

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

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NEWSLETTER
NO. 1 OCTOBER 1987

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

THE TWENTY-NINTH ANNUAL MITCA TRACK CLINIC

The Lansing Hilton Friday & Sarueday, Jan. 9-10, 1987

President Bill Swanwick was the architect of this annual clinic & Meeting. This was a full two day affair, starting with registration at 8:00 A.M., on Friday. Bob Parks, track and cross country coach at Eastern Michigan University, spoke on "Coaching the Middle Distance Runner".

Berny Wagner spoke on the "National Track and Field Hall of Fame". "Inovations in the Shot and Discus" were discussed Jim Santos. Berny Wagner is from the TAC (The Athletics Congress) and Jim Santos is Director of Track and Field, Special Olympics, Inc.

The coaches were on their own for lunch and movies of the 1986 Midwest Meet of Champions was shown during this time.

A full five hour session on "Chemical Awareness and Athletics" under the direction of Hazeldon-Cork, a sports education program, with headquarters in Minnesota, consumed the afternoon portion of the clinic.

The Coach of the Year Banquet was held in the evening with Jim Santos as an after dinner speaker. The 1986 Track Coach of the Year Awards were presented, along with several other special awards.

The first order of business on Saturday morning was the Prediction Fun Run. A resume of the results will follow in another portion of this letter.

Jim Santos spoke on "Dispelling the Myths of Plyometrics" and Dan Tinkey presented material on "The Prevention of Injuries in Track and Field. George Bruder was next on the agenda with the topic "A Spectator Enhancement for Track and Field."

During the period for reports and the business meeting, the following people were in charge.

- Bernie Abrams & Marty Crane
- The Midwest Meet of Champions
- Jack Arnold and Chuck Janke
- MITCA Indoor Track Meets
- Steve Porter
- Track Committee Report
- Bernie Abrams
- President's Report

Mini-Meetings Closed out this annual gathering of the States major core of track and field coaches
MITCA Junior High Track Committee
MITCA Track Committee

FIRST ANNUAL TRACK AND FIELD AND CROSS COUNTRY OFFICIALS WORKSHOP

2:00-4:00 P.M. Saturday Afternoon following the MITCA Clinic
Bob Bloomer and Blake Hagman were in charge. About fifty officials were in attendance. This is the beginning of a very important phase of track and field, and these two men have been working diligently since last January in hopes of forming a workable association for all officials who work track and field meets. They will conduct a meeting on Sat. afternoon following the 1988 MITCA annual clinic & meeting. More information to follow in the November and December Newsletters.

"THE POWER TO SUCCEED OR FAIL IS YOURS. AND NO ONE CAN TAKE THAT AWAY."
"IN ORDER TO SUCCEED, WE MUST FIRST BELIEVE THAT WE CAN."

1986 MITCA TRACK AND FIELD COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Brian Westfield Ann Arbor Pioneer	Paul Pozega Lansing Sexton
"B"	Tyrone Armstrong Flint Beecher	Martin Crane Flint Beecher
"C"	Fred Jaeger Marley Stanwood	Bruce Krieger Scottville Mason County Central
"D"	Gordon Aldrich Akron Fairgrove	Neil Hufnagel Fowler

MITCA NOMINEES FOR TRACK AND FIELD COACH OF THE YEAR---1986

CLASS	GIRLS	BOYS
"A"	Bobby Glenn Detroit Cass Tech Gordon Richardson Clarkston	Don Lukens Kalamazoo Loy Norrix John Osler Pontiac Northern
"B"	Bill Bainton Chelsea Kenneth Bokhoven G.R. Christian	Ted Mac Detroit Benedictine John Thomas Sparta
"C"	George Prosperi Detroit Country Day Glenn Williams Cassopolis	Barry N Kloenhamer Dewitt Robert Welzein St. Charles
"D"	Randy Brinks Litchfield Walter Schalau Athens	Kent Baker Detroit East Catholic Dave De Cou Marcellus

