

ALUMNI NEWSLETTER – 2011

Wayzata Running (2010-11) – We continue to have success in Wayzata distance running. Our Cross Country team won the State Meet for the third time in four years, won the Heartland Invitational to qualify for Nike Nationals, and finished ninth in the National Meet. In track the distance crew played an integral role in Wayzata winning the Conference for the third year in a row and taking second in the State. Adam Moline set school records in the 800 (1:53.56) & 1600 (4:18.53). The 4x800 Relay team of Derek Peterson, Nate Heintzeman, Josh Thorson, & Brian Jarvey set the school record with a time of 7:50.64. Jarvey & Moline ran on the new school record 4x400 team of 3:17.97.

The future- We return a 9:18 3200 runner (Thorson), a 1:54.0 relay split (Jarvey), three other sub-ten 3200 runners (Peterson, Joe Meister, and Josh Nielsen), a transfer Connor Olson (freshman who ran 4:26 & 9:38 as an 8th grader at Maple Grove last year), and a number of others under 4:45 and 10:30. They are training well and are anxious to get into it with Stillwater, Eden Prairie, Edina, Burnsville, Moorhead, and all of the other Minnesota powers.

Booster Club- In past years we have used Booster Club funds to pay for middle school coaches, a refrigerator, video cameras, broccoli for breakfast, the banquet, carbos, etc. This year we are again going to use the funds to pay for another High School Coach. Mark Popp is an English teacher who was a many time All-State runner in North Dakota and competed at NDSU. Last year he was a huge asset to Aaron Berndt, our JV Coach. I focus on about 20 boys and leave Aaron to try and manage the other hundred. Aaron **needs** assistance and Mark will provide it to him. I have enclosed a Booster Club Membership form. The donation is tax deductible. Please be sure to identify “Boys Cross Country” as the beneficiary. **Thank you.**

Web Page- Check out our team’s webpage at “www.wayzata-xc.org” We’ll start updating it shortly.

Poker Party- December 26th at 7:00 pm at Bill Miles’ house 4101 Thrushwood Ln in Minnetonka. Bring your pennies and be prepared to lose them to me.

My year- Retirement from teaching is nice, but I have agreed to return to teach two classes of AP US History for the fall quarter. I will be a long term sub for Elyssa McIntyre who is taking a maternity leave. This year Sally & I took a two week trip in December to southern California and a month long trip in February to the southeast (New Orleans for a week, Florida for two weeks, and Savannah & Charleston- a little history and a lot of sun & heat). It’s amazing how the winter is more tolerable when you miss six weeks of it. Sally continues to work part-time at the University of Minnesota in the school of Public Health.

Other news- Assistant XC coach and Head Track Coach **Aaron Berndt** has developed a military history class at Wayzata that has attracted large numbers of kids choosing it as an elective. Berndt started an elementary kid track meet last summer and it continued to be very successful in its second year. **Eric Jahn** enters another year assisting me. His own training has been going well with his shining in his new 60+ age group. He ran the Lake Minnetonka Half-Marathon in 1:34:16 this May and then charged up the Incline this June. A big change in his life is his wife Ruth’s starting to train seriously and compete in races. Long time Middle School Coach **Steve O’Neill** and his wife Deb are out hiking in Glacier this early August. Steve will teach at Central Middle School for one more year. **Chad Bartels** won his hometown’s (Wadena) 4th of July Run and used his winnings to treat his wife and kids to ice cream cones. Assistant XC Coach, **Mark Popp**, coached the sprinters this spring and his 4x100, 4x200, & 4x400 squads all qualified for the State Meet. He is currently off in Hawaii on a family vacation. Volunteer assistant coach, **Brandon Heebink**, a 9th grade science teacher, seriously sprained his ankle coming down from the 14,000 foot Colorado hike this summer. His running is going to very limited for a few months, but he and his wife are still planning on going on a Mission trip to Central America late this summer. **Kyle Rasmussen**, who ran at Owatonna and Iowa State, will be volunteering with us this fall. He will be a second year science teacher. **Dave Emmans** the long time coach of the girls’ XC squad continues to teach Health & PE. His son Nick had a good sophomore season running for Minnesota State-Mankato.

Some Alumni News-

Nate Drenckhahn (Class of 2004) is a 2nd Lieutenant in the Air Force. He studied Aerospace Engineering at Embry-Riddle. He and his fiancé Diana are getting married over Labor Day weekend in San Francisco.

Matthew Hirsche (Class of 1998) and wife Rachel moved to Durham, NC. He took a job at Duke as an assistant professor (in Medicine) and Rachel is pregnant with their first child, due in the beginning of September.

Taylor Fay (Class of 2002) is back in Minnesota from western Carolina. He & **Jimmy Hull** (2002) came to watch 6AA 3200. Jimmy and **Marlene Yeager** (2001) live in Mounds View. Jimmy graduated from William Mitchell College of Law while Marlene has a Master’s Degree in Software from the U of M. They are competing in triathalons this summer.

Frank Steed (Class of 1994) and wife Chanomi are living in Marquette, Michigan. The Upper Peninsula wants to send Frank back.

