friends after school. I would highly recommend the program to anybody considering it, as it has something to offer everybody. It makes me sad to think that this is my last year in the sport. —Adam Basten



Max Baker

Career Honors

	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	641	1324	48%	~	~	~	~	11:51	147	119	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	3	641	1324	48%	0	0	0	#####
---------------	----------	------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes 641

0	0
----------	----------

Career Honors

James Bartel

	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	229	1102	21%	~	~	~	~	13:26	177	168	~	~	~	~	~
Junior	5	33	1004	3%	~	~	~	~	15:25	235	185	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	10	262	2106	12%	0	0	0	#####
---------------	-----------	------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **262**

0	0
----------	----------

Bryce Becker

Career Honors

Team Captain ('18)

	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	1271	1556	82%	~	~	~	#####	11:05	36	33	~	141	~	2	~
Junior	8	1899	2450	78%	~	~	~	#####	11:23	60	63	~	139	~	1	~
Sophomore	7	1414	1982	71%	~	~	~	#####	11:32	75	39	~	~	~	~	~
Freshman	7	1160	2282	51%	~	~	~	#####	12:56	115	73	~	~	~	~	~

Bolded Results are Varsity

Career	29	5744	8270	69%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes 5744

3	0
----------	----------

Connor Blaschko

Career Honors

Team Captain ('18)

	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	1316	2325	57%	~	~	~	~	11:51	67	46	~	185	~	~	~
Junior	7	1097	2169	51%	~	~	~	~	12:30	156	77	~	~	~	~	~
Sophomore	6	377	1183	32%	~	~	~	~	13:24	176	108	~	~	~	~	~
Freshman	6	401	1531	26%	~	~	~	~	~	183	171	~	~	~	~	~

Bolded Results are Varsity

Career	26	3191	7208	44%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

3191

0	0
----------	----------

My experience with the Wayzata Cross Country program has been absolutely amazing. Very few things in my life have impacted me and brought me as much joy as much as this program has. I started out on the team freshman year, extremely slow and not really sure why I was there. Soon after joining the team, I saw how powerful and impactful the team could be, exemplified in the more experienced older guys. I always looked up to these guys to see what they were doing to get better, faster, and stronger. This year, being one of the senior captains, I hope that I have set the same example that pushed me to be my best freshman year. I am so happy that I decided to join this team and no other program at the high school parallels what this program has to offer. Overall, I've learned a lot from my experience on the cross country team and I am extremely happy I joined. –Connor Blaschko



Andrew Brandt

Career Honors

Team Captain ('18)
 All-Conference ('17-'18)
 All-Conference HM ('16)

AI-Section ('17-'18)
 Academic All-State ('17-'18)
 All-State ('17-'18)

	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	1329	1341	99%	9:17	2	2	2	6	??	8	2
Junior	~	~	~	~	9	1150	1467	78%	9:40	13	10	22	65	187	6	
Sophomore	3	611	613	100%	5	626	756	83%	9:41	15	1	~	2		6	1
Freshman	8	2272	2336	97%	~	~	~	~	10:33	6	2	~	8		7	

Bolded Results are Varsity

Career	11	2883	2949	98%	22	3105	3564	87%
--------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5988

27

3

Wayzata Cross Country is a special program that everybody involved should be thankful they can be a part of. I joined the team as a 7th grader and vividly remember that first day of camp, being dropped off and knowing little to no one. Little did I know it would become the most rewarding and enjoyable experiences I have been a part of. I hope every young guy on the team reading through these letters can gather that this team is something they shouldn't take for granted. I have had the privilege of being teammates with some of the best runners this team and state has ever produced, as well as some of the nicest and most genuine individuals I have and ever will meet. I have also been granted the amazing opportunities to race at some of the biggest and most competitive meets in the country thanks to the hard work and dedication of every individual on the team. I also want to extend thanks to all the incredible coaches and parents that make our success possible. It is incredible to have so much coaching talent in one team and it is a privilege that everyone should realize and not take for granted. I am so thankful for this team and my experience here I will never forget. –Andrew Brandt



Career Honors

Sean Chapman

	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	542	1701	32%	~	~	~	~	12:28	133	114	~	~	~	~	~
Junior	6	930	1913	49%	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	6	559	1183	47%	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	17	2031	4797	42%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

