

**MITCA**

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**NEWSLETTER**

**DECEMBER 1980**

**SEASON'S GREETINGS**

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**THE EIGHTH ANNUAL MITCA CROSS COUNTRY CLINIC**

Rich Tompkins, Fremont Track and Cross Country Coach and Second Vice-President of MITCA, planned and organized this 1980 clinic. The Lansing Hilton was the site and the action occurred on Friday and Saturday November 14th & 15th. Approximately 215 coaches were in attendance.

Last years Cross Country Coaches of the year were on a panel dealing with the many facets of the sport and they are to be complimented for the excellent presentation of each. Bob Stallcup (Grand Blanc), Gary Meehan (Brighton), Pat Arpino (Jackson Lumen Christi), John Warner (Grand Rapids Christian), Jerry Mayer (St. Louis), Steve Siekmann (Mt. Clemens Lutheran North), and Francie Goodridge (M.S.U. and formerly of Ann Arbor Greenhills) formed this panel. Their expertise in coaching is very evident from their records and since they were willing to share with those in attendance at the clinic their many successful ideas and techniques, it was a profitable session.

The featured speakers, Herb Lindsay (Boulder, Colorado) and Verlyn Schmidt (Shawnee Mission South High School - Kansas) held the attention of all during their presentations. Herb, top road racer in the United States, talked on "Training Techniques" and "Psychological Preparation". Coach Schmidt was the after dinner speaker on Friday evening and on Saturday he presented his methods and techniques of coaching his very successful cross country teams at Shawnee Mission High School.

Rich Tompkins is to be complimented for a great clinic and those in attendance appreciate all of his efforts in their behalf. Thank you for a job well done.

**1980 CROSS COUNTRY COACHES OF THE YEAR**

CLASS	W O M E N	M E N
"A"	Gary Meehan Brighton	Dave McEvers Grosse Pointe North
"B"	Mike Woolsey Jackson Lumen Christi	Jeff Worman Caro High
"C"	Paula Crowe Williamston	Charles E. King Concord
"D"	Bruce Dyer Ann Arbor Greenhills	Bill Swanwick Centreville

**MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR---1980**

W)	"A"	Hal Commerson-----Rochester High
		Jean Stockford-----Clio High
O)	"B"	Larry Eichler-----Hartland High
		Raymond F. Prosser-----Livonia Ladywood
M)	"C"	Jerry Mayer-----St. Louis High
E)	"D"	Rod K. Worch-----Scottville Mason County Central
N)		Gordon Aldrich-----Akron-Fairgrove
		Gene Jurkiewicz-----Detroit Country Day
	"A"	Gene Balawajder-----Milford High
		Larry Wiltse-----Flint Kearsley
M)	"B"	Pat Arpino-----Jackson Lumen Christi
E)	"C"	Mark Carpenter-----Dearborn Divine Child
		Bill Jordan-----Reese High
N)	"D"	Keith Schultz-----Napoleon High
		Rock Campbell-----Lansing Christian
		Robert Glover-----Kingsley High

CLASS "D"	BOYS	POTTERVILLE	SAT., NOV. 1, 1980
1. KINGSLEY-----	5	16	18 28 30 48 60
2. CENTREVILLE-----	10	19	20 25 36 51 57
3. ANN ARBOR GREENHILLS-----	3	13	24 35 41 54 66
4. DETROIT COUNTRY DAY-----	7	9	29 34 38 46 62
5. BATTLE CREEK ST. PHILLIP-----	1	15	21 49 52 59 65
6. LANSING CHRISTIAN-----	22	23	31 32 33 42 45
7. SAGINAW VALLEY LUTHERAN-----	6	12	17 40 68 72 73
8. POTTERVILLE-----	2	14	37 50 53 67 70
9. FAIRVIEW-----	4	26	39 44 61 63 71
10. ALANSON-----	8	43	47 55 58 64 75
11. WALKERVILLE-----	11	27	56 69 74 76 77

1. Carl Mayhand	*	Mason County Eastern	16:07
2. Tim Millar		Battle Creek St. Phillip	16:20
3. Greg Miller		Potterville	16:21
4. Bill Duren		Ann Arbor Greenhills	16:34
5. Kevin Morey	*	Morrice	16:35
6. Bob Mills		Fairview	16:39
7. Mark King		Kingsley	16:40
8. John Mullally	*	Flint Holy Rosary	16:41
9. George Sehl		Saginaw Valley Lutheran	16:43
10. Matt Balding		Detroit Country Day	16:44
11. Dave Himlin	*	Ann Arbor Richard	16:45
12. Alan Bradford		Alanson	16:46
12. Mark Salgat	*	Flint Holy Rosary	16:46
14. Don Cook		Detroit Country Day	16:48
14. Perry Horton		Centreville	16:48
16. Randy Payne		Walkerville	16:49
16. Bill Wood	*	Grass Lake	16:49
18. Tom Loekle		Saginaw Valley Lutheran	16:50
19. Ron Landry	*	Pontiac Oakland Christian	16:52