Dan Thour (Class of 2004) is getting married this weekend (July 16th). He has passed all the requirements and exams to be a licensed Physical Therapist, but is waiting for the State of Minnesota to go back to work and send him his license.

Craig Ching (Class of 1989) lives in Golden Valley with wife & children. He is getting back into running and works in the software industry. His dad Dave has completed 50 (or was it 60?) marathons and is still hammering away at it.

Addy Adamson Hallen (Class of 1997) and **Jacob Hallen** (Class of 1995)- accompanied a number of Wayzata girl distance runners up a 14,000 peak in Colorado. Addy is entering her second year as a XC assistant coach at Wayzata. A number of Wayzata alums and current Wayzata athletes ran in the second Cancer Research fundraiser last month in honor of Dave Moline who passed away this winter. Info about the event can be found at: <http://www.marathonformoline.com/>

Mark Domaas (Class of 2004) is studying Podiatry at Rosalind Franklin University of Medicine & Science in Chicago.

Josh Gerber (Class of 2006) and **Katie Dolan** (Class of 2006) are engaged to get married. The company that Josh created, runs, and owns (Wayzata Results) is timing a lot of our high school track meets and did the MIAC Championships this spring.

The Cheyenne Mountain Boys & Girls Cross Country teams coached by **Sean O'Day** (Class of 1993) both won their State Meet in Colorado last fall. Sean has climbed all 57 peaks over 14,000 feet in Colorado. He got his last one last fall. He, **Mike Back** (1993), and **Pat Hoard** (1993) once again took our varsity on a hike this summer where they 'bagged' Mt. Lindsey.

Kelly O'Rourke (Class of 1993) and wife Tina are the proud parents of a baby boy born this spring. Kelly is a police officer in Minneapolis.

Dan Dooghan (Class of 2000) completed his Ph.D. in Comparative Literature and got a job as a professor at The University of Tampa in Florida. He is still running, although the heat of Florida makes it a challenge.

Stephen Einsel (Class of 2001) is living in Virginia where he is building a Volvo 242 race car, which he hopes to have completed in the next two years.

Bill Boisvert (1981) has a son running Cross Country for Delano.

Brett Osgood (1996) has moved to Cottage Grove. He is a Physician Assistant at Summit Orthopaedics in Woodbury and helps coach at Woodbury.

Evan Day (Class of 2009) ran his first marathon at Grandma's this June. He ran a 2:38:47.

Steven Jahn (Class of 2002) has been living in LA for a couple of years and is moving to Berkeley for Theology Studies.

Andy Jahn (Class of 2004) Moved to Bloomington, Indiana where he is getting his Ph.D in Cognitive Neuroscience. He ran 2:36:01 in the Twin Cities Marathon last fall.

Sam Gavin (2004) sent me this note: "After two years with IBM I asked for a sabbatical and in January left with a one-way ticket to Panamá. In the past 9 months, I've sailed to Colombia, tangoed in Buenos Aires, hitch-hiked through the Andes to Chile, played futbol with Peruvians, and walked a puma in the amazon rainforest at a Bolivian wildlife refuge for a month. I've moved back to Buenos Aires for the time being, living with a local girl I'm dating and just started work doing PR/marketing for a local spanish school.

Chris Whealy (class of 1986) ran the Boston Marathon in 2:59:17 this spring.

Mike Duerr's (1980) son, Joey, runs for Chaska. He ran a 4:28 1600 and 9:36 3200 this spring as an 8th grader.

We have a number of Alums running in college. **Anders Bowman** placed in the MIAC 1500 for Gustavus., **Jon Lambert** placed in the MIAC 5k & 10k for St. Olaf. Nate Engel placed in the Steeplechase in the MIAC for St. John's. **Jeremy Drenckhahn** placed in the Mountain West Conference 10k for the Air Force. Jeremy also competed in the NCAA Div. I Meet last fall. In addition, **Danny Ducharme** and **Landon Lozano** ran XC at Iowa State, **Dan Gerber** is running at Augsburg College, **Oliver Haugland** at Marquette, **Max Johnson** at Drake, **John Subialka** at St. John's, **Chris Wilson** at UM Duluth, **Andy Kleven** at St. Olaf, **Evan Day** for Iowa State Running Club, **Jake Thorson & Peter Holmes** for UW-Madison Running Club and **Vignesh Karthikeyan** for Illinois Running Club. Some of this year's graduates are planning to run in college: **Adam Moline** at UW-Eau Claire, **Mark Harries** at North Dakota, **Steven Donahue** at St. John's, and **Nate Heintzeman** at Taylor. My apologies to all I overlooked.

I hope you enjoyed this newsletter. If you did, let me know, and **please send me notes to go in next year's newsletter**,

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AGAIN- if at all possible please join the Wayzata Athletic Boosters and help support our XC program. The Booster Club pays for the postage for this newsletter and lots of other extras (including the infamous XC Banquet gifts) and more importantly will be getting us a third coach to work with the 150+ boys in our high school program!