

# Roy Griak History

## Les Bolstad University of Minnesota G. C. 5000 Meters

### Boys

Year	RHS	Team	Individual,School	Time
1994	DNC	Lakeville (34)	Josh Kath, White Bear Lake	16:06
1995	DNC	Duluth East (84)	Nic Matack, Duluth East	15:34
1996	DNC	White Bear Lake (94)	Nic Matack, Duluth East	15:12
1997	14/29 (389)	White Bear Lake (112)	Andy Kummer, White Bear Lake	15:49.2
1998	14/24 (362)	Grand Forks Cen(104)	Brent Loberg, Duluth Denfeld	15:45
1999	16/33 (438)	Shawnee Miss. (75)	Peter Keenen, Fridley	16:30
2000	13/37 (451)	Wayzata (99)	Grant Johnson, Duluth East	16:11
2001	28/47 (762)	Hopkins (103)	Dustin Fier, Hudson	15:46.6
2002	19/51 (576)	D. M. Roosevelt (43)	Forrest Tahdooahnippah, Mpls. SW	15:37.2
2003	18/47 (510)	D. M. Roosevelt (81)	Garrett Heath, Winona	15:34.3
2004	10/32 (344)	Liberty (MO) (100)	Kiel Uhl, Des Moines Roosevelt	15:31.3
Maroon		Eau Claire Mem. (109)	Sam Braatz, Wausau East	16:31.5
2005	5/43 (242)	Lakeville North (189)	Mike Torchia, Rochester Lourdes	15:33.2
Maroon		Hudson (107)	Josh Wohlers, Hudson	16:51.1
2006	2/48 (223)	Willmar (207)	Hassan Mead, Mpls. South	15:48.2
Maroon		Minnetonka (184)	Greg Beesley, Brandon Valley (SD)	16:45.3
2007	7/48 (256)	Wayzata (211)	Rob Finnerty, Burnsville	15:57.5
Maroon		Brandon Valley (173)	Greg Beesley, Brandon Valley	16:31.4
2008	32/51(803)	Bismarck ND (78)	Joash Osoro, Bismarck (ND)	15:37.8
Maroon		Minnehaha Ac. (279)	Adam Zutz, St. Francis	16:23.0
2009	13/48 (520)	Wayzata (138)	Jake Erschen, Marquette University	15:57.1
Maroon		Anoka (206)	Josh Mulloy, Cedar Grove Belgium	16:29

### Girls

1994	DNC	Mounds View (20)	Anna Gullingsrud, Mounds View	15:00(4k)
1995	DNC	Duluth East (42)	Kendall Wheeler, Duluth East	15:11(4k)
1997	26/26 (737)	Duluth East (58)	Katie Brenner, Lakeville	19:07.5
1998	DNC	Duluth East (53)	Kendall Wheeler, Duluth East	18:42
1999	23/33 (637)	Duluth East (134)	Julie Gifford, Tracy-Milroy	18:59
2000	4/36 (219)	Cincinnati Cole. (75)	Stephanie Zeihen, D. C. Everest	18:56
2001	35/42 (850)	Hopkins (70)	Shannon Bergstedt, Hopkins	18:24.5
2002	26/42 (612)	Hopkins (109)	Shannon Bergstedt, Hopkins	18:27.3
2003	23/42 (609)	Staples-Motley (156)	Krista Eckert, S. F. Roosevelt	18:28
2004	1/37 (124)	<b>ROSEMOUNT (124)</b>	Natalie Yarbrough, Eastview	19:07.8
Gold		Lakeville (166)	Krista Eckert, S. F. Roosevelt	18:25.2
2005	4/32	Waseca (64)	Brea Tinney, Osceola	19:17.0
Gold		Rocky Mountain (103)	Elizabeth Yetzer, Lakeville North	17:45.1
2006	8/41 (307)	Mankato East (131)	Brea Tinney, Osceola	19:27.0
Gold		Sioux Falls Roos.(151)	Allison Eckert, S. F. Roosevelt	18:16.4
2007	2/48 (215)	Coon Rapids (149)	Anne Hart, Saint Paul Academy	19:44.4
Gold		Greeley West (125)	Katie Flood, Dowling Catholic	17:56.4
2008	1/44 (161)	<b>ROSEMOUNT (161)</b>	Kayla Wagner, Baldwin Woodville	18:50.0
Gold		S. F. Roosevelt (138)	Katie Flood, Dowling Catholic	18:21.4
2009	2/49 (209)	Shorewood (205)	Cassidy Soli, Champlin Park	19:17.0
Gold		Dowling Catholic (106)	Katie Flood, Dowling Catholic	18:07.0

**Roy Griak (New course, 1999-Present)**

Jordan Carlson 12	16:22	2007
Chris Massey 12	16:36	2008
Kyle Rosseau 12	16:52.0	2005
Jason Quarford 11	16:53	2001
Nathaniel Petrich 12	16:53	2004
<b>Shane McCallum 11</b>	<b>16:54.0</b>	<b>2009</b>
<b>Nathan Rock 10</b>	<b>16:56.4</b>	<b>2009</b>
Mike Bumgarner 12	16:58.8	2006
Michael Giliuson 10	17:00.5	2005
Ryan McLaughlin 11	17:04	2003
Tim Kojetin 10	17:10.2	2005
Justin Sawyers 12	17:15	2007
Matt Thoofft 12	17:26	2007
Wes Fischer 12	17:28	2004
Abe Dominguez 12	17:29	2000
Chris Massey 11	17:30	2007
Josh Buecksler 12	17:32	2002
Mike Warweg 12	17:32.4	2006
Phil Paschka 12	17:40	2003
Stan Drutowski 12	17:43	2007
Matt Sondag 12	17:47	2001
<b>Jonathan Sampers 12</b>	<b>17:51.1</b>	<b>2009</b>
Josh Dibley 12	17:53	1999
<b>Chandler Dye 10</b>	<b>17:54.5</b>	<b>2009</b>
Sean Gamlin 12	17:55	2003
Adam Sommers 12	17:58	2008
<b>Kyle Mills 12</b>	<b>17:59.0</b>	<b>2009</b>

**Roy Griak 5k (1999-Present)**

Heather Dorniden 12	19:30	2004
Megan Doherty 10	19:43	2000
Abby Souders 11	19:49	2000
Krista Giliuson 8	20:00	2000
<b>Hannah Grim 8</b>	<b>20:29</b>	<b>2009</b>
Tori Grund 9	20:33	2008
<b>Ashley Comstock 11</b>	<b>20:47</b>	<b>2009</b>
Alana Howard 11	20:49.0	2005
Ellen Fischer 11	20:53	2008
Jill Fagerstrom 10	20:56	2002
Britta Nelson 11	20:59	2006
Caroline McLaughlin 9	21:00	2006
Lauren Everett 10	21:03	2000
Erica Jackson 10	21:06	2008
Emily Davis 9	21:13	2008
Maggie Bauernfeind 10	21:22	2004
Michaela McLaughlin 10	21:30	2003
Bridget Burkard 10	21:33	2008
Laura Hammond 10	21:38	2000
Alissa Trebil 12	21:46	2004
Jamie Levine 12	22:02	2007
Nicole McNamara 9	22:04	2005
<b>Laura Dennis 10</b>	<b>22:16</b>	<b>2009</b>