

Max Albright

Career Honors

Team Captain -- 2019

All Conference HM -- 2019

	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	718	754	95%	4	629	920	68%	10:26	31	3	~	30	~	3	0
Junior	7	1893	2325	81%	~	~	~	~	11:15	10	11	~	50	~	2	0
Sophomore	8	1772	2397	74%	~	~	~	~	11:37	57	21	~	101	~	0	0
Freshman	5	728	1205	60%	~	~	~	~	12:47	120	42	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	24	5111	6681	77%	4	629	920	68%
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Victory Shoes

5740

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I had mixed feelings toward running when walking into the first day of practice in 8th grade. I wasn't particularly athletic or interested in pursuing anything that required even the slightest bit of mental toughness. Needless to say, both of these things did not remain the same after training for many years. I didn't begin my running career as a standout athlete. It was hard for me to run for a long enough period of time to complete a medium run. It was hard for me to get through an entire workout (partially due to my impulsive JV pacing strategy). In the span of my five years on the team, I slowly gained a pretty respectable endurance. My race times improved like clockwork.

While developing my athletic ability, I simultaneously developed an appreciation of discipline, hard work, and teamwork. During these years, I have learned more about myself through my experiences in this sport than I possibly could have in a different athletic setting. I learned to love the feeling of persevering through a painful run, and I appreciated the way my teammates did too. We all worked together to improve, and calling it a fun time would be a tragic understatement. I will forever be grateful for the amazing memories, relationships, and lessons that resulted from initially walking into practice on that first day. It's been a great time. -- Max Albright



Pearse Devins

Career Honors

Team Captain -- 2019

	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	687	1403	49%	~	~	~	~	12:32	155	112	~	~	~	0	0
Junior	6	868	2025	43%	~	~	~	~	~	125	125	~	192	~	0	0
Sophomore	7	1201	2116	57%	~	~	~	~	12:18	117	57	~	~	~	0	0
Freshman	7	1014	2169	47%	~	~	~	~	12:46	134	86	~	~	~	0	0

Bolded Results are Varsity

Career	24	3770	7713	49%	0	0	0	~
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Victory Shoes

3770

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Running cross country was one of the best decisions I have made. Throughout the last six years, this team has been nothing but amazing. I have learned so much from being on this team. I have learned dedication, perseverance, hard work, and how to set my own personal goals. The friendships I have created from this sport are some of the best. They are the funniest and most unique friendships I have. I enjoyed the medium runs and being able to talk with my friends. I will never forget some of these runs and workouts. You won't be able to find a better team or teammates than the guys I run with. The team would not be the same without the coaches who push you to do your best. The coaches are there for you and are always willing to help. I am thankful for my family for always being at the races and for supporting me and the team. Overall, I would like to thank the coaches, my friends, and family for making these last four years unforgettable. I'm honored to have been able to be a captain of this amazing team and to have had the chance to lead this year. Thank you again to all the people that have supported me. ~ Pearse



Jacob Emmons

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	900	1354	66%	~	~	~	~	12:20	117	~	~	~	~	0	0
Junior	1	60	137	44%	~	~	~	~	~	~	~	~	~	~	0	0
Sophomore	4	479	1475	32%	~	~	~	~	12:47	169	89	~	~	~	0	0
Freshman	5	286	1162	25%	~	~	~	~	14:43	191	210	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	13	1725	4128	42%	0	0	0	~
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Victory Shoes

1725

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Ben Harrison

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	4	493	894	55%	~	~	~	~	~	145	~	~	~	~	0	0
Junior	4	943	1493	63%	~	~	~	~	12:12	~	63	~	~	~	0	0
Sophomore	4	472	1423	33%	~	~	~	~	13:00	~	93	~	~	~	0	0
Freshman	6	273	1370	20%	~	~	~	~	14:58	194	212	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	18	2181	5180	42%	0	0	0	~
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Victory Shoes

2181

0

0

Charlie Ernst

Career Honors

Team Captain -- 2019

All Conference HM -- 2018

	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	132	464	28%	~	48	41	~	246	~	0	0
Junior	2	538	541	99%	3	521	690	76%	10:04	25	1	~	4	~	2	1
Sophomore	6	1174	1200	98%	2	152	207	73%	9:59	2	1	~	18	~	7	1
Freshman	8	2185	2485	88%	~	~	~	~	11:06	23	5	~	45	~	3	0

Bolded Results are Varsity

<i>Career</i>	16	3897	4226	92%	8	805	1361	59%
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Victory Shoes

