

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

PRESIDENT
Barbara Munch
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FIRST VICE-PRESIDENT
Bill Swanwick
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PUBLIC RELATIONS DIRECTOR
Jack Grant
Sturgis

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Rick Tompkins
Fremont

NEWSLETTER

NO. 1 APRIL 1985

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

THE TWENTY-SEVENTH ANNUAL MITCA TRACK CLINIC

It was a very excellent clinic. Marty Crane, Flint Beecher, and 1984 President of MITCA, was in charge of the arrangements. The setting was the Flint Hyatt Regency. He gathered some extremely knowledgeable Track and Field Coaches, who spoke and demonstrated their specialties.

Mike Shine discussed the long hurdle races and also presented an excellent "Learn by Doing Session" on race starting.

Tony Naclerio, Iona College, was to have been on the program to discuss "The Up Down Check-T-Shot Put Technique". Unfortunately, a death in his family, necessitated his cancellation. Fortunately, Marty Crane was able to substitute Ted McGaughlin, Southern Methodist University.

Steve Cooksey, U. S. Naval Academy, was in charge of discussions on the high jump. Loren Seagrave, Louisiana State University, talked on "Plyometrics and Power Sprint Drills".

Dr. Phil Henson, Indiana University, presented information dealing with "The Coaching of the Multiple Event Athlete".

Don Lukens and Micky Turcheck, reviewed their previous presentation on "The Lydiard System", and then went more deeply into the coaching methods of Arthur Lydiard. In closing, they demonstrated "Micky Turcheck's Eight Minute Drill".

A special session for Junior High Track Coaches was conducted under the direction of Marty Crane. There were about 35 people in attendance and it proved to be very helpful. Information from the Junior High Coaches has been passed on to the Michigan High School Athletic Association, and it is hoped that some changes will be made for the improvement of the Junior High and Middle School Track Programs.

Mark Carpenter, Dearborn Divine Child, was in charge of the annual business meeting.

1984 MITCA TRACK COACHES OF THE YEAR

CLASS	WOMEN	MEN
"A"	Eddie Watson Benton Harbor	Woody Thomas Detroit Central
"B"	Edgar Watson Muskegon Heights	Sidney Wright Ypsilanti Lincoln
"C"	Pete Moss Benzie Central	John Swinburne Muskegon Oakridge
"D"	Kim Spalsbury Fowler	Joe Wood Potterville

I'd like to be a COULD-BE
If I cannot be an ARE
For a COULD-BE is a MAYBE
With a chance of touching PAR
I'd rather be a HAS-BEEN
Than a COULD-HAVE-BEEN by far
For a COULD-HAVE-BEEN was a MAYBE
And a HAS-BEEN was an ARE.

Repeat to yourself each day: "WHAT I AM TO BE, I AM NOW BECOMING".

1984 MITCA NOMINEES FOR TRACK COACH OF THE YEAR

CLASS	WOMEN	MEN
"A"	Ron Champine Dear. Edsel Ford Bryan Westfield Ann Arbor Pioneer	Lafayette Evans Detroit Cooley James Perry Saginaw
"B"	Jon Houseward Hudsonville Norman Randall Charlotte	Mark Carpenter Dear. Divine Child Ted Mac Detroit Benedictine
"C"	Curt Cummings Burton Bentley George Prosseri Det. Country Day	Darrell Jenkins Det. St. Martin DePorres Steven Overweg Flint Hamady
"D"	Bruce Dyer Ann Arbor Greenhills Joe Wood Potterville	Greg Glove. Webberville Chris Hurley Det. East Catholic

THE CHUCK SWEENEY AWARD - - - NINTH ANNUAL

This prestigious award was established in 1977 to honor a man who had contributed much to track and field and cross country in the State of Michigan. His work with MITCA as a treasure, from its inception to 1973, was invaluable.

Coach Sweeney began his coaching career at Imlay City in 1934 and then moved to Lansing in 1943. He had 14 State Championships in football, track and cross country and was a member of the Michigan Coaches "Hall of Fame."

Chuck retired from coaching in 1969 and moved to Florida. MITCA was saddened to hear of Sweeney's death in Florida on November 20th, 1984.

"You can get more out of a man when you ask him to do something than by telling him he has got to do it!" That was the motto of Coach Charles "Chuck" Sweeney.

By the way, Coach Sweeney was the only three year consecutive Class "A" State Champion Coach in cross country. His Lansing Eastern teams won in 1955, 1956 and 1957.

JACK GRANT IS THE 1985 CHUCK SWEENEY AWARD RECIPIENT

Jack Grant of Sturgis High School was the ninth award winner. He joins a very select group of previous recipients.

1977	Chuck Sweeney	Lansing Eastern
1978	Web Morrison	Pickford
1979	Elf Pedlar	Kalamazoo Central
1980	Erwin E. Ruth	Detroit Lutheran West
1981	Kermit N. Ambrose	Birmingham Seaholm
1982	Norb Badar	Flint Northern
1983	Chuck Janke	Jackson High
1984	Bob Kent	Pontiac Central
1985	Jack Grant	Sturgis

Jack served as a two year President of MITCA in 1980 and 1981. He has been on the MITCA Executive Board since 1977, starting as a Secretary. His work in MITCA has been outstanding. All of those fine clinic notebooks and other printed material is the result of many hours of work on his part. At the present time, he is serving as Public Relations Director. His leadership is outstanding. It is hoped that Jack will continue to serve track and cross country in the State of Michigan for a long time.

Besides his work in MITCA, he has been a successful track and cross country coach for many years. Many Regional and State Track & X.C. meets have been under his direction.

SPECIAL AWARDS AT THE 1985 TRACK AND FIELD CLINIC

Michigan had four "Medal Winners" at the 1984 Olympics in Los Angeles:

Judi Brown	400 Meter Hurdles	(Silver)	:55.20
East Lansing High School			
Brian Diemer	Steeplechase	(Bronze)	8:14.06
Grand Rapids South Christian			
Earl Jones	800 Meters	(Bronze)	1:43.83
Taylor Center High School			
Kim Turner	100 Meter Low Hurdles	(Bronze)	:13.06
Detroit Mumford			

Plaques were presented to the schools of each of these Olympians by MITCA.

Another award was presented to Kathy Schollar of Goodrich in appreciation for all of her work and contribution to track and field and cross country in the State of Michigan. She has been most helpful at all of the MITCA indoor track and field meets, the Huron Relays, Many Regional and State meets and also her presence has been evidenced at several of the college indoor meets.

January 14, 1984

Dear Coaches,

Thank you for letting me be a part of MITCA. To be honored by you all is truly a great thrill. It is a source of great pride and special pleasure for me to be involved with so many fine athletes. You have my deepest gratitude and my promise that I will keep "running around" for "my kids" and their coaches for as long as I am needed.

Very sincerely,

Kathy Schollar

MIDWEST MEET OF CHAMPIONS TWELFth annual meet
Spuller Field Northrop High School Fort Wayne, Indiana
SATURDAY, JUNE 8TH, 1985

1984 MIDWEST MEET OF CHAMPIONS

Ohio-----	173½
Michigan-----	118½
Illinois-----	86
Indiana-----	79

After winning three in a row and six out of ten, Michigan slipped to second behind a very potent Ohio Team. Maybe Ohio is copying the Michigan "System". The other States have usually had one coach to do all of the work of coordinating and assembling the team. Michigan has always had a committee of nine coaches working together in the process of assembling a team.

1985 Chairman-----	Duane Raffin-----	Holly High School
Sprints-----	Lorenzo Croft-----	Ecorse High School
Hurdles-----	Bobby Glenn-----	Det. Cass Tech
400 Meter Runs-----	Rich Tompkins-----	Fremont High School
800 Meter Runs-----	Norb Badar-----	Flint Northern
Distance Runs-----	Chuck Janke-----	Jackson High School
Jumps-----	Marty Crane-----	Flint Beecher
Pole Vault-----	Don Marsh-----	Flint Kearsley
Shot and Discus-----	John Swinborne-----	Muskegon Oakridge

Coaches, these men will be looking forward to lots of help from all of you.

February 17, 1985

Dear Coaches:

We would like to share some information with you in regard to the Quad-State Track Meet. (Midwest Meet of Champions). This is a track meet against Illinois, Indiana and Ohio. The meet is held in Fort Wayne, Indiana the weekend following the Michigan State Track Finals.

What we need from you as the season progresses is some information about Top Senior female athletes in your area of the State. As Coordinator for the girls team, I am asking that if you know of any outstanding Senior female athlete, that you drop us a note about that athlete. Information such as their name, address, phone number, coaches name and address, the school she attends, the event that she does and her time, height or distance. We will make every effort to contact that person and give her an opportunity to represent Michigan in this prestigious event.

Michigans' girls have won this meet every year up until last year. "We want our title back". With your sharp eyes and outstanding coaches we have assembled, I am sure that we will reach our goal. At worst, this will prove to be one of the most exciting experiences in their lives, and to do that end, we are dedicated.

Thank you for your help and we are looking forward to working with you in the future. Have an outstanding season.

Sincerely in Track and Field,

Bernie Abrams
Girls Committee Coordinator

Bernie Abrams	Duane Raffin	Barb Munch
Covert High School	Holly High School	Carleton Airport
35323 M-140	Holly, MI 48442	11270 Crafton Rd.
Covert, MI 49043	Home: 313-634-8539	Carleton, MI
Home: 616-636-4472	Work: 313-634-4451	Home: 313-242-6485
School: 616-764-8953		Work: 313-654-6205

A MAJOR TRACK AND FIELD RULE REVISION FOR 1985

4-5-8(f) A competitor may not wear a watch in any race.

<u>SHOT PUT</u>	<u>BOYS</u>	Junior High/Middle School--4 Kilograms
		Senior High-----12 Pounds
		University/International----16 Pounds
	<u>GIRLS</u>	Junior High/Middle School--4 Kilograms
		Senior High-----4 Kilograms
		University/International---4 Kilograms

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION AWARDS BANQUET

26TH ANNUAL UNI. OF MICHIGAN SAT., MARCH 23, 1985

Girls' Cross Country----	Pete Moss-----	Benzie Central
Boys' Cross Country-----	Tony Magni-----	Redford Catholic Central
Girls' Track-----	Eddie Watson-----	Benton Harbor
Boys' Track-----	Sid Wright-----	Ypsilanti Lincoln

ALL-OAKLAND COUNTY NINTH GRADE INVITATIONAL TRACK AND FIELD MEET

MILFORD HIGH SCHOOL SAT., MAY 25TH, 1985 BOYS AND GIRLS

Bruce Gilbert-----	Athletic Director---	Milford High School
Gene Balawajder-----	Meet Manager-----	Milford High School

ALL-OAKLAND COUNTY BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS

BLOOMFIELD HILLS LAHSER HIGH SCHOOL MAY 24TH, 1985

COACHES!!!! If the starters in your track meets are giving only two commands in the 400 meter race and for the lead runner in the 4 x 400 meter relay, I would like to suggest that you say something to them. How can you expect your runners to react to three commands when they get to the Regionals and State Meets.

MITCA FUN RUN

The format was changed for the annual fun run. Instead of all runners covering a prescribed distance, each competitor was permitted to take his or her run in any direction and his only concern was to return to the lobby as close to the total time he or she had predicted. The following is a resume of the results.

1.	Harty Snoop	13th	30:23.0	30:32.2	0:09.2
	Lake Odessa Lakewood				
2.	Dick Cronk	12th	28:30.0	28:47.0	0:17.0
	Marshall				
3.	Stephen C. Hartwell	20th	34:54.0	35:23.9	0:29.9
	Battle Creek Lakeview				
4.	Wally Kile	7th	25:24.1	26:01.8	0:37.7
	Carson City				
5.	Jack Bannick	14th	31:35.0	30:50.4	0:44.6
	Holland Christian				
6.	Jon Strite	15th	31:54.0	30:57.1	0:56.9
	Ann Arbor Huron				
7.	Paul Falardeau	23rd	35:00.0	36:01.2	1:01.2
	South Lake				
8.	Kim Spalsbury	17th	33:29.0	32:26.3	1:02.7
	Fowler				
9.	Don Baese	5th	23:46.0	22:38.3	1:05.7
	Carson City Crystal				
10.	Tom Eschmann	25th	42:12.0	43:44.5	1:32.5
	Southfield High				
11.	David Mokma	6rg	24:08.0	22:41.5	1:46.5
	Wyoming Park				
12.	John Karlzen	19th	36:01.0	34:10.0	1:51.0
	Trenton				
13.	Ken Behmer	8th	29:30.0	27:28.2	2:01.8
	Lincoln Alcona				
14.	Gordie Aldrich	10th	30:01.0	27:48.2	2:12.8
	Akron Fairgrove				
15.	Dennis Hurley	2nd	21:25.0	19:00.8	2:24.2
	Bloomfield Hills Lahser				
16.	Joe Wood	18th	30:00.0	32:26.9	2:26.9
	Pottersville				
17.	Jerry Lasceski	11th	30:19.0	27:49.8	2:29.2
	Akron Fairgrove				
18.	Richard Goepf	24th	40:00.0	36:40.6	3:19.4
	Dearborn Divine Child				
19.	John Hansen	3rd	22:22.0	19:01.6	3:20.4
	Bloomfield Hills Lahser				
19.	Bruce Krieger	16th	28:12.0	31:32.4	3:20.4
	Mason County Central				
21.	Doug Grezeszak	9th	32:04.0	27:46.9	4:17.1
	Cass City				
22.	Keith Middlebush	22nd	30:28.0	35:19.0	4:51.0
	Middleville				
23.	John Wismer	21st	41:10.0	35:12.8	5:57.2
	Bridgeman				
24.	Al Kebl	4th	28:11.0	22:28.0	5:43.0
	Bloomfield Hills Lahser				
25.	James Alviar	1st	28:15.0	16:29.5	11:45.5
	Nuskegon Oakridge				

31ST ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS

1.	Lansing Everett	65	19.	Milford Lakeland
2.	Detroit Cooley	60	19.	Dearborn High
3.	Detroit Denby	35	19.	Westland John Glenn
4.	Flint Kearsley	32½	22.	Dearborn Fordson
5.	Detroit Cody	27	22.	Medina Buckeye
6.	Ann Arbor Pioneer	26	22.	Flint Northwestern
7.	Detroit Mumford	22	25.	Flint Northern
8.	Detroit Cass Tech	21	25.	Temperance Bedford
9.	Southfield High	15	25.	Royal Oak Kimball
9.	Garden City	15	28.	Belleville
11.	Detroit Murray Wright	13½	29.	Highland Park
12.	Toledo Rogers	13	29.	Detroit Pershing
13.	Elyria	12	29.	Redford Catholic Central
14.	Hazel Park	11	32.	Jackson High
14.	Saginaw High	11	32.	Troy High
16.	Detroit Central	10	32.	Harper Woods Notre Dame
16.	Flint Central	10	32.	Ypsilanti High
16.	Grand Blanc	10	36.	Pontiac Northern

CLASS "B" E.M.U. HURON RELAYS

1.	Cleveland Benedictine	57
2.	Ecorse	54½
3.	River Rouge	45
4.	Flint Beecher	33 1/3
5.	Inkster High	32
6.	Toledo Libby	31
7.	Jackson Lumen Christi	25
8.	Ypsilanti Lincoln	24½
9.	Warren Fitzgerald	23½
10.	Toledo DeVilBiss	23
11.	Inkster Cherry Hill	20
12.	Saline	19½
13.	Ann Arbor Greenhills	13
14.	Allen Park	12 1/3
15.	Ann Arbor Richard	12
16.	Lutheran West	11
17.	Haslett	9½
18.	Chelsea	9
18.	Oxford	9
20.	Flint Hamady	8
20.	Marysville	8
20.	Ypsilanti Willow Run	8
20.	Corunna	8
24.	Algonac	6½
25.	Clawson	6 1/3
26.	Sturgis	6
26.	Bowling Green	6
26.	Niles Brandywine	6
29.	North Branch	5
29.	Akron Fairgrove	5
29.	Lodi Cloverleaf	5
32.	Ashland	4
32.	Melvindale	4
34.	Royal Oak Shrine	3
34.	Riverview High	3
36.	Uni. of Detroit High	2
36.	Detroit East Catholic	2
36.	Lutheran East	2
39.	Clyde	1

15 Schools failed to score

Mr. MEANT-TO

has a comrade
and, his name
is NEVER-DO.
Have you ever chanced
to meet them?
Did they ever call
on you?
I am told they live
together,
In the house of
NEVER-WIN.
And, it is haunted
By the ghost of
MIGHT-HAVE-BEEN.

