

President
Chuck Janke
Jackson

M. I. T. C. A.

Secretary
Kermit N. Ambrose
Birmingham Seaholm

Vice President
John Osler
Pontiac Northern

NEWSLETTER

No. 1 1966

Treasure
Chuck Sweeney
Lansing Eastern

STATE TRACK CHAMPIONS

Congratulations to the following coaches and their schools for winning the State Track and Field Championships last May:

"A"	Gordon Spencer	Flint S.W.
"B"	Ben Snyder	Cranbrook
"C"	Mike Hart	Haslett
"D"	Ron Clark	Covert

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NATIONAL JAY-CEE TRACK & FIELD MEET

Have you heard about the tremendous performances by some of Michigan's own high school track and field men in the National Jay-Cee Track & Field Meet at Denver, Colorado on August 27th. The nine-member squad finished 2nd to Calif. on a 71 to 56 point margin.

Bill Tipton, Pontiac Central, (a senior this year) was one of three double winners. He tied a record of :13.8 in the high hurdles and also took the lows in :19.2 (curve). A year ago Alabama's Richmond Flowers, a triple winner, set the high hurdles peak.

Mackenzie's Charley Robinson missed winning the 100 by an eyelash on a time of :09.75 to :09.7 by James Green of Kentucky. Robinson also finished third in the 220 with a clocking of :21.6.

Lavern Miller, Flint Southwestern, won the long jump at 23 feet 5 inches and Del Littlejohn of Jackson, the high jump at 6 feet 6 inches. Marion Pittman, of Detroit Southwestern, finished second in the 880 on 1:55.4, Mike Lantry, Oxford, wound up sixth in the shotput on 57 feet 7½ inches and Michigan's other entry, Mike Murdock (sorry - school unknown), was fifth in the 440 on :49.6.

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1965-66 CLINIC NOTES

If you know of anyone that missed obtaining a copy, or if you want an additional copy, there are a few remaining at \$1.00, and its a real bargain.

"Building A Successful Distance Running Program" by Joe Newton, Cross Country Coach of York Township H. S., Elmhurst, Illinois is worth the \$1.00 alone. Many other excellent articles.

COACHING CHANGES

Jerry Young, to Farmington, from assistant at Jackson. Chuck Janke to Jackson from Milford. Ron Horning to East Lansing from Dearborn Riverside. Jerry Reis moved up from assistant at Milford to the top job. Jack Boughton, Hazel Park, has given up the track job, but is coaching cross country and he has a solid contender for the 1966 State Championship. Bob Fulcher will take care of the track duties at Hazel Park. Brother James has moved from Bishop Gallagher, in Detroit, to Lincoln Hall in New York State. If you know of others please the forward the information to Coach Ambrose, Birmingham Seaholm.

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THE FLINT JOURNAL

If you didn't see their Sunday edition, following the State Track and Field Championships, last May, you missed an excellent job of sports reporting. No better coverage could have been given to each of the four classes. Their journalistic endeavors, included highlights in pictures and words, with complete results of all the meets, was most outstanding. Orchids to the sports department for their exciting efforts in promoting track and field in the State of Michigan.

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THE DETROIT NEWS

Thanks also, to the Detroit News, for their outstanding work in helping to promote "THE WORLD'S OLDEST SPORT" in the State of Michigan, by publishing a weekly listing of the outstanding performances during the track season. Bruce Waha, Detroit Redford Track and Field Coach, as well as Cross Country Coach, is the instigator and the compiler of these listings. We owe him much for his time and effort in our behalf.

We can't forget to mention, also, that they have been tremendous hosts, in sponsoring the Coaches' Clinic during the NCAA Indoor Track & Field Championships. I'm sure that all of the coaches in attendance, benefitted tremendously and are most appreciative of their endeavors.

PAST PRESIDENTS OF MITCA

1959	Don Sazima	Lincoln Park
1960	Don Sazima	Lincoln Park
1961	Bruce Waha	Detroit Redford
1962	Kermit Ambrose	B'Ham. Seaholm
1963	Norb Badar	Flint Northern
1964	Carl Krieger	Flint Central
1965	John Tenbush	Uni. of Det. Hi.

WEST BLOOMFIELD INVITATIONAL

Pontiac Central	52
Ypsilanti	62
Pontiac Northern	120
Farmington	132
Flint Northwestern	133
Grand Blanc	155
Waterford Township	162
Bloomfield Hills	181
Milford	199
Clarkston	221
Waterford Kettering	271
Sturgis	71
Howell	77
West Bloomfield	97
Orchard Lake St. Mary's	102
Oxford	121
Flushing	125
Holly	133
Clarenceville	168
Brighton	250
Ecorse (Did not finish 5 men)	

MILFORD INVITATIONAL

Pontiac Central	53
Walled Lake	63
Uni. of Detroit High	101
Farmington	116
Grand Blanc	158
Pontiac Northern	160
North Farmington	172
Milford	183
Bloomfield Hills	220
Waterford Township	224
Ecorse	245
Waterford Kettering	319

NAPOLEON INVITATIONAL

1. Jackson Parkside	49
2. Adrian	?
3. Ann Arbor	?
4. Ypsilanti	?
5. East Lansing	109
6. ?	
7. ?	
8. Lansing Sexton	201
9. Lansing Everett	214
10. Lansing Eastern	235

OAKLAND UNIVERSITY INVITATIONAL

1. Hazel Park	54:51
2. Royal Oak Kimball	56:01
3. Birmingham Seaholm	56:09
4. Pontiac Central	56:17
5. B'Ham Brother Rice	56:27
5. Detroit Redford	56:27
7. Pontiac Northern	57:31
8. Mt. Clemens	57:34
9. Redford Union	57:46
10. Walled Lake	58:48
11. Waterford Township	58:58
12. Farmington	59:00
13. Lakeview	60:16
14. Roseville	60:21
15. Milford	60:54
16. Birmingham Groves	61:00
17. Detroit Cath. Cent.	61:01
18. Ferndale	61:22
19. Bloomfield Hills	61:25
20. Berkley	61:29
21. Warren Woods	61:32
22. Rochester	61:57
23. North Farmington	62:00
24. Utica	63:03
25. Waterford Kettering	63:22

The above listed meet was run in two heats, with the final placing based on total time for the five best men on each team.

SOME TOP INDIVIDUAL X. C. RUNNERS

Al Ruffner	Wyandotte
Ron Strang	Lutheran West
Kim Hartman	Southfield
Forrest Jennings	Hazel Park
Dan Simeck	Hazel Park
Dan Link	Det. Redford
Jim Lindler	Walled Lake
Bob Blachford	Det. Redford
Chip Gorman	B'Ham. Seaholm
Bob Donovan	Farmington
John Mock	Mt. Clemens
Jack Shepard	Redford Union
Bill Turowski	R. O. Kimball
Bruce Evans	Bloomfield Hills
Mark Dutton	R. O. Kimball
Richard Breeze	Det. Redford
Doug Bair	Brother Rice
Joe Dickie	Pontiac Cent.
Harold Boone	Pontiac Cent.
Eric Bates	East Lansing
Bob Carpenter	Jackson Parkside
Carl Little	Jackson Parkside
John Hill	Ypsilanti
Ken Howze	Detroit Finney
Mark Cook	Pontiac North.
Mark Kay	Pontiac North.
Jerry Myszkowski	Uni. of Det. Hi.
Mike Koerner	Cranbrook

ADDITIONAL X.C. RUNNERS

Tom Johnson Bishop Gallagher
Joe Trajek Bishop Gallagher
Norm Cornwell Battle Creek Lakeview
Ralph Reed Kalamazoo Loy Norrix

Undoubtedly there are many other fine runners in the State that are not listed here. If you know of some that deserve recognition, please send their names to your secretary for future listing.

