

WAYZATA'S TEAMS AT SECTIONS

Year	Wayzata's Finish	Team Champ	Pts.	Individual Champion
1968-	did not qualify-	Hopkins	47	Steve Garlock, Edina(11) 9:56 (2 miles)
1969-	did not qualify-	Edina	36	Steve Garlock, Edina(12) 15:16 (3 miles)
1970-	did not qualify-	St Louis Park	36	Tim Heisel, Hopk Eisenhower(12) 14:58
1971-	did not qualify-	Edina	46	Lloyd Stephenson, St Louis Pk(12) 15:04
1972-	did not qualify-	Mpls Southwest	38	Jim Thomas, Bloom. Lincoln(12) 15:11
1973-	6th with ??? points	Mpls Southwest	35	Dick Nelson, Southwest(12) 15:06
1974-	did not qualify-	Armstrong	45	Walter Johnson, Southwest(12) 14:55
1975-	6th with 131 points	Hopkins Eisenhwr	35	Dan Roden, Orono(12) 15:22
1976-	did not qualify-	Edina East	49	Mike Maney, Edina East(12) 15:02
1977-	6th with 153 points	Cooper	69	Webster Peterson, Cooper(11) 15:20
1978-	<u>1st with 37 points</u>	Wayzata	37	David Michael, Robbinsdale(12) 15:07
1979-	<u>1st with 37 points</u>	Wayzata	37	Tim Ross, Wayzata(12) 15:32 (5000 m)
1980-	4th with 97 points	Edina West	71	Mike Krieter, Edina West(12) 16:09
1981-	3rd with 106 points	Richfield	57	Paul Gisselquist, Richfield(11) 15:48
1982-	4th with 113 points	Richfield	63	Paul Gisselquist, Richfield(12) 15:45
1983-	4th with 106 points	Armstrong	75	Bob Kempainen, Hopkins(12) 15:50
1984-	3rd with 74 points	Jefferson	56	Carson Hoeft, Armstrong(12) 16:38 (~5100)
1985-	4th with 136 points	Armstrong	60	Jeff Renlund, Minnetonka(12) 16:18
1986-	8th with 193 points	Armstrong	35	Steve Holman, Richfield(11) 16:20
1987-	4th with 106 points	Edina	63	Steve Holman, Richfield(12) 16:10
1988-	<u>1st with 41 points</u>	Wayzata	41	Mike Curry, Edina(12) 16:19
1989-	<u>1st with 51 points</u>	Wayzata	51	Ben Stoneking, Edina(12) 16:39
1990-	3rd with 71 points	Armstrong	63	Brian Whitley, Hopkins(12) 16:27
1991-	<u>1st with 81 points</u>	Wayzata	81	Scott Barnacle, Minnetonka(11) 16:21
1992-	<u>1st with 29 points</u>	Wayzata	29	Pat Hoard, Wayzata(12) 16:16
1993-	<u>1st with 27 points</u>	Wayzata	27	Adam Stuhlfaut, Wayzata(12) 16:00
1994-	<u>1st with 24 points</u>	Wayzata	24	Jacob Hallen, Wayzata(12) 16:38
1995-	<u>1st with 47 points</u>	Wayzata	47	Matt Schadow, Hopkins(11) 16:32
1996-	<u>1st with 50 points</u>	Wayzata	50	Matt Schadow, Hopkins(12) 16:25
1997-	4th with 120 points	Hopkins	80	Adam Lindahl, Eden Prairie(11) 16:25
1998-	6th with 134 points	Hopkins	64	Peter Tollefson, Hopkins(12) 16:06
1999-	<u>2nd with 69 points</u>	Hopkins	56	Jason Overson, Wayzata(12) 16:14
2000-	<u>1st with 46 points</u>	Wayzata	46	Stephen Jahn, Wayzata(11) 16:04
2001-	<u>2nd with 59 points</u>	Hopkins	45	Will Weldin, Holy Angels(12) 16:11
2002-	3rd with 105 points	Hopkins	52	David VanOrsdel, Hopkins(12) 15:45
2003-	4th with 98 points	Eden Prairie	37	Michael Krisch, Hopkins(11) 15:56
2004-	5th with 109 points	Eden Prairie	54	Michael Krisch, Hopkins(12) 15:37.5
2005	5th with 125 points	Eden Prairie	72	T.C. Lumbar, Edina(11) 15:44.5
2006-	3rd with 85 points	Eden Prairie	74	Ryan Little, Eden Prairie(12) 15:35.5
2007-	<u>1st with 48 points</u>	Wayzata	48	Pieter Gagnon, Mpls Washburn(12) 15:40.9
2008-	<u>1st with 28 points</u>	Wayzata	28	Dylan Cheever, Mpls Southwest(12) 16:09.6
2009-	<u>2nd with 41 points</u>	Eden Prairie	28	Aaron Bartnik, Eden Prairie(11) 15:53

"The road is always better than the inn." These words by the great Spanish writer, Cervantes, means a way of living. In my younger days I often tried very hard to reach some goal, finish some job. 'When this is done', I'd say, 'I shall find real satisfaction and reward.' But later I came to realize that each achievement, like each inn, is only a point along the road. The real goodness of living comes with the journey itself, with the striving and desire to keep moving. Now I find that I can look back on my 84 years with pleasure and what is more important to me-- that I can still look to the future with hope and desire. I have learned to take each inn along the way with a traveler's stride-- not as a stopping point, but a starting point for some new and better endeavor."

--Maurice Maeterlinck

ROD DIXON'S 10 RULES OF RUNNING

1. Emphasize consistency in your training program.
2. Train in an environment that promotes a concentrated effort.
3. Maintain a strong commitment to being fit.
4. Realize that good, successful training is the best source of self-confidence.
5. Rest sufficiently after a race to restore energy levels.
6. Don't run when you don't feel up to it.
7. Enhance performance by going into a race with peace of mind.
8. Identify your nutritional needs as an athlete and nourish yourself properly.
9. Avoid injury by discarding shoes that are worn-out beyond 75 per cent of their "life."
10. Do not consider any one aspect of training more important than another.
Each is integral to the total running program.

(Dixon was an Olympic medalist and now coaches other world class athletes)