1985 FINAL TRACK AND

FIELD MEETS SITES

"A" Flint Northwestern
"B" Jackson Northwest
"C" Clare
"D" Hillsdale College

TIMEING IN TRACK MEETS

:10.56 is :10.6
:50.91 is :51.0
9:23.32 is 9:23.4

If an accutrack is used,
then times can be to .01

CROSS COUNTRY COMMITTEE CHAIRMEN FOR MITCA

Ron Olson-----Marlette High School

TRACK AND FIELD COMMITTEE CHAIRMEN FOR MITCA

Steve Porter-----Milan High School

YOU ARE THE FELLOW WHO HAS TO DECIDE,
WHETHER YOU'LL DO IT OR TOSS IT ASIDE.
YOU ARE THE FELLOW WHO MAKES UP YOUR MIND,
WHETHER YOU'LL LEAD OR LINGER BEHIND.
WHETHER YOU'LL TRY FOR THE GOAL THATS AFAR,
OR BE CONTENTED TO STAY WHERE YOU ARE.
TAKE IT OR LEAVE IT, THERES SOMETHING TO DO
JUST THINK IT OVER, ITS ALL UP TO YOU.

YOUR GOALS MUST BE DEMANDING, CHALLENGING, AND REALISTIC

9	36.	Brighton	4
9	36.	Birmingham Brother Rice	4
9	39.	Flint Southwestern	3
8	39.	Monroe	3
8	39.	Gibraltar Carlson	3
8	42.	Farmington High	2½
7	43.	Oak Park	2
7	43.	Livonia Churchill	2
7	43.	Birmingham Seaholm	2
6½	46.	North Farmington	1
6	46.	Bloomfield Hills Lahser	1
6	46.	Rochester Adams	1
6	46.	Wayne Memorial	1

26 Schools failed to score

"MORALE PLAYS A LEADING PART WITH SUCCESSFUL TEAMS."

RESULTS - MITCA STATE INDOOR CHAMPIONSHIPS - UNIVERSITY OF MICHIGAN - THURSDAY MARCH 14, 1985

POLE VAULT

1	Bim Scala	T.C. Trojan	13'6
2	John Cook	D.C. Striders	13'0
	Steve Kent	T.C. Trojan	13'0
4	Dan Ringlein	Kearsley	13'0
	John Bruce	Cavalier	13'0
	Kurt Swartzmiller	T.C. Trojan	13'0

HIGH JUMP

1	James Smith	Jackson	6'7
2	Matt Morton	Richard	6'7
3	Steve Pitcher	Redskin	6'5
4	Paul Adas	Kearsley	6'3
5	Mike Adams	Titan	6'3

SHOT PUT

1	Jim Szymanski	Titan	55'9
2	Chuck Bartz	Colts	53'8
3	Bill Armstrong	Bellville	53'2 3/4
4	Ben Simon	Chippewa Hills	52'7
5	Jim Grosser	Lakeshore Striders	51'9 1/2

LONG JUMP

1	Brian Corbitt	Rocket	23' 1 1/2
2	Rodney Whittington	Everett	22' 6 3/4
3	James Smith	Jackson	22' 6 1/2
4	Ron Heard	C.A.L.	22' 0
5	Andre Hawkins	AATC	21'11 1/2

60 YARD HIGH HURDLES

1	Roget Ware	Big Red	7.2
2	John Owens	Cooley	7.2
3	Ken Thompson	Everett	7.3
4	Larry Nichols	Denby Tar	7.5
5	Greg Brown	Cass Tech	7.6

60 YARD DASH

1	Will Palmer	Flying Vikes	6.2
2	Chuck Phillips	Everett	6.3
3	Torin Dorn	J T.C.	6.3
4	Anthony Satterwhite	Denby Tar	6.3
5	Cedric McCarroll	C.A.L.	6.4

600 YARD DASH

1	Roy Holt	Mustang Express	1:13.4
2	Claude Tiller	Cooley	1:14.2
3	Earl Truss	Inkster	1:14.3
4	Derrick Coleman	Denby Tar	1:14.6
5	Jeff Mifsud	Allen Park	1:14.8

MILE RUN

1	Mark Reinardy	GRTC	4:23.9
2	Guy Pace	AATC	4:24.2
3	Matt Hollappa	Tort. & Hare	4:29.4
4	Tim Weber	Westsidiers	4:29.4
5	Mike Swantek	Titan	4:29.6

300 YARD DASH

1	Clearnes Harris	Cooley	31.3
2	Andy Bunnell	Everett	31.8
3	Rodney Whittington	Everett	32.0
4	David Lawes	Inkster	32.3
5	Neil Crosby	Mustang Express	32.5

TWO MILE RUN

1	Erik Koskinen	Swartz Creek	9:20.3
2	Bob Thompson	Rochester	9:28.4
3	Geoff Goolsby	Motor City	9:38.9
4	Jim Huff	Knight Riders	9:40.6
5	Dave Homann	Cougar	9:47.0

TWO MILE RELAY

1	Mustang Express	8:09.7
2	Ann Arbor T.C.	8:16.6
3	Bobcat	8:18.8
4	C.A.L.	8:19.2
5	River Hounds	8:20.6

OUTSTANDING PERFORMERS

TRACK - ROY HOLT - MUSTANG EXPRESS (MUMFORD)

1st - 600 - 1:13.5
 1st - Two Mile Relay - 2:02
 1st - Mile Relay - 50.8

FIELD - JAMES SMITH - JACKSON

1st - High Jump - 6'7
 3rd - Long Jump - 22'6 1/2

MILE RELAY

1	Everett Vikings	3:22.8
2	Cooley	3:22.9
3	Inkster	3:25.3
4	Denby Tar	3:29.1
5	Cass Tech	3:30.6

PRESIDENT

Barbara Munch
Central Michigan Uni.

FIRST VICE-PRESIDENT

Bill Swanwick
Centreville

SECOND VICE-PRESIDENT

Bernie Abrams
Covert

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 2 SEPTEMBER 1985

NEWSLETTER WRITER

Kermit N. Ambrose
Retired

SECRETARY

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Holly

PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis - Retired

TREASURE

Rick Tompkins
Fremont

GREETINGS FROM MITCA PRESIDENT - BARBARA KAYE MUNCH

Dear Coach,

Welcome back to a great year for coaching and MITCA. MITCA is an organization of track and cross country coaches who are trying to improve and promote their sport. I am sending this letter and the Newsletter to every track and cross country coach in all of the high schools and junior high schools in the state.

First of all, our MITCA track clinic will have a new look this year. The clinic will be at the Livonia Holidome on January 10th and 11th, with meetings starting at 9:00 am on the 10th and lasting all of the two days. This change was made in order to accomodate the time needed to cover all of the material at our clinic. This years clinic will be a (TAC) The Athletics Congress certification Level I. I am really excited to provide you with such super exposure of all track events. Vern Gambetta, as well as five other nationally known authorities, will be providing knowledge to our clinic. We will also have an important state rules meeting, MITCA business meeting and the annual coaches banquet where the 1985 coaches of the year will be announced.

This year's cross country clinic will be held on November 15th and 16th at the Kalamazoo Hilton. Bernie Abrams, clinic chairman, has informed me that leading sports Psychologist, Dr. Thomas Tutko, San Jose State; national runner Jim Spivy and Michigan State University cross country and distance coach Jim Stintzi, plus others will make up the program. More details about this clinic will reach you in the next newsletter.

I am Barbara Munch, assistant women's cross country and track coach at Central Michigan Uni. and will be serving as president of MITCA. Other officers are Bill Swanwick, centreville, 1st Vice-President; Bernie Abrams, Covert, 2nd Vice-President; Duane Raffin, Holly, Secretary; Rich Tompkins, Fremont, Treasure; Jack Grant, Sturgis, Public Relations; and, Kermit Ambrose, retired from Birmingham Seaholm, Newsletter Writer. We meet once a month in Lansing and if you have any concerns about track or cross country, please call or write any of us and we will be happy to discuss it.

Some of MITCA's activities are: (1) Making suggestions to the MHSAA about our sport. (2) Indoor track season for both boys and girls. (3) Sending a team to the Midwest Meet of Champions in June. (4) Selecting Coaches of the Year in both Cross Country and Track. (5) Awarding All-State Certificates in both sports. (6) Producing a Cross Country Clinic and A Track Clinic each year.

Members of this year's MITCA Track Committee are Steve Porter - Milan, Chairman; Paul Pozega - Lansing Sexton; Norman Bredweg - West Ottawa; Ross Donley - Ludington; Ken Hoover - L'Anse Creuse; Ken Behmer - Lincoln Alcona; Martin Chard - Quincy; Greg Glover - Webberville; and, John Wasmser - Bridgeman.

MITCA's Cross Country Committee: Ron Olson - Marlette, Chairman; Dave Bork - Monroe; Dave Carey - Swartz Creek; Mike Woolsey - Jackson Lumen Christi; Glen Brown - Lakeshore; Steve Linn - Harbor Beach; Gene Jurkiewicz - Detroit country Day; Kim Spalsbury - Fowler; and John Carr - Lake Michigan Catholic.

Nelson Maylone, West Bloomfield Abbott Middle School is the

Junior High Track Committee Chairman.

I feel that we are very fortunate to have such a good relationship with the MHSAA. If you have not already been involved, I would like to take this opportunity to invite you to come to one of our clinics, so that you can become a member and be active in our organization. We need your involvement and support. I know this will be a great year for you and MITCA.

Best of luck and success to you
and your team this year.

/S/ Barbara Kaye Munch

CORRECTION CORRECTION CORRECTION

In the MITCA Newsletter # 1, April, 1985, it was stated that Jack Grant of Sturgis was the recipient of the ninth annual Chuck Sweeney Award. Your newsletter writer regrets this error and wishes to set the record straight:

DUANE RAFFIN IS THE 1985 CHUCK SWEENEY AWARD RECIPIENT

Duane Raffin, Holly High School, and Secretary of MITCA was the ninth award winner. He joins a very select group of former honorees.

1977	Chuck Sweeney	Lansing Eastern
1978	Web Morrison	Pickford
1979	Elf Pedlar	Kalamazoo Central
1980	Erwin E. Ruth	Detroit Lutheran West
1981	Kermit N. Ambrose	Birmingham Seaholm
1982	Norb Badar	Ft. Northern
1983	Chuck Janke	Jackson High
1984	Bob Kent	Pontiac Central
1985	Duane Raffin	Holly

Duane Raffin is a very young man, when it comes to ambition, enthusiasm, spirit, dedication, determination and the willingness to help other people. In terms of service to his school, his community and to the State, he has been around for quite some time.

He graduated from Iron Mountain High School in 1952 and has degrees from the Uni. of Michigan (AB-1961) (MA-1971). He spent the years 1954-1956 with the U. S. Army in Europe. In the fall of 1961 he began his teaching and coaching career at Holly High School. He has been the head track coach since 1964 and the head cross country coach since 1965. His teams have been very successful, winning many league and regional championships, plus three State Championships.

Coach Raffin has managed the Holly Invitational for the past eighteen years and the Holly Frosh-Soph Track Championships for the past 13 years

"Raffin" has been an official in Track and Field for many years and has been on many "Games Committees". You will find him working at all of the MITCA Indoor track meets and has been very active as a head coach and assistant coach in the Mid-West Meet of Champions at Fort Wayne.

Duane and his wife Jeanne were married in 1956 and they have four children.

Congratulations!!! Keep up the good work.

NEWS ISN'T WHAT HAPPENS: ITS WHAT IS REPORTED.

CLASSIFICATION LIMITATIONS FOR THE 1986 CALENDAR YEAR

Class "A"	1,150 and above
Class "B"	587-1,149
Class "C"	311-586
Class "D"	310 or less

THE 6 POUND SHOT IS TO BE USED AT ALL 1986 JUNIOR HIGH/MIDDLE SCHOOL GIRLSTRACK AND FIELD MEETS

THE HEIGHT OF THE HURDLES FOR THE JUNIOR HIGH/MIDDLE SCHOOL WILL BE LOWERED FROM 39 INCHES TO 30 INCHES

CROSS COUNTRY TEAMS ARE PERMITTED TO HAVE 15 DAYS OF COMPETITION, RATHER THAN 15 CONTESTS.

IN 1988, THE HEIGHT OF THE 300 METER HURDLES WILL GO UP TO 36 INCHES.

HOLIDAY DATES

LABOR DAY	THANKSGIVING DAY
1985-----September 2	1985-----November 28
1986-----September 1	1986-----November 27
1987-----September 7	1987-----November 26
1988-----September 5	1988-----November 24
1989-----September 4	1989-----November 23
1990-----September 3	1990-----November 22

EASTER SUNDAY	MEMORIAL DAY
1985-----April 7	1985-----May 27
1986-----March 30	1986-----May 26
1987-----April 19	1987-----May 25
1988-----April 3	1988-----May 30
1989-----March 26	1989-----May 29
1990-----April 4	1990-----May 28

CROSS COUNTRY SITES - - - - - 1985

STATE CHAMPIONSHIPS	NOVEMBER 2ND
CLASS "A" Flint Kearsley High School	Mickey Hamilton
IMA Brookwood Golf Course	
CLASS "B" Chelsea High School	Bert Kruse
Hudson Hills Metro Park	
CLASS "C" Cass City High School	Roland W. Pakonen
Campus & Rolling Hills Golf Course	
CLASS "D" Custer-Mason Co. East. H. S.	Duane Jones
West Shore Community College	

UPPER PENINSULA - - - - - 1985

STATE CHAMPIONSHIPS	OCTOBER 19TH
CLASS A-B, C & D Gladstone High School	David Lahtinen
Gladstone Golf Course	

1985 LOWER PENINSULA REGIONAL CROSS COUNTRY RUNS OCT. 26TH

1 B & C	Niles Brandywine High School	
	Campus	
2 A & B	New Boston Huron High School	
	Metro Park	
3 A Sec	Warren Woods Tower High School	
1 & 2	Metropolitan Beach	
4 A & B	Royal Oak Shrine High School	
	Marshbank Metro Park	
5 A Sec	Royal Oak Kimball High School	
1 & 2	Campus	
6 B & C	Orchard Lake St. Mary High School	
	Campus	
7 C Sec	Middleville-Thornapple Kellogg High School	
1 & 2	Yankee Springs Golf Course	
8 A & B	Grand Valley State College	
	Campus	
9 B & D	Linden High School	
	Byram Park	

10 A & B	Swartz Creek High School
	Swartz Creek Golf Course
11 A & C	Port Huron High School
	Elks Golf Course
12 B & C	Scottville-Mason Co. Central High School
8 D	West Shore College

NOMINEES FOR THE 1985 MITCA TRACK COACH OF THE YEAR

CLASS	BOYS	GIRLS
"A"	Ron Barr Lansing Everett Charles Lewis Detroit Denby Don Marsh Flint Kearsley	Ron Champine Dearborn Edsel Ford Bobby Glenn Detroit Cass Tech Bryan Westfield Ann Arbor Pioneer
"B"	Martin Crane Flint Beecher Gary Harris Corunna Ted Mac Detroit Benedictine	Tyrone Armstrong Flint Beecher Lori Griffing Hemlock Robert Washington River Rouge
"C"	Bruce Krieger Mason County Central Edward Pruitt Ecorse Byron Townsend Houghton Lake	Scott Felmler Haslett George Prospert Detroit Country Day Glenn Williams Cassopolis
"D"	Ernie Ayers Sand Creek Neil Hufnagel Fowler Chris Hurley Detroit East Catholic	Gordon Aldrich Abron-Fairgrove Walter Schalau Athens Roger Thelan Middleton Fulton

NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

ALL-AMERICAN PREP

NATIONAL BOYS AND GIRLS CROSS-COUNTRY CHAMPIONSHIPS
SPRINGHILL GOLF COURSE--AURORA, COLORADO JUNE 25TH, 1985

BOYS-----3 Mile Race

1. Colorado	8	10	11-----29	5th Erik Koskinen
2. N. Mexico	1	3	30-----34	16:17.23
3. Michigan	5	7	23-----35	Swartz Creek
4. Texas	2	4	33-----39	7th Geoff Goolsby
5. Illinois	9	14	20-----43	16:21.15
6. Arizona	12	28	34-----64	R. O. Kimball
7. Wisconsin	15	22	32-----69	23rd Fred Henderson
8. Oklahoma	29	35	37-----101	17:19.49
9. S. Dakota	27	28	48-----103	Fremont
10. Wyoming	39	40	41-----120	

Ohio	6	16-----22	
N. Hampshire	13	19-----32	
S. Carolina	25	44-----69	1986 MEET
Kansas	36	42-----78	ORLANDO, FLORIDA
Rhode Isl.	34	49-----87	

Oregon-17; New York-21; Conn.-24; Arkansas-26; Kentucky-31; Penn.-43; N. Dak.-45; Calif.-46; and, Miss.47.

