

PRESIDENT
 Bill Swanwick
 Centreville

FIRST VICE-PRESIDENT
 Bernie Abrams
 Covert

SECOND VICE-PRESIDENT
 Duane Raffin
 Holly

**MICHIGAN INTERSCHOLASTIC
 TRACK COACHES ASSOCIATION**

NEWSLETTER

NO. 1 OCTOBER 1986

NEWSLETTER WRITER
 Kermit N. Ambrose
 Retired

SECRETARY
 Jerry Mayer

PUBLIC RELATIONS DIRECTOR
 Jack Grant
 Sturgis

TREASURE
 Rich Tompkins
 Fremont

THE TWENTY-EIGHTH ANNUAL MITCA TRACK CLINIC

Livonia Holidaye Friday & Saturday, Jan. 10-11, 1986

President Barb Munch was in charge of this, the largest Clinic, ever held by MITCA. It was a full two day affair and it was a difficult clinic to arrange. This was a TAC (The Athletics Congress) Coaching Certification Clinic. Much help was given to Barb by Rich Tompkins and Jack Grant, as they had attended previous certification clinics and were very familiar with them. There were over 500 in attendance. Many other coaches who were not able to attend, have registered with MITCA and the membership count for 1986 is 550.

FEATURED SPEAKERS:

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

TOPICS COVERED:

Psychology, Pedagogy, Physiology, Bio-mechanics, Sprints Horizontal Jumps, Vertical Jumps, Throws, Endurance and Philosophy.

Thank you Barb for an excellent Clinic and thanks also to Rich and Jack for all of their help.

1985 MITCA TRACK AND FIELD COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Bryan Westfield Ann Arbor Pioneer	Ron Barr Lansing Everett
"B"	Lori A Griffing Hemlock	Martin Crane Flint Beecher
"C"	George D. Prospero Det. Country Day	Bryon G. Townsend Houghton Lake
"D"	Gordon Aldrich Akron Fairgrove	Neil Hufnagel Fowler

MITCA NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Ron Champine Dearborn Edsel Ford Robert V. Glenn Detroit Cass Tech	Charles R. Lewis, Jr. Detroit Denby Don Marsh Flint Kearsley
"B"	Tyrone Armstrong Flint Beecher Robert Washington River Rouge	Leavy DeVoe Inkster Ted Mac Detroit Benedictine
"C"	Scott Felmler Haslett Glenn Williams Cassopolis	Bruce Krieger Mason County Cent. Edward Pruett Ecorse
"D"	Walter Schalau Athens Roger A. Thelen Fulton	Ernie Ayers Sand Creek Chris Hurley Det. East Catholic

MITCA FUN RUN

			RACE TIME	PREDICT TIME	
1.	John Thomas Sparta High	21st	34:35.7	34:34.0	:01.7
2.	Dan Jones Centreville	2nd	24:35.9	24:30.0	:05.9
3.	John Wismer Bridgeman	5th	27:52.5	28:00.0	:07.5
4.	Tim Kohane G. R. West Catholic	18th	33:14.0	33:00.0	:14.-
5.	Gary Garland Gull Lake	13th	29:55.4	29:20.0	:35.5
6.	Wolfgang Lugauer Portage Central	9th	28:26.5	28:01.0	:35.5
7.	Ray Pihlaja Utica High	3rd	25:16.7	24:30.0	:36.7
8.	Kim Spalsbury Fowler	4th	26:37.8	26:00.0	:37.8
9.	Ron Clone Elk Rapids	26th	32:33.7	31:45.0	:48.7
10.	Doug Frank Bridgport	17th	32:36.8	31:48.0	:48.8
11.	David Baird West Hills Middle School	6th	28:05.6	29:00.0	:54.4
12.	Stan Ford Lake Orion	1st	23:54.7	23:00.0	:54.7
13.	Ken Coates Galesburg-Augusta	13th	28:45.5	27:40.0	1:05.5
14.	Tony Ettwein Portage Northern	14th	30:08.3	31:20.0	1:11.7
15.	Bob Misner G. R. West Catholic	23rd	35:18.3	36:30.0	1:11.7
16.	Al Kebl Bloom. Hills Lahser	25th	41:11.9	40:00.0	1:11.9
17.	Dick Cronk Marshall	24th	39:17.9	39:02.0	1:15.9
18.	Budd Ciccirelli Rochester Adams	18th	29:17.7	30:41.0	2:23.3
19.	Gary Servais Harper Woods Regina	8th	28:36.5	30:00.0	1:23.5
20.	Brad Portis Gull Lake	15th	31:39.6	30:10.0	1:29.6
21.	Rudy Godefroidt Breckenridge	20th	33:32.1	32:00.0	1:32.1
22.	Larry Hulbert Flint Carmen	12th	29:44.7	28:10.0	1:34.7
23.	Bruce Brown Farmington High	22nd	34:56.5	33:20.0	1:36.5
24.	Tom Davenport Bay City Central	7th	28:11.1	25:50.0	2:21.1
25.	John Barrett Farmington High	19th	33:24.1	31:00.0	2:24.1

Once upon a time, there were four people named EVERYBODY, SOMEBODY, NOBODY and ANYBODY.

Whenever there was an important job to be done, EVERYBODY was sure that SOMEBODY would do it. ANYBODY could have done it, but NOBODY did it.

When NOBODY did it, EVERYBODY got angry because it was SOMEBODY'S job. EVERYBODY thought that SOMEBODY would do it, but NOBODY realized that NOBODY would do it.

So it ended that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have done in the first place.

DON LUKENS IS THE 1986 CHUCK SWEENEY AWARD RECIPIENT

Don Lukens of Kalamazoo Loy Norrix High School is the tenth award winner. He joins a very select group of previous 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	Flint Northern
1983	Chuck Janke	Jackson High
1984	Bob Kent	Pontiac Central
1985	Duane Raffin	Holly
1986	Don Lukens	Kalamazoo Loy Norrix

Don graduated from Detroit MacKenzie High School in January of 1952. He was 16 years of age at the time, and did not turn 17 until the following September.

From January to June of 1952, he worked for Michigan Bell. He attended the Naval Reserve School at Grosse Ile for 90 days. He entered the service in September of 1952 and served until August of 1954.

Entered school at Western Michigan University and graduated in June of 1958. A Master's Degree was obtained in June of 1959.

His first teaching was in a Junior High in the fall of 1960. In 1961 he was a graduate assistant to George Dales at W. M. U. In 1962 he was an assistant to Elf Pedlar at Kalamazoo Central. In 1963, he started coaching football and track at Loy Norrix. He became the cross country coach in 1964. 1986 was his 29th year of teaching and coaching. His teaching field is Physical Education and he is serving as Athletic Director. He coaches the men and women in cross country and track.

Some of his outstanding athletes:

Gary Harris	All-American at Western Mich. Uni.
Greg Savicke	All-American at Western Mich. Uni.
Dave Dunn	All-State in cross country
Eric Walker	All-State Miler
Vincent Cox	State Champion long jumper and All-State.
Bonnie McDonald	All-State Cross Country Runner
Andy Ketch	State Champion Cross Country Runner and All-State
Murray Breeze	All-State in cross country
Sam Wilson	All-American Long Jumper
John Riebel	All-State in cross country
Ralph Reed	All-State in cross country
Darlene Calvin	All-State in cross country

His track teams have accumulated 73 consecutive dual meet victories.

<u>1986</u>		<u>1987</u>	
Mon., Sept. 1st	LABOR DAY	Mon., Sept. 7th	
Sat., Sept. 6th		Sat., Sept. 12th	
Sat., Sept. 13th		Sat., Sept. 19th	
Sat., Sept. 20th		Sat., Sept. 26th	
Sat., Sept. 27th		Sat., Oct. 3rd	
Sat., Oct. 4th		Sat., Oct. 10th	
Sat., Oct. 11th		Sat., Oct. 17th	
Sat., Oct. 18th		Sat., Oct. 24th	
Sat., Oct. 25th	REGIONAL CHAMPIONSHIPS	Sat., Oct. 31st	
Sat., Nov. 1st	STATE CHAMPIONSHIPS	Sat., Nov. 7th	

NOTHING HAS BEEN DONE ABOUT ELIMINATING THE NO-FALSE START RULE IN CROSS COUNTRY. IT WILL BE COMING AND THE SOONER THE BETTER.