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TIE MEETS IN CROSS COUNTRY

Chuck Sweeney of Lansing Eastern has suggested that ties in cross country be broken by counting the sixth man.

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1967 MITCA'S ANNUAL CLINIC

Central Michigan University at Mt. Pleasant, will be the scene for the 8th Annual Track and Field Clinic, on Sat. January 22, 1967

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COACH OF THE YEAR AWARD

The 1965 Track Coach of the Year Award was presented last March to Elf Pedler, of Kalamazoo Central, by the Michigan High School Coaches Association at the Annual Dinner Meeting in Lansing. Congratulations Elf.

The 1966 award will be made again at the time of the State Basketball Tournaments.

The 1965 Cross Country Coach of the Year Award was presented by MITCA to Dick Zulch of Royal Oak Kimball, Coach of the 1964 & 1965 Class "A" Champions.

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NEW TRACK EVENT FOR 1967

Starting with the 1967 track season, the TWO MILE RUN will be a regular event in the Michigan High School track program. The two mile run must be the first running event on the program and a competitor in this event, can compete in no other event.

DID YOU KNOW

That MITCA has a member living in California. Jack W. Rose, Track and Cross Country Coach, California State College at Long Beach.

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TOP CROSS COUNTRY TEAMS - CLASS "A"

Royal Oak Kimball '64 & '65 State
Champions

Wyandotte 2nd in 1965

Jackson Parkside 3rd in 1965

Hazel Park 6th in 1965

Pontiac Central 10th in 1965

Brother Rice 5th in 1965

Detroit Redford 12th in 1965

Kalamazoo Loy Norrix 15th in 1965

Ypsilanti

Ann Arbor 7th in 1965

Birmingham Seaholm Failed to qualify in 1965, for the 1st time in 12 years.

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BEST BETS FOR STATE CHAMPIONSHIP

Wyandotte and Hazel Park

OAKLAND COUNTY TOPS IN STATE X.C.

Of the eighteen schools in the final Class "A" championships, seven of them were from Oakland County. They have had the State Champion four of the last seven years, and the four were from the Southeastern Michigan Association. Last year four of the teams in the State finals were from this league, with Birmingham Seaholm noticeably absent.

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INFORMATION WANTED

Names of schools and individual runners in cross country this fall that are outstanding, especially in Class "B" and Class "C-D".

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Jackson

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Birmingham Seaholm

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John Osler
Pontiac Northern

NEWSLETTER

No. 2 1966

Treasure

Chuck Sweeney
Lansing Eastern

CLASS "A" QUALIFYING TEAMS FOR
THE STATE CHAMPIONSHIP MEET

<u>Cass Benton Park:</u>								
Birmingham Seaholm	5	16	17	28	33	44	60	99
Pontiac Central	8	10	22	23	38	43	--	101
Redford Union	3	19	24	26	29	45	80	101
<u>Rouge Park (Detroit) (Section I)</u>								
Hazel Park	1	4	5	7	17	38	68	34
Royal Oak Kimball	2	8	10	13	21			54
Detroit Redford	9	11	15	21	23	57	65	79
<u>Rouge Park (Detroit) (Section II)</u>								
Mt. Clemens	3	6	12	14	102			136
Mumford								138
Bishop Gallagher	2	7						139
<u>Trenton</u>								
Ann Arbor	4	8	12	13	14			51
Wyandotte	1	3	6	10	36			56
Adrian								80
<u>Lansing</u>								
Flint Central	2	5	12	32	38			89
Jackson Parkside	1	13	19	36	40			109
East Lansing	3	9	21	35	53			121
<u>Grand Rapids</u>								
Kalamazoo Loy Norrix	6	8	13	20	26			73
Grand Rapids Central Christian	1							122
Traverse City								166

TOP RUNNERS IN REGIONAL MEETS

<u>Cass Benton Park:</u>		
1. Jim Lindler	Walled Lake	10:37
2. Kim Hartman	Southfield	
3. Jack Shepard	Redford Union	
4. Bruce Evans	Bloomfield Hills	
5. Chip Gorman	Seaholm	
6. Glen Dusek	Thurston	
7. Doug Bair	Brother Rice	
8. Joe Dickie	Pontiac Central	
9. Gary Sayers	Southfield	
10. Jon Costello	Pontiac Central	
11. Doug Norris	Garden City East	
12. Bob Donovan	Farmington	
13. Dave Gallaway	Waterford Twp.	
14. McGhie	Livonia Bentley	
<u>Rouge Park:</u>		
1. Dan Simeck	Hazel Park	9:33.5
2. Bill Turowski	Kimball	
3. Marion Pittman	Det. Southwestern	
4. Forrest Jennings	Hazel Park	
5. Dave Devore	Hazel Park	
6.		
7. Phil Hyre	Hazel Park	
8. Marc Dutton	Kimball	
9.		
10. Doug Hovey	Kimball	
<u>Rouge Park:</u>		
1. Ken Howse	Finney	9:31.3
2. Tom Johnson	Bishop Gallagher	
3. John Mock	Mt. Clemens	
<u>Lansing:</u>		
1. Bob Carpenter	Jackson Parkside	9:49.1
2. Jim Love	Flint Central	9:55.2
3. Eric Bates	East Lansing	9:58.5
4. Don Yehle	Midland	10:01
5. Jim Morse	Flint Central	10:02
<u>Trenton:</u>		
1. Al Ruffner	Wyandotte	10:02
2. Don Estes	Schafer	10:04
3. Wayne Siler	Wyandotte	10:09
4. Brent Stone	Ann Arbor	10:14
5. Jim Daniel	Trenton	10:15
<u>Grand Rapids:</u>		
1. Bill Lautenbach	Cent. Christian	10:14.9
2. John Bambacht	Portage Central	10:19
3. Uldis Miervaldis	Kalamazoo Cent.	10:24

EIGHTH ANNUAL TRACK AND FIELD CLINIC

Saturday, January 22, 1967

Central Michigan University

Additional information will be given in the next NEWSLETTER. Plan to register early and eliminate the confusion on the morning of the clinic. A very excellent program is in the planning stage.

DON'T FORGET THAT THE TWO MILE RUN WILL BE A NEW EVENT ON THIS COMING SPRING'S TRACK PROGRAM.