GIRLS-----2 Mile Race

1. Wisconsin	1	2	13-----16	10th Valari Ambrose
2. New Mex.	5	8	12-----25	12:34.02
3. Colorado	4	6	16-----26	Gabriel Richard
4. Arizona	7	23	28-----58	18th Erin Gillespie
5. Illinois	9	14	36-----59	12:59.44
6. S. Dakota	29	32	38-----99	Jackson N. W.

Michigan	10	18-----28	ALL-AMERICAN PREP
Oklahoma	17	30-----47	Erik Koskinen
New Hamp.	20	27-----47	Geoff Goolsby
Wyoming	24	31-----55	Valari Ambrose
Kansas	25	34-----59	
Texas	33	35-----68	

THINK BIG, WORK HARD AND HAVE
A DREAM

FREE SUBSCRIPTION

"OVER THE TOP"

If you'd like to be put on their mailing list, simply send a postcard to:

Its a good deal
 CATA-POLE
 ATTN: DEPT N
 P.O. BOX 6300
 Anaheim, CA 92806
 Some very good information is presented

CROSS COUNTRY "ALL-STATE AWARDS" FOR 1985

Class "A" Top 25 times from the two races
 Class "B" Top 25 times from the two races
 Class "C" Top 20 times from the two races
 Class "D" Top 15 times from the two races

In past years it has been the top seven from each race and any other runners whose time is equal to or better than the 7th place time of the other race.

This new pattern will be more consistant. In past years, 1984 for example:

	TEAM RACE	INDIVIDUAL	TOTAL	ALL-STATE	
"A"	BOYS	209	82	291	21
	GIRLS	171	88	258	17
"B"	BOYS	179	77	256	19
	GIRLS	154	74	228	17
"C"	BOYS	118	59	177	20
	GIRLS	115	59	174	21
"D"	BOYS	54	28	82	19
	GIRLS	75	39	114	26

NEW 1985 NATIONAL TRACK AND FIELD RECORDS

100 Meter Dash Roy Martin :10.18
 Dallas Roosevelt (Tex.) at Austin, Tex.

200 Meter Dash Roy Martin :20.0
 Dallas Roosevelt (Tex.) at Austin, Tex.

300 Meter 36" Hurdles George Porter :35.32
 Lompoc Cabrillo (Calif.) at Walnut, Calif.

400 Meter Relay Lester Crenshaw, James Glenn :40.2
 Roderick Martin & Roy Martin
 Dallas Roosevelt (Tex.) at Austin, Tex.

1600 Meter Relay Michael Marsh, Michael Graham, Sean Kelly & Henry Thomas 3:07.40

200 Meter Low Hurdles Nicolle Thompson :27.0
 East St. Louis, Lincoln (Ill.) at Charleston, Ill.

1600 METER RUN 4:39.4

LAURA MATSON BLOOMFIELD HILLS ANDOVER

at Bloomfield Hills, Mich.

(Better previous record of 4:39.92 set by Polly Anne Plummer of Irvine University (Calif.) in 1982)

1600 Meter Relay Lana Cantrell, Nikky Cantrell, Carrie Franklin & Linetta Wilson 3:37.69
 Pasadena Muir (Calif.) at Walnut, Calif.

High Jump Latrese Johnson 6' 2 3/4"
 Clovis, (Calif.) at Sanger, Calif.

THE MITCA EXECUTIVE BOARD IS REQUESTING THE HELP OF ALL OF THE COACHES THROUGHOUT THE STATE.

We would like to get the names of all of the coaches who have been on the firing line for 15 or more years in track or/and cross country. Your help will be very much appreciated. If you have some information in this respect, mail it to:

Kermit N. Ambrose
 1855 Chester Road
 Royal Oak, MI 48073 Thank you!!!

MIDWEST MEET OF CHAMPIONS

1974	Ohio-----153	Indiana--139	Michigan-134	
1975	Michigan-183	Ohio-----126	Indiana--115	
1976	Ohio-----157½	Michigan-149	Indiana--141½	
1977	Michigan-158½	Indiana--126	Ohio-----106	Illinois-66 1/6
1978	Indiana--164	Illinois-127	Ohio-----84	Michigan-82
1979	Michigan-155	Indiana--149	Ohio-----104	Illinois-47
1980	Indiana--129½	Ohio-----120	Michigan-111½	Illinois-96½
1981	Michigan-136	Indiana--126	Ohio-----83	Illinois-83
1982	Michigan-139	Ohio-----111½	Indiana--106	Illinois-99
1983	Michigan-155	Indiana--134	Illinois-100	Ohio-----60
1984	Ohio-----173½	Michigan-118½	Illinois-86	Indiana--79
1985	Indiana--146	Illinois-115	Ohio-----101½	Michigan-94½

MICHIGAN RECORD HOLDERS

400 Meter Relay	:40.5	Copeland	Huckleby
1975		Bailey	Strozier
1600 Meter Run	4:07.20	Earl Jones	
1982			
200 Meter Dash	:21.0	Wayne Strozier	
1976	Tie		
3200 Meter Relay	7:36.27	Teutsch	Richmond
1980		Fowler	Farrow
High Jump	7' 3/4"	Scott Reed	
1983			
100 Meter Dash	10:56	10:73	10:84
2nd	Will Palmer	Flint Northern	
5th	Andre Rison	Flint Northwestern	
400 Meter Dash	47.59	48:05	48:08
48.62	48.80	48.87	
5th	Al Washington	Detroit Cass Tech	
1600 Meter Run	4:07.64	4:15.68	4:16.64
4:18.07			
4:20.75	4:20.77		
5th	Paul Kruszka	Romeo High	
6th	Guy Pace	Ann Arbor Pioneer	
400 Meter Relay	41.05	41.19	41.54
3rd	Will Palmer	Flint Northern	
	Rod Whittington	Lansing Everett	
	Chuck Phillips	Lansing Everett	
	Ken Thompson	Lansing Everett	
110 Meter High Hurdles	14.1	14.1	14.3
14.5	14.7	14.8	
4th	Ken Thompson	Lansing Everett	
6th	Peter Shira	New Baltimore Anchor Bay	
Discus	177' 9"	170' 10"	168' 0"
166' 0"	165' 4"	163' 3"	
2nd	Chuck Bartz	Troy High	
---	Darren Feather	Napoleon	
---	Jim Bowen	Brooklyn Columbia Central	
High Jump	6' 10"	6' 9"	6' 9"
6' 8"	6' 8"	6' 8"	
2nd	James Smith	Jackson High	
5th	Ryan Pschigoda	Bridgeman	
---	Vincent Davis	Saginaw	
Pole Vault	16' 3"	15' 9"	15' 6"
15' 6"	15' 0"	14' 0"	
6th	Mike Armstrong	Muskegon Oakridge	
---	Doug Summers	Birmingham Seaholm	
---	Dan Ringlein	Flint Kearsley	
Shot Put	65' 8 1/2"	56' 3 1/2"	56' 2 1/2"
55' 10 1/2"	55' 6 1/2"		
	55' 3 3/4"		
7th	Chuck Bartz	Troy High	
---	Jeff Schiller	Muskegon Mona Shores	
---	Dave Simpson	Temperance Bedford	
Long Jump	25' 1 1/2"	24' 9 1/2"	24' 7 3/4"
24' 4 1/2"	24' 1/2"		
	23' 7 1/2"		
3rd	Joseph Appelwhite	Grand Rapids Central	
4th	Brian Corbitt	New Haven	
6th	Ron Heard	Detroit Cody	
200 Meter Dash	21.46	21.78	21.79
21.96	21.99	22.00	
4th	Chuck Phillips	Lansing Everett	
---	Andre Rison	Flint Northwestern	
800 Meter Run	1:52.96	1:53.38	1:53.55
1:53.68			
	1:53.87	1:54.16	
3rd	Derrick Coleman	Detroit Denby	
5th	John Braezier	Grand Rapids Catholic	
---	Darrin Jones	Troy Athens	

I HAVE NO YESTERDAYS TIME TOOK THEM AWAY
 ALL I HAVE IS TODAY

3200 Meter Run		9:23.53	9:25.64	9:27.63	9:32.05
			9:32.69	9:34.76	
1st	Erik Koskinen	Swartz Creek			
4th	Marty Hagerty	Redford Catholic Central			
5th	Geoff Goolsby	Royal Oak Kimball			
300 Meter Hurdles		36.76	37.02	37.28	37.33 37.48
				37.98	
3rd	Lannie Jackson	Ann Arbor Huron			
---	Fred Dalton	Ecorse			
1600 Meter Relay		3:10.43	3:12.11	3:13.64	
---	Claude Tiller	Detroit Cooley			
	Michael Moore	Detroit Henry Ford			
	Rod Whittington	Lansing Everett			
	Al Washington	Detroit Cass Tech			
3200 Meter Relay		7:47.36	7:55.98	7:59.38	
1st	Kirk Deitsch	Midland Dow			
	Dave Ziolkowski	Jackson Lumen Christi			
	Robert Abraham	Dearborn Fordson			
	Mark Rogers	River Rouge			

CROSS COUNTRY COURSES

Your newsletter writer has been in attendance at a State Cross Country Championship Run, every year, since 1953. I've attended college runs at the Uni. of Indiana (4), Lehigh Uni, Uni of Ill. (2), Notre Dame, Uni. of Minn., Denton Texas, Uni. of Mich., Michigan State, Central Mich. Western Mich and Eastern Mich. Uni. Also a National AAU Meet at Houston and a National TAC at Boston. I firmly believe that I have a good knowledge of how a cross country course should be set up.

Contrary to the opinions of some people, I think the course at the Dama Farms Golf Course for the State Class "A" meet in 1984 was as good a course as we have had anywhere for a state meet. I made seven trips to Dama Farms from Royal (a distance of 50 miles) to set up the course. Bob Bloomer Traveled hundreds of miles also to work on the course, plus trips to Brighton to confer with the athletic dept. of that school which was hosting the State Championship Meet.

Complaint---The course was too flat. The State was lucky to have the Dama Farms Golf Course. It was the only one avail- to Brighton. The chances are that the complainers never went over the course. What were we supposed to do? Bring in bull-dozers and build hills and valleys.

Complaint---The runners were too far away from the specta- tors when they were at the south end of the course. Thank heavens the runners had the chance to get away from the crowd for part of the run. You have had the same situa- tion at Sturgis, Grand Blanc, Flint, holly, Oxford to name a few.

Complaint---The chute was too small. Complaint---We didn't follow the prescribed formula for setting-up a chute. One foot for each runner in the race. How many of you have heard of any formula such as this. We had 209 runners in the boys "A" race. What did they want??? One chute 209 feet long or 209 chutes each 1 foot long. I'm confused.

The chute at the State Meet was 75 feet from the finish line to the mouth of the chute. We had a triple chute 140 feet long which is a total space of 420 feet, room enough to put all of the runners in the chute if no-one left it.

The Michigan High School Athletic Asso. in their publications have indicated that instructions will be given for chute workers. My question is -- who is going to prepare these instructions. I believe every cross country race is very different from all of the others, and that it is not possi- ble to set up a prescribed pattern to follow. The problem arises when runners stop and walk as soon as they cross the finish line. Also many of the chute workers are there for the first time and have never worked a meet before.

Coaches do some work on getting your runners to continue running through the chute. If a runner is on the verge of collapse, move him out of the chute and have people avail- able to take the runners place, going through the chute to pick up his finish card for him.

Potentially, the State Class "A" meet could have 36 teams in the race., in 1985.

GIRLS - MIDWEST MEET OF CHAMPIONS

1980	Michigan-89	Illinois-74	Ohio-----	8
1981	Michigan-77	Ohio-----	38	Indiana--34 Illinois-24
1982	Michigan-77	Indiana--54	Ohio-----	24 Illinois-18
1983	Michigan-57	Illinois-47	Ohio-----	36 Indiana--33
1984	Ohio-----	70	Michigan-68	Illinois-59 Indiana--56
1985	Indiana--95	Illinois-69	Ohio-----	63 Michigan-57

None of the Meet Records are held by Michigan Girls

100 Meter Dash	12.15	12.37	12.52	12.74	12.82	12.94
4th	Shonda Canty	Detroit Martin Luth. King				
---	Marita Rimpson	Benton Harbor				
100 Meter Hurdles	13.59	14.24	14.46	14.64	14.72	14.78
2nd	Polly Johnson	Flint Northern				
---	Betty Stewart	Kalamazoo Loy Norrix				
400 Meter Dash	55.40	57.47	57.85	58.13	58.93	59.31
5th	Victoria Shields	Ann Arbor Pioneer				
6th	Sharon Tree	Lansing Everett				
800 Meter Run	2:10.26	2:12.48	2:15.17	2:15.23		
---		2:15.43	2:16.24			
	Kelly Cracchiola	New Baltimore Anchor Bay				
	Christi Pappenhagen	Grosse Ile				
	Rene Faulstick	East Kentwood				
1600 Meter Run	4:58.12	4:59.23	5:01.08	5:01.24		
		5:03.46	5:03.88			
1st	Valari Ambrose	Riverview Gabriel Richard				
3rd	Mary Peruski	Dearborn Edsel Ford				
4th	Julie Watson	Hemlock High				
400 Meter Relay	47.02	47.43	47.97			
---	Shonda Canty	Detroit Martin Luth. King				
	Rolanda Officier	Ann Arbor Pioneer				
	Betty Stewart	Kalamazoo Loy Norrix				
	Marita Rimpson	Benton Harbor				
1600 Meter Relay	3:51.17	3:51.20	3:52.03			
3rd	Nancy Wheeler	Detroit Cass Tech				
	Angie DeLany	Milan				
	Cindy Panowicz	Northville				
	Victoria Shields	Ann Arbor Pioneer				
Shot Put	42' 11"	42' 9"	41' 6 3/4"	40' 7"	40' 5"	
			40' 4"			
1st	Jeannie Stuppie	Clare				
3rd	Yvonne Laderach	Erie Mason				
---	Starry Hodge	Flint Northwestern				
Discus	138' 3"	134' 4"	133' 3"	130' 11"		
		130' 5"	127' 2"			
6th	Starry Hodge	Flint Northwestern				
---	Sheila Mays	Flint Northern				
---	Yvonne Laderach	Erie Mason				
High Jump	5' 7"	5' 7"	5' 6"	5' 6"	5' 6"	5' 6"
4th Tie	Beth Clark	Midland Dow				
---	Cindy Panowicz	Milan				
---	Marti Koius	Addison				

Ted Williams, at age 42, slammed a home run in his last offi- cial time at bat. Mickey Mantle, age 20 hit 23 home runs his first full year in the major leagues. Golda Meir was 71 when she became Prime Minister of Israel. William Pitt II was 24 when he became Prime Minister of Great Britain. Bernard Shaw was 94 when one of his plays was first produced. Mozart was just seven when his first composition was published.