2031

0	0
----------	----------

Being a part of the Wayzata Cross Country program has changed my life in so many ways. The first day I joined Cross Country I did not know that many people and the only thing I knew about running was that it was a punishment for other sports. By the end of the first day, I found the same running group I have been running with all throughout my high school career, and that running was not a punishment, but a way to strengthen myself physically and mentally. Joining the team gave me the determination to better myself on and off the course. Whether it was training every day for multiple hours after school to complete a 20-minute race, or studying for hours to do well on a test, I learned that hard work equals exceptional results. -Sean



Career Honors

Wyatt Colbrese

	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	216	802	27%	~	~	~	~	13:02	153	153	~	~	~	~	~
Junior	6	556	1977	28%	~	~	~	~	13:19	161	~	~	~	~	~	~
Sophomore	6	314	1183	27%	~	~	~	~	13:37	165	103	~	~	~	~	~
Freshman	6	268	1531	18%	~	~	~	~	~	204	189	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	22	1354	5493	25%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **1354**

0	0
----------	----------

Robbie Defren

Career Honors

Team Captain ('18)

	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	1236	1316	94%	1	39	71	55%	10:25	1	6	~	63	~	5	1
Junior	1	142	168	85%	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	8	1922	2298	84%	~	~	~	~	11:07	31	15	~	46	~	1	~
Freshman	5	567	1322	43%	~	~	~	~	13:20	157	119	~	~	~	~	~

Bolded Results are Varsity

Career	20	3867	5104	76%	1	39	71	55%
---------------	-----------	-------------	-------------	------------	----------	-----------	-----------	------------

Victory Shoes

3906

6

1

When I first joined Cross-Country freshman year after two years of refusing in middle school I didn't know what to expect. I didn't know who any of the coaches were and only knew less than 10 guys on the team. Quickly, however, I started to know more and more guys on the team. By the time freshman year ended I had run farther and harder than I ever thought I could and was happy to end the season with a PR of just below 21:30. Despite this, the coaches didn't stop pushing me to run faster and become the fastest runner I could be, although I would have preferred to just spend my runs cruising with Ben Hidani. When I came back for Cross sophomore year I was ready to keep on pushing the limit of what I could do. Each week I kept on cutting my time by a little bit, and after NXR I ran, to my disbelief, a 17:19.

In every level of my XC career, from my slower JV freshman year, through my injury ridden junior year to now, the coaches and my teammates have always pushed me to become better. Over these years, the coaches and this team have changed me into a person who wants to become the best I can, and not only in athletics. Cross Country taught me to set high, hard to obtain goals, work myself hard, and sacrifice comfort and ease to achieve those goals. —Robbie Defren



Carson Fisher

Career Honors

Team Captain ('18)

	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	1341	2085	64%	~	~	~	~	11:43	71	44	~	146	~	~	~
Junior	7	1257	2251	56%	~	~	~	~	11:50	87	65	~	187	~	~	~
Sophomore	5	225	960	23%	~	~	~	~	13:27	166	110	~	~	~	~	~
Freshman	4	369	1114	33%	~	~	~	~	13:41	165	114	~	~	~	~	~

Bolded Results are Varsity

Career	22	3192	6410	50%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

3192

0

0

I was first introduced to Cross Country in Elementary school when I had to go to one of my brother's races. I had never really thought of running as a sport before then, but I was soon convinced. After seeing my brother run for six years and become a captain of the team, I decided I was going to try running. I started the summer before 7th grade in the Summer Clinic Program and quickly realized the fun in running. I will never forget the wonderment of the first time I got to run in the maze of trails behind the high school; I was hooked. At first, I was awful at running. But I kept motivated to become better and live up to my brother's legacy. Eventually, all my hard work paid off as I am now a captain of the team and have managed to shave minutes off my first 5K to become a sub 19 minute racer. I look back on the last six years remembering some of the best memories and achievements of middle and high school. Also, I have been able to share these experiences with some of my closest friends. Lastly, this program has gone beyond just good times and running; it has taught me important life lessons in perseverance, responsibility, and mental toughness. The most important of these is being mentally tough, tough enough to push yourself and to overcome yourself to achieve greatness. There is no better example of this than during a 5K, "It's not you versus the person next to you, or you versus the clock, it's you versus yourself." –Carson Fisher



Career Honors

Adam Flake

	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	1738	2325	75%	~	~	~	~	11:17	32	25	~	136	~	~	~
Junior	7	1356	2169	63%	~	~	~	~	11:52	111	67	~	~	~	~	~
Sophomore	6	812	1759	46%	~	~	~	~	12:33	132	47	~	~	~	~	~
Freshman	5	502	1323	38%	~	~	~	~	12:53	190	146	~	~	~	~	~