SECOND ANNUAL STURGIS KWANIS INVITATIONAL
CROSS COUNTRY RUN Oct. 22, 1966

1. Dearborn Hts. Riverside	52
2. Kalamazoo Loy Norrix	63
3. Sturgis	102
4. Battle Creek Lakeview	122
5. Portage Northern	137
6. St. Joseph	164
7. Three Rivers	193
8. Marshall	233
9. Portage	236
10. Coldwater	254
11. Harper Creek	258
12. Albion	326
13. Niles	328
14. Dowagiac	347

Top Ten Runners:

1. Steve Freese	Three Rivers	10:18
2. Dale White	Loy Norrix	10:22
3. Greg Parrett	St. Joseph	10:23
4. Paul Cooke	Riverside	10:24
5. Curt Griffith	Sturgis	10:25
6. John Bambach	Portage Cent.	10:27
7. Greg Frey	Riverside	10:33
8. Ken Avery	Loy Norrix	10:38
9. Phil Beal	Loy Norrix	10:40
10. Sam Salisbury	Sturgis	10:44

SAGINAW VALLEY CROSS COUNTRY CHAMPIONSHIPS

1. Pontiac Central	32
2 3 4 7 16 30	
2. Flint Central	44
1 6 8 12 17 28	
3. Midland	66
4. Flint Southwestern	110
5. Bay City Handy	130
6. Bay City Central	147
7. Saginaw Arthur Hill	160
8. Flint Northern	198
9. Saginaw High	224

Top Ten Runners:

1. Jim Love	Flint Central	* 9:58.5
2. Harold Boone	Pontiac Central	10:05
3. Jon Costello	Pontiac Cent.	10:08
4. Joe Dickie	Pontiac Cent.	10:09
5. Don Yehle	Midland	10:10
6. Jim Morse	Flint Cent.	10:15
7. Bob Dickie	Pontiac Cent.	10:18
8. Dave Hays	Flint Cent.	10:25
9. Dennis Toth	Bay Cty Hndy	10:26
10. Robert Sigsby	Midland	10:29

* New Valley and Course Record

ALBION COLLEGE INVITATIONAL CROSS
COUNTRY CHAMPIONSHIPS BEST TIMES

10:00.9	Al Ruffner	Wyandotte
10:03	Steve Gorsalitz	Clio
10:04	Bob Carpenter	Jackson Pksd
10:05	Tom Johnson	Bishop Glghr
10:10	Don Yehle	Midland
10:13	Carl Little	Jackson Pksd
10:13	Wayne Siler	Wyandotte
10:17	Eric Bates	East Lansing
10:17	B. Stone	Ann Arbor
10:19	Glen Dusek	Thurston
10:20	J. Stone	Ann Arbor

SCHOOLCRAFT COLLEGE INVITATIONAL

CROSS COUNTRY MEET Sept. 24, 1966

CASS BENTON PARK

1. Redford Union	31
2. Livonia Bentley	79
3. Wayne Memorial	84
4. Thurston	131
5. Livonia Franklin	133
6. Wayne John Glenn	174
7. Garden City West	175
8. Plymouth	178
9. Garden City East	183
10. Livonia Stevenson	264

Top Runners:

1. Doug Norris	Garden Cty Est	10:40
2. Jack Shepherd	Redford Union	10:49
3. Glen Dusek	Thurston	10:57
4. McLalin	Redford Union	11:04
5. McGhie	Bentley	11:06
6. Mazurek	Redford Union	11:11
7. Gosper	Garden Cty Wst	11:13

COACHING CHANGES:

Mike Bowerman of Redford Union has resigned to enter private industry. John MacKenzie has taken over as Head Cross Country Coach.

Stan Golanka has succeeded Ron Horning at Dearborn Riverside. Ron is now coaching at East Lansing

CLASS "B" REGIONAL AT FENTON

- | | | | | | | |
|--------------------|---|---|---|---|----|-----|
| 1. Swartz Creek | | | | | | |
| | 1 | 3 | 5 | 6 | 27 | 42 |
| 2. Flushing | | | | | | 74 |
| 3. West Bloomfield | | | | | | 85 |
| 4. Fenton | | | | | | 103 |

- | | | | |
|------------------|--------------|-------|------------|
| 1. Joe Wineland | Swartz Creek | 10:19 | |
| | | | New record |
| 2. Paul Baldwin | Flint Bendle | | |
| 3. Rich Burns | Swartz Creek | | |
| 4. Bob Hudson | Durand | | |
| 5. Carl Spaniola | Swartz Creek | | |

CLASS "C-D" REGIONAL AT FENTON

- | | | |
|---------------------------|--|----|
| 1. Reese | | 59 |
| 2. Orchard Lake St. Marys | | 84 |
| 3. Mayville | | 87 |
| 4. New Haven | | 88 |

- | | | |
|-----------------|----------|-------|
| 1. Clare Kreger | Mayville | 10:22 |
|-----------------|----------|-------|

CLASS "B" REGIONAL AT GRAND RAPIDS

- | | |
|--------------------------------|-----|
| 1. Grand Rapids East Christian | 51 |
| 2. Holland Christian | 82 |
| 3. Wyoming Rogers | 113 |
| 4. Northview | 133 |
| 5. West Ottawa | 151 |
| 6. Kenowa Hills | ??? |
| 7. Coopersville | 195 |
| 8. Muskegon Reeths-Puffer | 230 |
| 9. Kellogsville | 255 |
| 10. Fruitport | 267 |
| 11. South Christian | 285 |
| 12. Forest Hills | 308 |
| 13. Wyoming | 405 |
| 14. Spring Lake | 413 |
| 15. Zeeland | 419 |

- | | | |
|-------------------|-------------------|---------|
| 1. Phil DeVries | Holland Christian | 10:16.9 |
| 2. Jay Muller | East Christian | 10:21 |
| 3. Henry Berghoef | Holland Christian | 10:30 |

CLASS "B" REGIONALS AT LANSING

- | | |
|--------------------|--------------------|
| 1. Howell | 56 |
| 2. Okemos | 88 |
| 3. Lansing Waverly | 91 |
| 4. Haslett | |
| 5. Eaton Rapids | 1st. 10:13.5 |
| 6. Charlotte | Ed Birkenstock |
| 7. St. Johns | 2nd 10:14 |
| 8. Lakewood | Bob Anderson |
| 9. Mason | (both runners from |
| 10. Holt | Howells) |
| 11. O'Rafferty | |
| 12. Fowlerville | |
| 13. Ovid-Elsie | |

DETROIT CITY CHAMPIONSHIPS 10/25/66

- | | | | | | | |
|--------------------|---|---|---|----|----|-----|
| 1. Detroit Redford | | | | | | |
| | 2 | 4 | 5 | 22 | 24 | 57 |
| 2. Northwestern | | | | | | 133 |
| 3. Central | | | | | | 141 |
| 4. Kettering | | | | | | 150 |
| 5. Mackenzie | | | | | | 162 |
| 6. Mumford | | | | | | 166 |

TOP RUNNERS:

- | | | |
|---------------------|--------------|--------|
| 1. Ken Howse | Finney | 9:22.9 |
| 2. Dan Link | Redford | |
| 3. Roger Cleaver | Kettering | |
| 4. Richard Breeze | Redford | |
| 5. Bob Blachford | Redford | |
| 6. Marion Pittman | Southwestern | |
| 7. John Brown | Southeastern | |
| 8. Bob Sampson | Central | |
| 9. Vince Perez | Western | |
| 10. Dennis Rush | Pershing | |
| 11. Gerald Cardwell | Mackenzie | |
| 12. Charles Corwin | Osborne | |
| 13. Jim Keesee | Southeastern | |
| 14. Joe Binion | Cooley | |
| 15. Bob Salinsky | Mumford | |

DETROIT CATHOLIC LEAGUE CROSS COUNTRY CHAMPIONSHIPS 10:25:66

- | | | | | | | | |
|--------------------------|---|---|---|----|----|--|-----|
| 1. Brother Rice | | | | | | | |
| | 5 | 7 | 8 | 11 | 17 | | 48 |
| 2. Uni. of Detroit High | | | | | | | 69 |
| 2. Bishop Gallagher | | | | | | | 69 |
| 4. St. Anthony | | | | | | | 83 |
| 5. Notre Dame | | | | | | | 146 |
| 6. DeLaSalle | | | | | | | 176 |
| 7. Catholic Central | | | | | | | 184 |
| 8. Orchard Lake St. Mary | | | | | | | 217 |
| 9. Ann Arbor St. Thomas | | | | | | | 244 |
| 10. Divine Child | | | | | | | 273 |
| 11. St. Frances Cabrini | | | | | | | 316 |
| 12. Austin | | | | | | | 320 |
| 13. St. Alphonsus | | | | | | | 364 |