Now how about this? Benjamin Franklin was a newspaper colum- nist at 16, and a framer of the United States Constitution when he was 81.

You're never too young or too old, if you've got talent. Lets recognize that age has little to do with ability.

The hurdler, after hitting most of the hurdles in his race, commented to his coach. "I had lots of speed, but no height."

Some runners move at a speed equivalent to a dry stream. They run so slow that if they got caught in the rain, they would probably rust to death.

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

PRESIDENT
Barbara Munch
Central Michigan Uni.

FIRST VICE-PRESIDENT
Bill Swanwick
Centreville

SECOND VICE-PRESIDENT
Bernie Abrams
Covert

NEWSLETTER

NO. 3 OCTOBER 1985

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY
Duane Raffin
Holly

PUBLIC RELATIONS DIRECTOR
Jack Grant
Sturgis

TREASURE
Rich Tompkins
Fremont

IN THE LAST NEWSLETTER I ASKED FOR COACHES TO REPORT THEIR NAMES TO ME IF THEY HAVE BEEN COACHING CROSS COUNTRY AND/OR TRACK FOR 15 OR MORE YEARS. A GOOD RESPONSE WAS RECEIVED.

- 39 Years Don Bender-----Niles High School
- 31 Years Jack Boughton-----Hazel Park High School
- 26 Years Tom Turnbull----Stanton Central Montcalm H. S.
- 24 Years Pete Woods-----Port Huron Northern High School
- 23 Years Leonard J.-Skrycki G. R. West Catholic H. S.
- 22 Years Jim Rowland-----Alma High School
- 21 Years Gary Vandemark-----Bay City Handy High School
- 21 Years John Lober-----Traverse City High School
- 21 Years Jerry Lasceski-----Akron Fairgrove High School
- 20 Years Levi Simpson-----Ypsilanti High School
- 20 Years Robert Fulcher-----Hazel Park High School
- 19 Years Martin Chard-----Quincy High School
- 18 Years Edward Pruett-----Ecorse High School
- 18 Years Bob Stark--Birmingham Brother Rice High School
- 18 Years John Schumacher-----Farm. Harrison High School
- 17 Years Don N. Canham-----A. A. Gabriel Richard H. S.
- 16 Years Art Pelzer-----Frankenmuth High School
- 15 Years Carroll Moon-----Bronson High School
- 15 Years Andy Seif-----G. R. Forest Hills High School

How about some of you other "old pros" sending in a report on the number of years you have been on the firing line?

Send to: Kermit N. Ambrose
1855 Chester Road
Royal Oak, MI 48073

1985 MICHIGAN T. A. C. JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS SATURDAY, NOVEMBER 9TH, 1985 BUHR PARK, ANN ARBOR, MICHIGAN SANCTIONED BY MICHIGAN ASSO. T. A. C. SPONSOR: ANN ARBOR TRACK CLUB MEET DIRECTOR: Karen Ford ELIGIBILITY: Open to all Michigan residents born 1967 or later.

ENTRY FEE: \$2.50 pre-registration \$3.00 day of meet
(Postmark by 11-3-85)

MAIL ENTRY TO: Ann Arbor Track Club, 2825 Provincial
Ann Arbor, MI 48104

9:00	Late Registration		
9:30	Walk the Course		
10:00	Bantam Girls	1975 +	3 kilometers
10:30	Bantam Boys	1975 +	3 kilometers
11:00	Midget Girls	1973 + 1974	3 kilometers
11:30	Midget Boys	1973 + 1974	3 kilometers
12:00	Youth Girls	1971 + 1972	4 kilometers
12:30	Youth Boys	1971 + 1972	4 kilometers
1:00	Intermediate Girls	1969 + 1970	5 kilometers
1:30	Intermediate Boys	1969 + 1970	5 kilometers
2:00	Youth Women	1967 + 1968	5 kilometers
2:30	Youth Men	1967 + 1968	5 kilometers

AWARDS: Medals 1st through 10th place each division. Ribbons to all finishers. Trophies to 1st and 2nd team in each division.

TEAMS: A team consists of five to eight athletes. at least five runners must participate in the Association championships. All team members must be listed on the Association entry form. All members must participate in the Association or Regional meet to participate in the National Championships. Teams must represent T. A. C. registered clubs.

REGION V MEET: November 23rd, 1985, Kentucky Horse Park, Lexington, Ky. Top five teams and 45 individuals in each age division qualify for Region V Championships. Kentucky, Lake Erie, West Virginia and Michigan Asso. will advance qualifiers to this meet. Entry Fee----\$4.00

NATIONAL MEET: December 14, 1985, Cincinnati, Ohio
PROOF OF AGE: A copy of proof of age (birth certificate or drivers" license). Xerox a copy. This copy will not be returned.

DIRECTIONS: From U.S. 23 exit West on Washtenaw Avenue, turn South (left) on Huron Parkway (1 mile west of 23). Go south on Huron Parkway (becomes Platt road) one mile to Packard Road (2miles). Continue west on Packard to Buhr park (1/2 mile).

From I-94 exit north on State Road (at Briarwood Mall). Go North 3/4 mile to Eisenhower. Proceed east on Eisenhower to Packard Road (2 miles). Continue east on Packard to Buhr Park (1/4 mile).

In the last MITCA Newsletter, it was stated that Roland W. Pakonen was the Meet Manager for the State Class "C" Cross country Championships at Cass City. Mr. Pakonen is not at Cass City this year. RON NURNBERGER is the Meet Manager. Ron is the basketball coach at Cass City.

THE 26TH ANNUAL ALL-OAKLAND COUNTY CROSS COUNTRY CHAMPIONSHIPS

Probably the largest High School Run in the State. There were 39 teams on the starting line and 260 runners finished the race. Run at Marshbank Metro Park. October 5th, 1985
THE 10TH ANNUAL ALL-OAKLAND COUNTY CROSS COUNTRY CHAMPIONSHIPS FOR GIRLS

35 Teams were on the starting line and 198 runners finished the race.

WOLVERINE CROSS COUNTRY CAMP WOLVERINE, MICHIGAN

Seventy-one runners from the 1985 camp will be competing at the State Cross Country Championships this coming Saturday. COUNSELORS; Jeff Drenth--Charlevoix H. S., Central Michigan Uni. and Athletics West.

Nan Doaks---Uni. of Iowa and Athletics West
Uni. of Iowa records in the 3000, 5000 and 10,000. NCAA 10K champion in Texas last spring. Member of the U. S. team for the World Cross Country Championships for the past three years.

Mary Peruski--Dearborn Edsel Ford and Northwestern Uni. 1984 State Champion Class "A" Cross Country
Valeri Ambrose--Riverview Gabriel Richard and Hillsdale College. 1984 State Champion Class "B"
Deanna McVicar--Royal Oak Dundero and Grand Valley College

Pete Rittenger--Alma High School and Ferris State College.

P. J. Osika--Waterford Kettering and Eastern Mich. Uni.

Tom LeBay--Southfield Lathrup and Michigan State Uni.

Kermit N. Ambrose--Camp Director 15th Season

MICHIGAN T A C JR. OLYMPICS
1985 CROSS COUNTRY CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

NAME _____ SEX _____ DATE OF BIRTH _____

ADDRESS _____ PHONE _____

CLUB _____

AGE GROUP: BANTAM (1975 +); MIDGET (1973 + 1974); YOUTH(1971 + 1972)

INTERMEDIATE (1969 + 70); YOUNG MEN/WOMEN (1967 + 1968)

1985 T.A.C. # _____ (Required for Regional Meet)

ENTRY FEE _____ Make checks payable to Ann Arbor Track Club -- Youth Division and send to Karen Ford, 2825 Provincial, Ann Arbor, Michigan 48104.

TEAM ENTRY FORM

CLUB _____

AGE GROUP _____ SEX _____

	<u>NAME</u>	<u>DATE OF BIRTH</u>	<u>T.A.C. #</u>
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____

COACH: _____ PHONE: _____

ENTRY FEE: _____ Make checks payable to Ann Arbor Track Club--Youth Division

PRE-REGISTRATION FORM FOR CROSS COUNTRY CLINIC

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____ () _____

SCHOOL _____

SCHOOL ADDRESS _____

CITY _____ ZIP _____

SCHOOL PHONE _____ () _____

1985 CROSS COUNTRY CLINIC - - - THIRTEENTH ANNUAL

KALAMAZOO CENTER HILTON INN (Located in downtown Kalamazoo)
100 West Michigan Avenue
Kalamazoo, Mi 49007

NOVEMBER 15th & 16th

1 (616) 381-2130

FRIDAY

- 2:00-3:00 Registration
- 3:00-3:45 Dr. Thomas Tutko - - Motivation of the New Athlete
- 3:45-4:30 Jim Spivey - - The Distance Runner - Olympic Preparation
- 4:35-5:20 Ron Gunn - - How do you get them going and stay going
- 5:25-6:20 Open forum with our three guest speakers
- 7:00-9:00 Coach of the Year Banquet - - Dr. Thomas Tutko
- 9:00----- Hospitality

SATURDAY

- 7:30 Prediction Run
- 8:30-9:00 Registration
- 9:00-9:45 Business Meeting - - Ron Olson and Lonnie Lowery
- 9:50-10:35 Jim Spivey
- 10:40-11:45 Western Michigan University Sports Medicine Clinic

CLINIC FEE - MITCA Members deduct \$10.00 from fee listed below

- \$45.00 - - Friday and Saturday
- \$25.00 - - Saturday only

ROOMS AT THE KALAMAZOO HILTON:

- Single - - - - - \$ 40.00
 - Double - - - - - \$ 42.00
 - Triple or quad - \$ 45.00
- Contact the Inn Directly

MAIL REGISTRATION FORM DIRECTLY TO:

RICH TOMPKINS
939 State
Fremont, Mi 49412

EVERYTHING COMETH TO HE
WHO WAITETH, SO LONG AS
HE WHO WAITETH, WORKETH
LIKE HECK WHILE HE WAIT-
ETH.

DETROIT NEWS - SUNDAY, OCTOBER 27TH, 1985

From a column by Larry Middlemas

DISCIPLINE: When two Boulder City (Nev.) high school football players admitted drinking, Coach Chuck Stuart suspended them. Parents of one of the players filed suit, and District Judge Miriam Sterling issued a temporary restraining order to re-
instate the players.

But Stuart made the suspension stick. He and his two assistants resigned rather than obey the order, and principal Brian Fox forfeited the rest of the season.

DON'T FORGET THE 28TH ANNUAL TRACK CLINIC WILL BE A TAC CERTIFICATION LEVEL I SCHOOL. IT IS A FULL TWO DAY SESSION, STARTING AT 9:00 A.M., FRIDAY JANUARY 10TH AND GOING ALL DAY ON SATURDAY.. THE LOCATION - - - LIVONIA HOLIDOME. SIX MILE ROAD AT I-275. SEE YOU THERE.

MORE INFORMATION IN THE NEXT NEWS LETTER.

Co-ed teams? A.D.'s say no

By LINDA SKROK

Tribune Sports Writer

On Friday night the basketball fans pack the high school gymnasium, the band clamors loudly and the cheerleaders yell: "Go Brian! Go Tom! Go Marcia! Marcia!"

That's right, Marcia!

If Oakland County high school athletic directors follow the recommendations of a recent study, several prep-teams will become co-ed — something that women have fought to avoid for nearly a century.

It doesn't seem likely, since few A.D.'s agreed with the recommendations offered by the Oakland County Project on Equal Education Rights (PEER) study committee at Thursday's monthly meeting of the county A.D.'s. Included in the disgruntled group was Ferndale A.D. Donna Giltrow, who said the study based conclusions on misconceptions.

"Our main interest in doing the study was to strive for sex equity in education," said Joyce Krause, one of the five all-female members of the PEER committee and the only task force member with a background in physical education or athletics.

Previously the committee studied sex equity in two educational fields — vocational education and the math and sciences area.

The athletics study, which was sponsored by the National Organization for Women Legal Defense and Education Fund, reported that for all of the 20,240 high school athletes competing in 25 of the county's school districts during the 1983-84 school year, only 7,649 (or 37.8 percent — slightly off from the reported 40.0 percent) were females.

"Girls are just 40 percent of the athletes participating in our high school sports and they receive about 40 percent of the budget," said Cynthia Goldberg, a PEER member.

The actual county average of 37.8 percent female participants in interscholastic athletics is a bit higher than the state average of 37.9... a figure that PEER member Elizabeth Gleese, a former NOW chairperson for the state of Michigan, said was reported for Michigan in 1983-84 in a book published by the National High School Athletic Association.

According to another PEER committee member, Terry Ryan, "The problem really is that there isn't any hoopla for girls sports. The boys get the band and the cheerleaders but you don't see anything like that for the girls — like the basketball team."

"What we are suggesting is that when selecting sport teams we should concentrate more on skill level rather than gender," Ryan added. "Rather than having a boys basketball team and a girls basketball team, we should have an 'A' team and a 'B' team where boys and girls play co-ed and one team will be comprised of more skilled players and the other of less skilled players."

"At this stage of the game," said Royal Oak district A.D. Chuck Jones, "if we switch to co-ed basketball, volleyball, baseball and track, who's going to lose? Not the boys."

Along with the data compiled concerning sex equity in athletics, the PEER report offered several recommendations, such as:

1. Co-ed teams whenever possible to assure girls receiving benefits of support groups (booster clubs, band, cheerleaders, etc.)
2. Oakland County should be a leader in the state by pushing for boys and girls sports to be played in the same season because fan interest in the girls athletics will improve.
3. Boys should be offered volleyball so that interest will build for girls volleyball.
4. Since the Michigan High School Athletic Association,

which rules interscholastic athletics, is a non-governmental agency and practices discrimination with just 19 percent women on its advisory council. Oakland County school administrators should push for prep athletics to be ruled by the State of Michigan legislature.

5. Offer more girls sports in the winter season — or improve winter participation by moving girls basketball to the winter and switching girls volleyball to the fall.

(This is to compensate for the reported fact that in the winter, there is a greater variance of girls participation because only 850 girls play sports compared to 2,031 boys.)

In some areas of the report, said Bloomfield Hills A.D. Norm Quinn, the committee was comparing apples to oranges particularly when comparing participation in athletics when the boys are offered 13 sports while girls are offered just 12.

Birmingham Groves A.D. Bill Rankin said, "I'm sure everyone at this table would agree with me in that this study, report and conclusions reflect less than one-tenth of what's going on in athletics."