**MITCA PREDICTION FUN RUN SATURDAY MORNING, NOV. 15, 1980**

It was a nice morning for an early run and 51 of the MITCA Clinic members reported at 7:00 to check in and list their predicted time for running the course as set up by Rich Tompkins. The distance was approximately 3.8 miles. MITCA presented a trophy to the winner and two T-shirts to the 2nd and 3rd place finishers. Listed below are some of the top runners:

1.	:10.3	Dave Foley	Cadillac	4th
2.	:12.0	Michael E Rzendzian	Rochester Adams	7th
3.	:12.3	Art Fleming	Rochester	10th
4.	:13.0	Dale Arbour	Grand Ledge	1st
5.	:27.39	Robin Trice	Det. Osborn	49th
6.	:27.4	Norm Guentaut	Niles	15th
7.	:28.1	Nate Rowell	Oscoda	45th
8.	:36.6	Steven Porter	Milan	39th
9.	:45.4	Rock Campbell	Lansing Christian	6th
10th	:45.6	Michael Peterson	Brandon	48th

CLASS "D"	STATE FINALS AT POTTERVILLE							GIRLS
1. Ann Arbor Greenhills	1	13	14	15	18	--	--	61
2. Flint Holy Rosary	7	12	16	17	23	26	30	75
3. Akron Fairgrove	9	22	25	29	35	36	49	120
4. Detroit Country Day	5	28	34	38	40	53	56	145
5. Dansville	10	11	32	49	50	55	58	152
6. Kingston	3	20	44	51	69	--	--	187
7. Pontiac Catholic	2	21	37	63	85	--	--	208
8. Lansing Christian	19	31	46	54	70	74	89	220
9. Grass Lake	4	39	57	61	67	68	69	228
10. Mesick	27	33	41	52	78	--	--	231
11. Mt. Pleasant Sacred Heart	6	24	80	81	83	--	--	273
12. Bridgeman	8	62	66	76	90	--	--	302
13. Morenci	45	47	60	64	89	--	--	305
14. Mendon	42	43	72	73	77	84	--	307
15. Bloomfield Hills Roeper	65	71	75	86	87	--	--	376
*****								
1. Robin Magee	Ann Arbor Greenhills							19:13
2. Lisa Einhauser	Pontiac Catholic							19:32
3. Jill Barden	Kingston							20:05
4. Karen Majehrowaki	Grass Lake							20:18
5. Alia Newman	Detroit Country Day							20:24
6. Jodi Watters	Mt. Pleasant Sacred Heart							20:24
7. Sabrina Batchelder	* Potterville							20:28
8. Edith Torres	Flint Holy Rosary							20:43
9. Julie Tym	Bridgeman							20:58
10. Daphne Fozarsi	Akron Fairgrove							21:00
11. Becky Fulling	Dansville							21:03
12. Shirley Brower	Dansville							21:05
13. Sara Salgat	Flint Holy Rosary							21:09
14. Sandy Irani	Ann Arbor Greenhills							21:10
15. Jenny Cox	Ann Arbor Greenhills							21:16
16. Kris Cowan	Ann Arbor Greenhills							21:23
17. Horalida Torres	Flint Holy Rosary							21:25
18. Beth Messer	Flint Holy Rosary							21:26
19. Jessie Sullivan	* Battle Creek St. Phillips							21:26
20. Lucy Chambers	Ann Arbor Greenhills							21:38
* Individual Runners								