THE RULE, REGARDING THE WEARING OF TIGHTS, HAS CAUSED MORE PROBLEMS THAN ANYTHING ELSE IN CROSS COUNTRY AND TRACK AND FIELD

1986 MITCA CROSS COUNTRY COMMITTEE

Bruce Dyer--Chairman-----	Ann Arbor Green Hills
Harold Arft-----	Sterling Heights High School
Dave Bork-----	Monroe High School
Glen Brown-----	Stevensville Lakeshore High School
Mike Woolsey-----	Jackson Lumen Christi High School
Jim Emery-----	Beaverton High School
Ken Younkin-----	Dansville High School
Rock Campbell-----	Lansing Christian High School

1986 MITCA TRACK AND FIELD COMMITTEE

Steve Porter--Chairman-----	Milan High School
Paul Pozega-----	Lansing Sexton High School
Charles Lewis-----	Detroit Denby High School
David Gordon-----	River Rouge High School
Patricia Murphy-----	Hastings High School
Ken Behmer-----	Kellogg Community College
Martin Chard-----	Quincy High School
Greg Glover-----	Webberville High School
John Wismer-----	Bridgman High School

INDISPENSABLE

When your feeling so important
And your ego is in bloom
When you simply take for granted
You're the wisest in the room
When you feel your very absence
Would leave a great big hole,
Just follow these instructions
They will humble any soul.
Take a bucket filled with water
Put your hand in to the wrist,
Pull it out, the hole remaining
Is how much you will be missed.
Splash wildly when you enter,
Stir a lot and splash galore,
Then stop, and in a minute,
It looks just like before.
The moral of this story
Is do the best you can
Be proud, but please remember,
There's no indispensable man.
Anonymous

WE ARE RUNNING YOUR IDEA THROUGH PROPER CHANNELS. ONE FLUSH SHOULD DO IT.

"A WINNER IS SOMEONE WHO SETS HIS GOALS, COMMITS HIMSELF TO THOSE GOALS, AND THEN PURSUES HIS GOALS WITH ALL THE ABILITY GIVEN HIM."

"THE FINAL SCORE MAKES NO MENTION OF A SPLENDID START IF THE FINISH PROVES THAT YOU WERE AN 'ALSO RAN'." Herbert Kaufman

"PEOPLE FORGET HOW FAST YOU DID A JOB - - BUT THEY REMEMBER HOW WELL YOU DID IT."

1986 NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Bobby Glenn	Don Lukens
	Detroit Cass Tech	Kalamazoo Loy Norrix
	Gordon Richardson	John Osler
	Clarkston	Pontiac Northern
	Bryan Westfield	Paul Pozega
Ann Arbor Pioneer	Lansing Sexton	
"B"	Tyrone Armstrong	Martin Crane
	Flint Beecher	Flint Beecher
	Bill Bainton	Ted Mac
	Chelsea	Detroit Benedictine
	Ken Bokhoven	John Thomas
G. R. Christian	a. Sparta	
"C"	Fred Jaeger	Barry Kloenhamer
	Morley Stanwood	Dewitt
	George Prosperi	Bruce Krieger
	Det. Country Day	Mason County Central
	Glenn Williams	Robert Welzein
Cassopolis	St. Charles	
"D"	Gordon Aldrich	Kent Baker
	Akron Fairview	Detroit East Catholic
	Randy Brinks	Dave DeCou
	Litchfield	Marcellus
	Walter Schalau	Neil Hufnagel
Athens	Fowler	

The above listed coaches will be voted on by the membership in attendance, at the Track and Field Clinic, at the Lansing Hilton, on January 9th and 10th.

JEFF DRENTH: FOREVER LOVED, FOREVER LOVING

By Greg Lautenslager (Athletics West)

God made me fast.
and when I run, I feel His pleasure.

- Ian Charleson
"Chariots of Fire

Fifty-thousand spectators, packed inside Olympic Stadium in Tokyo, Japan, rose instantly as a flash of red, white, and blue burst boldly by two red-topped Russians and into the lead in the final mile of the 10,000 meters, the final and deciding race of the USA-USSR-Japan track and field meet last September. In order for the U.S. to beat the Soviets and capture the men's team title, the American would have to finish ahead of both Russians.

The crowd's roar expanded as the valiant American gamely tried to break away from his competitors. Finally, with two laps to go, the Russians dropped off the torrid pace. The Japanese favorite moved up on the American's heels, and now the final battle was on. The roar intensified.

The choppy Japanese runner, in custom all-whites, tried to surge ahead of his opponent several times on the next lap, but the fearless American was there to answer every desperate charge.

The clanging of the bell could not be heard over the deafening roar as the two men raced into the final lap. The long striding American, his bronze shoulders glowing with perspiration, held off another surge around the first turn. But, finally, into the final backstretch, the gritty Japanese revved up his engines, dug his spikes into the red track surface, jetted into the lead, and at last drew away from the tenacious American.

The crowd sustained the roar, praising its countryman for his great feat. But they also endeared the American for his brave, heroic effort, for he had pushed hero to the limit, fought off the two Russian nemises he had to beat, and gave his American compatriots the overall team victory.

The above is the start of an article, yet to be published. Jeff Drenth attended my cross country camp prior to his junior and senior years in high school. He was a counselor for five years. He was the finest young man I have ever had the pleasure of knowing and working with. The young people that attended the camp idolized him. Bob Sevene, coach at Athletics West, said that he was the type of person who constantly gives of himself - - as an athlete and a human being. He liked to help people. He was tremendous with young people. The people who will lose the most will be the young kids. He had a great feel for running but he just loved young kids. Sev said he thought he would go on and become a great teacher and coach.

Pete Spieles, who coached Jeff at Charlevoix High School, said he was vibrant and enthusiastic. He was so enthusiastic about life. He had such a tremendous drive to excel. He set goals and worked and worked to achieve those goals.

I thank his parents, Bob and Maxine and his brothers, Walt, Mark and Doug, for sharing him with me for the past nine years.

REMEMBER ALL THE GOOD TIMES. As Nan Doak said, "you wish everyone was like him."

<u>MIDWEST MEET OF CHAMPIONS</u>	<u>1986</u>	<u>Fort Wayne, Indiana</u>
<u>BOYS</u>	Ohio-----142	
	Illinois---114	
	Indiana---103	
	Michigan--98	
<u>GIRLS</u>	Indiana---96½	
	Ohio-----92½	
	Michigan--64	
	Illinois--62	

1987 TRACK CLINIC - - - LANSING HILTON JANUARY 9th & 10th

1986 CROSS COUNTRY CLINIC - - - - FOURTEENTH ANNUAL

Harley House of Lansing Friday and Saturday
3600 Dunckel Drive November 14th & 15th
Lansing, Mi. 48910-9978

F R I D A Y

- 12:30-1:30 REGISTRATION
- 1:30-2:20 Mental Preparation for Distance Running
Rich Elliott - - Coach, Deerfield, Illinois
- 2:30-3:20 The Female Runner - Lisa Larson Weidenbach
- 3:30-4:20 Getting to the Top - Greg Meyer
- 4:30-5:20 Forum with Elliott, Larson-Weidenbach & Meyer
- 7:00-9:00 Coach of the Year Banquet
- 9:00-???? Hospitality Session

S A T U R D A Y

- 7:30 Prediction Fun Run
- 8:30-9:00 REGISTRATION
- 9:00-9:50 Coach of the Year Panel
Kevin Hanson-----Sterling Hgts. Stevenson
Pat Pastula-----Hillsdale
Dave Bork-----Monroe
- "Early--Mid Season--Late Season"
- 10:00-10:50 Business Meeting
- 11:00-11:50 Rich Elliott - - Learn by doing

CLINIC FEE-----\$ 50.00 MITCA MEMBERS----DEDUCT \$10.00
AT THE DOOR-----\$ 60.00 FROM THE CHARGES AT THE LEFT
MAKE THE CHECKS PAYABLE TO MITCA

Fill in the PRE-REGISTRATION FORM BELOW and mail to:

Rich Tompkins
939 State
Fremont, Michigan 49412

NAME: _____

HOME ADDRESS: _____

CITY AND STATE: _____ ZIP: _____

HOME PHONE: _____ BIRTH DATE: _____

YEAR JOINED MITCA: _____ LEVEL OF SCHOOL: _____

SCHOOL: _____

SCHOOL ADDRESS: _____

CITY AND STATE: _____ ZIP: _____

SCHOOL or WORK PHONE: _____

YEAR STARTED COACHING X. C. or TRACK: _____

CLASS OF SCHOOL: _____

SPORTS COACHED: _____

HARLEY HOUSE RESERVATIONS: \$45.90 Single Double
Triple quad

<u>CROSS COUNTRY ALL-STATE</u>	
Class "A"-----25 Top Times)	From the Team Race & the Individual Race
Class "B"-----25 Top Times)	
Class "C"-----20 Top Times)	
Class "D"-----15 Top Times)	