Bolded Results are Varsity

Career	25	4408	7576	58%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes 4408

0	0
----------	----------

Career Honors

Cole Guttormson

	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	519	1701	31%	~	~	~	~	12:28	148	150	~	~	~	~	~
Junior	6	202	1270	16%	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	11	721	2971	24%	0	0	0	#####
---------------	-----------	------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **721**

0	0
----------	----------

Ben Hidani

Career Honors

Team Captain ('18)

Trojan Award ('18)

	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	1287	2325	55%	~	~	~	~	12:26	106	94	~	159	~	~	~
Junior	6	1414	1977	72%	~	~	~	~	11:42	86	~	~	~	~	~	~
Sophomore	7	1233	1982	62%	~	~	~	~	11:57	105	51	~	~	~	~	~
Freshman	5	776	1793	43%	~	~	~	~	12:45	141	167	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	25	4710	8077	58%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

4710

0

0

Six years ago I made the unconscious decision to participate in what I now know as one of the greatest sports in the world. When I joined cross country, I was a directionless 7th grader who basically just did everything that my older brothers did. Since they ran, consequently so did I. Even though cross country started off as an afterthought, it quickly became my life. I started doing all the stereotypical running practices: eating green foods, cutting out pop, and buying new shoes basically every week.

Although I loved running, as my career progressed, I realized my body was not exactly set up for exceptional long distance performance. But when I thought about quitting, I quickly shot it down. I owe cross country for the entirety of my work ethic, my mental strength, and shocking good looks. Compared to the average person, even a JV athlete seems like an Olympian. Walking up 4 flights of stairs barely even phases us. Looking back on the time I've invested in this sport--all the runs, the lifts, and good times--I can say I will never regret a second of it. —Ben Hidani



Career Honors

Zane Hutton

	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	80	665	12%	~	~	~	~	13:29	187	186	~	~	~	~	~
Junior	6	65	1270	5%	~	~	~	~	14:59	237	183	~	~	~	~	~
Sophomore	2	77	456	17%	~	~	~	~	14:03	~	~	~	~	~	~	~
Freshman	4	41	1012	4%	~	~	~	~	15:57	218	278	~	~	~	~	~

Bolded Results are Varsity

Career	15	263	3403	8%	0	0	0	#####
---------------	-----------	------------	-------------	-----------	----------	----------	----------	--------------

Victory Shoes 263

0	0
----------	----------

Career Honors

Eli Johnson

	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	923	2001	46%	~	~	~	~	12:25	143	127	~	~	~	~	~
Junior	7	1124	2169	52%	~	~	~	~	12:31	120	83	~	~	~	~	~
Sophomore	6	448	1183	38%	~	~	~	~	13:14	140	81	~	~	~	~	~
Freshman	6	438	1531	29%	~	~	~	~	13:45	195	158	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	25	2933	6884	43%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **2933**

0	0
----------	----------

Career Honors

Jin Johnson

	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	807	1701	47%	~	~	~	~	12:00	87	85	~	~	~	~	~
Junior	7	1142	2169	53%	~	~	~	~	12:15	103	105	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	12	1949	3870	50%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **1949**

0	0
----------	----------

Career Honors

Nick King

	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	15	594	3%	~	~	~	~	~	~	214	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	2	30	360	8%	~	~	~	~	14:47	209	~	~	~	~	~	~
Freshman	5	168	1221	14%	~	~	~	~	14:59	239	~	~	~	~	~	~

Bolded Results are Varsity

<i>Career</i>	10	213	2175	10%	0	0	0	#####
---------------	-----------	------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes **213**

0	0
----------	----------

Patrick Leonard

Career Honors

Team Captain ('18)

All-Conference ('18)

All-Conference HM ('17)

	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	1100	1341	82%	9:39	12	20	39	113	~	5	~
Junior	4	774	798	97%	4	191	599	32%	9:52	15	3	~	11	~	6	~
Sophomore	6	1138	1197	95%	~	~	~	~	~	2	2	~	40	~	5	~
Freshman	6	1953	2034	96%	~	~	~	~	10:18	11	3	~	48	~	4	1

Bolded Results are Varsity

<i>Career</i>	16	3865	4029	96%	12	1291	1940	67%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5156