CLASS "C"	STATE FINALS AT CLARE							BOYS
1. Concord	17	20	27	33	39	66	--	136
2. Reese	7	11	14	70	80	111	126	182
3. Napoleon	4	5	8	79	91	92	124	187
4. Kalamazoo Christian	10	18	23	57	85	87	145	193
5. Charlevoix	6	12	51	68	94	97	138	231
6. Muskegon Oakridge	35	36	52	54	55	102	129	232
7. Dewitt	9	15	46	60	112	118	119	242
8. Stockbridge	2	40	45	59	103	127	130	249
9. Roger City	21	30	61	72	73	82	104	257
10. Grandville Calvin Christian	32	47	50	67	69	78	86	265
11. U. S. A.	16	34	41	88	115	121	141	294
12. Williamston	1	3	64	95	132	135	137	295
13. St. Louis	31	48	56	77	90	101	105	302
14. Olivet	26	29	49	99	107	133	144	310
15. Mattawan	24	25	71	89	106	114	123	315
16. Lakeview	38	44	58	62	117	131	139	319
17. Hartford	13	37	65	113	128	136	146	356
18. Benzie Central	19	75	81	83	108	109	125	366
19. Mancelona	28	53	63	93	134	140	147	371
20. Edwardsburg	22	74	84	98	110	122	142	388
21. Allen Park Cabrini	41	43	96	100	116	120	143	396
*****								
1. Eric Stuber	Williamston							15:33.4
2. Richard Bradshaw	Stockbridge							15:39.4
3. ? ? ? Vandenberg	* Middleville Thornapple Kellog							15:59.0
4. Bob Stanfield	Williamston							16:03.9
5. Brian Olling	* Breckenridge							16:04.0
6. Dana Howard	Napoleon							16:05.3
7. Jim Schuster	Napoleon							16:06.4
8. ? ? ? Klinger	* Leslie							16:07.4
9. Jay Swartwout	Charlevoix							16:09.5
10. Mark McFoley	Reese							16:09.9

11. Dan Dixon	Napoleon		16:10.6
12. ? ? ? Jenks	* Leslie		16:17.0
13. Matt Thesarrow	* Burton Atherton		16:18.4
14. Brian Rayburn	* Clare		16:19.2
15. John Card	* Freeland		16:20.0
* Individual Runners			

CLASS "C"	STATE FINALS AT CLARE							GIRLS
1. Williamston	8	9	10	11	29	43	57	67
2. St. Louis	12	13	16	19	20	69	81	80
3. Mason County Cent.	4	15	27	36	42	54	65	124
4. Napoleon	2	17	18	40	73	76	79	150
5. Vandercook Lake	6	25	34	45	68	87	DNR	154
6. Wyoming Lee	5	14	46	47	50	86	93	162
7. Sanduskey	3	32	41	52	62	72	84	190
8. Mt. Clemens Lutheran North	21	28	37	56	60	64	71	202
9. Lake Michigan Catholic	7	22	30	63	83	89	DNF	205
10. Whitehall	1	35	48	58	67	77	91	209
11. Berrien Springs	24	33	49	53	59	70	85	218
12. Muskegon Oakridge	26	38	51	66	78	90	DNF	259
13. Kalamazoo Christian	31	39	61	80	82	DNF	DNR	293
14. Capac	23	55	74	75	88	92	DNF	315
*****								
1. Gail Burch	Whitehall		18:53.8					
2. Lynda Hagenbarth	* Watervliet		19:00.4					
3. Cindy Reed	Napoleon		19:14.0					
4. Branda Essenmacher	Sandusky		19:22.9					
5. Heather Bauman	* Lansing Catholic Cent.		19:34.3					
6. Kristen Atlee	* Haslett		19:38.0					
7. Ann Lymangrover	* Edwardsburg		19:55.8					
8. Donna Donakowski	* Dearborn Heights Riverside		19:58.2					
9. Pam Chron	* Burton Atherton		19:59.4					
10. Connie Bailey	* Freeland		20:01.2					
11. Karen Mauer	Mason County Central		20:07.6					
12. Michele Nate	Wyoming Lee		20:12.1					
13. Bobby Jo Dawson	* Shelby		20:12.9					
14. Anne Green	* Shepherd		20:14.6					
15. Michelle Howard	Vandercook Lake		20:14.8					
16. Tyanna Weller	Lake Michigan Catholic		20:17.3					
* Individual Race								