"In the last 10 years there has been a substantial influx of teams, primarily women's teams. But I have not one more locker room, not one more gym, not one more pool and not one more outdoor facility. Nothing new has been built."

Hazel Park A.D. Dan Grant said, "My facility was built in 1960. Maintaining existing facilities is a daily struggle."

Retired Farmington Hills A.D. Jack Cotton added: "We have asked A.D.s to double their programs but we have given them single facilities and single budgets. The people here today have done a hell of a job accommodating all of our teams under those conditions."

TRACK AND FIELD RULES MEETINGS

7:00 P.M.

Friday	January 10th	---Livonia Holiday Inn (MITCA Clinic)
Tuesday	February 4th	-----Midland Dow High School
Thursday	February 6th	---Madison Heights Wilkinson Mid. Sch.
Wednesday	February 12th	-----Kalamazoo Christian High School
Friday	February 14th	-----Ishpeming Westwood High School
Monday	February 17th	-----Gaylord High School
Wednesday	February 19th	-----Belleville High School
Monday	February 24th	-----Lapeer East High School
Thursday	February 27th	---G.R. Forest Hills Northern High Sch.
Tuesday	March 11th	-----Holt High School
Thursday	March 13th	-----Reed City High School

* 7:30 P.M.

FROM THE MONDAY DETROIT NEWS

October 28th, 1985

NEW YORK CITY MARATHON

By Marlene Cimonos
Los Angeles Times

Orlando Pizzolato, running a controlled, intelligent race in unseasonably warm conditions, came from way behind — passing 19 runners in the second half of the 26-mile, 385 yard race — to catch Saleh Ahmed, the World Cup Marathon champion from Djibouti, in the rolling hills of Central Park only two miles from the finish.

"Pizzolato, biding his time with a steady, methodical pace, passed the half in 1:05 and had — — —"

"Piaolato was rewarded for his patience".

(Patience is such an important word in distance running. KNA)

Quoting Pizzolato. "But Ahmed was confused— he had not learned that he could 'cut the tangents;' that is run the tight corners in the hills of Central Park. He was losing both time and distance!!"

After watching 57 cross country runs this past fall, I am convinced that many coaches are missing the boat by not emphasizing the importance of running in a straight line, from turn to turn.

THE MENTAL GAME

In every athletic contest, at every level — from beginner through professional — the key factor affecting consistency of performance is the MENTAL GAME. Some athletes almost always come through in clutch situations, while others almost never do. There are some who never give up, but many who give up too easily. Attitude makes the difference; the mentally prepared are winners!

A coach's greatest challenge in working with athletes is to help them build the attitudes that will motivate them to do their best. But the truly superior athlete, the dependable performer, don't depend on a coach for motivation; they generate the desire to achieve within themselves. No one has to motivate Pete Rose to "hustle;" No one needs to give Dr "J" or George Brett a "pep talk." No one must urge Isaiah Thomas to "try harder." Athletes of their calibre are masters of self-motivation.

What is self-motivation? An attitude. A state of mind. A refusal to give less than your best. Self-motivation is the heart of THE MENTAL GAME, coming easily to some, while others must work hard to acquire it. But self-motivation can be acquired!

One method of acquiring positive qualities is to associate with people who already have them. An individual with ambition and the desire to be a winner should associate with winners and learn from them. A winner's attitudes and behavior are contagious and can inspire others to seek high aspirations.

SWEAT UNIFORMS

Why do so many cross country runners and track and field athletes go out to warm up for a work-out or meet without sweat clothes. If you say something to them you get the stock answer — "its warm out". The temperature is in the 50's and 60's. You perspire. It evaporates. When a liquid evaporates it must obtain heat. Where does the heat come from? Your body. Warming up????

Do girls prep sports receive a fair shake?

By LINDA SKHOK
Tribune Sports Writer

Are girls really treated as fairly as boys in our high school athletic programs?

Oakland County high school athletic directors will address that topic today at their monthly meeting along with the results of the Project on Equal Education Hights (PEER) study which measured the participation of females and males in the county's interscholastic sports programs.

A speaker from PEER, a project of the National Organization for Women Legal Defense and Education Fund, is scheduled to present the results of the 1984-85 study in which the number of males and females on each of the county's junior varsity and varsity high school teams during the 1983-84 school year was tallied and a participation percentage derived.

Idealistically, if a school district has an enrollment of 50 percent males and 50 percent females, equality in the sports program should follow suit with 50 percent athletic participation by both sexes.

Throughout Oakland County the comparison of females to males in the sports programs was 40 to 60 percent, shy of the 50-50 goal. Yet the figure is higher than the state average where 63 percent males and 37 percent females are involved in interscholastic sports.

The report examined a single school year, which may make it difficult to draw an accurate analysis, according to Royal Oak School District A.D. Chuck Jones.

"Participation in any area goes in a trend," said Jones, who is also the A.D. at Kimball High. "We have 55 girls on our swim team this season and we had just 24 on it last year. That happens with all sports, boys and girls."

Participation in girls athletics has increased dramatically since Title IX, the federal law guaranteeing equal opportunity in education, passed in 1972.

"When I started teaching at (Royal Oak) Dondero 15 years ago there wasn't a single interscholastic girls sport," said Dondero athletic director Jerry Barich. "Since Title IX passed I've never seen anything rise as quickly as girls sports. And they're still getting bigger."

The summary of the PEER report suggested three areas that need to be addressed in Oakland County athletics:

1. The fewer opportunities girls have to participate in junior varsity sports.
2. The fewer opportunities for girls to play sports in the winter.

3. The smaller number of participants on the teams for some girls sports.

Some of the recommendations to improve these areas may not be feasible in Oakland County school districts, according to several area A.D.s.

One of the PEER recommendations to improve athletic opportunities for girls in the winter is to move the girls high school basketball season from the fall to the winter to coincide with the boys as a traditional season for the sport. To do this, the report suggested that girls volleyball be switched to the fall.

Michigan is one of only four states that play girls high school basketball in the fall.

According to the report summary, "With volleyball as a fall sport there would be no competition from other sports for facilities. Changes in girls sports scheduling might also have other beneficial side effects such as greater fan support than presently experienced with non-traditional scheduling of girls sports."

Ferndale High A.D. Donna Giltrow, who is also the volleyball coach at the school, said, "Selfishly speaking as a volleyball coach, I'd like to have volleyball in the fall because no one fights for the gym. But realistically, as an athletic director, it is difficult to run two of the same sports in the same season."

"It would also be difficult because we'd have to find more coaches," Giltrow explained. "Several of our sports have a carry over of coaches. We do feel the need to have more women coaches."

Currently, according to the report, only 13 percent of the county's coaches are females.

The situation at Hazel Park High is much the same, according to A.D. Dan Grant.

"Our coaching staff is predominantly male though we do have some excellent women coaches on the staff," said Grant. "There are qualified women in athletics and with Title IX I believe that we are just beginning to see the evolution of female coaches. More of the female coaches coming to us now have high school or college athletic experience and we are just beginning to see the effects of that."

Since Title IX was implemented in the 1975-76 school year, the female students of that era are just now beginning to filter back into the schools as teachers, though few districts are hiring new teachers.

"We go out of our way to get women coaches. And overall I feel the school districts are trying to do the best they can per dollar and per student," said Royal Oak's Jones. "Some of the recommendations they are asking for are physically impossible."

Report results

District	Females JV-Vars.	Males JV-Vars.	Percent variation
1-Troy	191-455	269-508	45.3
2-Birmingham	330-426	424-512	44.7
3-Hazel Park	225-117	267-167	44.0
4-Bimfd. Hills	661 total	869 total	43.2
5-Berkley	83-158	125-224	40.8
6-Brandon	74-73	102-112	40.7
OAKLAND COUNTY AVERAGE			40.0
7-West Bimfd.	49-103	135-135	38.9
(Also 136 in speed sports at West Bloomfield)			
8-Walled Lake	60-291	130-431	38.5
9-Holly Area	83-81	123-140	38.4
10-Oxford	96-104	162-161	38.2
11-Ferndale	86-136	184-176	38.1
STATE OF MICHIGAN AVERAGE			37.0
12-Farmington	129-430	275-679	36.9
13-Royal Oak	187-233	328-394	36.7
14-Southfield	180-327	305-568	36.7
15-Avoncdele	39-96	99-146	35.5
16-Madison	27-80	79-124	34.5
17-Novi	82-118	192-189	34.4
18-South Lyon	110-65	218-120	34.1
19-Hur. Valley	131-310	307-570	33.5
20-Rochester	60-367	189-667	33.3
21-Lamphere	54-76	96-164	33.3
22-Clawson	9-133	110-203	31.3
23-Clarkston	45-110	123-213	31.6
24-Oak Park	27-87	100-182	31.1
25-Pontiac	40-205	244-359	27.3
•Lakes Orion			data not available
•Waterford			survey not returned
•Clarenceville			survey not returned

The clipping at the left and the one on the next page is provocative and possibly it will engender some good discussion on the part of coaches, men and women.

I, for one, am of the opinion that we should have more girls out for cross country and track. It is very discouraging for athletes and coaches to be unable to attend the State Championships because several teams were not able to field full teams.

The articles insinuate that girls are being treated unfairly, because there are more boys out for sports than there are girls. The schools and coaches are not restricting girls from trying out for the teams. There is nothing to keep a girl from reporting when the call is made to report for the first practice at the start of the season. Girls certainly can not be forced to report.

This situation does not apply at all schools. There are many institutions that have excellent turn-outs. I'm sure there are some schools that have more girls running cross country than they have boys, and I think that is fine.

The question of co-ed teams was presented. How many girls could run on a boys cross country team or track team? How many girls could compete on the basketball team, the soccer team, the swimming team, baseball team, etc. The girls would be completely eliminated. That certainly would not be fair.

A school has one gymnasium. How could they possibly field a boys' varsity team, a girls' varsity team, reserve teams for both boys and girls and freshman teams for both of the boys and girls?

I also think there should be more women coaches. We have some very excellent ones, but there should be more. There are some that are coaching both the boys and the girls teams, and doing excellent jobs.

And, why don't we have some women starters for track and cross country? I know of only one. Joy Buhagier worked with me at two Invitational Track Meets that were sponsored by Port Huron Northern.

Nov. 2nd Big Ten Cross Country Championships at the Uni. of Michigan.

Nov. 16th District NCAA Cross Country Championships at the Uni. of Indiana.

Nov. 25th National NCAA Cross Country Championships at Marquette Uni. in Milwaukee, Wisconsin.

Mar. 7th & 8th) NCAA Indoor Track and
or) Field Championships
Mar. 14th & 15th) Oklahoma City, OK

The first step in your quest for excellence is "to believe in yourself" - - -
Skip Romano

Where are the angry farmers you told me about?

What angry farmers?
Didn't you tell me to come over and see cross-countrymen?

Everybody is ignorant, only on different subjects - - Will Rogers

A PESSIMIST IS SOMEONE WHO LOOKS BOTH WAYS WHEN CROSSING A ONE-WAY STREET.

THE PAIN OF RACING IS UNDENIABLE, AND PERHAPS EVEN ESSENTIAL TO GIVE THE RACE MEANING.

WHEN IT COMES TO GIVING, SOME PEOPLE STOP AT NOTHING.

PRESIDENT
Barbara Munch
Central Michigan Uni.

FIRST VICE-PRESIDENT
Bill Swanwick
Centreville

SECOND VICE-PRESIDENT
Bernie Abrams
Covert

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 4 DECEMBER 1985

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PUBLIC RELATIONS DIRECTOR
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Sturgis - Retired

TREASURE
Rick Tompkins
Fremont

13TH ANNUAL CROSS COUNTRY CLINIC KALAMAZOO HILTON INN
FRIDAY AND SATURDAY, NOVEMBER 15TH and 16TH, 1985

Bernie Abrams, Covert High School, and second vice-president of MITCA was the Clinic Chairman and was responsible for the very excellent program that those in attendance found to be enjoyable, educational and very worth-while. Bernie is to be complimented for his fine efforts in producing this 13th annual clinic.

Dr. Thomas Tutko, Sports Psychologist, from San Jose State proved to be the most popular. His after dinner speech was outstanding. Ron Gunn, Southwestern Michigan College Track and cross Country Coach and Jim Spivey, former "All-American" from Indiana Uni., 1984 Olympian and a member of the "Athletics West" Team were the other main speakers on the program.

The Western Michigan University Sports Medicine Clinic was in charge of the closing session.

The following are the results of the Clinic Evaluation:

REGISTRATION Average Rating: 4.7
Comments: Front desk did not know where registration was located. Pre-registration really helps. Rick Tompkins is a class act. Thanks for not having lines. Make clip-boards available for sale.

VENDERS Average Rating: 3.9
Comments: Crowded. Wolverine Sports never there. Moore books. More Venders.

COACHES DISPLAY Did not make average rating because we did not have a display. Best suggestion was to let the X.C. or track committees be in charge of a coaches display.

COACH OF THE YEAR SELECTION Average Rating: 4.1
Comments: Improve stating publicity. Explain how and why. Small print in rec-caps of coaches. Beautiful plaques. Kermit did a usual good job.

BUSINESS MEETING Average Rating: 4.0
Comments: Question survey prevented arguments. More attendance would be appreciated. Lonnie was good and spoke clearly. Same old stuff. Good attendance. Informative. More discussion from floor would help.

PRE-CLINIC PUBLICITY Average Rating: 4.0
Comments: More. \$70.00 discount not mentioned. Get info out earlier. Let Junior Highs know about clinic. Newsletter only source. Received 3 mailings.

BANQUET Average Rating: 4.4
Comments. Good Meal Meal was not that good. Appreciate inquiry about vegetarian meal. Tutko was great. Great Dinner. Liked 20 year recognition. Glass in ice cream. Let us know meal in pre-publicity. Pop for hospitality.

FUTURE TOPICS Organization of coaching. Girls cross country problems. Workout planning: Early season - mid-season - late season. Preping athletes for college. Elementary and Junior High Running. Recruiting and Discipline of athletes. Weight training. Mental Imagary. Biomechanics. Psychology. Physiology.

FACILITY AND LOCATION Average Rating: 4.1
Comments. Too far south. Kalamazoo good. Good 2 rooms: 1 for meeting and 1 for banquet. Come up north. Get Central-ly located. Like mall concept. Excellent. No cable TV. A little too far

PREDICTION FUN RUN: Average rating: 3.0
Comments. Good try Kermit. Terrible organization. Fun to run with other coaches. Soon will be able to 2 miles in "no time at all." 11 minutes for 4 miles. WOW... Drive the course. Course was a fantasy. Good fellowship. Not like other runs.

SPEAKERS

Tutko Rating: 4.8 Bring books no notes.
Spivey Rating: 4.6 Not enough time. Sketchy outline.
Gunn Rating: 3.9 Not very dynamic and heard before.
Forum Rating: 4.8 Too long. More time.
W.M.U. Rating: 4.1 Rushed. No handouts.

