

Evan Furcht

Team Captain: 2025
Letter Winner: 2025

Career Honors

Trojan Award: 2025
All-Conference HM: 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	Varsity Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	4	1239	1307	95%	3	389	739	53%	9:51	16:48	25	~	~	65	3	1
Junior	7	1190	1500	79%	~	~	~	~	10:44	17:37	40	~	~	197	4	~
Sophomore	3	496	788	63%	~	~	~	~	10:49	18:18	~	~	~	259	1	~
Freshman	2	715	832	86%	~	~	~	~	11:48	20:14	~	~	~	~	~	~

Bolded Results are Varsity

Career	16	3640	4427	82%	3	389	739	53%
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5k PR: 16:48	Runners Beaten	4029	8	1
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My cross country career has been one of the most valuable parts of my life. Joining all the way back in 7th grade, I didn't expect things to go far because of Covid-19. I decided to stick with it and continue to run cross country for my main sport and I'm extremely glad I did. The relationships I built throughout this team will stay with me forever. Aside from the times and racing efforts I put in, the pre meet runs, bus rides, carb ups, meets, and post meet dinners with all my teammates are life long memories I'll never forget. I made so many amazing friendships and I'm so thankful for being able to run with them over the years. I will always be thankful for my coaches for being so supportive, helpful, and patient to work with me and my injuries throughout my career. They have all been amazing people to look up to and have always pushed me to become a better person in both character and athleticism. I am beyond thankful for the Wayzata XC program allowing me to be somewhere I can be myself everyday. --Evan



Will Goodrich

Career Honors

Letterwinner: 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	647	884	73%	~	~	~	~
Junior	2	191	358	53%	~	~	~	~
Sophomore	1	50	98	51%	~	~	~	~
Freshman	2	530	731	73%	~	~	~	~

<i>Career</i>	8	1418	2071	68%	0	0	0	~
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5k PR: 18:06

Total Runners Beaten 1418

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	10:56	18:06	16	~	~	202	1	~
Junior	~	20:31	107	~	~	~	~	~
Sophomore	12:06	21:43	~	~	~	~	~	~
Freshman	~	21:14	~	~	~	~	~	~
							1	0



Graham Hedtke

Letter Winner: 2025

Career Honors

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	6	1584	1795	88%	~	~	~	~	10:42	17:59	11	~	~	134	4	~
Junior	6	953	1500	64%	~	~	~	~	11:15	18:55	66	~	~	288	~	~
Sophomore	5	761	1017	75%	~	~	~	~	11:26	19:19	86	~	~	~	1	~
Freshman	7	1152	2054	56%	~	~	~	~	12:43	19:42	99	~	~	232	~	~

Bolded Results are Varsity

<i>Career</i>	24	4450	6366	70%	0	0	0	~
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5k PR: 17:59	Runners Beaten	4450	5	0
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Cross country has been one of the most meaningful parts of my high school experience over the past four years. When I first joined, I never imagined how much it would shape who I am today. Through countless practices, early mornings, and tough races, I learned what true determination really means. My coaches pushed me to give my best every day, even when it was hard, and their encouragement helped me grow not only as a runner but as a person. Cross country helped me to create some incredible friendships and together, we shared laughter, exhaustion, and unforgettable memories that I'll carry with me forever. Cross country taught me the importance of consistency, teamwork, and believing in myself. The lessons I learned during cross country go far beyond running as they apply to the challenges I'll face in life. I'm incredibly grateful for the coaches who guided me and the teammates who ran beside me every step of the way. XC will always hold a special place in my heart for the strength, friendships, and purpose it gave me throughout high school. --Graham