Sincerest best wishes to all of the coaches who have runners and teams qualified to run in the STATE CHAMPIONSHIPS

SEE YOU AT THE CROSS COUNTRY CLINIC

PRESIDENT
Bill Swanwick
Centreville

FIRST VICE-PRESIDENT
Bernie Abrams
Covert

SECOND VICE-PRESIDENT
Duane Raffin
Holly

**MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION**

NEWSLETTER
NO. 2 NOVEMBER 1986

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY
Jerry Mayer
St. Louis

PUBLIC RELATIONS DIRECTOR
JACK GRANT
STURGIS

TREASURE
Rich Tompkins
Fremont

1986 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 1, 1986
I.M.A. GOLF COURSE - FLINT - BOYS - CLASS "A"

1. Swartz Creek							150
	3	13	21	33	80	81	155
2. Farmington High							157
	4	20	23	52	58	113	143
3. Birmingham Brother Rice							168
	26	29	34	37	42	55	110
4. Ann Arbor Pioneer							170
	10	11	14	38	97	98	119
5. Milford Lakeland							174
	7	18	39	51	59	102	123
6. Traverse City							252
	19	25	31	65	112	138	162
7. Monroe							256
	1	9	77	84	85	125	132
8. Gibraltar Carlson							263
	22	45	49	72	75	191	192
9. Rochester High							269
	5	6	68	89	101	179	187
10. Washington Eisenhower							288
	8	12	35	79	154	181	194
11. Troy High							328
	27	61	67	82	91	92	145
12. Walled Lake Central							331
	30	56	66	83	96	103	104
13. Flint Northern							353
	2	57	71	87	136	169	178
14. Holland							358
	40	44	54	105	115	137	146
15. Holt							361
	28	41	50	116	126	147	184
16. Royal Oak Kimball							421
	46	69	70	108	128	135	174
17. Kalamazoo Loy Norrix							455
	36	48	62	153	156	168	193
18. Milford High							457
	24	76	100	109	148	150	176
19. Dearborn Edsel Ford							463
	16	47	129	130	141	151	177
20. Grand Ledge							465
	17	73	93	121	161	180	182
21. Grandville							479
	43	74	107	111	144	185	190
22. Warren DeLaSalle							497
	15	64	120	134	164	170	DNF
23. Adrian							519
	32	90	99	140	158	172	186
24. Clio							532
	63	88	106	133	142	149	166
25. Fraser							570
	53	94	124	139	160	167	188
26. Grosse Pointe North							573
	78	86	117	127	165	171	175
27. Port Huron Northern							618
	95	118	122	131	152	163	189
28. Grosse Pointe South							663
	60	114	157	159	173	183	???

1986 STATE CROSS COUNTRY CHAMPIONSHIPS-SAT., NOVEMBER 1, 1986
I.M.A. GOLF COURSE - FLINT - CLASS "A" - GIRLS

1. Ann Arbor Pioneer							91
	3	4	9	16	59	126	134
2. Sterling Heights Stevenson							125
	2	17	29	32	45	70	123
3. Portage Northern							205
	15	40	49	50	51	74	157
4. Dearborn Edsel Ford							220
	1	7	14	61	137	150	163
5. Ann Arbor Huron							226
	10	20	23	78	95	112	127
6. Farmington High							232
	27	31	54	55	65	92	117
7. Traverse City							254
	6	13	58	86	91	102	115
8. Milford High							268
	18	19	57	84	90	121	135
9. Harper Woods Regina							311
	24	35	72	73	107	151	165
10. Rochester High							326
	11	36	79	97	103	120	130
11. Walled Lake Central							344
	21	22	74	104	122	141	164
12. Clarkston							368
	30	33	34	111	160	174	???
13. Kalamazoo Loy Norrix							392
	56	69	76	85	106	113	145
14. Grosse Pointe North							395
	42	48	66	110	129	149	158
15. Jackson High							406
	5	8	37	173	183	184	???
16. Trenton							413
	28	52	100	109	124	139	147
17. West Bloomfield							413
	26	46	77	116	148	166	176
18. Temperance Bedford							420
	38	62	87	108	125	132	178
19. Bay City Western							438
	43	63	82	96	154	170	181
20. Flushing							439
	39	60	93	114	133	142	172
21. Grosse Pointe South							451
	80	83	89	98	101	136	175
22. Swartz Creek							478
	41	78	81	118	167	180	???
23. Troy High							487
	44	88	105	119	131	153	162
24. Bloomfield Hills Andover							530
	12	67	143	152	156	177	186
25. Detroit Kettering							548
	64	68	94	140	182	DNR	DNR
26. Lansing Everett							618
	47	128	138	146	159	179	190
27. Belleville							661
	53	99	155	169	185	188	189
28. Bloomfield Hills Lahser							669
	25	144	161	168	171	187	???

FIVE MITCA NEWSLETTERS HAVE BEEN RETURNED - ADDRESS NOT VALID

Ken Baker Jeff Carlson Leavy Devoe
Craig Mohney Mark Shafer

"There is always room at the top."

Daniel Webster

**THE HARDER
YOU WORK
THE
LUCKIER
YOU GET**

KINNEY CROSS COUNTRY CHAMPIONSHIPS - - EIGHTH YEAR

Midwestern Regional - - University of Wisconsin - - Parkside
Kenosha, Wisconsin November 29th, 1986 11:00 a.m.

Coordinator: Peter Henkes, The Wisconsin Runner
609 Sixth Street, Racine, Wisconsin 53403
1 (414) 633-0033

BOYS	ALL-STATE	CLASS "A"	
1.	Todd Williams	Monroe	15:08.4
2.	Anthony Hamm	Flint Northern	15:25.6
3.	Harold Mueller	Swartz Creek	15:35.3
4.	Cliff Duelle	* Lake Orion	15:37.7
5.	Chris Inch	Farmington High	15:40.7
6.	Chad Findley	Rochester High	15:43.3
7.	Doug Goudie	Rochester High	15:46.5
8.	Joel Kaines	* Flint Powers	15:47.1
9.	Phil Van Hull	Milford Lakeland	15:50.3
10.	Eric Sorenson	Washington Eisenhower	15:51.0
11.	Ihab Hamka	* Dearborn Fordson	15:51.6
12.	Sam Blumke	* Hazel Park	15:52.4
13.	Carl Martin	* Taylor Truman	15:53.1
14.	Tom Pitcher	Monroe	15:53.9
15.	Chris Tolonen	Ann Arbor Pioneer	15:54.8
16.	Jason Colvin	Ann Arbor Pioneer	15:55.1
17.	Jim Carlisle	* Hazel Park	15:56.3
18.	Doug Garden	Washington Eisenhower	15:57.3
19.	Paul Sisovsky	Swartz Creek	15:57.9
20.	Joe Marino	Ann Arbor Pioneer	16:03.1
21.	Bill Battle	* Ypsilanti High	16:03.5
22.	Jim Huff	* Bloomfield Hills Lahser	16:04.1
23.	Joe Tobin	* Flint Kearsley	16:04.7
24.	Tom Weiss	* East Lansing	16:05.0
25.	Lee Christensen	* Rockford	16:05.3

* From Individual Race

GIRLS	ALL-STATE	CLASS "A"	
1.	Kristen Salt	Dearborn Edsel Ford	17:58.3
2.	Theresa Pierfelice	Sterling Hgts. Stevenson	18:20.2
3.	Sedana Arnold	Ann Arbor Pioneer	18:29.7
4.	Danielle Harpell	Ann Arbor Pioneer	18:38.3
5.	Sara Braunreiter	Jackson High	18:46.6
6.	Ann Mudgett	Traverse City	18:47.0
7.	Jennifer Schank	* Howell	18:59.2
8.	June Alosisisio	Dearborn Edsel Ford	18:59.9
9.	Laura Franklin	Jackson High	19:00.8
10.	Gabrielle Brown	Ann Arbor Pioneer	19:06.4
11.	Mary Whynott	* G. R. East Kentwood	19:12.9
12.	Mara Matuszak	* Ann Arbor Huron	19:13.9
13.	Sandra Terrell	* St. Johns	19:14.5
14.	Amber Crawford	Rochester High	19:16.2
15.	Ruth Fellingham	Bloomfield Hills Lahser	19:17.3
16.	Jennie Payne	Traverse City	19:18.6
17.	Jill Rothert	Dearborn Edsel Ford	19:21.1
18.	Bekky Turbin	* Howell	19:21.8
19.	Karen Kantor	* Livonia Churchill	19:24.0
20.	Amy Edwards	Portage Northern	19:25.2
21.	Mary Demock	* Grand Haven	19:25.6
22.	Allegra Alexander	Ann Arbor Pioneer	19:28.4
23.	Kay Ruessman	Sterling Hgts. Stevenson	19:28.8
24.	Terese Lemenski	Milford High	19:29.9
25.	Michelle Wheeler	* Owosso	19:30.1

