

# Isak Arnold

	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	1383	1975	70%	~	~	~	~	11:28	79	43	~	O119	~	~	~
Junior	4	888	1064	83%	~	~	~	~	11:13	91	~	~	~	~	2	~
Sophomore	2	268	359	75%	~	~	~	~	11:26	~	~	~	~	~	~	~
Freshman	7	1118	2856	39%	~	~	~	~	12:58	176	57	~	~	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<i>Career</i>	<b>20</b>	<b>3657</b>	<b>6254</b>	<b>58%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<i>Victory Shoes</i>	<b>3657</b>	<b>2</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------

*When I joined cross country in ninth grade I wasn't sure what to expect. Although I had no experience with distance running, I felt drawn towards the sport. I didn't come from a family of runners so I made a lot of rookie mistakes. These included things like not putting my spikes in properly and ending a race with only two remaining, not eating properly so I felt sick after every race, and being underdressed or overdressed most days. Slowly overtime I learned more about the tricks of distance running. At the same time I learned to love the sport more and more. Being on this team has taught me perseverance and the importance of having both personal goals and team goals. I can see that these lessons will continue to help me succeed in the rest of my life. Thanks so much to the coaches for making this great experience possible. -- Isak*



# Luke Greseth

## Career Honors

Team Captain 2022  
Trojan Award 2022  
Letterwinner 2022

All-Conference HM: 2022

	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	129	138	93%	5	433	952	45%	10:30	<b>36</b>	10	~	<b>265</b>	~	1	~
Junior	3	925	1104	84%	~	~	~	~	11:34	~	~	~	~	~	2	~
Sophomore	1	216	240	90%	~	~	~	~	11:02	~	~	~	~	~	~	~
Freshman	8	2381	3165	75%	~	~	~	~	11:39	47	34	~	R197	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<b>Career</b>	<b>13</b>	<b>3651</b>	<b>4647</b>	<b>79%</b>	<b>5</b>	<b>433</b>	<b>952</b>	<b>45%</b>	<b>Victory Shoes</b>	<b>4084</b>	<b>3</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	-------------	----------	----------

*I have been on the Wayzata cross country team since 8th grade and it has been a great experience. I remember starting out at the high school with Charlie Ernst leading our group for the abs and back routine, just a few years later and I'm the one helping others with the routine. This team is so great because the coaches give everyone the same amount of care when it comes to improving our skills, they will make sure that everyone is able to do well in races, not just varsity. I am also grateful for all of the great guys on the team who support each other in our races by working together to do the best that we can as individuals and as a team. It has been well worth all of the time that we have spent together on a daily basis. Being on this team is an experience that I will never forget. -Luke*



# Brenden Hyvare

Career Honors  
Letterwinner: 2020-2022

	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
<b>Senior</b>	4	582	891	65%	1	257	438	59%	10:48	41	35	~	O206	~	~	~
<b>Junior</b>	6	1437	1580	91%	1	244	352	69%	10:45	7	15	~	O98	~	5	~
<b>Sophomore</b>	2	340	359	95%	2	151	275	55%	10:57	<b>65</b>	~	~	~	~	2	~
<b>Freshman</b>	8	2533	3165	80%	~	~	~	~	11:14	33	17	~	R155	~	1	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<b>Career</b>	<b>20</b>	<b>4892</b>	<b>5995</b>	<b>82%</b>	<b>4</b>	<b>652</b>	<b>1065</b>	<b>61%</b>	<b>Victory Shoes</b>	<b>5544</b>	<b>8</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	-------------	------------	----------------------	-------------	----------	----------

*XC for me was a truly incredible experience for me. The sport was so much more than that and was a place where I formed connections with coaches and teammates alike. It was a place where I met my main friend group for high school and was a place I took refuge in middle school. It also is where I built the bulk of my character and learned what hard work was both from coaches and upperclassmen alike on my way up, and learned to be a leader and teammate alike. It's truly a place for everyone and worth every second.*

-Brenden



# Luke Jenneke

Career Honors  
Letterwinner: 2022

	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	621	705	88%	3	333	589	57%	10:38	<b>48</b>	6	~	O74	~	2	~
Junior	7	1750	1958	89%	~	~	~	~	10:58	12	18	~	O129	~	6	~
Sophomore	2	241	359	67%	~	~	~	~	11:37	~	~	~	~	~	~	~
Freshman	7	1793	2856	63%	~	~	~	~	12:16	89	45	~	~	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<i>Career</i>	<b>19</b>	<b>4405</b>	<b>5878</b>	<b>75%</b>	<b>3</b>	<b>333</b>	<b>589</b>	<b>~</b>	<i>Victory Shoes</i>		<b>4738</b>	<b>8</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	------------	----------	----------------------	--	-------------	----------	----------