20

1

3x Coupon Sales Champion, 2x Mile Time Trial Champ, 1 Great Experience. In 7th grade, I joined the team to help condition myself for Hockey and Lacrosse. I took most of the first season as a joke and didn't really give it my all, that all changed on the day of the final meet. Before the race, I was goofing off and was not focused at all. The coach at the time, Mr. Oneil, started yelling at me and was telling me how I should focus up because the point of the sport was to perform at your very best. That stuck with me and I ran harder than I ever thought possible that day. I took that to heart and still work my butt off to this day. This amazing sport has changed my life for the better and I'm forever grateful for all that it has brought me. –Patrick Leonard



Luke Maly

Career Honors

Team Captain ('18)
 All-Conference ('18)
 All-Section ('18)

Academic All-State ('18)

	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	1087	1341	81%	9:50	9	14	57	94	~	5	~
Junior	5	1017	1054	96%	3	220	289	76%	10:04	24	4	~	26	~	4	~
Sophomore	7	1335	1430	93%	1	41	53	77%	10:23	6	8	~	45	~	7	~
Freshman	7	1825	2282	80%	~	~	~	~	11:34	51	11	~	~	~	1	~

Bolded Results are Varsity

Career	19	4177	4766	88%	12	1348	1683	80%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5525

17

0

Wayzata Cross Country is truly a special program. I consider myself lucky to have been a part of a team that not only performs at the highest level but also has such an amazing culture and coaching staff who care deeply about the team's prosperity. The team is not special because of a tally of trophies or because of its immense depth in talent. These things are only products of our work ethic and friendships. It's special because of the memories that we make every day out running with our friends, talking on long runs, grinding through workouts. It's special because of our shared dedication to becoming the best runners that we can be, and because we all know how all-consuming that can be. These are the memories that I will carry for life. At the core of this team's greatness are the lifelong values of perseverance, virtue, and responsibility instilled in all of us by the amazing coaching staff who are always striving toward a better team and helping every individual become a more whole person. My experiences on this team have taught me to never shy away from a lofty goal because through hard work and unbending determination anything can be accomplished. Thank you to all of my coaches and teammates who make this team special. –Lukey “Pookie” Maly



Zach Miller

Career Honors

Team Captain ('18)

All-Conference ('18)

	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	1005	1341	75%	9:57	11	26	80	95	~	3	~
Junior	2	468	473	99%	6	545	740	74%	10:03	29	2	~	5	~	6	~
Sophomore	6	1159	1215	95%	1	39	53	74%	10:03	~	4	~	~	~	6	1
Freshman	8	2199	2336	94%	~	~	~	~	10:36	20	5	~	38	~	6	~

Bolded Results are Varsity

Career	16	3826	4024	95%	15	1589	2134	74%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5415

21

1

Find yourselves in the small things. Running comes with small nuances that together can change how you view the world. Your commitment to do what others cannot changes the world we live in. There is a reason companies look at runners as top prospects in their fields. Inside and outside the classroom we push for a better tomorrow. We better ourselves and our commitment to that overflows to our daily lives. The lessons you can take from running will change your lives for the better. You won't remember your math classes you take or your time at the lunch tables, but you will remember runs with your friends on the Luce Line in the early hours of the morning. You will remember the PR you get your senior year. You will remember the times with your teammates. Cherish the time you get with them because it will fly by. I know seniors always say that but it does. Enjoy it while it lasts. See you guys at the Alumni Meet next year. Good luck to you all. --Zach Miller



Grant Price

Career Honors

Team Captain ('18)
 All-Conference ('16-'17)
 All-Conference HM ('15)

All-Section ('16)
 All-State ('16)
 Academic 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	~	~	~	~	6	571	774	74%	9:27	~	31	81	89	~	3	~
Junior	~	~	~	~	6	821	1147	72%	9:25	~	~	~	114	153	3	2
Sophomore	1	161	161	100%	8	1224	1427	86%	9:38	9	6	19	40	105	6	1
Freshman	6	2360	2382	99%	2	109	140	78%	10:28	21	1	~	1	~	6	3

Bolded Results are Varsity

<i>Career</i>	7	2521	2543	99%	22	2725	3488	78%
---------------	----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