Maurya Jakkaraju

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	6	1489	1830	81%	~	~	~	~	11:24	18:18	23	~	~	140	~	~
Junior	2	284	476	60%	~	~	~	~	11:51	20:13	98	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	8	1773	2306	~	0	0	0	~
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5k PR: 18:18	Runners Beaten	1773	0	0
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It was an impulsive decision to join track and field in the first place. I had just run a 5:44 mile in the ninth grade gym mile. With all my friends asking me to, I eventually gave in and signed up. After two seasons of T&F, I joined my first season of Cross Country in junior year. It was relatively late but this is where I actually understood what it meant to be a distance runner. XC made me actually believe in and actually like running. The work I was too injured to do during my junior season I tried my best to do during the offseason. Fighting through asthma, around 3 injuries, and a lot of doubtful moments, I can't help myself but acknowledge my friends, coaches, teammates, and my parents for taking me this far in the sport. I believe that the experience I've gained with running will benefit my life for many years to come: in discipline, health, and just happiness. Thank you -- Maurya



Matthew Jenneke

Team Captain: 2025
Letter Winner: 2023-25
Most Improved Career

Career Honors

All-Conference: 2025
All-State: 2025
High Point Man: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	~	~	~	~	8	1260	1456	87%	9:37	15:56	12	5	22	59	5	~
Junior	~	~	~	~	8	943	1365	69%	9:38	16:05	41	14	78	138	3	~
Sophomore	7	1319	1523	87%	~	~	~	~	10:37	17:13	8	~	~	142	5	~
Freshman	7	1784	2050	87%	~	~	~	~	11:21	18:04	14	~	~	141	2	~

Bolded Results are Varsity

Career	14	3103	3573	87%	16	2203	2821	78%
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5k PR: 15:56	Runners Beaten	5306	15	0
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Deciding to run cross country in 7th grade was one of the best decisions I have ever made. Looking back on my experience, I realize how many lifelong friends and memories cross country has made for me. It not only helped me meet my best friends today, but it also taught me how to be a part of a team as well as working with and encouraging my teammates each and every day. No matter how the rest of my day was going in school, I always had practice to look forward to at the end of the day. Even if it wasn't the running I was looking forward to, I had 2 hours to spend with my best friends. It allowed each of us to work with one another and push each other to be our best no matter what we were doing that day. It also gave me time to decompress each day and to just have fun whether that was with my teammates or just chatting with the coaches about what was happening that day. The memories I have made and lessons I have learned will stick with me for the rest of my life and Wayzata cross country will always be a part of who I am in the future. -- Matthew



Sam Kim

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	4	354	1049	34%	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	<i>4</i>	<i>354</i>	<i>1049</i>	<i>34%</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>~</i>
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5k PR: 22:01

Total Runners Beaten 354

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	13:10	22:01	~	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<i>0</i>	<i>0</i>



Aryan Maheshwari

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	4	52	1099	5%	~	~	~	~	~	25:32	249	~	~	~	~	~
Junior	2	20	350	6%	~	~	~	~	~	27:18	~	~	~	~	~	~
Sophomore	5	57	879	6%	~	~	~	~	14:31	25:12	235	~	~	~	~	~
Freshman	3	31	681	5%	~	~	~	~	14:31	26:45	198	~	~	~	~	~

Bolded Results are Varsity

Career	14	160	3009	5%	0	0	0	~
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5k PR: 25:32	Runners Beaten	160	0	0
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Over the last 4 years, running has reshaped who I am. My time being a part of Wayzata XC has helped me learn to push my boundaries further and further each time, and has made me realize the amazing things that are possible if I put all my effort into something. Through injuries, soreness, and pain, I learned to practice discipline and perseverance every time, knowing that my hard work would pay off on race day. I am very happy to have been a part of this program during my years in high school; the hardworking team culture always pushed me to strive to be better, and none of my progress would have come without the immense support from all the coaches over the years. To anyone considering taking up running and cross country, my advice would be, do it. It will change your life. --Aryan