CLASS "B"	STATE FINALS AT OXFORD							BOYS
1. Caro	5	20	31	49	50	88	133	155
2. Jackson Lumen Christi	2	17	23	54	72	87	138	168
3. Dearborn Divine Child	13	28	37	43	74	75	105	195
4. Uni. of Detroit High	6	18	32	64	77	91	124	195
5. Saginaw Eisenhower	7	26	48	67	70	145	159	218
6. Wyoming Rogers	25	40	49	52	59	73	109	225
7. Mason	4	30	33	53	108	126	137	228
8. Ypsilanti Lincoln	8	27	29	35	129	139	151	228
9. Otsego	12	45	47	62	89	107	125	255
10. St. Joseph	36	42	46	66	79	112	146	269
11. Marysville	10	44	63	68	93	95	123	277
12. Charlotte	3	14	81	94	98	115	122	290
13. Sturgis	9	38	76	84	111	130	160	317
14. Hartland	15	55	60	71	119	131	165	320
15. Cadillac	1	41	65	101	116	144	153	324
16. G. R. Christian	22	34	85	99	100	117	120	340
17. Linden	11	39	78	113	114	150	155	355
18. Cranbrook	24	61	82	90	141	148	149	398
19. Ludington								
20. Chelsea	21	57	86	135	142	156	166	441
21. Gabriel Richard	55	104	106	110	118	154	158	493
22. Fremont	57	102	103	127	132	140	167	521
23. Mt. Pleasant	80	92	96	121	136	147	162	525
24. Essexville Garber	16	128	134	143	152	163	DNF	573
*****								
1. Mark Smith	Cadillac		15:25.5					
2. Kurt Russell	* Flint Powers		15:46.3					
3. John Adams	Jackson Lumen Christi		15:51.0					
4. Mark Mehler	Charlotte		16:00.0					

5.	Dave Hinkle	Mason	16:02.9
6.	Vince Pratt	Caro	16:07.0
7.	Mike Smith	* Muskegon Reeths Puffer	16:10.0
8.	Keith Bellovich	U. of D. High	16:12.1
9.	Todd Nuerminger	Eisenhower	16:13.1
10.	Bill Stone	* Holt	16:14.5
11.	Dave Papin	Ypsilanti Lincoln	16:15.9
12.	Keith Keyser	Sturgis	16:19.7
13.	Pat McGinnis	* Detroit DeLaSalle	16:21.0
14.	Marty Newingham	Marysville	16:21.7
15.	Tom Bobronski	* G. R. West Catholic	16:25.4
16.	Dave Stephens	Linden	16:26.0
17.	Todd Koepke	* Cedar Springs	16:27.3
18.	Neal Rogers	* Eton Rapids	16:28.6

20.	B. C. Lakeview	52 66 79 93 135 156 160 425
21.	Sterling Heights	51 71 100 103 115 136 143 440
22.	Northville	5 42 118 133 164 165 --- 463
23.	Plymouth Canton	65 78 98 125 130 147 159 496
24.	North Farmington	73 101 107 112 116 140 154 509

1.	Bill Brady	* Mt. Clemens	15:07.5
2.	Carl Allen	* Ann Arbor Huron	15:20.1
3.	Matt Stack	Holly	15:22.6
4.	Cavin Councilor	Flint Kearsley	15:33.6
5.	Craig Dickinson	Flint Kearsley	15:34.6
6.	Craig Higby	* Grand Ledge	15:35.1
7.	Mike Parcha	* Taylor Center	15:36.2
8.	Bill Courtney	Dearborn	15:38.0
9.	Clark Couyoumjian	Northville	15:39.3
10.	Mike Mara	* Midland Dow	15:40.5
11.	Geoff Smith	* Birmingham Groves	15:40.8
12.	Dave Farlow	* Owosso	15:41.4
13.	Jim Martin	Jackson	15:41.5
14.	Lawrence Swift	* Detroit Cass Tech	15:42.9
15.	Steve VanDyke	Rockford	15:44.5

\* Individual Race  
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**CLASS "B" STATE FINALS AT OXFORD GIRLS**

1.	Livonia Ladywood	1 7 16 17 21 80 90 62
2.	Hartland	10 13 28 31 43 64 85 125
3.	Jackson Lumen Christi	19 20 26 33 37 47 78 135
4.	Carleton Airport	15 22 29 41 92 117 128 199
5.	Holt	18 32 45 61 69 103 120 225
6.	Dexter	4 27 30 81 88 97 111 230
7.	Milan	8 46 54 66 67 79 122 241
8.	Hillsdale	24 36 38 57 100 102 126 255
9.	Mt. Morris	6 9 68 87 99 109 124 269
10.	G. R. Christian	25 34 44 74 93 107 125 270
11.	Marysville	5 14 63 76 113 131 132 271
12.	Dearborn Divine Child	23 51 58 60 84 94 105 276
13.	Gladwin	12 49 71 73 83 130 136 288
14.	Hemlock	48 55 65 72 86 133 DNR 326
15.	Yale	2 3 53 137 140 144 146 335
16.	Bishop Foley	40 59 62 95 96 106 116 352
17.	Crosswell Lexington	39 56 78 98 114 121 129 377
18.	Lowell	11 35 89 115 141 DNR DNR 391
19.	Allegan	50 77 82 104 145 DNR DNR 458
20.	G.R. Forest Hills	52 91 110 112 118 138 142 483
21.	Holland Christian	42 75 108 127 134 DNR DNR 486
22.	Gull Lake	101 119 123 135 139 143 DNF 617