5246

18

6

I played baseball from the time I was 6 until the 8th grade. When I joined cross country, I believed that baseball was my sport and that I would only run to stay in shape. It was not until I met Coach Popp and he told me that I would be quitting baseball soon enough that I even considered the idea. After my first cross country season finished, I knew it was the sport for me. The opportunity to challenge myself physically and mentally on the race course is something that I had never really had the opportunity to do in any other sport especially not in baseball. In my five years on the team, I have made many friendships, learned the value of hard work, and learned more about myself than I ever thought possible. To anyone debating sticking with cross country, I highly recommend you do. It will be the most rewarding experience of your life. - Grant Price



Luke Sharpe

Career Honors

Team Captain ('18)

All-Section ('18)

Academic All-State ('18)

All-Conference HM ('17)

	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	1049	1290	81%	9:44	~	10	52	141	~	4	~
Junior	3	593	606	98%	6	666	875	76%	10:12	14	21	54	14	~	6	2
Sophomore	8	1907	2298	83%	~	~	~	#####	11:15	39	18	~	76	~	2	~
Freshman	7	1831	2282	80%	~	~	~	#####	11:38	79	18	~	~	~	2	~

Bolded Results are Varsity

Career	18	4331	5186	84%	13	1715	2165	79%
---------------	-----------	-------------	-------------	------------	-----------	-------------	-------------	------------

Victory Shoes

6046

14

2

Wayzata Cross Country has given me so much more than I ever bargained for. I initially joined just to stay in shape, and fell in love with running. Throughout my schooling I tried many sports, none of which I enjoyed enough to stick with. In eighth grade I joined the cross country team with my friend not expecting much to come out of it. When high school came, I went out again and for the first time I took the sport seriously. I saw tens and twenties of seconds getting shaved off my PR every race. The culture on this team fosters hard work and rewards those who care. When I was a junior I had my first taste of varsity competition and things took off from there. Most importantly, during this time I was developing real relationships with my teammates. These people whom I met constantly encouraged me to be dedicated and a better runner. Here I am as a senior, where every race could be my last. I just want to thank everyone who put me in a position to be all I can be in this great sport. –Lukey “Mookie” Sharpe



Evan Stilday

Career Honors

Team Captain ('18)

	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	1735	2325	75%	~	~	~	~	11:07	27	30	~	125	~	~	~
Junior	8	1670	2450	68%	~	~	~	~	11:23	135	50	~	~	~	~	~
Sophomore	6	834	1749	48%	~	~	~	~	~	118	64	~	~	~	~	~
Freshman	6	1085	2064	53%	~	~	~	~	12:46	~	97	~	~	~	~	~

Bolded Results are Varsity

Career	27	5324	8588	62%	0	0	0	#####
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------

Victory Shoes

5324

0

0

Cross Country has been a great thing for me for the last five years. At first I wasn't sure about running for no reason but I eventually found myself enjoying the sport and I am glad I kept with it. Cross country has taught me some things that you wouldn't expect and I don't think I ever had a season that I regretted. I'm really glad I chose to run for Wayzata for the past five years.

Evan Hollis Stilday



Ben Walker

Career Honors

Team Captain ('18)

	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	1035	1108	93%	2	57	122	47%	10:35	27	4	~	53	~	4	~
Junior	7	1870	2258	83%	~	~	~	~	11:05	22	~	~	110	~	1	~
Sophomore	7	1609	1982	81%	~	~	~	~	11:18	63	29	~	~	~	~	~
Freshman	7	1670	2282	73%	~	~	~	~	11:48	66	28	~	~	~	~	~

Bolded Results are Varsity

Career	26	6184	7630	81%	2	57	122	47%
--------	-----------	-------------	-------------	------------	----------	-----------	------------	------------

Victory Shoes

6241

5

0

Cross Country has changed my life in a profound and almost indescribable way. I joined in 8th grade mainly because my sister ran, and I wanted to as well. I didn't really know anyone on the team that fall, but it took almost no time at all for new friendships to form. Once I started running, I was hooked. I loved it more than anything in the world. I've kept running these past five years, not just because I love to run, but also because I love the people and the community this team has created. I've become friends with people I probably would have never met without cross country. This team introduced me to people of backgrounds disparate from my own, and I've learned so many valuable lessons from everyone. It's this team that taught me how important your mindset is for your success, and that success looks different to every person.

I would like to thank all of the coaches for making these past five years of running so memorable and for giving me advice about not only running but life in general. I would like to thank my parents and siblings for cheering me on during the races and for encouraging me every step of my journey. Finally, I would like to thank all of my teammates, past and present, for being invariably inclusive and encouraging to everyone, and for fostering a wonderful community that will persist long after we've left. -Ben Walker