Ethan Paul

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	4	316	1049	30%	~	~	~	~	~	22:59	~	~	~	~	~	~
Junior	1	1	286	0%	~	~	~	~	~	32:06	~	~	~	~	~	~
Sophomore	1	0	266	0%	~	~	~	~	~	33:14	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	6	317	1601	20%	0	0	0	~
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5k PR: 24:38	Runners Beaten	317	0	0
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When I joined cross country in my junior year I felt very behind. I felt like everyone else had been doing it since middle school and I wasn't cut out to be a runner. After an injury cut my season short I was determined for my senior year season to PR and race hard. Cross Country taught me very valuable skills like patience, and perseverance. Running went from something I did as a chore to make my parents happy into an activity I enjoyed. I enjoyed the workouts, hard and easy, and I loved watching as my weekly mileage trickled higher and higher. I met a lot of fun people due to the sport and got the privilege to have great coaches and teammates to push me through the seasons. Ultimately cross country proved that I could push myself and strive to be better every single day. Thank you coaches and teammates for giving me the best opportunity I could ask for. --Ethan



Aidric Pfeifer

Trojan Pride: 2025
Team Captain: 2025

Career Honors

Letterwinner: 2024, 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	~	~	~	~	6	909	1203	76%	9:56	16:27	21	18	~	126	2	~
Junior	6	1135	1279	89%	1	74	94	79%	10:45	16:53	9	~	~	117	5	~
Sophomore	7	1225	1523	80%	~	~	~	~	11:10	17:41	15	~	~	202	4	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	13	2360	2802	84%	7	983	1297	76%
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5k PR: 16:27	Runners Beaten	3343	11	0
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I joined Cross Country on a whim in tenth grade after hearing from my family and friends how good they thought I would be at it. So I took my chance, and after the first race at Crimson Twilight, I thought I would be mediocre for a long time—running still didn't feel natural, it was something I had to do. Two years later, I can't imagine going a week without running. Even racing, as grueling, upsetting, and challenging as it is, is something I always look forward to as an opportunity to prove to myself how strong and fast I can be. I never thought I'd make it as far as I have, and this last year rolling with the varsity team has been one of the best experiences of my life. The longer I run, the clearer it has become that life is all the same: you can choose your pace, your pack, and your days; but regardless, you've got to be the one to run life, it can't run for you. Whether it's a time trial, long run, or championship race, every day of Cross Country is a day to remind myself what I should, can, and will become. --Aidric



Samarth Raj

Career Honors

Letterwinner: 2023, '24, '25

All Conference HM: 2024

All Conference: 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	7	906	1401	65%
Junior	2	561	635	88%	5	344	472	73%
Sophomore	4	632	805	79%	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

Career	6	1193	1440	83%	12	1250	1873	~
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5k PR: 16:17

Total Runners Beaten 2443

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	10:08	16:17	10	~	106	203	3	~
Junior	10:03	16:35	20	17	~	75	5	1
Sophomore	~	17:24	~	~	~	163	3	1
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							11	2



Jackson Ruffing

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	492	897	55%	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	3	492	897	55%	0	0	0	~
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5k PR: 19:59

Total Runners Beaten 492

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	11:57	19:59	112	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							0	0



Ryan Salatino

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	485	887	55%	~	~	~	~
Junior	6	1089	1289	84%	~	~	~	~
Sophomore	7	1210	1523	79%	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

Career	16	2784	3699	75%	0	0	0	~
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5k PR: 17:26

Total Runners Beaten 2784

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	~	19:17	68	~	~	284	~	~
Junior	10:29	17:26	3	~	~	180	5	~
Sophomore	10:58	17:56	23	~	~	220	4	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							9	0



Tanner Stoltenberg

Letterwinner: 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	7	1898	2096	91%	~	~	~	~
Junior	3	363	433	84%	~	~	~	~
Sophomore	7	999	1496	67%	~	~	~	~
Freshman	7	1287	2054	63%	~	~	~	~

<i>Career</i>	24	4547	6079	75%	0	0	0	~
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5k PR: 17:22

Total Runners Beaten 4547

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	10:29	17:22	25	~	~	115	4	1
Junior	11:11	18:24	23	~	~	~	1	~
Sophomore	11:31	18:02	60	~	~	236	1	~
Freshman	12:25	18:57	89	~	~	169	~	~
Bold denotes Varsity Competition							6	1