**CLASS "A" STATE FINALS AT FLINT GIRLS**

1.	Brighton	1 8 15 26 35 49 54 85
2.	Clio	2 17 19 31 34 60 89 103
3.	Rochester	4 6 32 45 70 88 113 157
4.	Milford	13 23 25 40 57 59 67 158
5.	Grosse Pte. North	7 10 38 44 83 106 123 182
6.	East Lansing	5 24 28 43 104 117 127 204
7.	Redford Union	20 21 33 51 81 107 108 206
8.	Portage North	12 27 46 74 78 80 95 237
9.	Troy Athens	9 48 50 65 87 93 102 259
10.	Trenton	37 52 61 62 63 96 105 275
11.	Davidson	18 36 75 79 86 111 --- 294
12.	S. C. S. Lakeview	30 41 66 77 84 --- --- 298
13.	W. L. Western	3 53 71 73 112 114 122 312
14.	Jackson Parkside	22 47 68 85 97 98 101 319
15.	B. H. Lahser	16 64 69 90 92 100 124 331
16.	Grand Haven	14 42 72 109 116 121 130 353
17.	Ann Arbor Huron	39 58 82 91 94 103 118 364
18.	Grosse Pte. South	11 29 99 119 125 126 129 383
19.	Livonia Stevenson	55 56 76 110 115 120 128 412

1.	Pat Hamparian	Brighton	17:54.2
2.	Kayla Skelly	* Midland High	18:00.0
3.	Kelly Shumate	Clio	18:02.9
4.	Judy Yuhn	Walled Lake Western	18:06.3
5.	Sue Paquette	* Hazel Park	18:07.1
6.	Lisa Franseen	Rochester	18:09.7
7.	Erna Messenger	East Lansing	18:15.1
8.	Aimee Landry	Rochester	18:30.9
9.	Patti Whynott	* East Kentwood	18:35.6
10.	Cathy Schmidt	Grosse Pte. North	18:42.3
11.	Anna Bauer	* Birmingham Seaholm	18:43.8
12.	Brenda Schenk	* Flint Kearsley	18:48.4
13.	Sue Brown	Brighton	18:53.6
14.	Lisa Reimund	Troy Athens	18:56.8
15.	Janet Fulkerson	* Midland High	18:57.3
16.	Sherry Jelsone	* East Detroit	19:00.1

\* Individual Race  
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WE ARE REQUESTING THAT COACHES BRING MATERIALS FOR THE DISPLAY AREA. (MITCA Clinic)

Bring your running gear to the clinic. Saturday morning prediction fun run. Rich Tompkins and Norg Badar in charge.

WE WOULD LIKE TO ASK AS MANY COACHES AS POSSIBLE TO BRING A DOOR PRIZE FOR THE HOSPITALITY HOUR DRAWING.

HOLIDAY GREETINGS AND THE BEST OF WISHES FOR A VERY WONDERFUL 1981 FROM THE EXECUTIVE BOARD OF MITCA.

Jack - Rich - Tony - Karyn - Bob - Joe - Kermit  
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**CLASS "A" STATE FINALS AT FLINT BOYS**

1.	Flint Kearsley	2 3 22 34 39 95 114 100
2.	Grosse Pte. North	13 15 21 38 45 62 127 132
3.	Dearborn High	4 35 36 47 67 72 119 189
4.	Ann Arbor Pioneer	12 24 32 61 64 138 153 193
5.	Milford High	11 25 40 54 68 129 142 198
6.	B'Ham. Brother Rice	8 16 19 69 87 94 110 199
7.	Rockford	7 14 41 56 96 111 141 214
8.	East Kentwood	10 30 58 63 88 92 123 249
9.	Sterling Hgts. Henry Ford II	18 26 33 104 106 120 145 287
10.	Kal. Loy Norrix	23 55 70 74 81 150 158 303
11.	Royal Oak Dondero	9 57 59 90 97 151 152 312
12.	Davidson	20 53 75 83 91 108 131 322
13.	Milford Lakeland	29 31 44 105 126 139 144 335
14.	Warren Cousino	28 37 43 122 124 155 --- 354
15.	Holly	1 27 97 113 117 161 163 357
16.	Jackson	6 48 49 121 134 146 148 358
17.	Clio	17 50 76 109 132 137 162 384
18.	Temperance Bedford	60 77 84 85 86 102 --- 392
19.	Traverse City	46 80 82 89 128 149 157 425