4702

12

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My favorite time of day has always been 3:30. 3:30 was the time where I could escape from whatever happened during the school day or life in general. While exercise has always been good for me, I do not think I would have wanted to do it everyday after school if I did not have great people to do it with. Do a workout by yourself and you know how difficult it becomes to do it. Winter running and getting up early for morning practice is not the most fun thing to do. But I live for the days where I can enjoy a beautiful fall day running with my friends and not worrying about anything else in life. Freshman and sophomore year, I was more quiet and reserved on the team, not always sure of what to say or what to do. As time moved on, I started to get more comfortable with others and enjoyed spending time outside of practice with them. I talked more and actually became a semi-social person. I now apply this to other areas in my life. Wayzata Cross Country has made me the person I am today thanks to my coaches and teammates. The teammates I get to run with are some of the hardest working people I know and I am grateful that I got to spend many hours with them in high school. -- Charlie (Chuck) Ernst



Eli Hansen

Career Honors

Team Captain -- 2019

	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	2478	3182	78%	~	~	~	~	11:01	30	42	~	122	~	0	0
Junior	7	1536	2325	66%	~	~	~	~	~	45	29	~	91	~	0	0
Sophomore	8	1721	2397	72%	~	~	~	~	11:24	82	27	~	116		0	0
Freshman	7	1476	2169	68%	~	~	~	~	12:01	97	41	~	~	~	1	0

Bolded Results are Varsity

<i>Career</i>	30	7211	10073	72%	0	0	0	~
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Victory Shoes

7211

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When I first started middle school Cross-Country it wasn't because I loved running, and to be honest that's not why I continued to do it. Unlike a lot of other XC guys I don't have a passion for the physical action of running, but rather what it offers. I have had the opportunity to hang out with great friends, teammates, and coaches. When you go on a 70 minute run there isn't a screen in front of you, just the opportunity to talk. This has allowed me to grow closer with friends, and make new ones. Don't get me wrong, I do love the feeling of success after a race, but it's crazy to think that the actual competition isn't fun like other sports. This pain and fight causes XC to be a sport that a lot of people can't get behind, but those that do, find it to be quite rewarding. Overall I'm glad that I stuck with the sport, and am grateful to all my coaches and teammates. --Eli Hansen



Career Honors

Umar Hasan

	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	1962	2154	91%	1	33	68	49%	10:33	5	~	~	~	~	3	0
Junior	7	1922	2325	83%	~	~	~	~	10:53	24	16	~	67	~	2	0
Sophomore	7	1320	2116	62%	~	~	~	~	12:10	75	17				1	0
Freshman	7	651	2169	30%	~	~	~	~	13:30	168	185				0	0

Bolded Results are Varsity

<i>Career</i>	25	5855	8764	67%	1	33	68	49%
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Victory Shoes **5888**

6	0
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Career Honors

Matthew Kvistberg

	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	990	1649	60%	~	~	~	~	12:01	127	~	~	~	~	0	0
Junior	5	621	1102	56%	~	~	~	~	12:25	84	141	~	~	~	0	0
Sophomore	6	677	1878	36%	~	~	~	~	12:59	~	63	~	~	~	0	0
Freshman	6	367	1936	19%	~	~	~	~	~	148	145	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	22	2655	6565	40%	0	0	0	~
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Victory Shoes **2655**

0	0
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Shuayb Hussein

Career Honors

Team Captain -- 2019

Conference Champ -- 2019

All -State -- 2019

Section Champion -- 2019

	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	~	~	~	####	10	1591	1835	87%	9:42	1	1	7	5	111	8	2
Junior	4	643	808	80%	2	468	567	83%	9:57	33	2	~	150	~	3	0
Sophomore	8	1973	2254	88%	~	~	~	~	10:34	33	8		58		3	0
Freshman	7	1057	2277	46%	~	~	~	~	11:37	61	35		126		0	0

Bolded Results are Varsity

Career	19	3673	5339	69%	12	2059	2402	86%
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Victory Shoes

5732

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I'm not the greatest runner in Wayzata history. I don't own any course records. I'm not the fastest miler or the best 5k guy. I totally suck at the incline. And I don't think I've ever successfully completed the ab routine without charlie's helpful reminders every 30 seconds. But what I'm good at is going into every race optimistically, and never being 100% satisfied no matter how well I did. There's always a next step, the next goal, a new person to beat. You won? Do it again, but by more this time. You lost? Do better, win next time. And always put yourself in a position to do so by listening to your coaches and trusting your training. I want to thank everyone that's been with me throughout my 5 years of running cross country for the greatest program ever, I couldn't have made it this far without you guys. -Shuayb