* From Individual Race

1986 STATE CROSS COUNTRY CHAMPIONSHIPS-SAT., NOVEMBER 1, 1986							
CASS CITY	BOYS		CLASS "C"				
1. Benzie Central	2	3	4	26	51	63	84
2. Charlevoix	6	16	22	23	31	39	60
3. Williamston	25	27	35	38	45	56	92
4. Olivet	12	28	33	53	75	109	117
5. Capac	1	11	49	67	80	119	121
6. Onsted	7	19	41	66	76	79	107
7. Unionville Sebawaing Area	10	29	34	40	112	116	124
8. Rogers City	21	24	48	69	70	90	94
9. Sandusky	5	18	62	72	78	100	105
10. Carson City Crystal	20	37	50	59	81	86	87
11. Shepherd	9	32	64	73	77	85	93
12. River Valley-3 Oaks	13	43	52	57	99	103	108
13. Leslie	14	42	54	68	98	106	114
14. St. Joseph L.M.C.	17	36	71	82	91	97	118
15. Edwardsburg	44	47	61	88	89	104	110
16. Detroit Lutheran West	8	55	58	95	115	122	125
17. Michigan Center	15	65	74	96	102	111	123
18. Mason County Central	30	46	83	101	113	120	???

1986 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 1, 1986							
CASS CITY	GIRLS		CLASS "C"				
1. Capac	5	17	23	34	36	45	57
2. Calvin Christian	11	20	25	41	58	101	???
3. Onsted	14	16	31	51	60	89	102
4. Bath	33	35	37	38	39	40	52
5. Bronson	9	32	44	53	76	95	114
6. Kalamazoo Christian	3	24	54	67	68	81	111
7. Benzie Central	27	42	47	48	56	66	???
8. Buchanan	2	8	15	80	115	118	???
9. DeWitt	10	30	55	64	78	106	???
10. Ida	1	29	46	63	99	113	???
11. Carson City Crystal	18	26	48	72	77	86	???
12. Detroit Country Day	6	7	74	75	100	104	105
13. Shepherd	4	19	70	84	97	107	109
14. Perry	28	49	50	71	79	103	112
15. Mason County Central	13	43	61	88	91	92	93
16. Whittemore-Prescott	21	65	82	83	94	116	117
17. Clare	22	69	73	85	98	108	???
18. Mayville	12	62	87	90	96	110	119

NCAA DISTRICT # 4 CROSS COUNTRY CHAMPIONSHIPS
 Normal, Illinois Saturday, November 15th, 1986

NCAA NATIONAL CROSS COUNTRY CHAMPIONSHIPS DIVISION I
 Tuscon, Arizona Monday, November 25th, 1986

NATIONAL TAC CROSS COUNTRY CHAMPIONSHIPS
 San Francisco, California Saturday, November 29th, 1986

Your Newsletter writer will be in Tuscon and San Francisco for the two runs listed above. He will be an official at Tuscon.

THE ACT ASSESSMENT - - 1986-1987 NATIONAL TEST DATE SCHEDULE
 December 13, 1986 February 7, 1987
 April 11, 1987 June 13, 1987

COMPLAINT FORM

PLEASE WRITE YOUR COMPLAINT IN SPACE BELOW. WRITE LEGIBLY.

□

BOYS	ALL-STATE	CLASS "C"	
1.	Adam Norman	* Kalkaska	15:54.1
2.	Greg Parker	Capac	15:57.5
3.	Todd Kulawjak	Benzie Central	16:06.0
4.	Matt Johnson	Benzie Central	16:10.3
5.	Bill Huddleston	Benzie Central	16:10.7
6.	Gordie Smith	* Parchment	16:16.1
7.	Hank Walker	Sandusky	16:24.8
7.	Greg Spiegel	* Blissfield	16:24.8
9.	Pat Rajewski	Charlevoix	16:28.1
10.	Eric Ramsey	Onsted	16:33.6
11.	Bill Arnold	* Beaverton	16:33.7
12.	Marcus Tarver	Detroit Lutheran West	16:34.3
13.	Joseph Wardie	* Fenton	16:37.2
14.	Jeff Hohlbein	Shepherd	16:39.1
15.	Dave Abke	Unionville-Sebewaing	16:40.3
16.	Jim Behnke	Capac	16:40.6
17.	Steve Laninga	* White Cloud	16:40.8
18.	Scott Norman	* Kalkaska	16:41.1
19.	Mike Reed	Olivet	16:42.0
20.	David Hahn	River Valley-3 Oaks	16:42.8

* From Individual Race

GIRLS	ALL-STATE	CLASS "C"	
1.	Jeanne Spittler	* Montague	18:33.7
2.	Stacey Kilburn	* White Pigeon	18:50.8
3.	Kathleen O'Neil	* Blissfield	19:16.9
4.	Cathy Achley	* Hart	19:19.7
5.	Jody Shay	* Bellvue	19:24.7
6.	Kris Butler	* Galesburg-Augusta	19:33.6
7.	Michelle Butler	* Galesburg-Augusta	19:34.0
8.	Rachelle Bydlowski	Ida	19:36.8
9.	Jenny Pratt	* Parchment	19:39.2
10.	Ketlina Kirberg	* Leslie	19:41.1
11.	Becky Duda	* Goodrich	19:42.2
12.	Angela Moore	* Detroit Lutheran West	19:42.5
13.	Martha Cameron	Buchanan	19:44.4
14.	Cindy Nieboer	Kalamazoo Christian	19:48.6
15.	Teresa Barber	* Burton-Bendle	19:53.1
16.	Julie Allen	Shepherd	19:53.8
17.	Marti Swiderski	* Haslett	19:55.3
18.	Sarah Collins	* Jonesville	19:59.7
19.	Suzy Stansberry	Capac	19:59.8
20.	Ginger Goostrey	* Michigan Center	20:01.4

* From Individual Race

CLASS "D" STATE CROSS COUNTRY CHAMPIONSHIPS NOV. 1, 1986

BOYS	CUSTER-MASON COUNTY	EASTERN HIGH SCHOOL								
1.	Concord		7	15	16	21	25	27	29	84
2.	Kingsley		3	17	19	22	23	38	39	84
3.	Fowler		2	9	18	24	33	43	52	86
4.	Colon		6	10	20	28	30	47	51	94
5.	Mancelona		1	11	12	55	61	62	??	104
6.	Mason County Eastern		5	31	36	37	40	50	58	149
7.	Whitmore Lake		8	26	35	44	46	48	49	159
8.	Saginaw-Michigan Lutheran Seminary		13	32	34	41	45	53	60	165
9.	Ann Arbor Greenhills		4	14	42	54	56	57	59	170

CLASS "D" STATE CROSS COUNTRY CHAMPIONSHIPS NOV. 1, 1986

GIRLS	CUSTER-MASON COUNTY	EASTERN HIGH SCHOOL								
1.	Detroit Bethesda Christian		11	15	18	21	24	93	??	89
2.	Suttons Bay		1	2	33	35	39	44	69	110
3.	Akron Fairgrove		12	23	26	28	30	31	32	119
4.	Mancelona		4	14	27	29	60	83	??	135
5.	Concord		7	9	34	41	48	49	53	139
6.	Fowler		20	22	40	45	47	58	59	174
7.	Manton		3	17	52	63	88	??	??	223
8.	Webberville		13	38	50	57	73	??	??	231
9.	Kingston		4	19	61	65	90	??	??	239
10.	Mesick		8	43	55	67	85	92	??	258
11.	Saginaw Michigan Lutheran Seminary		16	37	76	77	82	??	??	288
12.	Lansing Christian		6	54	64	95	96	??	??	315
13.	Springport		36	46	68	79	99	??	??	328
14.	North Muskegon		10	56	81	91	100	???	???	338
15.	Springfield		25	66	78	87	89	??	??	345
16.	Westland Lutheran		72	74	75	80	84	??	??	385
17.	Kingsley		42	51	94	98	101	???	???	386
17.	Portland		62	70	71	86	97	??	??	386