Connor Viera

Career Honors

Team Captain: 2025

High Point Man: 2025

Letterwinner: 2023, '24, '25

Academic All-State: 2024

All-Conference: 2024-'25

All-Section: 2024-25

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	8	1229	1456	84%
Junior	~	~	~	~	8	1048	1365	77%
Sophomore	3	694	772	90%	4	398	649	61%
Freshman	5	1374	1481	93%	~	~	~	~

<i>Career</i>	8	2068	2253	92%	20	2675	3470	77%
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5k PR: 16:03

Total Runners Beaten 4743

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	9:40	16:10	8	6	36	80	5	~
Junior	~	16:03	9	8	31	133	5	~
Sophomore	10:16	16:38	35	~	~	79	3	1
Freshman	11:39	17:31	3	~	~	91	4	1
Bold denotes Varsity Competition							17	2



Elliot Williams

Career Honors

Letterwinner: 2023, '24, '25

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	5	1495	1572	95%	2	102	132	77%	10:08	16:46	27	~	~	72	5	~
Junior	3	693	846	82%	1	82	94	87%	~	17:08	~	~	~	147	3	~
Sophomore	7	1317	1523	86%	~	~	~	~	10:49	17:12	14	~	~	139	6	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	15	3505	3941	89%	3	184	226	81%
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5k PR: 16:46	Runners Beaten	3689	14	0
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I joined Cross Country relatively late, my sophomore year. My brother had always run, but I was worried foot problems I had struggled with would prevent me from being a successful runner. I joined anyway and although Cross Country has showed me a lot more than your feet can hurt, I have never looked back. Through Cross Country, I have pushed myself harder than I thought possible, achieved marks my freshman self couldn't comprehend, and built long lasting relationships. I have no doubt that what I have learned in this program will be very useful in my future endeavors and am forever grateful for my time as a part of Wayzata Cross Country. --Elliot



Evan Young

Career Honors

Letterwinner: 2023, 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	6	1615	1894	85%	~	~	~	~	~	17:37	26	~	~	148	1	~
Junior	~	~	~	~	1	35	65	54%	~	19:37	~	~	~	~	~	~
Sophomore	6	1115	1289	87%	1	8	67	12%	10:30	17:02	60	~	~	123	4	~
Freshman	2	429	434	99%	3	265	628	42%	11:13	17:39	2	~	~	~	2	~

Bolded Results are Varsity

Career	14	3159	3617	87%	5	308	760	41%
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5k PR: 17:02	Runners Beaten	3467	7	0
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If there's one thing this sport has taught me, it's toughness — real toughness. The kind that isn't loud or flashy, but built from years of showing up when it hurts and refusing to quit when every reason says you should. Over five years in Wayzata Cross Country, I've learned how to stay calm in discomfort and how to find strength in moments of pain. Growth doesn't come from comfort, it comes from choosing to keep moving forward when everything in you wants to stop. Running has pushed my body and mind to their limits. I've battled injuries, bad races, and times where I felt completely alone, but every setback forced me to adapt, to get tougher, and to come back stronger. I won't pretend I had the perfect experience or that I made as many close friends as I hoped to. But I can say without hesitation that this sport shaped me into someone who can endure, persist, and fight through anything — and that's something I'll carry long after I stop racing. My hope for future teams is simple: be tough in every way that matters. Tough enough to train hard, to fail and come back stronger, and to make room for everyone who shows up willing to give their best. Because real toughness isn't just about pain — it's about heart. --Evan



Abdi Robleh

Career Honors

Letterwinner: 2023, '24, '25

All-Conference HM: 2025

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	2	690	804	86%	5	648	942	69%
Junior	2	466	517	90%	3	161	235	69%
Sophomore	6	1051	1257	84%	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	10	2207	2578	86%	8	809	1177	69%
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5k PR: 16:22

Total Runners Beaten 3016

EVENTS	SNL	5k Best	Lake	Section	State	NXR	Top 20s	Wins
Senior	9:56	16:42	23	~	~	110	2	~
Junior	~	16:22	29	~	~	49	2	~
Sophomore	10:27	17:09	1	~	~	164	4	1
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							8	1