TOP RUNNERS:

- | | | |
|---------------------|--------------------|--------|
| 1. Tom Johnson | Bishop Gallagher | 9:31.4 |
| 2. Jerry Myszkowski | U-D High | |
| 3. Joe Grajek | Bishop Gallagher | |
| 4. Gary Powers | St. Anthony | |
| 5. Doug Bair | Brother Rice | |
| 6. John Lasky | St. Anthony | |
| 7. Mike Kastely | Brother Rice | |
| 8. Nick Tata | Brother Rice | |
| 9. Bob Przeslawski | Orchard Lake S. M. | |
| 10. Joe Cummins | U-D High | |
| 11. Pat Brennan | Brother Rice | |
| 12. Jim Moseley | Notre Dame | |

President

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Jackson High

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Pontiac Northern

NEWSLETTER

No. 3 1966

Treasure

Chuck Sweeney
Lansing Eastern

STATE CROSS COUNTRY CHAMPIONS

M.I.T.C.A. would like to extend congratulations to the following coaches, their cross country teams and their schools for winning State Championships this last November 12th:

- "A" Jack Boughton Hazel Park
- "B" Dennis Gabrielse Grand Rapids
East Christian
- "C-D" Gene Bednarowski Lawton

FOR YOUR THOUGHT

Quoting from the information sheet, sent out by the Office of the Michigan High School Athletic Association, for the Regional and Final Cross Country Runs:

"At least five (5) men must be entered and compete for a school at a Regional Run."

Do you realize the implication of this rule? Suppose you have a man who can run the two mile in 9 minutes flat, and in traveling to the regional meet you carry the boys in two cars, as most schools do. One station wagon load of six boys are in an accident and are slightly injured and shaken up so that they can not compete. Then your State Champion in your car would be denied competition even if you had him ready to go on the starting line.

Several years ago, Bloomfield Hills High School, in their first year of cross country had an excellent runner but could only get 3 or 4 runners to come out for the team. This good runner was denied the chance to run and compete for a State Championship title because his school did not have five runners. This situation does not seem to be conducive to aiding a school in starting a cross country program.

In 1965, the defending regional champion was not allowed to run at the Grand Rapids regional because his school did not have at least five runners.

This past year, a school did not show at Lansing, because they did not have at least five men to run on that day. At Mt. Pleasant, the champion in each of the Class "B" and "C-D" were not allowed to run in the individual race at the State meet because their schools did not run five men in the race. Actually, accord-

ing to the rule, they should not have been allowed to run in the Regional Meet.

Since individuals are allowed to advance to the State Finals, it seems quite out of line to deny them the opportunity to run in the Regional Meet. The fact that they would run in a Regional Meet would not add any difficulty in the administration of the meet or the scoring of the meet, since this has been done in State Championship meets. This year in Class "C-D" and in Classes "A" and "B" prior to instituting individual races in these classes.

PROFILE OF A CHAMPION

For one whole year RON STRANG of Detroit Lutheran West High School, a Class "B" School, has defeated all opposition of all classes in races from 880 yards to two miles. Last spring he was unbeaten in the mile by winning the Spartan Relays, Mansfield Relays, Ecorse Relays, Downriver Relays, Regionals, State, and the Champion of Champions. He ran the 880 twice, both times under 2:00, with a new league record of 1:57.3.

This fall Ron has won 15 dual meets, the Albion Invitational, the League Meet, the Regionals and the State. He set a new course record on the Rouge Course in Detroit, where probably more of the great cross country runners in the State have run with the exception of the course at Ypsilanti (Washtenaw Country Club). His time of 9:18.6, eclipsed the 9:19 record of Brian Moore (Detroit Cass Tech) set in 1964. Brian Moore is the present holder of the State Record at Ypsilanti.

Most of the meets were run-aways for Ron, even the State Meet, where he finished 150 yards (21 seconds) ahead of his closest rival.

Ron is 5' 7" in height and weighs 123 pounds. He is a Senior and of Finnish extraction and whose ideal is Paavo Nurmi. He likes good competition and likes to lead. He hates to lose. (I don't know how he can hate it when he doesn't know what it is to lose.) He has a grade average of "C" and his favorite subject is mechanical drawing. Ron is coached by Erwin Ruth.

STATE CHAMPIONSHIP CROSS COUNTRY RUNS
TOP TEN TEAMS OF THE PAST THIRTEEN YEARS

	1954	1955	1956	1957	1958	1959	1960	1961	1962	1963	1964	1965	1966	TOTAL
* Ties														
1. BIRMINGHAM SEAHOLM	6th	6th	5th	2nd	2nd	1st	5th	7th	6th	1st	4th		7th*	79½
2. Flint Central				3rd	1st		6th	3rd		8th		8th	11th	37
3. Detroit Redford								1st	1st		2nd	12th	4th	36
4. Ann Arbor	13th				6th	2nd	9th			7th	5th	7th	6th	35
4. Ypsilanti		14th				3rd	1st	2nd	3rd					35
6. Pontiac Central	3rd	2nd	8th	13th	7th	5th						10th	7th*	34½
6. Jackson	4th	4th*	3rd	5th	4th									34½
8. Lincoln Park	5th	7th		7th	3rd	7th			4th					33
8. Lansing Eastern	8th	1st	1st	1st										33
10. Wyandotte	14th		9th	12th	14th		14th			6th	3rd	2nd	3rd	32
11. Royal Oak Kimball										10th	1st	1st	2nd	30
12. Kalamazoo Central	1st	3rd		20th					12th	5th	9th			26
13. Flint Southwestern						9th	2nd		2nd					20
14. Midland	2nd				9th			4th			10th			19
15. Wayne				6th	5th		4th							18
15. Saginaw arthur Hill		9th	2nd	4th										18
17. Hazel Park	11th	11th		16th	10th						6th	1st		16
18. Grand Rapids Christian					15th	11th	15th	11th		2nd	13th		5th	14
18. Dearborn High		12th	17th	11th	12th	4th	7th		8th					14
20. Jackson Parkside										3rd	8th	3rd	9th	13
20. Milford											6th			13
22. Dearborn Edsel Ford			11th	9th			3rd							10
23. Muskegon				17th	8th	6th	12th							8
23. Flint Northern	4th							10th						8
25. Pontiac Northern												4th		7
25. Clio										4th				7
25. Lansing Sexton	9th					10th			7th					7
28. Battle Creek Central		4th*												6½
29. Birmingham Brother Rice												5th		6
29. Monroe	12th	16th				12th		5th						6
29. Muskegon Heights										7th	9th			6
29. Livonia Bentley									5th					6
33. Detroit Northwestern								6th	10th*					5½
34. Plymouth			6th				13th							5
35. Grand Rapids Union	10th	8th	16th											4
35. Grand Rapids Creston			7th											4
35. Grand Rapids Ottawa Hills	7th													4
38. Mt. Clemens			13th					8th			11th	18th	15th	3
38. Walled Lake				19th		8th								3
38. Royal Oak Dondero			15th	8th										3
38. Thurston				11th		8th								3
42. Grand Rapids Catholic Central			10th	10th	13th							14th		2
42. Uni. of Detroit High						15th				9th				2
42. Detroit Cody								9th						2
42. Detroit Central									9th					2
46. Kalamazoo Loy Norrix									10th*				10th	1½
47. East Lansing					14th	10th						11th	12th	1
47. Holland		10th												1
49. Grand Rapids Central			12th			13th	11th	12th						0
50. Redford Union				14th									13th	0
51. Allen Park			14th	18th										0
52. Detroit Catholic Central										12th				0
53. Ferndale											13th			0
54. Southfield		13th												0
55. Adrian													14th	0
56. Inkster				15th										0
57. Niles		15th												0
58. Detroit Bishop Gallagher													16th	0
59. Berkley												16th		0
60. Traverse City													17th	0
61. Trenton														0
62. Detroit Mumford												17th		0
													18th	0

POINTS based on 10 for 1st; 9 for 2nd; 8 for 3rd; 7 for 4th; 6 for 5th; etc.