BOYS	ALL-STATE	CLASS "D"	
1.	Jeff Thomas	Mancelona	16:47
2.	Steve Bierstetel	Fowler	17:00
3.	Jared Glover	Kingsley	17:04
4.	John Ramsburgh	Ann Arbor Greenhills	17:05
5.	Ken Matsen	Mason County Eastern	17:11
6.	Bob Brent	* Hale	17:12
7.	Gordon Maitland	* Gro. Pte. Woods Uni. Liggett	17:22
8.	Scott Kaukonen	Colon	17:24
9.	Mike Szamrej	Concord	17:25
9.	John Hayes	* Potterville	17:25
11.	Brian Ely	Whitmore Lake	17:27
12.	Troy Irer	Fowler	17:28
13.	Rob Kaufman	* Schoolcraft	17:29
14.	Rob Thomas	* Kingston	17:31
15.	Steve Kaukonen	Colon	17:34

* Individual Race

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS JANUARY 1ST, 1987

Class "A"	1129 or more
Class "B"	571 - 1128
Class "C"	298 - 570
Class "D"	297 or less

5TH ANNUAL MANSFIELD MEHOCK RELAYS - 6 - FUTURE DATES

1987	April 17th & 18th
1988	April 15th & 16th
1989	April 14th & 15th

33RD ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS - - 1987

Bowen Fieldhouse at Eastern Michigan University will not be available for a track meet on Saturday, March 28th. (Class "B" - Thurs. March 26th) (Class "A" - Fri., March 27th)

GIRLS	ALL-STATE	CLASS "D"	
1.	Jenny Grandowski	Suttons Bay	20:10
2.	Lisa Popa	Suttons Bay	20:19
3.	Joy Perkins	Manton	20:55
4.	Lisa Maier	Kingston	20:59
5.	Chris Turbin	Mancelona	21:19
6.	Dawn Harkema	Lansing Christian	21:24
7.	Theresa Padilla	* Camden Frontier	21:25
8.	Dawn King	Concord	21:33
9.	Kim Richards	Mesick	21:34
10.	Jenny Hartwig	Concord	21:35
11.	Kristen Moyes	North Muskegon	21:42
12.	Rebecca Underwood	Detroit Bethesda Christian	21:44
13.	Robin Aldrich	Akron Fairgrove	21:44
14.	Jayneen Ganz	Webberville	21:57
15.	Christy Ochua	* Bridgman	21:59

CLASS "B" STATE CROSS COUNTRY CHAMPIONSHIPS NOV. 1, 1986
GIRLS CHELSEA H. S. HURON MEADOWS METRO PARK GOLF COURSE

1.	Jackson Lumen Christi	10	14	28	42	47	54	89	141
2.	Chelsea	2	13	31	44	54	132	134	142
3.	Milan	16	26	27	34	49	136	146	152
4.	Dearborn High	3	17	20	43	75	105	113	158
5.	Grand Rapids Christian	6	32	38	40	53	92	??	169
6.	Coldwater	1	18	46	80	87	106	121	232
7.	Cadillac	33	37	50	56	79	78	82	245
8.	Grand Rapids Catholic Central	5	36	72	77	83	127	138	273
9.	Mt. Clemens Lutheran North	15	39	66	74	84	111	DNR	278
10.	Saline	12	45	62	64	99	102	122	282
11.	Greenville	8	19	60	103	108	131	143	298
12.	Central Montcalm	21	30	61	95	97	145	???	304
13.	Sturgis	23	35	48	98	107	112	124	311
14.	Marysville	7	29	70	91	130	DNR	DNR	327
15.	Yale	24	67	68	86	115	116	118	360
16.	Richland Gull Lake	4	76	85	94	109	114	117	368
17.	Holland Christian	25	55	58	96	141	152	???	375
18.	Livonia Ladywood	9	51	81	110	128	133	149	379
19.	Standish Sterling	59	63	65	101	104	144	153	392
20.	Vicksburg	22	71	88	120	125	137	142	426
21.	Midland Bullock Creek	11	57	126	129	135	155	156	458
22.	Essexville Garber	73	79	90	100	119	139	140	461
23.	Farmington Harrison	41	93	147	148	150	???	???	579
24.	Madison Hgts. Bishop Foley	123	151	154	155	156	???	???	739

GIRLS	ALL-STATE	CLASS "B"	
1.	Heather Huhn	* Mason	19:14.3
2.	Jill Strawser	Coldwater	19:54.9
3.	Kasey Anderson	Chelsea	19:21.8
4.	Janet Reinowsky	Dearborn High	19:22.0
5.	Jenny Ledrick	* G. R. Forest Hills Cent.	19:25.9
6.	Rhonda Wendzel	Richland Gull Lake	19:31.1
7.	Megan Fisher	G. R. Catholic Central	19:40.4
8.	Sherril Prince	G. R. Christian	19:43.7
9.	Kellie Wright	* Parma Western	19:45.4
10.	Antoinette Smith	* Alma	19:47.5
11.	Helen Johnson	Marysville	19:48.6
12.	Toni Enbody	Greenville	19:49.0
13.	Janine Kloc	Livonia Ladywood	19:50.7
14.	Patricia Ziolkowski	Jackson Lumen Christi	19:52.6
15.	Gloria Durisin	* Melvindale	19:54.2
16.	Angela Thomas	* Sparta	19:55.0
17.	Sandy Potter	* Hartland	19:57.2
18.	Emilie Sargent	Midland Bullock Creek	17:57.3
19.	Jaime Webster	Saline	19:57.9
20.	Carri Ham	* Big Rapids	20:01.1
21.	Jennifer Rossi	Chelsea	20:01.8
22.	Cathy Acus	* Hillsdale	20:02.9
23.	Kari Frederick	Jackson Lumen Christi	20:03.4
24.	Kerry Gremel	M. C. Lutheran North	20:05.4
25.	Janet Holverstott	* Riverview Gab. Richard	20:09.0

* From Individual Race

NO INFORMATION ON THE BOYS CLASS "B" RESULTS SORRY!!!

The following sites have been approved for track and field:

Class "A"-----1987-----	Flint Public Schools
Class "A"-----1988 & 1989-----	Highland Park
Class "B"-----1987 & 1988-----	Sturgis
Class "C"-----1987-----	Bangor
Class "C"-----1988 & 1989-----	Alma College
Class "D"-----1987 & 1988-----	Traverse City

COACHES: I AM SUGGESTING THAT YOU OBTAIN THE VOLUME LXIII September 1986 Number 1 OF THE MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION BULLETIN AND READ THE RESULTS OF A STUDY BY Dr. Lloyd E. Peterman, Principal of Oak Park High School, on the "EFFECTS OF RAISING ELEGIBILITY REQUIREMENTS AT OAK PARK HIGH SCHOOL."

Your Principal or Athletic Director will have this bulletin.

1986 MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

CLASS	WOMEN	MEN
"A"	Jack Engels	Dave Carey
	Portage Northern	Swartz Creek
	Kevin Hansen	Randy Wilkins
	Sterling Heights Stevenson	Milford Lakeland
"B"	Bryan Westfield	Jerry Young
	Ann Arbor Pioneer	Farmington High
	Patrick Clarke	Bob Bridges
	Chelsea	Dearborn High
"C"	Steve Porter	Brad Kahrs
	Milan	Big Rapids
	Mike Woolsey	John Quiring
	Jack. Lumen Christi	Okemos
"D"	Bill Dekkinga	Eldon "Pete" Moss
	Grandville Calvin Christian	Benzie Central
	Jimmy D. Hill	Paul Nilsson
	Onsted	Williamston
"E"	Fred Hunt	Pete Spieles
	Capac	Charlevoix
	Tim Bedford	Robert Glover
	Suttons Bay	Kingsley
"F"	Chuck Meredith	Chuck King
	Detroit Bethesda Christian	Concord
	Mark Nixon	Kim Spalsbury
	Mancelona	Fowler

EXECUTIVE COMMITTEE MEETING (MHSAA) August 5th, 1986

The Committee directed the Track and Field Committee to reduce the number of qualifiers to the Final Meets and to raise the standard for additional qualifiers.

