

WAYZATA CROSS COUNTRY 5000 METER HONOR ROLL

1)	15:32	Tim Ross	Hollydale GC	10/24/79	Region 6
	15:38*	Tim Ross(2)	Enger Park GC	10/6/79	Swain
	15:40	Tim Ross(3)	U of M GC	11/2/79	State
	15:43*	Tim Ross(4)	U of M GC	11/3/78	State
2)	15:44*	Brent Anderson	Lake Nokomis	10/27/76	Region 6
	15:46*	Tim Ross(5)	Bassett Creek	10/3/79	Dual Meet
3)	15:46	David Herman	Wildwood Park	8/31/96	Marshfield Inv
4)	15:47	Jason Overson	St. Olaf College	11/6/99	State
	15:49*	Tim Ross(6)	Hollydale GC	10/25/78	Region 6
5)	15:51	Pat Hoard	Rich Acres GC	10/14/92	Lake Blue
6)	15:55	Adam Stuhlfaut	Rich Acres GC	10/13/93	Classic Lk
	15:56*	Tim Ross(7)	Lake Nokomis	9/1/79	U of M EB
	15:56*	Tim Ross(8)	Lake Nokomis	10/26/77	Region 6
	15:56	Pat Hoard(2)	Arrowwood GC	11/9/91	State
	15:56	Adam Stuhlfaut(2)	Hollydale GC	10/27/93	Region 6
	15:57*	Tim Ross(9)	Bassett Creek	10/4/78	Dual Meet
7)	15:58	Oliver Haugland	Sioux Falls, SD	11/14/09	Heartland Reg.
8)	15:59*	George Ross	Lake Nokomis	10/24/73	Region 5
	15:59	Oliver Haugland(2)	Portland Meadows	12/5/09	Nationals
9)	16:00	Dan Thour	St. Olaf College	11/6/03	State
	16:00	David Herman(2)	Bassett Creek Park	10/9/96	Classic Lk
10)	16:00	Danny Ducharme	Gale Woods	10/10/07	Classic Lk
	16:01	Jason Overson(2)	Bassett Creek Park	10/13/99	Classic Lake
11)	16:01	Taylor Fay	St. Olaf College	11/3/2001	State
	16:01	Jeremy Drenckhahn	St. Olaf College	11/1/08	State
12)	16:01	Josh Thorson	Sioux Falls, SD	11/14/09	Heartland Reg.
	16:02*	Brent Anderson(2)	Lake Nokomis	10/20/76	Sub-Reg.
13	16:02*	Kurt Runzheimer*	Lake Nokomis	9/16/89	Metro Inv
	16:02	Pat Hoard(3)	Apple Valley HS	9/26/92	AV Inv
14	16:03	Stephen Jahn	National XC Course	11/25/00	MW Footlockr
	16:03	Josh Thorson(2)	Bauman/Rovn Inv.	9/12/09	Gale Woods
15	16:04*	Jack Alexander	Lake Nokomis	10/18/72	District
	16:04	Stephen Jahn(2)	Braemar GC	10/25/00	Section 6
16	16:05*	Bob Stromvall	Lake Nokomis	10/16/70	District
	16:05*	Jack Alexander(2)	Lake Nokomis	10/14/71	District
17)	16:05	Kurt Threinen	Hollydale GC	10/24/79	Region 6
	16:05	Kurt Runzheimer(2)_	Proctor GC	10/7/89_	Swain
	16:05	Stephen Jahn(3)	St. Olaf	11/3/00	State
18)	16:08*	Chris Newcombe	Lake Nokomis	10/26/77	Region 6
19)	16:09	Jacob Hallen	Braemar GC	10/13/94	Classic Lk
20)	16:10	Jeff Stewart	Wildwood Park	9/2/95	Marshfield Inv
21)	16:10	Jimmy Hull	St. Olaf College	11/3/2001	State
22)	16:11	Mike Anderson	Eastwood GC	9/18/81	Mayo Inv.
23)	16:15*	Eric Nelson	Bassett Creek	10/4/78	Dual Meet
24)	16:15	Jon Lambert	Gale Woods	10/25/06	Section 6AA
25)	16:15	Landon Lozano	Portland Meadows	12/5/09	Nationals
26)	16:16	John Subialka	Sioux Falls, SD	11/14/09	Heartland Reg.
27)	16:17	Max Johnson	Sioux Falls, SD	11/14/09	Heartland Reg.
28)	16:18*	Jon Ulrich	Lake Nokomis	10/16/70	District
29)	16:19	Andrew Wasz	Sioux Falls, SD	11/15/08	Heartland Reg.
30)	16:21	Jeff Dezenski	Eastwood GC	9/14/79	Mayo Inv.
31)	16:21	Chris DesRoches	Eastwood GC	9/11/03	Mayo Inv
32)	16:23	Adam Moline	Sioux Falls, SD	11/14/09	Heartland Reg.
33)	16:24	Anders Bowman	St. Olaf College	11/3/07	State
34)	16:26*	Kyle Monson	Lake Nokomis	10/15/75	Sub-Reg.
35)	16:26	Eric Riggs	Bassett Creek	9/26/84	Quad Meet
36	16:26	Nate Engel	Wildwood Park	9/5/09	Marshfield Inv.
37)	16:27	Jon Hackbart	St. Olaf College	11/1/08	State
38)	16:29*	Kent Steinnagel	Lake Nokomis	10/16/70	District
39)	16:29*	Greg Longstreet	Lake Nokomis	9/19/87	Metro Inv
40)	16:30	Vince Trammel	Central Park	10/14/80	Dundee
41)	16:30	Todd Obermiller	Braemar GC	10/13/94	Classic Lk
42)	16:30	Ben Morris	Hollydale G.C.	10/23/96	Section 6
43)	16:31	Mark Harries	Sioux Falls, SD	11/14/09	Heartland Reg.
44)	16:32	Brett Osgood	Wildwood Park	9/2/95	Marshfield Inv
45)	16:32	Mark Bowden	Braemar GC	10/24/01	Section 6
46)	16:33	Brock Stepan	Braemar GC	10/25/00	Section 6
47)	16:33	Peter Holmes	St. Olaf College	11/3/07	State
48)	16:34*	Dan Murphy	Lake Nokomis	10/14/71	District
49)	16:34	Carter Maxwell	Bassett Creek	9/28/81	Dual Meet
50)	16:34	Frank Steed	St Olaf	11/6/93	State
51)	16:35*	Steve Johnson	Lake Nokomis	9/19/77	Dual Meet
52)	16:36	Andy Hoem	Bassett Creek	9/26/84	Quad Meet
53)	16:37	Josh Gerber	Gale Woods	10/27/04	Section 6
54)	16:38	Tony Kaster	Bassett Creek	9/26/84	Quad Meet
55)	16:38	Kelly O'Rourke	Hollydale GC	10/28/92	Region 6AA
56	16:38	Steven Donahue	Bassett Creek	10/26/09	Lefty Wright
57)	16:39*	Dick Beardsley	Lake Nokomis	10/9/74	Dual Meet
58)	16:40	Scott Terry	Proctor GC	10/8/89	Swain Inv
59)	16:40	Sean O'Day	Hollydale GC	10/28/92	Region 6AA