SITE OF FUTURE CLINICS

Lansing	41	Kalamazoo	17
Flint	9	Detroit	7
Grand Rapids	5	Mt. Pleasant	2
Traverse City	2	Ann Arbor	1
Midland	1		

FUTURE SPEAKERS

Carmel Indiana Coach.
Runners like Spivey, Salazer, Benoit.
Podiatrist Physiologists.
Women Runners. Motivational Speakers
Bill Schnier - Uni. of Cincinnati.
Joe Vigil and Pat Porter
Peter and Sebastian Coe.
Del Hessel on Motivation.
Rich Elliott of Illinois
Coach of the year panel

1985 CROSS COUNTRY COACHES OF THE YEAR

<u>CLASS</u>	<u>WOMEN</u>	<u>MEN</u>
"A"	Kevin Hanson Sterling Hgts. Stevenson	Bill Conger & Mark Olin Washington Eisenhower
"B"	Patrick Pastula Hillsdale	Rick Tompkins Fremont
"C"	Fred Hunt Capac	Eldon "Pete" Moss Benzie Central
"D"	Terry Ebright Suttons Bay	Kim Spalsbury Fowler

1985 MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

<u>CLASS</u>	<u>WOMEN</u>	<u>MEN</u>
"A"	Bryan Westfield Ann Arbor Pioneer Steve Zaranek Grosse Pte. South Rochester	Dave Bork Monroe Hal Commerson
"B"	Jim Rowland Alma Mike Woolsey Jackson Lumen Christi	Joe De Fusco Center Line David Olds Cranbrook
"C"	Mel Comeau Bath Jim Murray Niles Brandywine	Gerry Genter Mason County Central Pete Spieles Charlevoix

1985 MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

CLASS	WOMEN	MEN
"D"	Gordon Aldrich Akron Fairgrove Helen Crane Kingston	Bruce Dyer Ann Arbor Greenhills Robert Glover Kingsley

THE KERMIT N. AMBROSE AWARD (Cross Country Award)

A very fine gentleman, who has contributed much to cross country over the years, was the recipient of this award. George Bruder, Fennville High School, started his teaching career at Chester, Illinois and coached some tennis. This was in the early 50's. He spent three years at Taylorville helping with a football program.

George came to Fennville in 1958. He started the cross country program at Fennville in 1960 and he managed the first Fennville Cross Country Open in 1961. Races are held for all grades from kindergarden on up. Grades K-6 run about 3/4 of a mile. 7th & 8th graders will run about 1 1/2 miles. There is also a race for 9th graders from Junior Highs. They run a distance of 2 1/4 miles. There are five races for high school boys and three races for girls. There is also competition for runners above high school. This is known as the "Old-timers Race." The run a 10K, a 5K and a 2 1/2K. George has had as many as 2000 runners at his meet. In recent years the number of runners has decreased due to the fact that it has become too expensive for some schools to use bus transportation which enabled them to carry large numbers of runners.

George and his wife Joyce were married 28 years ago and they have three daughters. Joyce, the oldest, is the girls track coach at Lake Forest, Illinois. Joyce has also been the starter at the Fennville Cross Country Open the past few years. Jean is at school at Michigan State and Jane is attending Western Michigan Uni.

George Bruder joins a very select group of past winners:

1977	Varnard Gay	Flint Central
1978	Bruce Waha	Detroit Redford & Howell
1979	Jack Edwards	Grosse Pointe North
1980	Lou Miramonti	Royal Oak Shrine
1981	Tom Gaurke	Grosse Pointe North
1982	Lee Averill	West Bloomfield
1983	Bob Stallcup	Grand Blanc
1984	Jack Grant	Sturgis
1985	George Bruder	Fennville

George Bruder has retired from coaching but is still actively engaged in teaching computer science. Congratulations, George. Best of wishes to you. May you and your family enjoy many years of happiness.

PREDICTION FUN RUN????????????????

I take the blame. The Hilton Inn had a map of a jogging course that was labled two miles. If you run it twice you should have four miles. There was no reason for me to believe that it was not correct. I would like to suggest that some of you runners that were so terribly upset with the distance, spend some time on Friday and check everything out to your satisfaction, or better yet take over and run the show. I like to sleep in.

In order to come up with some results, I multiplied the time of the run by 2 1/2 and compared that with the predicted time turned in. Here are the results.

1.	:06.6	Steve Bauslaugh	Plymouth Christian
2.	:10.5	Paula Maurer	Williamston
3.	:11.5	Richard Goepf	Dearborn Divine Child
4.	:15.7	Wolfgang Lugauer	Portage Central
5.	:15.8	Rudy Godefroidt	Breckenridge
6.	:17.0	Mark Carpenter	Dearborn Divine Child
7.	:27.2	Ed Carleton	Warren Cousino
8.	:28.8	Paul Nilsson	Williamston

9.	:31.5	Bill Kerwin	Uni. of Detroit High
10.	:33.2	John Barrett	Farmington High
11.	:35.7	Don Dickmann	Petoskey
12.	:38.3	Ken Younkin	Dansville
13.	:40.3	Kim Spalsbury	Fowler
14.	:41.7	Bob Schafer	Mt. Clemens Lutheran North
15.	:46.5	Rod Wright	Clawson
16.	1:01.3	Joe DeFusco	Center Line
17.	1:01.5	Jerry Young	Farmington High
18.	1:19.0	Norman Browne	Warren Lincoln
19.	1:24.0	Doug Grezeszak	Fremont
20.	1:39.2	Robert Ritsema	Brighton
21.	1:43.0	Dennis Wheeler	East Detroit
22.	1:46.7	Randy Wilkins	Milford Lakeland
23.	1:52.2	Rock Campbell	Lansing Christian
24.	1:58.1	Jon Strite	Ann Arbor Pioneer
25.	2:17.5	Charles Wolf	Mt. Clemens Lutheran North

SPECIAL AWARD

Gene Bednarowski, track and cross country coach at Watervliet high school was killed last May while on his way to the Red Arrow Conference Track Meet at Bangor. Gene was a man who was totally dedicated to his work and the young people of his high school. Besides his coaching, he taught biology and health classes. He began work at Watervliet in 1968. Prior to that he taught at Lawton High School, where he led the boys cross country team to a state title in the 1960's.

Bill Swanwick presented a plaque to Watervliet High School to perpetuate the memory of Gene and all of the fine things he stood for. Ron Farac, Coach at Watervliet, and former track star at Royal Oak Kimball high school, accepted the plaque on behalf of Watervliet High School.

Track and Cross Country in Michigan has lost a very great person.

TWENTY YEAR CERTIFICATES WERE PRESENTED TO THE FOLLOWING COACHES BY PRESIDENT BARB MUNCH:

29 Years	Chuck Janke	Jackson High
26 Years	Tom Horn	Vicksburg
25 Years	Don Lukens	Kalamazoo Loy Norrix
25 Years	John Warners	Grand Rapids Christian
25 Years	Duane Raffin	Holly
24 Years	Elwin LeFevre	Constantine
22 Years	Lou Miramonti	Royal Oak Shrine
22 Years	Robert Ritsema	Brighton
21 Years	Jerry Mayer	St. Louis
20 Years	Pat Arpino	Jackson Lumen Christi
20 Years	Ron Waldvogel	St. Joseph
20 Years	Bill Grebe	Midland Bullock Creek

"Many of life's failures are men who did not realize how close they were to success when they gave up."

"I am a big believer in the 'mirror test'. All that matters is if you can look in the mirror and honestly tell the person you see there, that you've done your best."
---John McKay
NFL Coach

"A winner is someone who sets his goals, commits himself to those goals, and then pursues his goals with all the ability given him."

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
 FLINT T.M.A. BROOKWOOD GOLF COURSE BOYS CLASS "A"

1. WASHINGTON EISENHOWER	10	22	31	47	63	88	107	173
2. MONROE	1	16	48	53	62	112	118	180
3. ROCHESTER	4	21	27	60	72	111	184	184
4. DEARBORN EDEL FORD	12	26	30	44	80	121	149	192
5. OKEMOS	13	33	38	46	113	125	173	243
6. SWARTZ CREEK	2	11	28	106	115	151	168	262
7. MILFORD LAKELAND	14	37	67	79	93	118	152	290
8. HOLLY	7	35	50	73	127	161	169	292
9. ANN ARBOR PIONEER	6	41	55	87	104	126	154	293
10. FARMINGTON HIGH	3	8	78	99	117	155	156	305
11. KENTWOOD EAST KENTWOOD	15	20	49	91	137	180	187	312
12. BIRMINGHAM BROTHER RICE	24	29	68	86	120	138	181	327
13. DAVISON	18	70	75	83	105	162	165	351
14. LANSING WAVERLY	5	39	100	103	109	123	132	356
15. ROCHESTER ADAMS	42	43	64	66	141	155	167	356
16. WALLED LAKE CENTRAL	23	52	58	98	134	147	174	365
17. KALAMAZOO LOY NORRIS	32	34	71	96	135	145	194	368
18. HAZEL PARK	9	51	54	124	131	170	172	369
19. PORTAGE NORTHERN	17	53	85	97	129	146	DNF	381
20. HOLLAND	65	76	77	82	92	139	144	392
21. ADRIAN	36	45	61	119	143	175	182	404
22. FLINT KEARSLEY	81	89	94	95	130	153	176	489
23. REDFORD CATHOLIC CENTRAL	56	101	108	114	122	171	178	501
24. ROYAL OAK KIMBALL	25	90	116	133	140	150	177	504
25. DEARBORN HIGH	19	102	110	158	186	191	192	575
26. GROSSE POINTE NORTH	69	74	136	154	188	189	193	626
27. HARPER WOODS NOTRE DAME	40	142	148	157	160	179	183	647
28. ST. CLAIR SHORES LAKEVIEW	57	84	164	166	185	190	DNF	656

1. Anthony Hamm	*-15:42.1	Flint Northern
2. Todd Williams	-15:42.4	Monroe
3. Harold Mueller	-15:47.3	Swartz Creek
4. Chris Inch	-15:50.2	Farmington High
5. Chad Findley	-15:56.6	Rochester High
6. Cliff Dwelle	*-15:58.5	Lake Orion
7. Rob Rinck	-15:59.8	Lansing Waverly
8. Chris Tolonen	-16:00.7	Ann Arbor Pioneer
9. Mark Zavel	-16:03.8	Holly
10. Al Stebbins	-16:09.8	Farmington High
11. Scott Colvin	*-16:11.5	Grand Blanc
12. Sam Blumke	-16:14.2	Hazel Park
13. Matt Fogo	*-16:14.5	Troy High
14. David Sharnas	-16:17.3	Washington Eisenhower
15. Kirk Armstrong	*-16:17.8	North Farmington
16. Jon Gill	*-16:19.1	Ferndale
17. Paul Sivovsky	-16:19.5	Swartz Creek
18. Ron Tolson	*-16:20.9	Wayne Memorial
19. Eric Hammerberg	-16:23.3	Dearborn Edsel Ford
20. Bryan Whitmore	-16:24.6	Okemos

21. Phil Van Hull	-----16:25.1-----	Milford Lakeland
22. Bruce Irvine	-----*-16:25.9-----	Warren DeLaSalle
23. Andrew Kazmierski	-----16:26.7-----	Kentwood East Kentwood
24. Johnny Williams	-----*-16:27.0-----	Detroit Chadsey
25. Carl Martin	-----*-16:27.3-----	Taylor Truman

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
 FLINT T.M.A. BROOKWOOD GOLF COURSE GIRLS CLASS "A"

1. STERLING HEIGHTS STEVENSON	9	14	30	31	43	87	113	127
2. ANN ARBOR PIONEER	2	7	21	23	101	137	148	154
3. GROSSE POINTE SOUTH	3	20	39	50	77	82	110	189
4. MILFORD HIGH	17	32	65	66	73	84	DNF	207
5. WASHINGTON EISENHOWER	15	38	40	62	68	154	174	223
6. ANN ARBOR HURON	5	29	60	71	73	86	99	238
7. TEMPERANCE BEDFORD	18	25	58	64	76	123	149	240
8. PORTAGE NORTHERN	33	41	48	56	63	80	97	241
9. DEARBORN EDEL FORD	1	4	11	91	144	150	156	251
10. ROCHESTER HIGH	10	28	36	89	93	145	168	256
11. EAST LANSING	16	44	46	69	98	109	166	273
12. HOWELL	12	13	51	104	108	119	141	288
13. DETROIT KETTERING	49	55	57	88	129	130	135	378
14. DEARBORN HIGH	6	47	75	124	127	143	155	379
15. BRIGHTON	25	59	73	118	121	126	158	402
16. GRANDVILLE	67	70	83	96	100	111	140	416
17. SOUTH LYON	22	35	94	128	139	165	169	418
18. GROSSE POINTE NORTH	42	72	92	107	112	122	131	425
19. FARMINGTON HIGH	26	34	74	138	164	170	171	436
20. CLIO	52	90	103	105	133	157	160	483
21. BATTLE CREEK CENTRAL	8	19	146	151	162	180	DNF	486
22. LIVONIA STEVENSON	45	85	106	120	134	142	172	490
23. AUBURN BAY CITY WESTERN	37	95	117	132	136	167	179	517
24. WALLED LAKE CENTRAL	53	81	114	115	175	176	177	538
25. NOVI	54	61	125	147	52	153	159	539
26. FLINT KEARSLEY	102	116	161	163	173	178	DNR	715

1. Denys Adams	*-18:19	Okemos
2. Kristen Salt	-18:33	Dearborn Edsel Ford
3. Danielle Harpell	-18:47	Ann Arbor Pioneer
4. Laura Matson	*-18:52	Bloomfield Hills Andover
5. Nancy Solterisch	-18:58	Grosse Pointe South
6. Jill Rothert	-19:00	Dearborn Edsel Ford
7. Mara Matuszak	-19:02	Ann Arbor Huron
8. Janet Reznowski	-19:06	Dearborn high
9. Lisa Lis	*-19:06	Jackson High
10. Seana Arnold	-19:08	Ann Arbor Pioneer
11. Rebecca Sivacek	-19:13	Battle Creek Central
12. Theresa Pierfelice	-19:15	Sterling Hgts. Stevenson
13. Kim Mofatt	-19:17	Rochester High
14. Brenda Pippel	*-19:19	Holland
15. Meredith Sallant	-19:20	Dearborn Edsel Ford
16. Jennifer Shank	-19:21	Howell
17. Holly Spohn	*-19:21	Bloomfield Hills Lahser
18. Wendy Gordon	-19:24	Howell

19.	Liz Lange	19:27	Birmingham Groves
20.	Kathleen McInnis	19:32	Clarkston
21.	Amy White	19:34	Sterling Hgts. Stevenson
22.	Jennifer Heilman	19:35	Washington Eisenhower
23.	Yvette Pierce	19:35	Kentwood East Kentwood
24.	Kristen Zanetti	19:36	Trenton
25.	Lori Wismueller	19:37	Bay City John Glenn

1985 STATE CROSS COUNTRY CHAMPIONSHIPS Sat., Nov. 2ND, 1985
CASS CITY HIGH SCHOOL BOYS CLASS "C"

1.	BENZIE CENTRAL	4	9	10	13	51	52	71	87
2.	CHARLEVOIX	7	12	19	26	27	36	54	91
3.	MASON COUNTY CENTRAL	2	3	24	40	48	101	DNR	117
4.	CARSON CITY CRYSTAL	16	18	21	38	82	88	95	175
5.	ANN ARBOR RICHARD	22	29	33	41	86	99	118	211
6.	UNIONVILLE SEBEWAING AREA	17	20	44	64	69	90	126	214
7.	GRANDVILLE CALVIN CHRISTIAN	8	15	55	75	81	97	101	234
8.	BATH	28	36	53	58	76	134	137	251
9.	CONCORD	6	42	49	57	98	107	122	252
10.	NILES BRANDYWINE	14	39	45	61	94	103	104	253
11.	WILLIAMSTON	11	35	46	79	84	85	91	255
12.	DETROIT LUTHERAN WEST	30	43	47	72	77	126	130	269
13.	SANDUSKY	5	54	65	73	87	119	125	284
14.	MUSKEGON OAKRIDGE	23	37	66	96	102	110	117	324
15.	ORCHARD LAKE ST. MARY	50	56	62	70	105	136	DNF	343
16.	HUDSON	25	31	89	92	111	114	138	348
17.	EDWARDSBURG	32	74	78	83	106	124	127	373
18.	CAPAC	1	63	109	120	128	129	131	421
19.	JACKSON VANDERCOOK LAKE	59	67	93	113	115	116	123	447
20.	BANGOR	60	80	100	112	132	133	135	484