BIRMINGHAM SEAHOLM has placed in the top ten, 12 times out of the 13 years. In 1965 they failed to qualify for the State Meet, placing only 4th in the Regional Meet. In the 12 years that they have run in the State Championship Meet, they have never placed any lower than 7th.

STATE CHAMPIONSHIP CROSS COUNTRY RUNS

TOP TEN TEAMS OF THE PAST SEVEN YEARS

CLASS "B"	1960	1961	1962	1963	1964	1965	1966	TOTAL
1. Dearborn Riverside			6th	3rd	2nd	1st	2nd	41
2. Wyoming Rogers				8th	4th	5th	3rd	24
3. G. R. South Christian			8th	2nd	1st			22
4. Vicksburg			5th	1st	7th	10th	11th	21
4. Otsego	6th	3rd	3rd					21
6. Sparta		4th	1st			8th	15th	20
7. Howell	1st	8th	10th				6th	19
8. Holland Christian	9th				3rd		4th	17
9. Ecorse	4th	2nd					16th	16
10. G. R. East Christian						6th	1st	15
11. Haslett			7th	7th	5th			14
12. Milford	3rd	6th						13
12. St. Johns	2nd	7th						13
14. Clio	7th	5th			9th			12
14. Wyoming Park		1st	9th					12
16. Wyandotte Riverview		9th	2nd					11
17. East Grand Rapids						2nd		9
17. Grand Rapids Wyoming	8th			5th				9
19. Okemos						4th	10th	8
19. Livonia Clarenceville						3rd		8
21. Fenton			4th			13th		7
21. Detroit Servite				4th				7
23. Lansing Waverly						7th	9th	6
23. Crosswell-Lexington	5th			12th				6
23. Sturgis						15th	6th	6
26. Detroit Lutheran West					6th			5
26. Detroit St. Joseph								5
28. Greenville							7th	4
29. Swartz Creek							8th	3
29. Flushing			12th		8th	17th	13th	3
31. Holt				9th				2
31. Detroit Bishop Gallagher						9th		2
33. Marshall					10th	16th		1
33. Cooperville				10th				1
35. Cedar Springs						11th		0
36. Alma						12th	14th	0
37. Plainwell						14th	17th	0
38. Grand Rapids Kentwood				11th				0
39. Lowell			11th					0
40. Detroit St. Anthony							12th	0
41. West Bloomfield							18th	0

POINTS based on 10 for 1st; 9 for 2nd; 8 for 3rd; 7 for 4th; etc.

ALL-STATE CROSS COUNTRY TEAMS

CLASS "A"	Team	Time
1. Forrest Jennings	Hazel Park	9:54.7
2. Ken Howse	Detroit Finney	9:54.8
3. Al Ruffner	Wyandotte Roosevelt	9:54.9
4. Dan Simeck	Hazel Park	10:01
5. Dan Link	Detroit Redford	10:02
6. Kim Hartman	Douthfield	10:02
7. Jack Shepherd	Redford Union	10:04
8. Bob Carpenter	Jackson Parkside	10:05
9. Bill Lautenbach	G. R. Central Christian	10:06
10. William Turowski	Royal Oak Kimball	10:07
11. Don Estes	Southgate Schafer	10:07
12. John Mock	Mt. Clemens	10:08
13. Ralph Reed	Kalamazoo Loy Norrix	10:09
14. Jerome Myszkowski	Uni. of Detroit High	10:09
15. Brent Stone	Ann Arbor	10:09.5

CLASS "B"	Team	Time
1. Ron Strang	Detroit Lutheran West	10:06.1
2. Phil DeVries	Holland Christian	10:10
3. Brian Burns	Swartz Creek	10:10.1
4. Jay Muller	G. R. East Christian	10:14
5. Pat Hogle	Okemos	10:19
6. Denny Burns	Vicksburg	10:20
7. Gregory Frey	Dearborn Heights Riverside	10:23
8. Terry Fuest	Niles Brandywine	10:27
9. Paul Cooke	Dearborn Heights Riverside	10:28
10. Ray Gould	N. Muskegon Reeths-Puffer	10:28
11. John Lasky	Detroit St. Anthony	10:28.5
12. Norm Cepela	Wyoming Rogers	10:29
13. Robert Faber	Greenville	10:29.5
14. Mike Ridge	Vicksburg	10:30
15. Richard Hoebeke	Wyoming Rogers	10:31

CLASS "C-D"	Team	Time
1. Terry Doxey	Gobles	10:28.2
2. James Gibbs	Springport	10:30
3. Nickolas Welburn	Lawton	10:32
4. Keith Schultz	Napoleon	10:38
5. Gerald Wesaw	Bangor	10:40
6. Lyle Warner	Mecosta-Remus	10:42
7. Phil Paige	Covert	10:44
8. Dewayne Hall	Reese	10:46
9. Stanley Bober	Napoleon	10:48
10. Clare Kregar	Mayville	10:50
11. Robert Sugden	Mayville	10:52
12. Thomas Atwater	Lawton	10:54
13. William McFadden	Lawton	10:55
14. Ray Towne	Morenci	10:56
15. Manuel Rangel	Reese	10:57

STATE CHAMPIONSHIP CROSS COUNTRY RUNS - TOP TEN TEAMS

CLASS "C-D" YEARS OF 1960 TO 1966 INCLUSIVE

1. Napoleon	4th	2nd	3rd	2nd	6th	3rd	3rd	54
2. Remus								44
3. Ann Arbor St. Thomas	1st	1st	3rd	3rd	10th	4th		36
4. Reese	5th	4th	1st	2nd	7th			31
5. Fennville		14th	4th	1st	6th	2nd		20
6. Lawton	10th	4th	2nd	8th	12th			19
6. Springport			13th	5th	8th	1st		19
8. Haslett	18th		9th	9th	1st	6th		18
8. East Jackson	6th	7th			2nd			18
10. Shepherd	1st	3rd						16
11. Adrian Madison				8th	4th	5th		11
11. Portland St. Thomas	14th	6th	5th	22nd				11
13. Pewamo	2nd	12th						9
14. Brown City	7th	19th	12th	7th				8
14. Camden	3rd							8
16. Muskegon Christian	9th	9th	14th	10th				7
16. Wyoming Lee				4th				7
18. Orchard Lake St. Mary	12th			5th	11th			6
18. New Lothrop St. Michael	5th	15th		11th				6
20. Covert	15th	20th	13th	6th	13th	12th		5
21. Mayville							7th	4
21. Capac				7th				4
21. Lake Odessa	10th	7th						4
24. Bangor							8th	3
24. Montague	11th	8th		17th				3
24. Camden Frontier	8th	17th	20th	30th				3
24. McBain	8th							3
28. Concord							9th	2
28. Byron Center				21st	9th			2
28. Dewitt	13th	10th	10th	25th				2
31. Wyoming Lee							10th	1
32. Jackson Northwest	11th							0
33. Williamston	13th							0
34. Flint Atherton	14th							0
35. Grosse Pte. Uni.	16th	24th	23rd	36th				0
36. Battle Creek Springfield	16th							0
37. Glen Arbor Leelanau	17th							0
38. Bellaire	21st							0
39. Saranac	22nd	11th	15th	18th				0
40. G. R. Kentwood	23rd							0
41. Carson City	15th							0
42. Alba	16th	18th						0
43. White Pigeon	18th	19th						0
44. Detroit Country Day	19th	19th	31st					0
45. Wayne St. Mary	20th							0
46. Elsie	12							0
47. Lake City	17th	24th	11th					0
48. Tustin	16th	23rd						0
49. Kent City	21st							0
50. Onoway	22nd							0
51. Morenci	11th							0
52. Kalamazoo Uni. High	14th							0
53. Homer	15th							0
54. Pittsford	16th							0
55. Fairview	20th							0
56. Freesoil	26th							0
57. Clinton	27th							0
58. Essexville	28th							0
59. Flint Hamady	29th							0
60. Whittemore Prescott	32nd							0
61. Galien	33rd							0
62. Fowlerville	34th							0
63. Schoolcraft	35th							0
64. North Muskegon	12th							0