COACHES PLEASE TAKE NOTE

TRACK AND FIELD AND CROSS COUNTRY OFFICIALS

On Saturday afternoon at 2:00, following the MITCA Track Clinic (January 10th, 1987), a meeting of all interested officials will be held at the Lansing Hilton. There will be no charge. All coaches are welcome.

More information on this meeting in the next newsletter.

JUNIOR MEN	SENIOR WOMEN	JUNIOR WOMEN
5 Kilometer Cross Country November 29th, 1986		
Golden Gate Park, San Francisco, California		
Contact Scott Thomason, § Pamakid Runners		
1233 Taraval, San Francisco, CA 94116		
1 (415) 681-2323		

MID-AMERICA CONFERENCE CROSS COUNTRY CHAMPIONSHIPS MEN
CENTRAL MICHIGAN UNIVERSITY SATURDAY, NOVEMBER 1ST, 1986

1. Eastern Michigan University	6	7	13	19	21	29	41	66
2. Miami University	4	10	18	24	26	28	38	82
3. Ohio University	2	3	14	30	36	42	46	85
4. Western Michigan University	8	15	16	20	37	45	48	96
4. Bowling Green State University	5	12	22	25	32	33	35	96
6. Central Michigan University	1	9	11	39	44	49	51	104
7. Ball State University	17	23	31	34	43	47	50	148
8. Toledo University	27	40	52	53	56	57	59	228
9. Kent State University	54	55	58	60	61	62	63	288

BOB PARKS - - EASTERN MICHIGAN UNIVERSITY
 Named The Mid-America Conference Men's Cross Country Coach of the Year

ALL MID-AMERICA RUNNERS

1. Ron Johnson	Central Michigan University	31:15.8
2. Shannon Ritchie	Ohio University	31:19.8
3. Frank Zoldak	Ohio University	31:27.4
4. John VanScoyoc	Miami University	31:31.9
5. Dave Mora	Bowling Green State Uni.	31:33.2
6. George Rodriguez	Eastern Michigan Uni.	31:38.7
7. John Cross	Eastern Michigan Uni.	31:39.7
8. Jesse McGuire	Western Michigan Uni	31:43.1
9. Pat Duffy	Central Michigan Uni.	31:43.4
10. Dave Fultz	Miami University	31:57.1
11. Jeff VanHorn	Central Michigan Uni.	32:07.7
12. Mike McKena	Bowling Green State Uni.	32:08.5

MID-AMERICA CONFERENCE CROSS COUNTRY CHAMPIONSHIPS WOMEN
CENTRAL MICHIGAN UNIVERSITY SATURDAY, NOVEMBER 1ST, 1986

1. Western Michigan University	1	2	7	15	18	41	43	43
2. Eastern Michigan University	4	5	6	13	25	48	49	53
3. Central Michigan University	3	16	17	19	20	30	49	75
4. Ohio University	9	10	22	23	28	32	36	92
5. Bowling Green State University	8	12	24	29	34	51	DNF	107
6. Ball State University	11	26	38	42	45	47	53	162
7. Miami University	14	35	39	40	44	46	54	172
8. Kent State University	21	31	33	37	55	56	58	177
9. Toledo University	27	50	52	57	60	61	62	246

KEELA YOUNT - - CENTRAL MICHIGAN UNIVERSITY
 Named Mid-America Conference Women's Cross Country Coach of the Year

ALL MID-AMERICA RUNNERS

1. Caroline Mullen	Western Michigan Uni.	17:26.8
2. Maggie Lillie-Smith	Western Michigan Uni.	17:38.2
3. Chris Cooper	Central Michigan Uni.	17:46.6
4. Donna Donakowski	Eastern Michigan Uni.	17:49.9
5. Sue Tomenak	Eastern Michigan Uni.	18:15.8
6. Julie Watson	Eastern Michigan Uni.	18:16.6
7. Kelly Shumate	Western Michigan Uni.	18:20.2
8. Bonnie Ramsdell	Bowling Green St. Uni.	18:21.2
9. Suzie Ness	Ohio University	18:21.8
10. Tracy Meyer	Ohio University	18:21.8
11. Judy Crowe	Bowling Green St. Uni.	18:24.9
12. Rachelle Curran	Bowling Green St. Uni.	18:25.7

CLASS "B" STATE CROSS COUNTRY CHAMPIONSHIPS NOV. 1, 1986
BOYS CHELSEA H. S. HURON MEADOWS METRO PARK GOLF COURSE

1. Okemos	102
2. Dearborn High	138
3. Fremont	139
4. Big Rapids	189
5. Sturgis	193
6. Centerline	196
7. Hartland	234
8. St. Joseph	275
9. Jackson Lumen Christi	280
10. Caledonia	296
11. Plainwell	304
12. Hillsdale	307
13. Dearborn Divine Child	335
14. Essexville Garber	335
15. Warren Fitzgerald	359
16. St. Clair	396
17. Corunna	419
18. Grand Rapids West Catholic	433
19. Southgate Aquinas	435
20. Fruitport	445
21. University of Detroit High Jesuit	446
22. Wyoming Rogers	479
23. Farmington Harrison	529
24. Algonac	547

BOYS ALL-STATE CLASS "B"

1. Jeff Hough	Corunna	15:56.0
2. Ian Smith	Plainwell	16:00.7
3. Brian Cross	Big Rapids	16:04.0
4. Josh Montei	* Caro	16:06.9
5. Wayne Oam	* Hust (???)	16:13.5
6. Ron Troeschke	St. Joseph	16:19.9
7. Colland Wisner	Fremont	16:21.1
8. Jeff Boks	* Bay City Handy	16:23.7
9. Scott Walsh	Warren Fitzgerald	16:25.3
10. Dave Wickens	* Fowlerville	16:25.7
10. Brandon Brownell	Okemos	16:25.7
12. Keith Wilkinson	Okemos	16:28.0
13. Jeff Avery	* G. R. South Christian	16:28.1
14. Rob Kania	Centerline	16:30.7
15. Ken Wolters	* Hudsonville	16:31.6
16. Todd Davis	* Hemlock	16:32.4
17. Joe Wood	Okemos	16:32.6
18. Scott Langford	* Sparta	16:33.0
19. Dan Bergdahl	Dearborn High	16:34.4
20. Eric Dickerson	* Gaylord	16:35.0
21. Grant Reed	Wyoming Rogers	16:35.2
22. Art Maisano	Centerline	16:36.5
23. Mike Kessler	* Saline	16:38.4
23. Milos Horvet	Dearborn Divine Child	16:38.4
25. Keith Hays	Dearborn High	16:38.8

* From Individual Race

MITCA TRACK CLINIC - - - 1987
JANUARY 9th and 10th
AT LANSING HILTON INN

- Bob Parks - Eastern Michigan University
 "Coaching The Middle Distance Runner"
- Bernie Wagner - The Athletics Congress
 "National Track and Field Hall of Fame"
- Jim Santos - Director of Track and Field - Special Olympics
 "Innovations in the Shot and Discus"
- Hazelden-Cork
 "Chemical Awareness and Athletics"
- Jim Santos - Director of Track and Field - Special Olympics
 "Dispelling the Myths of Plyometrics"
- Dan Pinky
 "Prevention of Injuries in Track and Field"
- George Bruder - Retired from Fennville
 "Using Computers to Score A Track Meet"
- MITCA Reports and Business Meeting
- Film of the Quad State Meet
- Cheer of the Year Banquet Hospitality
- Prediction Fun Run
- Mini-Meeting Junior High Track Committee

PRESIDENT

Bill Swanwick
Centreville

FIRST VICE-PRESIDENT

Bernie Abrams
Covert

SECOND VICE-PRESIDENT

Duane Raffin
Holly

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

NO. 3

DECEMBER 1986

NEWSLETTER WRITER

Kermit N. Ambrose
Retired

SECRETARY

Jerry Mayer
St. Louis

PUBLIC RELATIONS DIRECTOR

Jack Grant
Sturgis

TREASURE

Rich Tompkins
Fremont

FOURTEENTH ANNUAL CROSS COUNTRY CLINIC

HARLEY HOUSE OF LANSING FRI. & SAT., NOV. 14TH & 15TH

It was a very, very excellent clinic. Duane Raffin Second Vice-President of MITCA and English Teacher and Track and Cross Country Coach at Holly High School was in charge of the arrangements.

Rich Elliott-----Deerfield High School, Deerfield, Illinois
"Mental Preparation for Distance Running".