It is very dangerous to compare cross country times. In addition to the variations created by weather, level of competition, and softness of running surface; there is a great range in the terrain and the accuracy of the course measurement. Every race run by Wayzata athletes under 16:05 for 5000 meters and the best time of every Wayzata harrier who has run 16:40 or faster for 5000 meters. An * notes 3 mile races that have been converted to 5000 meters by adding 35 seconds.

The Indispensable Human

When you're feeling important, when your ego's in bloom
When you take it for granted, you're the best
in the room
When you feel that you're going, would leave an unfilled hole,
Follow these simple instructions, and see how it humbles your soul.
Take a bucket and fill it with water, put your hand in up to your wrist,
Pull it out and the hole that's remaining, is a measure of how you'll be missed.
You may splash all you please when you enter, you can stir up the water galore,
But stop and you'll find in a minute, that it looks quite the same as before.
The moral in this quaint example, is to do just the best that you can,
Be proud of yourself but remember, there's no indispensable human!

A Song Of Greatness

When I hear the old ones
Telling of heroes,
Telling of great deeds
Of ancient days,
When I hear them telling,
Then I think within me
I too am one of these.
When I hear the people
Praising great ones,
Then I know that I too
Shall be esteemed,
I too when my time comes
Shall do mightily.
An Ojibwe Song