(Correction--Combine # 14 (Camden) and # 24 (Camden Frontier)---11 points for 11th place)

If you have not registered for 1967 as yet, please use one of the blanks below. You can help us considerably, if you will use the additional blanks to enlist other members from your school, other schools in your system, or other schools in your area. The more members we have, the more we can do for track in the State of Michigan. We have come a long way in the past eight years that M.I.T.C.A. has been in existence. The plans for the 1967 Clinic, which is to be held at Central Michigan University, on Saturday, January 21st, 1967, are practically complete. It should be one of the best clinics that M.I.T.C.A. has ever put on. You won't want to miss it or the clinic notes that are being prepared. The M.I.T.C.A. Newsletter that will come to you the first part of January will have all the information about the 1967 clinic.

NAME _____ SCHOOL _____
 ADDRESS _____ ADDRESS _____
 CITY _____ ZIP CODE _____ CITY _____ ZIP CODE _____
 HOME PHONE NUMBER _____ SCHOOL PHONE NUMBER _____
 SPORTS COACHED _____

M.I.T.C.A. DUES (\$2.00) _____ CLINIC NOTES (\$1.00) _____ TOTAL _____

(Make check payable to Chuck Sweeney, Lansing Eastern High School, Lansing, Michigan)

NAME _____ SCHOOL _____
 ADDRESS _____ ADDRESS _____
 CITY _____ ZIP CODE _____ CITY _____ ZIP CODE _____
 HOME PHONE NUMBER _____ SCHOOL PHONE NUMBER _____
 SPORTS COACHED _____

M.I.T.C.A. DUES (\$2.00) _____ CLINIC NOTES (\$1.00) _____ TOTAL _____

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NAME _____ SCHOOL _____
 ADDRESS _____ ADDRESS _____
 CITY _____ ZIP CODE _____ CITY _____ ZIP CODE _____
 HOME PHONE NUMBER _____ SCHOOL PHONE NUMBER _____
 SPORTS COACHED _____

M.I.T.C.A. DUES (\$2.00) _____ CLINIC NOTES (\$1.00) _____ TOTAL _____

(Make check payable to Chuck Sweeney, Lansing Eastern High School, Lansing, Michigan)

The following coaches have been nominated for the CROSS COUNTRY COACH OF THE YEAR.

- | | | |
|------------------|-----------------------------|-------------|
| Gene Bednarowski | Lawton High School | Class "C-D" |
| Jack Boughton | Hazel Park High School | Class "A" |
| Bob Dreyer | Napoleon High School | Class "C-D" |
| Dennis Gabrielse | Grand Rapids East Christian | Class "B" |
| Bruce Waha | Detroit Redford High School | Class "A" |

You as a member will do the voting. Additional information in next NEWSLETTER.

President
Chuck Janke
Jackson High

M. I. T. C. A.

Secretary
Kermit N. Ambrose
Birmingham Seaholm

Vice President
John Osler
Pontiac Northern

NEWS LETTER
No. 4 1966

Treasure
Chuck Sweeney
Lansing Eastern

SATURDAY, JANUARY 21, 1967 IS THE DAY

This is the day the ninth annual MITCA clinic and meeting will be held at CENTRAL MICHIGAN UNIVERSITY. You won't want to miss it. It should be one of the best we have ever had.

Registration will start at 8:30 in the morning. Coffee and donuts will be served, compliments of C.M.U.

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BUSINESS MEETINGS

A very short session will be held in the morning and a longer one in the afternoon. In the second meeting, a drawing for a HANHART STOP-WATCH, COMPLIMENTS OF ARCHIE'S SPORTING GOODS COMPANY, will take place. Presentation of trophies to the Cross Country Coach of the Year and to the other four nominees for this award, will be made at this time. There will be some other special awards.

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THE SPRINTS

Elf Pedler, 1965 Track Coach of the Year will handle this topic at the clinic. He was on the program in 1963 and did a terrific job. Elf is track and cross country coach at Kalamazoo Central High School. Besides being one of the top coaches in the State of Michigan, he has many other talents and one of these is public speaking. He will have some words of inspiration for all of us during the afternoon business session.

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DISTANCE RUNNING

Jack Boughton, Cross Country Coach at Hazel Park High School and coach of the 1966 State Champion Cross Country Team will present some of his ideas on this topic. He will be assisted by Dave Fultz, Track and Cross Country Coach at Jackson Parkside High School. Dave's Cross Country teams have placed in the top ten, each of the last three years.

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HURON RELAYS

Class "B"----Fri., March 24, 1967
Class "A"----Sat., March 25, 1967

TRAINING AND FIRST AID

Gordon Stoddard, in his second year as CMU's first fulltime athletic trainer, will offer many hints, suggestions and training tips on Track Related Injuries.

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HIGH AND LOW HURDLES

Dean Wilson, Pontiac Central, with the help of Bob Kent, Pontiac Lincoln Junior High will offer a wealth of information on running over the sticks. They will present their material in a new and unique manner. Movies in slow motion, from many different angles of Bill Tipton of Pontiac Central, one of the nations top hurdlers, will be shown. It will include movies of Bill from about the eighth grade to the present.

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POLE VAULTING

Doug Race, coach of Ron Shortt of Farmington high school and the present holder of the Michigan State pole vault record of 14' 5", will lecture on this topic and will be assisted by Ron Shortt, who will demonstrate his proficiency in this very difficult activity.

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TRACK MEET ORGANIZATION

TIMING - - Harold M. Silverston
Head Timer of the Uni.
of Michigan Staff

FIELD EVENTS - - Dr. Al Thomas
Central Michigan
University

CLERK OF COURSE - - Dick Pearson
Detroit Public
Schools

STARTING - - Dave Beauvais
Detroit Public Schools

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FRIDAY EVENING, JANUARY 20, 1967

Many coaches will drive to Mt. Pleasant on Friday evening and MITCA has made arrangements to make it an enjoyable one for you. A HOSPITALITY ROOM will be set up in the banquet room of Falsetta's CASA NOVA. We hope to see you there.