Finn Hutchinson

Career Honors

Team Captain -- 2019

	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	2695	2997	90%	1	34	68	50%	10:39	20	27	~	97	~	3	0
Junior	7	1788	2325	77%	~	~	~	~	11:07	31	21	~	101	~	0	0
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	14	4483	5322	84%	1	34	68	50%
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Victory Shoes

4517

3	0
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I first got into the sport of cross country as a middle schooler. As I got into running shape I begin to appreciate all of the hard work that needed to be put in. I always looked forward to practice as I really enjoyed having fun with teammates and working hard to consistently improve my race times. At the start of high school I decided to play soccer for my 9th and 10th grade years. After two years of high school soccer I decided to go back to the sport I loved. In these two years everybody on the team helped build a great atmosphere and the coaches always pushed me hard to succeed. Throughout the last two years I have made tons of amazing memories and friends. I will never forget the sound of the gun and the pure feeling of adrenaline at the start of a race or the feeling of accomplishment at the finish. I learned many things during my time in the cross country program such as setting and dedicating time towards goals, commitment, and pushing myself on a daily basis to be the best. Looking back, I am thankful for all of the great coaches and teammates along with the opportunity to be apart of the team.

-Finn Hutchinson



Zach Nyquist

Career Honors

Team Captain -- 2019

	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	1819	2512	72%	~	~	~	~	~	100	81	~	~	~	0	0
Junior	5	1293	1761	73%	~	~	~	~	11:16	61	59	~	~	~	0	0
Sophomore	4	519	1462	35%	~	~	~	~	12:42	~	97	~	~	~	0	0
Freshman	4	345	997	35%	~	~	~	~	13:06	156	150	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	19	3976	6732	59%	0	0	0	~
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Victory Shoes

3976

0	0
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Career Honors

Arason Sanchez

	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	1752	2636	66%	~	~	~	~	11:42	108	89	~	~	~	0	0
Junior	4	449	965	47%	~	~	~	~	12:17	117	160	~	~	~	0	0
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	10	2201	3601	61%	0	0	0	~
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Victory Shoes

2201

0	0
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Career Honors

Matt Pietrzak

	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	30	173	17%	~	~	~	~	~	~	~	~	~	~	0	0
Junior	4	359	1564	23%	~	~	~	~	~	189	198	~	~	~	0	0
Sophomore	7	876	2116	41%	~	~	~	~	12:50	147	81	~	~	~	0	0
Freshman	7	938	2169	43%	~	~	~	~	13:08	131	88	~	~	~	0	0

Bolded Results are Varsity

Career	19	2203	6022	37%	0	0	0	~
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Victory Shoes

2203

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My cross country experience started off on an interesting note. The summer before 7th grade, my mom got a text from Eli Hansen’s mom, asking if I wanted to do cross country with him. I accepted immediately, but a couple minutes later I asked, “Wait, what is cross country?” I had never run a day in my life, but through hard work and perseverance, I was able to stick with it for 6 years. The thing that kept me going through it all was the relationships I built with my teammates. I met numerous friends that I otherwise wouldn’t have had any contact with, and grew closer to the friends that I already had. On long runs, you really get to know the people you run with, and it’s a great time to get everything out that you’ve been holding in for the past 8 hours in school. Even though I wasn’t able to run every day during my injury-ridden junior and senior years, I still was able to grow my friendships with my teammates. The team atmosphere and people around me is the reason I stuck with cross country, and I’m grateful for every teammate and coach in the program.

Matt



Luca Raso

Career Honors

Team Captain -- 2019

	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	754	1328	57%	~	~	~	~	~	154	96	~	~	~	0	0
Junior	6	1038	2001	52%	~	~	~	~	12:14	128	108	~	~	~	0	0
Sophomore	6	738	1917	38%	~	~	~	~	12:50	163	85	~	~	~	0	0
Freshman	5	225	1147	20%	~	~	~	~	~	195	224	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	21	2755	6393	43%	0	0	0	~
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Victory Shoes

2755

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I started running to improve myself, and that is exactly what happened over the years. I was a chubby, little eighth grader when I joined this team. I could barely get to the bridge on Schmitt Lake Road on my first day. Fast forward to even just a year later, I was knocking out ten mile long runs, running 40 mile weeks, and going to the weight room a couple days per week. But cross country didn't just improve me physically. It taught me dedication, passion, hard work, and grit for a sport that I wasn't even that good at. I learned that the sport wasn't about 5k times, but running. Running is not always a competition, but it can be a way of being liberated from every day life; a form of mediation. That's why I love cross country. Luca