Lisa Larson-Weidenbach----Battle Creek Central - Uni. of Mich.
"The Female Runner".

Greg Meyer-----G. R. West Catholic -- Uni. of Mich.
"Getting To The Top".

"Forum"-----Elliott, Larson-Weidenbach and Meyer
"Coach of The Year Panel"---"Early--Mid-Season--Late Season"

Kevin Hansen-----Sterling Heights Stevenson

Pat Pastula-----Hillsdale

Dave Bork-----Monroe

"Learn by Doing"-----Rich Elliott
All of the speakers on the program are to be complimented for the excellent presentations. Their expertise was outstanding and all of the coaches in attendance at the clinic had to go away with some very helpful hints and ideas that they will be able to put to their use in future coaching endeavors.

Duane Raffin, Clinic Chairman, did an outstanding job and we thank him for the fine program he arranged for the clinic.

NINETEEN EIGHTY-SIX CROSS COUNTRY COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Bryan Westfield Ann Arbor Pioneer	Dave Carey Dr. David Thompson Swartz Creek
"B"	Mike Woolsey Jackson Lumen Christi	John Quiring Okemos
"C"	Fred Hunt Capac	Eldon "Pete" Moss Benzie Central
"D"	Chuck Meredith Det. Bethesda Christian	Chuck King Concord

MITCA NOMINEES FOR CROSS COUNTRY COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Jack Engels Portage Northern Kevin Hanson Sterling Hgts. Stevenson	Randy Wilkins Milford Lakeland Jerry Young Farmington High
"B"	Pat Clark Chelsea Steve Porter Milan	Bob Bridges Dearborn High Brad Kahrs Big Rapids
"C"	Bill Kekkinga Grandville Calvin Christian Jimmy D. Hill Onsted	Paul Nilsson Williamston Pete Spieles Charlevoix
"D"	Tim Bedford Suttons Bay Mark Nixon Mancelona	Robert Glover Kingsley Kim Spalsbury Fowler

MITCA FUN RUN

			RACE TIME	PREDICT TIME	
1.	Robert Collins Grosse Pointe North	15th	28:25.0	28:18.0	:07.0
2.	Bill Weidenbach Brooks Rinning Club	12th	28:12.5	28:00.0	:12.5
3.	John Quiring Okemos	8th	26:45.2	26:26.0	:19.2
4.	Lisa Larson-Weidenbach Battle Creek	14th	28:22.7	28:00.0	:22.7
5.	Ron Clone Elk Rapids	27th	31:58.1	31:31.0	:27.1
6.	Wayne Stefanich St. Joseph	3rd	24:01.0	24:40.4	:34.4
7.	Daniel J. Roggenbaum Vandercook Lake	23rd	30:55.7	30:20.4	:35.3
8.	Paula Maurer Williamston	19th	29:04.0	29:41.0	:37.0
9.	John Thomas Sparta	37th	36:37.3	36:00.0	:37.3
10.	Doug Frank Bridgeport Community	25th	31:15.4	30:35.0	:40.4
11.	Tom Gass Vandercook Lake	26th	31:44.1	31:03.0	:41.1
12.	Greg Meyer Brooks Racing Team	13th	28:12.5	27:30.0	:42.5
13.	Ed Carleton Warren Cousino	22nd	29:56.5	29:12.0	:44.5
14.	Rod Wright Clawson	9th	26:45.2	27:30.0	:44.8
15.	Pat Pastula Hillsdale	10th	26:49.7	27:35.0	:45.3
16.	Jeff Collier Napoleon	29th	32:37.5	31:52.0	:45.5
17.	Dennis Whitehrad Jackson Northwest	28th	32:32.1	31:45.0	:47.1
18.	Kim Spalsbury Fowler	5th	25:12.3	26:00.0	:47.7
19.	Rich Elliott Deerfield High (Illinois)	18th	28:52.3	28:00.0	:52.3
20.	Joe DeFusco Center Line	17th	28:52.3	27:59.9	:52.4
21.	Paul Nilsson Williamston	2nd	23:34.5	22:40.0	:54.5
22.	John Carr Lake Michigan Catholic	4th	24:02.3	25:00.0	:57.7
23.	Dan Bentschneider Napoleon	31st	32:55.4	31:50.0	1:05.4
24.	Bob Blunk Warren DeLaSalle	11th	28:20.9	27:05.0	1:05.9
25.	Don Dickmann Petoskey	20th	29:49.6	28:40.0	1:09.6
26.	Bob Schafer Lutheran North	24th	31:13.7	29:50.0	1:23.7
27.	Jim Chapman Flint Central	27th	36:09.7	34:40.0	1:29.7
28.	C. J. Buhagiar Grosse Pointe North	21st	29:54.6	28:23.0	1:31.6
29.	Norm Browne Warren Lincoln	16th	28:35.0	27:00.0	1:35.0
30.	Rown Wheeler Birmingham Seaholm	30th	32:54.1	31:15.0	1:39.1
31.	Gary Medland Ortonville Brandon	33rd	35:00.4	33:20.0	1:40.4

32.	Wolfgang Lugauer Portage Central	6th	25:24.3	27:10.0	1:45.7
33.	Rudy Godefroidt Breckenridge	32nd	34:51.3	33:00.0	1:51.3
34.	John Moliassa Flint Northern	35th	35:58.6	33:53.0	2:05.6
35.	Michael Jewell Bauman's Running Center	1st	23:34.5	21:20.0	2:14.5
36.	Gary Servais Harper Woods Regina	7th	25:34.7	23:07.0	2:27.7
37.	Ron Waldvogel St. Joseph	34th	35:23.1	32:10.0	3:13.1

THE KERMIT N. AMBROSE CROSS COUNTRY AWARD

Jim Murray, Niles Brandywine High School, was the recipient of this award at the cross country clinic at the Harley House of Lansing last November. Jim has been a teacher and coach of cross country and track for the past 26 years. Jim started his coaching at St. Charles High School in Detroit 26 years ago. After short stints at Pontiac Catholic and Royal Oak Shrine, he moved to Niles Brandywine. He is now in his 17th year at that school.

Jim has managed many meets, both in cross country and track. Niles Brandywine hosts an annual meet each fall and each spring, plus many league and regional competitions.

Coach Murray publishes the CCTR (Cross Country Invitational Results) each fall. This has been on his agenda for many years and has been very successful and most helpful to the coaches. They usually get the results by Thursday with complete summaries of the invitationals of the previous week. This has to be a tremendous load to carry along with teaching a full load and coaching the year around.

Fortunately, Jim's wife Mary, is most helpful in carrying out this project. They have four children. Two of them, Guy and Wendy are in college and both are running on the track and cross country teams of their schools. Jim is in high school and qualified for the individual race in the state championships. He placed 17th. Timmy is in elementary school.

Congratulations to Jim. He 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 Gawke	-----	Grosse Pointe North
1982	Lee Averill	-----	West Bloomfield
1983	Bob Stallcup	-----	Grand Blanc
1984	Jack Grant	-----	Sturgis
1985	George Bruder	-----	Fennville
1986	Jim Murray	-----	Niles Brandywine

COACHES - - - PLEASE NOTE

If you do not plan to attend the 29th Annual MITCA Track and field clinic at the Lansing Hilton, but you wish to keep your membership active, please use the form to your right and send it to Rich Tompkins along with your check for Ten dollars (\$10.00), the MITCA membership dues.

TAC (The Athletics Congress) has named Bob Parks, Eastern Michigan University as coach of the 1987's men's duals with England. This is for the outdoor competition. His assistant will be John Moon (Seton Hall). The manager will be Joe Piane (Notre Dame). Dual meet sites and dates have yet to be announced.

NINETEEN EIGHTY-EIGHT OLYMPIC TRIALS TO INDIANAPOLIS

The Date: July 16-24. The TAC Junior Championships in 1988 will be staged along with the Olympic Trials, the same as in 1984.

TAC has announced its support of Los Angeles as the host city for the 1991 World Championships.