1.	Greg Parker	15:52.0	Capac
2.	Jesse McGuire	15:55.8	Bronson
3.	Jeff Thomas	15:56.6	Mancelona
4.	Jeff Barnett	15:59.2	Mason County Central
5.	Tom Johnson	16:06.8	Mason County Central
6.	Matt Johnson	16:25.8	Benzie Central
7.	Adam Norman	16:27.5	Kalkaska
8.	Bill Arnold	16:29.0	Beaverton
9.	Scott Long	16:31.2	Sandusky
10.	Tony Hill	16:33.4	Concord
11.	Doug Bergmann	16:36.7	Charlevoix
12.	Mark Quist	16:39.4	Calvin Christian
13.	Bill Huddleston	16:41.2	Benzie Central
14.	Trent Hostetler	16:41.8	Marlette
15.	Todd Kulawiak	16:43.7	Benzie Central
16.	Andy McDonald	16:44.5	Williamston
17.	Pat Rajewski	16:45.5	Charlevoix
18.	Todd Taylor	16:46.4	Morenci
19.	Gordon Smith	16:48.0	Parchment
20.	David Hovarter	16:49.4	Leslie

"LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY."
 ---Elmer Letterman

"DO NOT WISH TO BE ANYTHING BUT WHAT YOU ARE, AND TRY TO
 BE THAT PERFECTLY."
 ---St. Francis De Sales

"THE WILL TO WIN IS WORTH NOTHING UNLESS YOU HAVE THE WILL
 TO PREPARE."
 ---Unknown

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985

1.	CAPAC	2	18	22	23	34	60	71	99
2.	BATH	3	17	30	31	40	51	53	121
3.	MASON COUNTY CENTRAL	8	14	24	28	49	52	DNF	123
4.	NILES BRANDYWINE	1	13	25	44	46	55	62	129
5.	DeWITT	6	16	39	56	58	77	81	175
6.	ONSTED	19	27	29	36	66	92	93	177
7.	DETROIT COUNTRY DAY	9	10	41	47	76	78	86	183
8.	BANGOR	15	20	33	48	83	85	DNF	199
9.	SHEPHERD	5	11	54	63	67	89	91	200
10.	EDWARDSBURG	21	35	37	64	65	68	79	222
11.	JACKSON VANDERCOOK LAKE	26	32	42	61	69	74	87	230
12.	BENZIE CENTRAL	7	12	59	73	80	82	90	231
13.	CONCORD	38	43	45	50	70	82	84	246
14.	MAVVILLE	4	57	72	75	94	DNF	DNF	302

HART	1	32	52	95	NTS
MICHIGAN CENTER	42	67	90	100	NTS

1.	Stacey Kilborn	19:05.3	White Pigeon
2.	Jodie Shay	19:18.0	Bellevue
3.	Cathy Ackley	19:38.7	Hart
4.	Casey O'Neill	19:43.9	Blissfield
5.	Wendy Murray	19:48.7	Niles Brandywine
6.	Suzy Stansberry	19:53.3	Capac
7.	Deb Nichols	19:58.3	Bath
8.	Cindy Nieboer	20:02.7	Kalamazoo Christian
9.	Jenkie Ornee	20:05.0	Belding
10.	Janelle Balogh	20:05.5	Mayville
11.	Julie Allen	20:06.8	Shepherd
12.	Missy MoLowey	20:10.0	DeWitt
13.	Tara McCutcheon	20:12.2	Benzie Central
14.	Sara Collins	20:12.3	Jonesville
15.	Lisa Kloss	20:21.1	Perry
16.	Kristin Johnson	20:22.6	Mason County Central
17.	Hamera Newman	20:23.1	Detroit Country Day
18.	Ngina Burgette	20:24.4	Detroit Country Day
19.	Sharon Shuboy	20:27.2	Mancelona
20.	Susie Paetschow	20:30.2	Clare

MHSAA TRACK AND FIELD COMMITTEE

MEETING---TUESDAY, JANUARY 28, 1986, 1:00 p.m.

Pat Bolda	coach	Ubley
Geri David	Coach	Gaylord St. Mary Cathedral
Joe DeFusco	Coach	Center Line
Rudy Godefroid	Coach (Mgr.)	Breckenridge
Roy Hamilton	Coach	Rudyard
Phyllis Peletier	Coach	Richland Gull Lake
Loretta Sage	Coach	Auburn Hills Avondale
Steve Scharf	Ath. Director (Mgr.)	Monroe Jefferson
Dale Sheerhorn	Ath. Director (Mgr.)	Wyoming Godwin Heights
Kim Spalsbury	Coach	Fowler
Bob Stallcup	Coach	Grand Blanc
Bill Swanwick	MITCA President	Centreville
Mike Unger	Ath. Dir./Coach	Detroit Lutheran West
Pete Woods	Coach (Mgr.)	Port Huron Northern

"EVERY JOB IS A SELF-PORTRAIT OF THE PERSON WHO DID IT.

AUTOGRAPH YOUR WORK WITH EXCELLENCE." ---Unknown

"QUALITY IS NEVER AN ACCIDENT: IT IS ALWAYS THE RESULT OF
 HIGH INTENTION, SINCERE EFFORT, INTELLIGENT DIRECTION
 AND SKILLFUL EXECUTION: IT REPRESENTS THE WISE CHOICE
 OF MANY ALTERNATIVES."
 ---Willa Foster

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
 CHELSEA HIGH SCHOOL BOYS CLASS "B"

1. FREMONT	2	6	8	10	26	43	101	52
2. BLOOMFIELD HILLS CRANBROOK	3	11	32	44	47	55	118	137
3. CENTER LINE	5	28	39	40	57	84	89	169
4. WYOMING ROGERS	4	34	35	41	70	100	111	194
5. VICKSBURG	23	31	37	52	80	141	160	223
6. SALINE	17	27	29	50	117	156	161	240
7. JACKSON LUMEN CHRISTI	18	25	75	92	93	105	143	303
8. ESSEVILLE GARBER	13	45	58	74	116	152	167	306
9. HOLLAND CHRISTIAN	22	24	66	82	114	155	172	308
10. HARTLAND	41	53	68	85	91	124	137	338
11. FRUITPORT	21	56	62	76	121	138	150	338
12. HILLSDALE	16	49	88	94	99	107	126	346
13. EAST GRAND RAPIDS	15	33	81	106	127	157	162	362
14. STURGIS	36	63	65	71	153	171	180	388
15. HEMLOCK	64	69	77	97	108	129	147	415
16. HASTINGS	7	83	87	113	139	176	178	429
17. OTSEGO	1	19	128	140	148	158	186	436
18. PETOSKY	48	72	95	103	122	132	136	446
19. DEARBORN DIVINE CHILD	46	67	102	112	120	159	165	447
20. CHELSEA	9	42	119	130	154	164	188	454
21. INKSTER	14	61	109	146	149	187	DNF	479
22. ROYAL OAK SHRINE	30	38	115	125	173	175	181	481
23. STEVENSVILLE LAKESHORE	79	86	90	104	123	169	183	482
24. FLINT AINSWORTH	54	59	60	144	182	184	185	499
25. GRAND RAPIDS CHRISTIAN	73	76	98	134	135	151	166	516
26. OXFORD	20	96	110	131	163	170	179	520
27. UNIVERSITY OF DETROIT HIGH	12	133	142	145	168	174	177	600

1. Brad Kirk	15:57.1	Otsego
2. Scott Ritter	16:04.3	Warren Fitzgerald
3. Eric Dickerson	16:09.9	Gaylord
4. Scott Gleason	16:11.4	Coldwater
5. Collin Wisner	16:13.6	Fremont
6. Stanley Powell	16:16.0	Richland Gull Lake
7. Paul Quick	16:16.6	Bloom. Hills Cranbrook
8. Tom Kuntzelman	16:17.9	Parma Western
9. Roger Russell	16:19.4	Wyoming Rogers
10. Curt Valentik	16:20.4	Center Line
11. Seth Brown	16:21.8	Madison Hgts. Lamphere
12. Joe Baer	16:23.8	Fremont
13. Wayne Oom	16:24.1	Hastings
14. Josh Monte	16:26.3	Caro
15. Axel Metz	16:28.2	Fremont
16. Jeff Hough	16:28.8	Coronna
17. Bubba Zirker	16:29.1	Inkster Cherry Hill
18. Tim Bowdish	16:31.3	Chelsea
19. Ron Froeschke	16:31.9	St. Joseph
20. Fred Nazor	16:32.2	Yale
21. Ian Smith	16:32.6	Plainwell
22. Steve Eckert	16:33.2	Fremont

23. Steve Driker	16:33.5	Bloom. Hills Cranbrook
24. Mike Tenbusch	16:34.0	Uni. of Detroit High
25. Glenn Judd	16:35.0	Mason

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
 CHELSEA HIGH SCHOOL GIRLS CLASS "B"

1. HILLSDALE	4	5	6	25	42	69	128	82
2. JACKSON LUMEN CHRISTI	12	18	19	22	29	60	63	100
3. CHELSEA	7	23	31	53	78	87	145	192
4. GRAND RAPIDS CHRISTIAN	21	33	40	44	57	77	110	195
5. ALMA	17	27	39	62	64	81	114	209
6. MT. CLEMENS LUTHERAN NORTH	3	9	55	74	76	90	119	217
7. SALINE	11	24	43	72	86	94	96	236
8. OXFORD	13	36	37	79	80	118	154	245
9. GRAND RAPIDS CATHOLIC CENTRAL	32	38	52	54	91	105	151	267
10. ESSEXVILLE GARBER	8	28	70	71	98	120	130	275
11. MARYSVILLE	1	49	51	61	121	DNR	DNR	283
12. COLDWATER	10	30	45	107	108	134	137	300
13. PETOSKEY	26	41	68	102	104	109	129	341
14. MIDLAND BULLOCK CREEK	2	35	75	103	157	163	164	372
15. HARTLAND	47	50	66	100	124	135	161	387
16. GREENVILLE	14	56	97	111	123	156	159	401
17. OTSEGO	20	59	65	125	136	143	160	405
18. YALE	46	48	82	93	139	142	153	408
19. CADILLAC	34	73	88	106	112	115	146	413
20. RICHLAND GULL LAKE	16	84	99	113	117	140	152	429
21. MASON	15	67	89	131	138	141	144	440
22. CARO	58	83	95	101	133	147	158	470
23. DEARBORN DIVINE CHILD	85	92	122	126	127	148	150	552
24. DEARBORN ST. ALPHONSUS	116	132	149	155	162	165	166	714

1. Helen Johnson	18:36	Marysville
2. Sara Sargent	18:45	Midland Bullock Creek
3. Sharon Kinsler	18:53.7	Saginaw MacArthur
4. Kerry Gremel	18:58	Mt. Clemens Lutheran North
5. Nicole Butler	18:59	Hillsdale
6. Kris Butler	18:59	Hillsdale
7. Cathy Acus	19:23	Hillsdale
8. Jenny Ledrick	19:28.9	G. R. Forest Hills Central
9. Kasey Anderson	19:33	Chelsea
10. Wendy Dutcher	19:38	Essexville Garber
11. Shannon Shwell	19:39	Mt. Clemens Lutheran North
12. Jill Strawser	19:41	Coldwater
13. Pam Pollie	19:41.3	Caledonia
14. Dawn Toth	19:43	Saline
15. Kari Frederick	19:44	Jackson Lumen Christi
16. Kate Conlen	19:45	Oxford
17. Barb Koiker	19:46.1	Holland Christian
18. Toni Embody	19:48	Greenville
19. Sharon Veneklase	19:53.7	G. R. West Catholic
20. Heather Hunn	19:54	Mason
21. Rhonda Wendzel	19:56	Richland Gull Lake
22. Becky Duda	19:56.7	Goodrich
23. Jennifer Wytko	20:00.1	Battle Creek Lakeview
24. Amy Blok	20:01.0	Wyoming Park
25. Antoinette Smith	20:02	Alma

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
WEST SHORE COMMUNITY COLLEGE BOYS CLASS "D"

1. ANN ARBOR GREENHILLS	4	5	7	15	21	29	53	52
2. FOWLER	1	8	12	14	27	52	60	62
3. KINGSLEY	3	16	17	19	23	26	34	78
4. COLON	2	6	18	30	31	32	38	87
5. POTTERVILLE	9	20	36	39	40	43	47	144
6. WEBBERVILLE	22	28	33	37	44	51	57	164
7. AKTON FAIRGROVE	10	11	42	49	54	55	58	166
8. MASON COUNTY EASTERN	13	24	35	45	50	59	61	167
9. ALBA	25	41	46	48	56	DNR	DNR	216

1. Bob Brent	*	17:29	Hale
2. Steve Bierstetel		17:29.9	Fowler
3. Daryl Springer	*	17:37	Manton
4. Scott Kaukonen		17:40.5	Colon
5. Greg O'Daniel	*	17:44	Battle Creek St. Philip
6. Dan Cobb	*	17:48	Southfield Christian
7. Ben Travis		17:49.9	Kingsley
8. Darrell Hart	*	17:52	Morrice
9. Matt Holappa		17:56.4	Ann Arbor Green Hills
10. Dave Dimsheff		18:05.6	Ann Arbor Green Hills
11. Hal Page	*	18:12	Reading
12. Steve Kaukonen		18:15.5	Colon
13. Kevin Drummond	*	18:15	Morrice
14. Dave Dubin		18:20.3	Ann Arbor Green Hills
15. Troy Irzer		18:21.8	Fowler

20 YEARS AGO (1965) -- State College (H. S.), Pennsylvania began its climb to the top, putting together 131 consecutive dual meet victories in boys cross country. The streak ended in 1977, but the national record still stands.

VALUES OF ATHLETICS -- When all is said and done, recognize that sportsmanship must be taught just as skills must be taught. The values of athletics come not merely from participation in sports and games. They come when the teacher-coach takes the time to teach the lessons of life through athletics.

1985 - - - - - A L L - S T A T E R U N N E R S			
		TEAM RUNNERS	INDIVIDUAL RUNNERS
CLASS "A"	BOYS	15	10
	GIRLS	15	10
CLASS "B"	BOYS	13	12
	GIRLS	17	8
CLASS "C"	BOYS	12	8
	GIRLS	11	9
CLASS "D"	BOYS	8	7
	GIRLS	11	4

"IF "IFS" and "BUTS" WERE CANDY AND NUTS WE WOULD HAVE CHRISTMAS EVERY DAY."

CLASSIFICATION CHANGES -- Thirty high schools will change classification beginning in January 1986. The following is a breakdown of the changes by class:

(A to B)---5	(B to C)---4	(C to D)---14
(B to A)---3	(C to B)---3	(D to C)---1

"The pessimist sees the difficulty in every opportunity; the optimist, the opportunity in every difficulty."
---L. P. Jacks

"The difference between good and great is just a little more effort."