Abubakar Robleh

Career Honors

Team Captain -- 2019

	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	2490	3072	81%	~	~	~	~	10:42	23	24	~	81	~	0	0
Junior	6	1793	2188	82%	~	~	~	~	10:45	16	8	~	116	~	4	0
Sophomore	5	789	1074	73%	~	~	~	~	~	76	7	~	75	~	2	0
Freshman	2	582	642	91%	~	~	~	~	11:05	~	8	~	54	~	1	0

Bolded Results are Varsity

Career	20	5654	6976	81%	0	0	0	~
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Victory Shoes

5654

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I started cross country in eight grade and have been apart of the team since. Cross country is an amazing sport with great people. Wayzata cross country has a great culture and the people on the team genuinely like the sport. The coaches really care about their athletes and want the best for them. The athletes hold each other accountable and want their teammates to get better every single day. To any athletes reading this and who might quit, I advise you to not because being apart of this team will teach you so much and you will have memories and relationships that will last forever. --Abubakar



Sean Sticha

Career Honors

Team Captain -- 2019

	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	962	1044	92%	2	57	142	40%	10:26	1	6	~	68	~	4	1
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0
Sophomore	8	1354	1512	90%	~	~	~	~	10:34	26	9	~	58	~	6	0
Freshman	4	1348	1656	81%	~	~	~	~	10:49	45	12	~	102	~	1	0

Bolded Results are Varsity

Career	17	3664	4212	87%	2	57	142	40%
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Victory Shoes

3721

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The Wayzata Cross Country program has had a huge impact on my life. I remember showing up on the first day of practice in 7th grade and knowing very few people, and having very little interest in running. Little did I know I would meet some of my closest friends over the years of doing cross country and come to love the sport. I have been very lucky to meet some great guys during my six years of running cross country and was lucky enough to have bonded with the upperclassmen on the team my freshman year. As my senior year of cross country has come to an end, I hope I have made an impact on some of the younger guys like I was impacted my freshman year. If it weren't for those older guys my freshman year, I don't know if I would have enjoyed my time on the team as much as I have. After having such a great experience over my years on the team, I hope all the younger guys on the team reading this can realize how lucky they are to be on this team and to not take it for granted. I would like to thank all of the coaches, parents, and teammates I have had over the years for having such a big impact on my life. I have been fortunate enough to have had a coaching staff with so much talent and could not have become the runner I am today without them. My experience on this team has been amazing and I'm sure I will never forget the years I have spent running. -Sean Sticha



Career Honors

Ben Voynov

	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	98	1822	5%	~	~	~	~	14:21	268	156	~	~	~	0	0
Junior	5	87	1102	8%	~	~	~	~	13:59	190	205	~	~	~	0	0
Sophomore	3	22	563	4%	~	~	~	~	16:06	~	129	~	~	~	0	0
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	0	0

Bolded Results are Varsity

<i>Career</i>	14	207	3487	6%	0	0	0	~
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Victory Shoes **207**

0	0
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Drake Young

Career Honors

Team Captain -- 2019

All-Conference HM -- 2018

	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	828	1181	70%	~	~	24	~	184	~	3	1
Junior	4	935	978	96%	3	423	690	61%	10:10	29	3	~	33	~	3	1
Sophomore	7	1381	1456	95%	1	107	166	64%	10:21	6	6	~	43	~	6	0
Freshman	5	1354	1628	83%	~	~	~	~	11:12	~	~	~	~	~	1	0

Bolded Results are Varsity

<i>Career</i>	16	3670	4062	90%	10	1358	2037	67%
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Victory Shoes

5028

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Words can't describe how amazing my experience with Wayzata Cross Country was. I remember joining cross country as a small 7th grader, having no idea that one day this sport would become one of the things I am most passionate about. Cross country has taught me dedication, focus, hard work, discipline, and most of all, team work. I have been gifted with the opportunity to run alongside some of the greatest teammates anyone could ask for. The dedication to cross country all of the runners around me have had, has pushed me to work even harder everyday at practice. This sport has provided me with some of the best experiences I have had in my life and they cannot be taken for granted. The experience of the coaches in this program have really allowed me to consistently grow as a runner throughout my time at Wayzata. Through all of the ups and downs I have had in cross country, I never have and never will lose love for the sport. Cross country will always be a big part of who I am, and I am not sure if any other experience could beat the wonderful memories I have had with Wayzata Cross Country. -- Drake Young

