

WE'LL KNOW MORE THURSDAY

Who's Top High School Miler in Michigan? Well...

BY HAL SCHRAM

Spring is still in its infancy, but already there's a rousing debate as to which high school has Michigan's top miler.

As of this writing, Alma's Jan Bowen can claim the distinction.

His 4:31.1 effort in the Huron Relays is the fastest indoor mile ever recorded by a Michigan schoolboy.

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BUT ON DETROIT'S East Side they'll tell you that the 16-year-old Bowen is living on borrowed time.

Bowen, they say, will be no better than second best miler after Thursday.

Thursday's the day the City League launches its season and Frank Carissimi, a 135-pound senior at Denby, is slated to better Bowen's mark in a dual meet with Pershing.

Frank, who works weekends as a counterman at an East Side bowling alley, was clocked in 4:25.4 the other day on a 16½-lap track.

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FRANK HAS set his sights on a 4:15 mile," coach Ralph Green said Monday. "Whether he'll make it before June graduation is strictly up to him, but I'm reasonably confident he'll better the 4:31.1 mile the Alma boy ran at Ypsilanti."

Frank credits his improvement this season to change in his training routine.

"Last year I didn't know how to train," Frank explained. "I was doing a lot of crazy things . . . changing my style and concentrating on occasional sprints.

"But I think I've got myself straightened out. I'm now working on endurance."

* * *

AS OF NOW, Frank isn't even claiming he's the best miler in his own league. After all, he was beaten in the City League finals last spring by Redford's Terry Moore.

Terry won in 4:23.6, believed to be the fastest mile by a sophomore in the entire country. Carissimi was second in 4:25.8.

But there are rumors on the West Side that Redford coach Bruce Waha is changing Moore, now a junior, into a half miler.

"I don't know about that," said Carissimi. "I only know Terry's a mighty tough competitor. I can't worry about such things. I've got enough troubles of my own."

In other opening meets Thursday Central goes to Mumford; Northeastern is at home to Eastern; Northern entertains Osborn; Cass Tech invades Southeastern; Chadsey has a date at Ford; Northwestern goes to Cody; Western is at home to Southwestern, and Mackenzie steps over to Cooley.



Frank Carissimi

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