1985 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOV. 2ND, 1985
WEST SHORE COMMUNITY COLLEGE GIRLS CLASS "D"

1. SUTTONS BAY	1	4	14	31	32	37	DNF	82
2. AKRON FAIRGROVE	3	15	16	21	29	34	40	84
3. KINGSTON	2	10	22	24	54	57	60	112
4. WYOMING LEE	19	20	23	26	28	59	DNF	116
5. BRIDGEMAN	6	7	12	35	66	DNR	DNR	126
6. COLON	5	18	36	46	47	50	61	152
7. FOWLER	17	25	39	40	41	48	49	162
8. MASON COUNTY EASTERN	11	33	38	42	45	DNF	DNF	169
9. BETHESDA	8	27	43	44	51	71	DNR	173
10. KINGSLEY	9	13	55	62	68	72	73	207
11. VESTABURG	53	56	58	64	67	DNF	DNF	298
12. SPRINGPORT	52	63	65	69	70	DNR	DNR	319

1. Jenny Gradowski		20:16.1	Suttons Bay
2. Theresa Padilla	*	20:49.4	Camden Frontier
3. Michelle Wait	*	21:28.0	Covert
4. Lisa Meier		21:36.8	Kingston
5. Andrea Barnes	*	21:53.0	Pathfinder
6. Robin Aldrich		21:59.7	Akron Fairgrove
7. Lis Popa		22:19.1	Suttons Bay
8. Tracey Mott		22:29.0	Colon
9. Kirsten Moyes	*	22:30.7	North Muskegon
10. Trudy Svoboda		22:36.2	Bridgeman
11. Jackie Hays		22:39.9	Bridgeman
12. Peggy Gehart		22:53.7	Bethesda
13. Jeanine Knight		22:56.4	Kingsley
14. Lori Chantiny		22:57.0	Kingston
15. Delaine Harned		23:04.6	Mason County Eastern

The article "THESE RECORDS MAY NEVER FALL" on the next page is from the 1983 DRAKE RELAYS PROGRAM. Thought you might find it interesting.

COACHES OF SPRING SPORTS

The first day of practice for all spring sports is Monday, February 24th. Any coaching prior to that date is limited to a maximum of three individuals at any one time. See HANDBOOK, Regulation II, Section 11 (B).

POLICY CONCERNING LATE ENTRIES:

I would like to recommend that all track coaches obtain the MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN, FOR Decem-1985--January 1986, and read the information on page 202. Your High School Principal or your Athletic Director will have this bulletin available for you.. After reading it, keep the information in mind so that you won't "screw up" when you prepare entries for the regional track and field meets this spring.

"SUCCESS IS SIMPLY A MATTER OF LUCK. ASK ANY FAILURE."

"DON'T BOTHER ABOUT GENIUS. DON'T WORRY ABOUT BEING CLEVER. PLACE YOUR TRUST IN HARD WORK, PERSEVERANCE AND DETERMINATION."
---Sir Frederick Treves

"ALL WORTHWHILE MEN HAVE GOOD THOUGHTS, GOOD IDEAS AND GOOD INTENTIONS---BUT PRECIOUS FEW OF THEM EVER TRANSLATE THOSE INTO ACTION."
---John Hancock Field

"SUCCESS IS A JOURNEY, NOT A DESTINATION."
---Ben Sweetland

These Records May Never Fall

The records that were made to be broken but may never be topped are the Drake Relays marks in events run in imperial (yards) distances prior to Drake converting to a metric track.

Now that American track is in step with the rest of the world in contesting races on 400-meter ovals, metric distances are replacing the yard races at most meets.

What has happened is that races in many cases have been shortened by a few yards. Where the distance is comparable, records can be nearly judged equally.

Where the difference is wide or the metric distance is longer than the imperial distance, comparisons can not be made.

For example, the 100-meter dash is equal to 109.4 yards. Therefore, times for 100 yards and 100 meters can not be compared. Also, a mile is 119.6 yards longer than 1,500 meters, making comparisons impossible.

However, those who ran 220, 440 and 880 yards covered a distance somewhat longer than the present 200, 400 and 800 meters and those times can be examined together.

In 1970, Brigham Young's Ralph Mann ran the 400-yard intermediate hurdles in 49.4 seconds for a Drake Relays record. The 400-meter race is shorter by 2.6 yards or 7.668 feet.

If Mann could run a longer distance faster than the present-day runners, his mark should be the Relays record even though he ran 440 yards. Confusing? Let an expert explain.

Says Garry Hill, managing editor of **Track and Field News**, the bible of the sport of track: "It's merely a response to the realities of the situation. To do it any other way would fly in the face of logic."

Hill also used Mann to illustrate his point. "He was not timed at the 400-meter point, so we don't actually have a 400 time for him," Hill continued. "However, even if he were moving at the speed of light, there would be some time differential between the two points (400 meters and 440 yards).

"With the 440 time being slower (logically a longer distance), we therefore know that . . . if he ran (49.4 at the 440 point, he was certainly no worse than :49.4 at the 400 point. Obviously, he was faster, but :49.4 is a certifiable time for that distance."

It all means that Mann's :49.4 in the 440-yard intermediate hurdles in 1970 will stand as the Drake Relays record until someone runs 400 meters faster than that. When that happens, Mann's 440-yard mark will stand as that event's record forever.

What the Drake Relays is trying to do is preserve its top accomplishments and continue the tradition of its track and field meet.

TWENTY-EIGHTH ANNUAL MITCA TRACK AND FIELD CLINIC AND BUSINESS MEETING

Livonia Holidome (Six Mile Road at I-275) See Map
 17123 Laurel Park Drive North
 Livonia, Michigan 48152
 1 (313) 464-1300
 Room Rates: \$48.00 - Double up to 4
 PRE-REGISTRATION BEFORE 1/7/86
 \$75.00---Friday and Saturday
 \$85.00---At the Door
 \$50.00---One Day

This is a TAC (The Athletics Congress) Coaching Certification Clinic

FEATURED SPEAKERS:

Gary Winkler-----University of Illinois
 Cliff Larkins-----Ph.D. Candidate MSU
 Joe Rogers-----Ball State University
 George Dunn-----Oaklawn High School, Illinois
 Bart Gray-----Carthege College

CLINIC FEATURES ARE:

MITCA Membership
 Three Meals (2 Luncheons - 1 Banquet)
 Refreshments throughout the day
 Hospitality Hour
 Door Prizes
 Donuts & Coffee (Mornings)
 Vendors and Displays
 Prediction Fun Run
 Coaching textbook and Clinic Notes with Note Book
 TAC Coaching Certification
 Six National Coaches
 MHSAA Rules Meeting
 MITCA Business Meeting
 Book "Coaching the Young Runner"
 Performance Listing for High School and Junior High, Boys and Girls

The MITCA officers want to talk about this years fee. It is higher than before but we feel we are offering a lot more. The TAC Certification is usually around \$50.00 (Just Certification). If you check the features you see that 3 meals and refreshments between sessions are included. The annual membership fee, the book "Coaching the Young Runner" (a \$13.00 value) and other features make it a real bargain at \$75.00. Please look at the entire program before judging the fee.

FRIDAY PROGRAM

8:00 - 9:00 Registration
 9:00 - 9:30 Introduction
 9:30 - 10:15 Psychology
 10:30 - 11:30 Pedagogy
 11:30 - 12:30 Physiology
 12:30 - 2:30 Lunch & Business Meeting
 2:30 - 3:30 Biomechanics
 3:35 - 5:05 Sprints
 7:30 - 8:15 Rules Meeting
 8:15 - 9:30 Coach of the Year Banquet
 9:30 - TILL Hospitality

SATURDAY PROGRAM

7:00 - Prediction Fun Run
 8:00 - 9:00 Horizontal Jumps
 9:05 - 10:20 Vertical Jumps
 10:40 - 12:40 Throws
 12:45 - 2:00 Lunch
 2:10 - 3:25 Endurance
 3:35 - 4:20 Philosophy
 4:20 - 4:55 Wrap-up

PRE-REGISTRATION FORM FOR CLINIC

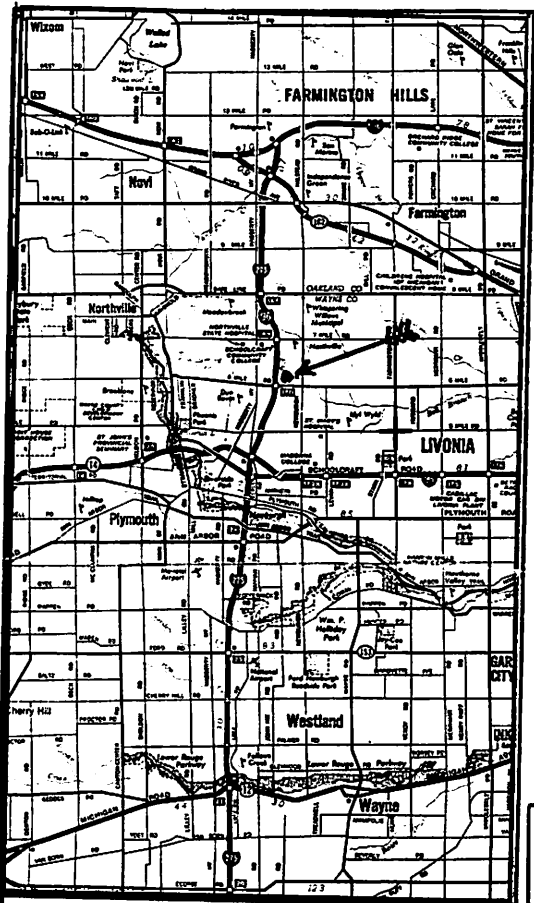
MAIL THE REGISTRATION FORM AT THE RIGHT, COMPLETELY FILLED OUT AND INCLOSE YOUR CHECK, MADE OUT TO MITCA:

TO: Rich Tompkins
 939 State Street
 Fremont, MI 49412

"TO SUCCEED - - DO THE BEST YOU CAN, WHERE YOU ARE, WITH WHAT YOU HAVE."

"THE THING TO TRY WHEN ALL ELSE FAILS IS AGAIN."

NAME: _____ SCHOOL: _____
 HOME ADDRESS: _____ SCHOOL ADDRESS: _____
 CITY: _____ CITY: _____
 STATE: _____ ZIP: _____ STATE: _____ ZIP: _____
 HOME PHONE: _____ SCHOOL OR WORK PHONE: _____
 BIRTH DATE: _____ YEAR STARTED COACHING CC OR TRACK: _____
 YEAR JOINED MITCA: _____ CLASS OF SCHOOL: _____
 LEVEL OF SCHOOL: _____ SPORTS COACHED: _____



MITCA INDOOR TRACK AND FIELD MEETS JANUARY, FEBRUARY & MARCH 1986

Below is a registration blank for boys only clubs. Return this registration form along with the registration fee to Chuck Janke, Jackson High School, 544 Wildwood, Jackson, MI 49201. The boys schedule and other pertinent information will be mailed to those clubs who return a 1986 registration form. Make checks payable to MITCA. Do not send registration for girls clubs to Chuck Janke.

We are always in need of more people to "help" with the organization of these meets, as well as officials at the meet. Please indicate on your registration form if you would be available to help in some capacity

REGISTRATION FEE-----\$ 10.00
After Febr. 15th---\$ 25.00

Director of boys programs-----Chuck Janke
Director of girls programs-----Jack Arnold
Ann Arbor Track Club
1517 Martha
Ann Arbor, MI 48103
1 (313) 596-2496

More meets are scheduled this year than in any previous time.

- | | | |
|-----------------------|-------------|------------------------------|
| Eastern Michigan Uni. | Two Meets | Boys & Girls |
| Western Michigan Uni. | Two Meets | Boys & Girls |
| Spring Arbor College | Three Meets | Boys & Girls |
| Central Michigan Uni | Two Meets | Boys & Girls |
| Ferris State College | Two Meets | Boys & Girls |
| Michigan State Uni. | Two Meets | Boys & Girls |
| Eastern Michigan Uni. | One Meet | Girls Only |
| Uni. of Michigan | Two Meets | Girls Only |
| Uni. of Michigan | Two Meets | Boys Only |
| Uni. of Michigan | Two Meets | State Championships |
| | | One for boys & one for girls |

HOUSTON WILL HOST U.S. OLYMPIC FESTIVAL FOR USOC IN 1986

More than 3,000 of America's finest amateur athletes in 34 sports will be competing in Houston next summer at the first U.S. Olympic Festival. It's actually the same event that has been known as the National Sports Festival since 1978, but USOC officials have decided that this mammoth and fast-growing sports spectacular deserved a new name to keep pace with its phenomenal growth and to better link it with its obvious role in America's preparation for the Olympic Games.

So, next summer from July 25-August 3 in Houston, you'll be able to see an Olympic and Pan American Games preview when the best American amateur athletes in 34 sports get together for 10 days of competition at some of the finest venues in the United States, including the AstroDome, The Summit, Robertson Stadium and Hofheinz Pavilion at the University of Houston, Texas Southern University, Rice University, and The Woodlands.

More than 300,000 spectators are expected to see the U.S. Olympic Festival and some of the best of the veteran American Olympic and Pan American Games athletes along with the galaxy of up-and-coming new young stars who will make big names for themselves at the 1988 Winter and Summer Games in Calgary and Seoul, and the 1987 Pan American Games in Indianapolis.

If you'd like to be part of the action in Houston next summer, contact the following organization for ticket and hotel information:

U.S. Olympic Festival Organizing Committee
440 Louisiana Street
Suite 304
Houston, TX 77002
(713) 222-1986

OLYMPIC TRAINING CENTERS NOW NUMBER THREE AFTER MARQUETTE, MICH. ADDED

The U.S. Olympic Committee now has three Olympic Training Centers in operation after recently opening its third facility at Northern Michigan University, Marquette, Michigan.

This gives the USOC Olympic Training Centers in Colorado Springs, Lake Placid and Marquette, so that thousands of American athletes of all skill levels will get the opportunity to take advantage of state-of-the-art training and sports medicine programs at these sites, free of charge.

**REGISTRATION FORM
MITCA TRACK CLUB**

CLUB NAME _____
SCHOOL AFFILIATE _____
COACHES NAME _____
COACHES ADDRESS _____
Number and Street _____
City, State & Zip _____
1 () _____
Phone Number _____

REGISTRATION FEE - - \$ 10.00 AMOUNT ENCLOSED _____
MAIL TO: CHUCK JANKE - JACKSON HIGH SCHOOL 544 WILDWOOD - Jackson - 49201

The Olympic Training Centers are sponsored exclusively by Miller High Life, a flagship brand of the Miller Brewing Company, and have offered more than 70,000 athletes superb facilities and training advances since opening in 1977. The USOC opened the Colorado Springs facility in 1977 and Lake Placid in 1981.

Athletes who come to the Olympic Training Centers are named by the National Governing Bodies, with the USOC and Miller High Life picking up the costs of the room and board at the Centers after the athletes arrive.

Gloria Chadwick has been named as the Director of the Olympic Training Center at Marquette, George Kalber is in charge of the Lake Placid Training Center, and Larry McCollum is the director of the facilities in Colorado Springs and was recently named as Director of the Training Center Programs for all three sites.

The Hoosier city will play host to the X Pan American Games, August 7-23, 1987, at sites in the city and the State of Indiana, after the U.S. Olympic Committee supported its bid successfully to the Pan American Sports Organization.

A record 27 sports will take place at Indianapolis, and 37 countries of the Western Hemisphere will be on hand for the massive multi-sports classic which has become one of the most prestigious amateur sports events in the world, and a major pre-Olympic Year test for some 6,000 athletes.

The United States has long dominated the medals charts at the Pan American Games, but the USOC sees the competition as more important to the pursuit of harmonious relations with our neighbors in the Americas.

For information on tickets and housing, you may contact the following organization for more details:

PAX/Indianapolis
Merchants Plaza, #1144E
Indianapolis, IN 46204
(317) 267-2626



Logo of the X Pan American Games.

INDIANAPOLIS WILL PLAY HOST TO 1987 PAN AMERICAN GAMES EVENTS

Indianapolis, a city which has established itself as one of the most aggressive and enterprising sports cities in the world, has captured yet another plum.