DEAN WILSON, TRACK COACH---PONTIAC CENTRAL

He attended high school at Traverse City and college at Western Michigan Uni. Prior to coming to Pontiac, he coached at his home high school for four years. From 1953 to 1956, inclusive, he was assistant track coach at Pontiac Central. He has been the head coach since 1957. Pontiac Central won State championships in 1955, 1956, 1957, 1958 and 1960. They have placed 2nd in the Saginaw Valley Conference on six occasions. Eight regional championships have been won. Pontiac Central was the first school outside of the State of Ohio to ever win the Mansfield, Ohio Relays. They accomplished this in 1958. They were 2nd in 1960 and placed third last year. They have dominated the All-Oakland County Meet, on five of the seven years it has been run. Many other championships have been won by the "Chiefs" in the various indoor and outdoor relay carnivals that they have entered.

Some of his most outstanding athletes include: Olympic Gold Medal Winner Hayes Jones, Bradell Prichett, Jerry Rush, Charlie Brown, Bob Manning, Leon Prentiss, Joe Anderson, Hudson Ray, Alex Barge, Don Lavalais and his present great hurdler, Bill Tipton.

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DAVE FULTZ, TRACK AND CROSS COUNTRY COACH, JACKSON PARKSIDE HIGH SCHOOL

In the past three years his cross country teams have lost only one dual meet while winning the South Central Conference Championships in 1964 and 1966. Parkside has won eight invitational meets over this span and has qualified its team to the State finals in each of these three years.

Before going to Parkside, Mr. Fultz coached at East Jackson High School, where he won two State Championships in cross country and was runner-up twice.

Some of his outstanding runners include State Champions Dick Pickering and Jerry Smith from East Lansing. Bob Carpenter, a junior at Parkside, was a MITCA All-State selection this past year and holds the Lansing Regional course record with a time of 9:49.0

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RON SHORTT - - FARMINGTON HIGH SCHOOL 1966

He is attending the Uni. of Michigan on a athletic, scholastic scholarship. He won Farmingtons major athletic, scholarship and leadership award. He is also the winner of the Warren Cawley Trophy as the school's outstanding track man. Holds The State record of 14' 5".

HAROLD M. SILVERSTON - - Uni. of Mich.

Mr. Silverston is a graduate of the University of Michigan Law School in 1929, and since then has been engaged in private practice in Detroit.

His interest in track began in high school, mostly as a spectator. As an outlet for this interest, he became a member of the University of Michigan Timers' Staff in 1938, and has served at countless meets to date, at all levels---college, high school, and A.A.U. On the retirement of Phil Diamond, in 1964, he became the Head Timer of the Michigan Staff.

Mr. Silverston has served as Head Timer at the following meets:

- 1) All events at the University of Michigan, since 1964, including State High School Championships in all classes.
- 2) N.C.A.A. Indoor Championships at Cobo Hall, 1965 and 1966.
- 3) First Motor City International (A.A.U) at Cobo Hall, 1966.
- 4) Huron Relays for high schools at Eastern Michigan University
- 5) State Regionals at various sites.
- 6) All championships of the high schools of the Detroit Public Schools League, for the past 5 yrs.
- 7) "All-Oakland County" Meet, since its inception.
- 8) Redford Relays for several years.
- 9) Various high school leagues in Oakland County.
- 10) Dual meets, college and high school.

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DOUG RACE - - JACKSON COMMUNITY COLLEGE

Assistant track coach to Gene Freed at University High in Ann Arbor. Head track coach at Saline High School for two years. Assistant track coach to Harold Humble, Gene Freed and Forddy Kennedy at Farmington High School for ten years and head track coach at Farmington last year. He is now teaching at Jackson Community College. He was the coach of Ron Shortt, last year, when he broke the State pole vault record in Michigan.

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MANY THANKS TO: Jim Horan (Clio); Donald Wilson (Chesaning Union Schools); Erwin Ruth (Detroit Lutheran West); John MacKenzie (Redford Union); Ron Waldvogel (St. Joseph); and, Elf Pedler (Kalamazoo Central) for their letters with material and information for the NEWSLETTER.

DICK PEARSON - DETROIT PUBLIC SCHOOLS

Mr. Pearson has been associated with track and field since 1937. He worked as a timer and judge at Eastern Michigan University. From 1938-41, he served as clerk of course from the Class "C" State finals in track. Since then he has worked as clerk, starter and referee in the Detroit Public School League, Parochial League, and State regional meets in and around the Detroit area.

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DAVE BEAUVAIS - STARTER DELUX

Dave is the Head of the Department of Health and Physical Education at the Durfee Junior High School in Detroit.

The chances are, that most of the track coaches in the State of Michigan, have had at some time or other, at least one of their track men come off of the starting line with Dave Beauvais giving the commands. He has to be considered one of the best starters in the State if not the best. He has worked at this for many years and has been in charge at the below listed meets:

NCAA Indoor Championships - Cobo Hall
NCAA Outdoor - Uni. of Indiana
American Federation Meet at Indiana State

Indoor AAU Invitational - Cobo Hall
All track meets at the Uni. of Mich.
State and Regional High School championships in Michigan

Central Michigan University Central Relays and High School Invitational Meets.

City of Detroit's High School Meets and city championship meets.

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SOME SCHOOLS ARE LUCKY

When a city has a great Junior High track program to feed into the high schools it is a tremendous help. When you have a great coach, a really great coach, in one of the Junior Highs, the high school track coaches are really lucky. Just ask Dean Wilson, Roger Shepler, Herc Renda or John Osler of Pontiac Central and Pontiac Northern what they think of Bob Kent, track coach at Lincoln Junior High in Pontiac. He has a great abundance of talent, plus that tremendous willingness to work. He is very dedicated and really interested in promoting track and helping the boys he comes in contact with. He graduated from Pontiac Central high and from the Uni. of Michigan. He is a fiend on photography and a "track nut" of the first order.

DR. AL THOMAS - CENTRAL MICHIGAN UNI.

Running over 3200 high school athletes through four separate track meets in two days sounds like an impossible task for one man. But that is exactly what Central's Al Thomas has been doing each spring since 1956 when he took over the CMU Relays.

Thomas' work on the Relays begins each Fall and doesn't end until well after the last high school team has left. In addition, he also conducts three other high school meets held each year at CMU.

In all, Thomas has run 19,000 athletes through the meet since 1956 and has been responsible for the planning, officiating and general operation of hosting well over 25,000 prep tracksters at Central.

At CMU, Al serves as head of the physical education area and is director of special events. He graduated from the University of Michigan in 1942 after becoming an All-American track performer. He received his Doctorate from Indiana.

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HOTEL CHIEFTAIN - MT. PLEASANT - RESERVATIONS - FRIDAY, JANUARY 20, 1967

Special rates for coaches at the Hotel Chieftain in Mt. Pleasant have been arranged by Chuck Janke, President of MITCA. If you plan to go up on Friday Evening you can make reservations by calling Area Code 517 772-2951. The following rates are offered:

Single---Hotel-----\$6.75
Motel-----\$8.00
Double---Hotel----Double Bed----\$ 9.00
Hotel----Twin Beds----\$11.00
Motel----Twin Beds----\$12.50

A complimentary continental breakfast will be served from 7:00 am to 9:30 am, consisting of JUICE, COFFEE, MILK, CEREAL, TOAST, and SWEET ROLLS.

Why not join many of the coaches at the banquet room of Falsetta's Casa Nova, where MITCA will host a HOSPITALITY ROOM, on Friday evening. Falsettas is directly across the street from the CHIEFTAIN.

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CORRECTION - STATE CHAMPIONSHIP CROSS COUNTRY RUNS - TOP TEN TEAMS - CLASS "A"

Flint Northern was 4th in 1956, not 1954. Kalamazoo Loy Norrix was 15th in 1965. This fact had been omitted.