1987 TAC Championships (U.S. Trials for World Championships) will be held on June 25-27, at San Jose, California.

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

JANUARY 9TH & 10TH, 1987
 Lansing Hilton Inn 7501 W. Saginaw Lansing, MI 48917
 (517) 627-3211

F R I D A Y , J A N U A R Y 9 T H

8:00--9:00	Registration
9:00--10:00	Bob Parks--EMU Track and Cross Country Coach "Coaching the Middle Distance Runner"
10:00--11:00	Berny Wagner---TAC----The Athletic Congress "National Track and Field Hall of Fame"
11:00--12:00	Jim Santos-----Director of Track and Field Special Olympics, Inc. "Innovations in the Shot and Discus"
12:00--1:00	Lunch (On Your Own) Film on 1986 Quad State Meet
1:00--6:00	Hazelden-Cork "Chemical Awareness and Athletics"
7:30--9:30	Coach of the Year Banquet Speaker: Jim Santos
9:30--?::??	Hospitality

S A T U R D A Y , J A N U A R Y 1 0 T H

7:30	Prediction Fun Run
8:00--8:30	Registration
8:30--9:30	Jim Santos-----Special Olympics, Inc. "Dispelling the Myths of Plyometrics"
9:30--10:30	Dan Tinkey "Prevention of Injuries in Track & Field"
10:45--11:30	George Bruder Retired--Fennville H. S. "Using Computers to Score a Track Meet"
11:30--12:30	MITCA Reports and Business Meeting Midwest Meet of Champions Bernie Abrams and Marty Crane Indoor Track Chuck Janke and Jack Arnold Track Committee Report Steve Porter Presidents Report Bernie Abrams

There will be Track and Field and Cross Country Officials Meeting or Workshop from 2:00 to 4:00 on Saturday, January 10th, following the clinic. Bob Bloomer of Holly and Blake Hagman will be in charge. Encourage your officials to attend. There is no Charge. Blake is from Kalamazoo.

PRE-REGISTRATION BEFORE JANUARY 5, 1987

Friday and Saturday	-----	\$ 70.00
At The Door	-----	\$ 80.00
One Day only	-----	\$ 50.00
THE HILTON	---\$52.00 one night 1-2-3 or 4 people in room	
	\$47.00 two nights 1-2-3 or 4 people in room	

12:30 SATURDAY-----Mini-meetings---All coaches invited
 MITCA Junior High Committee (Track)
 MITCA Track Committee

 PRE-REGISTRATION FORM: TO--Rich Tompkins 939 State
 Fremont, MI 49412

NAME: _____
 HOME ADDRESS: _____
 CITY & STATE: _____ ZIP: _____
 HOME PHONE: 1 () _____ BIRTH DATE: _____
 YEAR JOINED MITCA: _____ LEVEL OF SCHOOL: _____
 SCHOOL: _____
 SCHOOL ADDRESS: _____
 CITY & STATE: _____ ZIP: _____
 SCHOOL or WORK PHONE: 1 () _____ SCHOOL---- A B C D
 YEAR STARTED COACHING CROSS COUNTRY OR TRACK: _____
 SPORTS COACHED: _____

WORLD TRACK AND FIELD CHAMPIONSHIPS-----ROME, ITALY

August 27th--September 7th, 1987 This is the second edition of this magnificent meet. It is probably superior to the Olympics. The first "World Track and Field Championships" were held in 1983 at Helsinki, Finland.

CLEVELAND EAST TECH HIGH SCHOOL EIGHT OLYMPIC GOLD MEDALS
ONE SILVER MEDAL

Jesse Owens (class of '33)-----Four Gold Medals
Harrison Dillard (class of '41)-----Four Gold Medals
Dave Albritton (class of 32)-----One Silver Medal

PAT PORTER (ATHLETICS WEST) WON HIS FIFTH TAC CROSS COUNTRY CHAMPIONSHIP IN SAN FRANCISCO NOV, TWENTY-NINTH

Don Lash, with seven straight between 1934-40, has won more consecutive crowns than porter. First Mile---4:15

WORLD INDOOR TRACK AND FIELD CHAMPIONSHIPS-----INDIANAPOLIS

March 6th, 7th & 8th, 1987 Fri., Sat., & Sun.
A large number of MITCA members are planning on attending this meet. Marty Crane is working on obtaining tickets.

COACHES---DO YOU EVER TAKE YOUR ATHLETES TO SOME OF THE BIG INDOOR MEETS THAT ARE RUN IN MICHIGAN? TRY IT SOME TIME, ITS A GREAT MOTIVATIONAL FACTOR.

Fri.	Jan. 16th	Eastern Michigan University Relays
Fri.	Jan. 23rd	E. M. U. Women's Invitational
Sat.	Febr. 7th	M. S. U. Spartan Relays
Fri.	Febr. 13th	Central Collegiates E. M. U.
Sat.	Febr. 14th	Central Collegiates E. M. U.
Fri.	Febr. ?	Big Ten Meet Women U. of M.
Sat.	Febr. ?	Big Ten Meet Women U. of M.
Sat.	Febr. 21st	E. M. U. Track Classic

The Chicago Daily News Relay, The Milwaukee Journal Games, The Cleveland Knights of Columbus Meet and the Michigan State Relays were meets that we attended. The NCAA Indoor Track and Field Championships in the Detroit area was an excellent opportunity for your athletes to see some of the great U. S. performers. Some of the coaches did get their athletes to this meet but many others couldn't be bothered. You really missed the boat.

1986 MITCA CROSS COUNTRY CLINIC
FINACIAL STATEMENT

Speakers.....	\$ 1178.00
Paper, mailing, clinic notes, etc.....	\$ 945.39
Awards.....	\$ 468.20
Motel.....	\$ 5056.73
Rooms, hospitality, sat. noon, doughnuts & banquet (\$13.06 per)	
Total expenses.....	\$ 7648.32
Income.....	\$ 7615.00
Loss.....	\$ 33.32

The above is for your information
The things you do, that you don't have to do, will always determine what you are, when its too late to do anything about it.
The toughest part of training is holding back and not peaking too soon.
Make big plans and perhaps down the road they can become a living, breathing thing.
Tough times never last - - tough people do.
Adaptability - - coaching common sense. Patience.
Be an example by action. Quiet confidence.
Don't give up until you drink from the silver cup. You never know until you try.
Its better to burnout, than it is to rust out.

MITCA FINANCIAL STATEMENT
SEPT. 1, 1985 - - - - SEPT. 1, 1986

I N C O M E

1985 Cross Country Clinic.....	\$ 7080.00
1986 Track Clinic.....	\$37035.00
Indoor Season.....	\$ 1100.00
Midwest Meet of Champions.....	\$ 350.00
Interest on Checking account.....	\$ 244.42
Merrill Lynch Withdrawal.....	\$ 7800.00
TOTAL INCOME.....	\$53609.42

E X P E N S E S

1985 Cross Country Clinic.....	\$ 8961.88
1986 Track Clinic.....	\$38072.27
Midwest Meet of Champions.....	\$ 1702.94
Meetings.....	\$ 1021.03
Officers Mileage/phone.....	\$ 1649.03
All-State Certificate Expenses....	\$ 384.83
Newsletters.....	\$ 481.70
Miscellaneous.....	\$ 1455.17
TOTAL EXPENSES.....	\$53728.85

L O S S \$ 119.43

Checkbook balance Sept. 1st, 1985	\$ 719.06
Checkbook balance Sept. 1st, 1986	\$ 599.63

MITCA INDOOR TRACK AND FIELD MEETS

- Eastern Mich. Uni-----2 Coed Meets
- Spring Arbor College-----3 Coed Meets
- Uni. of Michigan-----2 Boys Meets
- Uni. of Michigan-----2 Girls Meets
- Uni. of Michigan.....Boys Championship Meet
- Uni. of Michigan.....Girls Championship Meet
- Western Mich. Uni.-----2 Coed Meets
- Michigan State Uni.-----2 Boys Meets
- Central Mich. Uni.-----2 Coed Meets

Register your track club with:
 Chuck Janke Jackson High School Boys Clubs
 544 Wildwood
 Jackson, MI 49201
 Jack Arnold Ann Arbor Track Club Girls Clubs
 1517 Martha
 Ann Arbor, MI 48103
REGISTRATION FEE.....\$10.00 After Febr. 15th...\$25.00

R E G I S T R A T I O N F O R M
M I T C A T R A C K C L U B S

CLUB NAME _____

SCHOOL AFFILIATE _____

COACHES NAME _____

COACHES ADDRESS _____
Number and Street

CIRCLE ONE _____
City, State & Zip

BOYS GIRLS _____
Phone Number

Mail with your check to the appropriate director listed above

 JACK GRANT BERNIE ABRAMS DUANE RAFFIN
 "BEST OF WISHES IN 1987"
 BILL SWANWICK RICH TOMPKINS JERRY MAVER
 Kermit N. Ambrose