# Ronan Leonard

	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	1424	1636	87%	1	30	90	33%	10:29	11	19	~	O120	~	4	~
Junior	7	1731	1958	88%	~	~	~	~	11:17	13	9	~	O159	~	6	~
Sophomore	2	282	359	79%	~	~	~	~	11:15	~	~	~	~	~	~	~
Freshman	8	2287	3165	72%	~	~	~	~	11:33	110	56	~	R149	~	1	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<i>Career</i>	<b>23</b>	<b>5724</b>	<b>7118</b>	<b>80%</b>	<b>1</b>	<b>30</b>	<b>90</b>	<b>~</b>	<i>Victory Shoes</i>	<b>5754</b>					<b>11</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	-----------	-----------	----------	----------------------	-------------	--	--	--	--	-----------	----------



# Hamza Mohamed

## Career Honors

Team Captain: 2022

All-State: 2020, 2022

Letterwinner: 2019-2022

All-Section: 2021-2022

All Conference: 2020-2022

	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	1631	1689	97%	9:36	<b>1</b>	<b>3</b>	<b>4</b>	<b>20</b>	~	7	3
Junior	~	~	~	#####	7	976	1214	80%	9:41	<b>8</b>	<b>5</b>	<b>26</b>	<b>44</b>	<b>147</b>	4	1
Sophomore	~	~	~	#####	6	508	623	82%	~	<b>8</b>	<b>32</b>	<b>15</b>	~	~	3	~
Freshman	2	213	220	97%	4	329	669	49%	10:16	<b>24</b>	<b>23</b>	~	<b>193</b>	~	2	1

\*Sophomore year is the Covid season

Bolded Results are Varsity

Career	<b>2</b>	<b>213</b>	<b>220</b>	<b>97%</b>	<b>25</b>	<b>3444</b>	<b>4195</b>	<b>82%</b>	<b>Victory Shoes</b>	<b>3657</b>	<b>16</b>	<b>5</b>
--------	----------	------------	------------	------------	-----------	-------------	-------------	------------	----------------------	-------------	-----------	----------

*I started running cross country in 8th grade after agreeing with coach Bartels that I would take the sport of running seriously for a season. I went from skipping practice in 7th grade track to never missing a day in cross country. I poured my heart into it and started to see myself improving. But what made me want to continue running is the special relationships I built. As the years went by, I realized how grateful I was to be part of such a special program. I was lucky enough to acknowledge that right away as I vowed to myself to make the most out of every single day. To not just help myself but carry the tradition and help my program. My hope is that one day, the special stuff continues and a kid years down the line can find a home here like myself. Special thanks to our coaches, the past and current athletes who show up every day, and the community around us. This is really something special. -Hamza*



# David Nelson

	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	1217	1417	86%	~	~	~	~	11:39	38	26	~	~	~	~	~
Junior	5	1258	1504	84%	~	~	~	~	11:28	46	35	~	~	~	~	~
Sophomore	1	195	240	81%	~	~	~	~	11:13	~	~	~	~	~	~	~
Freshman	7	1230	2856	43%	~	~	~	~	12:50	217	103	~	~	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<b>Career</b>	<b>18</b>	<b>3900</b>	<b>6017</b>	<b>65%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>3900</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------

*Cross Country has been a great experience for me. For one thing, it's helped me keep in shape for the Track season, but it's more than that. I've had a lot of fun these six years and really improved my fitness. I've always loved running since I was a little kid and when I learned that you could join Cross Country in seventh grade, I was ticked that I couldn't join in sixth. It's been awesome to run every day for a whole season every year since then. Racing was so much fun because I got to challenge myself and see how I've improved. It always hurt in the moment, but that just meant I was doing it right, and seeing my time at the end was worth the pain and effort of the workouts and long runs I had to do to get that fast.*

*People say that your high school years are the best ones of your life. Well, Cross Country is one of the biggest reasons that's true for me. Having activities and friends to go to after school every day gave me something to look forward to. I loved my time in the Wayzata Cross Country program. It's hard to express exactly what it has meant to me, but I'll definitely miss it in the coming stages of my life. My favorite part of fall will now always be the relaxed jogs through the woods with a cool breeze on my skin and the smell of fallen leaves.*