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CORRECTION - ALL-STATE CROSS COUNTRY TEAM CLASS "B"

Substitute the name of Tom Yunck for Pat Hogle, both of Okemos.

CANDIDATES FOR THE CROSS COUNTRY COACH OF THE YEAR - 1966

GENE BEDNAROWSKI - LAWTON HIGH SCHOOL

Four years ago, he started cross country at Lawton. After the migrants leave in the fall, Lawton has an enrollment of 200 students and they are a Class "D" school. They have a good turnout for fall sports with about 40 out for football and 20 out for cross country.

This past season, with one senior, three juniors, two sophomores and a freshman, they won the STATE CHAMPIONSHIP IN CLASS "C-D". In four years, they have finished 13th, 5th, 8th and 1st in the State Meet. The past two years they have won the regional championship. There competition in dual meets is mainly against "B" and "C" schools.

Dual Meet Record:

1963-----5-4

1964----13-1 (9-B's, 3 C's & 2 D's)

1965----19-1 (11-B's, 7 c's & 2 D's)

1966----20-1 (1 A, 5 B's, 10 C's & 4 D's)

His record during the past three years is a tremendous 52-3. This past fall they placed second behind Kalamazoo Loy Norrix in the Kalamazoo Invitational, where all of the schools were of class "A" and "B", with the exception of Lawton.

Some of his top athletes, include Neil Browne, who won every mile race in his senior year, including the State Championship and the Kalamazoo Champion of Champions in 1961. Ron Predovich, shot put, second in State in Class "D", 1961. Dick Pfister - Twice Albion College Class D mile champion and 3rd in the State meet in 1964.

He has worked with George Dales and Bob Parks for the past three years on the committee that organizes the Kalamazoo Champions of Champions meet in track. He also sponsors and runs the Lawton Annual cross country run for B, C, and D schools.

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JACK BOUGHTON - HAZEL PARK HIGH SCHOOL

A graduate of Roseville High School and Michigan State University, where he ran cross country and the distances in track. He has been coaching at Hazel Park High School for the past 12 years. His cross country team won the Class "A" State Championship this past November to complete a perfect season in that sport. He has a string of 22 straight dual meet victories, starting in the season of 1964. Besides winning all of his dual meets, his team was victorious in the Oakland University Invitational, the All-Oakland County Meet, the Redford Union Invitational, the South-

eastern Michigan Association Championships, the Regional Championships and the State Championships. In six of these meets, they had to run against the defend- State Champion, Royal Oak Kimball, the Runner-up team in the State Meet. In three of their meets they ran against Detroit Redford, the number four team in the State. They ran against Pontiac Central three times and against Birmingham Seaholm five times. The last two mentioned schools tied for seventh at the "Big One" last November. It is very evident they were not wanting for competition. In 1965, they won all of their dual meets and their League Championship, by beating Kimball the eventual State Champion. They also won the Redford Union Invitational. They were second to Kimball in the All-Oakland County, the Oakland University Invitational lost to them by one point, 37-36 in the Regionals. They were sixth in the State Meet.

Some of his top athletes, include Bob Fulcher, Das Campbell and Ken Leonowicz. Bob Fulcher was a State champion in the 880 and captained the cross country team at M.S.U. He is now the Head Track Coach at Hazel Park High School. Das Campbell, M.S.U., was 5th in the National Indoor Meet at Cobo. He is in his senior year and is the captain of the track team. He was also the captain in his junior year. Ken Leonowicz 2nd in the State Championship cross country run in 1965. This past fall he was the #1 freshman cross country runner at Michigan State University.

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BOB DREYER - NAPOLEON HIGH SCHOOL

During the past eight years, Napoleon cross country teams have won 73 and lost only 16 dual and triangular meets. Of these sixteen losses, several have come from class "A" schools. They have won the Cascades Conference meet five of the six years it has been held. The past season, all seven of his team finished within the first nine runners in the meet. There were seven teams in the League, 4 "B" teams and 3 "C" teams. In over-all dual meet competition this year, it was a perfect season of 15-0. Of these 15 wins, 11 were by perfect 15 point scores. The M.I.T.C.A. listings of State Meet results over the past six years, shows NAPOLEON in first place, leading the 2nd place team by ten points.

Bob is the originator and manager of the Napoleon Invitational, which has just completed its fifth successful year. He

has been manager of one the State Regional Meets held at Napoleon for the past few years. During the past three years he has held membership on the cross country committee for the Michigan High School athletic Association.

The following are some of the Championships won by Napoleon during the past six years:

- Albion College Invitational
1961 1962 1964 1965
- Greyhound Invitational (Eaton Rapids)
1961 1962 1966
- Napoleon Invitational
1965 1966
- Cascades Conference
1961 1962 1964 1965 1966
- Regional
1965 1966 (the only times the Class "C" regional has been held)

They have been runner-up numerous times.

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DENNIS GABRIELSE - GRAND RAPIDS EAST CHRISTIAN HIGH SCHOOL

East Christian High School is a relatively new school, which is now in its third year of operation. Dennis Gabrielse was appointed cross country coach, when the school was opened in 1964. They are a medium sized class "B" school of approximately 600 pupils in grade ten to twelve and they compete against all class "A" in the Grand Rapids City League.

In 1964 they tied for second place in the city league and took third in the Class "B" regionals. In 1965 they placed third in the city league and captured second place in the class "B" regionals. This was their first year in the State meet and they placed sixth. In 1966, they started the season by capturing first place in the class "B" division of the Northview Invitational Meet, competing against thirteen regional teams. They captured a second place in the City League and then took first place in the Grand Rapids Class "B" regional meet. This was followed by winning the State Championship in Class "B". Their City League record for the three years of competition is 19-5.

Coach Gabrielse was fortunate to have a very excellent runner for all three years in which he has coached this sport. As a tenth grader, Jay Muller participated as an individual in the State Meet. As an 11th grader he placed 9th in the Class "B" team race, and in 1966 as a 12th grader, he

placed third with a time of 10:14. Their other runners were all very good and placed 16th, 18th, 19th and 22nd.

Mr. Gabrielse coached two years of Junior High basketball and softball in California before coming to Grand Rapids.

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BRUCE WAHA - DETROIT REDFORD

Bruce Waha, head track and cross country coach at Detroit Redford High School, is a 1944 graduate of Cooley High School and a 1950 graduate of Wayne State Uni., where he won eight letters for his football and track participation.

Bruce has been the track and cross country coach at Redford since 1954. His teams have compiled impressive records under his guidance. All told, Waha's teams have captured eight City Championships, 11 West League crowns, three Regional titles, two State championships and one second place State finish. He also has a fourth place finish and a 12th place finish in the five years the City Schools have been allowed to compete in the State Championships. His dual meet record at Redford is 93-5

Waha has been a vice president of the Michigan Interscholastic Track Coaches Association and served as referee of the State Class "A" track finals in 1958 and 1960. He has served as referee at the Central Michigan University Relays, as well as many other meets. He has served as the director of the Huron Relays since 1964.

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DETROIT TRACK AND CROSS COUNTRY CLINIC

The Detroit Public Schools and the Detroit Catholic League will, jointly, sponsor a clinic on Sat. Febr. 18, 1967. It will be held at Detroit Catholic Central High School, 6565 West Outer Drive at Hubbell and will start at nine o'clock, and continue into the afternoon.

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DON'T FORGET THE TWO MILE RUN THIS SPRING

It must be the first running event on the program and the two miler can not compete in any other event.

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SEE YOU AT CENTRAL MICHIGAN UNIVERSITY ON SATURDAY, JANUARY 21, 1967