

# Buy-in, Work Hard, Get Better!

The following is a small sample size of athletes from the last 10 years who epitomize the above quote. Each runner dropped MINUTES on their PR & ran in the IHSA State XC meet!!! Our program is just as proud of these runners and their hard-earned improvement as those who have achieved All-State accolades!!!

## Cooper Hazday



### 3 Miles

2021	9	21:00.0
2022	10	16:34.2 *
2023	11	16:16.3 *
2024	12	15:19.4 PR *

## Evan Shu



### 3 Miles

2021	9	19:30.4
2022	10	16:40.3 *
2023	11	15:39.7 *
2024	12	15:24.0 PR *



## Walter Garrett

### 3 Miles

2021	9	17:46.3
2022	10	16:30.6 *
2023	11	15:20.1 *
2024	12	15:05.8 PR *

## Jonah Swanson



### 3 Miles

2021	9	19:58.2
2022	10	17:34.2 *
2023	11	16:08.4 *
2024	12	15:08.5 PR *

Trust the Process & your Coaches!

# Sam Teppo



## 3 Miles

2021	11	17:09.6
2022	12	15:13.9 PR *



# Felix Hekster



## 3 Miles

2021	10	17:03.4
2022	11	16:11.9 *
2023	12	15:20.3 PR *

# George Esteve

## 3 Miles

2017	9	20:58.0
2018	10	17:42.9 *
2019	11	16:02.8 *
2020	12	15:21.9 PR *

## 3 Miles

2013	9	18:17.3
2014	10	16:50.6 *
2015	11	15:43.3 *
2016	12	15:27.0 PR *

# Jack Moran



## 3 Miles

2018	9	21:12.9
2019	10	17:18.8 *
2020	11	16:10.1 *
2021	12	15:35.8 PR *

# Matt Burke





# Matt Roge

## 3 Miles

2013	9	19:09.6
2014	10	17:24.1 *
2015	11	16:15.4 *
2016	12	15:41.0 PR *



# Luke Duros

## 3 Miles

2012	10	16:30.3
2013	11	15:39.9 *
2014	12	15:09.3 PR *

*Prepare like everyone is better than you. Compete like no one is.*  
 – Diljeet Taylor

# Chase Silverman



## 3 Miles

2011	10	16:27.4
2012	11	15:21.0 *
2013	12	14:56.0 PR *

# Josh Rosenkranz

## 3 Miles

2012	10	17:35.8
2013	11	15:50.1 *
2014	12	14:50.8 PR *

*Onward Trevians!!!*

# **New Trier Cross Country**

*A tradition of excellence  
since 1955!!!*



# *Onward Trevians!!!*