*Thanks for a great six years. -David*



# Carter Olson

	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	762	1082	70%	~	~	~	~	12:02	61	62	~	~	~	~	~
Junior	2	607	620	98%	~	~	~	~	10:34	~	~	~	~	~	2	~
Sophomore	2	335	359	93%	2	172	275	63%	10:38	<b>53</b>	~	~	~	~	2	~
Freshman	7	2301	2980	77%	~	~	~	~	11:26	39	15	~	R89	~	1	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<b>Career</b>	<b>15</b>	<b>4005</b>	<b>5041</b>	<b>79%</b>	<b>2</b>	<b>172</b>	<b>275</b>	<b>63%</b>	<b>Victory Shoes</b>	<b>4177</b>	<b>5</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	-------------	----------	----------

*I spent the last six years of my life doing cross country. And while going into it and even during the seasons I kept saying it was too hard, that it wasn't worth it, and that I didn't want to do it, I stuck with it and I am so glad I did. XC gave me a much better sense of hard work, fed my competitive spirit, and created many friendships and connections that have lasted since I was a seventh grader with gelled hair. While cross country isn't as flashy as some sports are, not as easy, or as recognized, the feeling you get from the finish creeping into view with the time clock well below your PR, and you just kick it in as if you're running for your life, is unparalleled, and something I've never experienced outside of XC. I couldn't be more thankful for my parents for pushing me into XC, and supporting me through every single year, for my teammates for creating a great environment and long-lasting friendships that made the hardships of cross country fun, and especially to the coaches who gave up their time to help us all improve, work hard, and be successful. -Carter*





# Liam Stroup

## Career Honors

Letterwinner: 2022

All-Conference HM: 2022

	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
<b>Senior</b>	1	244	247	99%	3	357	589	61%	10:35	57	45	~	~	~	1	~
<b>Junior</b>	2	743	864	86%	~	~	~	~	11:24	~	~	~	~	~	1	~
<b>Sophomore</b>	2	309	359	86%	~	~	~	~	~	~	~	~	~	~	~	~
<b>Freshman</b>	8	2232	3165	71%	~	~	~	~	11:40	61	38	~	R216	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<i>Career</i>	<b>13</b>	<b>3528</b>	<b>4635</b>	<b>76%</b>	<b>3</b>	<b>357</b>	<b>589</b>	<b>61%</b>	<i>Victory Shoes</i>	<b>3885</b>	<b>2</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	-------------	----------	----------

*I got to spend the last 6 years as a member of Wayzata Cross Country, and I wouldn't have it any other way. I think part of what makes the clinic so great and special is in the character of every athlete that comes in and puts in the work. It takes a lot to find the discipline to come to practice and put the effort in every single day, and it takes even more to go out and race. Not everyone is cut out for it, and having struggled a lot with injuries in my running career, it grew difficult to keep coming back out every year. Though ultimately, what really brought me back wasn't racing, it was the great relationships with my teammates and coaches that I was able to build as a result of that work we put in every day and the culture around it. I wouldn't be who I was today if it weren't for this program, and I can't thank my coaches and teammates enough. -Liam*



# Petro Zaraszczak

Career Honors  
Most Improved Career

	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
<b>Senior</b>	6	1448	1651	88%	~	~	~	~	10:58	57	45	~	~	~	~	~
<b>Junior</b>	6	1195	1704	70%	~	~	~	~	11:24	~	~	~	~	~	~	~
<b>Sophomore</b>	2	87	359	24%	~	~	~	~	13:13	~	~	~	~	~	~	~
<b>Freshman</b>	5	266	1102	24%	~	~	~	~	13:20	229	128	~	~	~	~	~

\*Sophomore year is the Covid season

**Bolded Results are Varsity**

<b>Career</b>	<b>19</b>	<b>2996</b>	<b>4816</b>	<b>62%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>#####</b>	<b>Victory Shoes</b>	<b>2996</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	--------------	----------------------	-------------	----------	----------

6 years is a long time in someone's life. From my mom telling me "you should join Cross Country" to every year looking forward to next season, it definitely has been one wild ride (Thanks COVID). I've met some truly awesome people as part of Wayzata XC. While running, I realized that it isn't about the time you finish a 5K, 3200, or even a mile in, but it's about running as a team and doing your absolute best on that course. There is a target on your back wherever you go. The side cramps, Milaca freshman year, the arguments at home, the weather, the "go practice without swearing," the days where "I don't wanna do a workout today." I've made lots of friends and memories throughout my time. I am grateful for the opportunity to run for the AAA state championship team.

Thanks for everything - Petro