1987 MITCA NOMINEES FOR TRACK COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Carroll Bennick Grand Haven Bobby Glenn Detroit Cass Tech Bryan Westfield Ann Arbor Pioneer	Don Lukens Kalamazoo Loy Norrix Kent Overby Ann Arbor Pioneer Paul Pozega Lansing Sexton
"B"	Tyrone Armstrong Flint Beecher Ken Bokhoven G. R. Christian Robert Washington River Rouge	Bob Bridges Dearborn High Marty Crane Flint Beecher David Gordon River Rouge
"C"	Dave DuMonte Hart Tom Penkowske Tawas Area George Prosperi Detroit Country Day	Ed Pruett Ecorse Ned Rambo Unionville Sebewaing Mike Unger Det. Lutheran West
"D"	Gordon Aldrich Akron Fairgrove Randall Brinks Litchfield Walter Schlau Athens	Kent Baker Detroit East Catholic Art Bombrys Mendon Neil Hufnagel Fowler

BOB BLOOMER IS THE 1987 CHUCK SWEENEY AWARD RECIPIENT

Bob Bloomer of Holly High School is the eleventh 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
1987	Bob Bloomer	Holly

Bob Graduated from Mt. Morris High School and attended Western Michigan Uni. From 1943 to 1946 he was on Military Service with the U. S. Army. He obtained a B.A. from Eastern Michigan Uni. in 1953 and a M.A. from Eastern in 1960.

He coached and taught at Sturgis High School from 1951 to 1953. The next four years were spent at General Motors.

Bloomer, after leaving General Motors, taught and coached track and cross country at Howell High School, where he produced two State Champion cross country teams. (1958 & 1959). He coached Eric Zemper to the State Mile Championship.

From 1964 to 1970, he was the track and cross country coach at Flint Northwestern, where he produced outstanding high jumpers, hurdlers, 880 runners and sizzling relay teams. Flint Northwestern was listed in the top five listing on five different years.

Bob was the Athletic Director at Holly high School from 1970 to 1974. He is still teaching at Holly and spends his spare time as a cross country and track official.

He was the meet manager of the first girls' Track State Championships at Brighton and also two cross country State Championships hosted by Brighton. He has managed many Regional and League championship meets.

Mr. Bloomer is a very excellent starter for track and cross country and one of the best in the State. He has been the starter at the Huron Relays at Eastern Michigan Uni. for many years, as well as the Ambrose-Eccentric Relays, the All-Oakland County X. C. Championships, the MITCA indoor meets, the West Bloomfield Invitationals, the Holly Invite, Detroit Catholic League Championships, plus many other league and invitational meets.

Bob is a MITCA past-president (1971) and is working very diligently with MITCA and the MHSAA to form an association of registered track officials with the sole purpose of developing a better working knowledge of the rules and their enforcement in track and field.

Mr. Bloomer lives with his wife Betty in Fenton. They have four children, one boy and three girls.

Bob is an avid bass fisherman and belongs to the Michigan Bass Fishermans' Asso. He was a former newsletter writer for this asso.

Congratulations on this honor and we look forward to seeing you at many of the cross country and track and field meets.

CROSS COUNTRY "ALL-STATE AWARDS" FOR 1987

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

1988 STATE TRACK AND FIELD CHAMPIONSHIP SITES

Class "A"	Ypsilanti High	E. M. U. Track
Class "B"	Sturgis High	Sturgis Track
Class "C"	Alma College	Alma College Track
Class "D"	Traverse City	Traverse City Track

"The difference between the impossible and the possible lies in a man's determination." - Tommy Lasorda

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION CROSS COUNTRY

COMMITTEE	Meeting: Tues., Nov. 24, 1987 1:00 P.M.
Bernie Abrams	President of MITCA-----Covert
Jerry Brown	Coach-----Manistee
Dick Buehler	Coach-----Parchment
Delores Elswick	Athletic Director----Detroit Renaissance
Ken Heller	Coach-----Allen Park
Art Kraai	Coach (Final D Manager)-----Wyoming Lee
Liz Lentz	Final C Manager-----Bath
James Okler	Coach (Final B Manager)---New Boston Huron
Kathy Vincent	Coach-----Flint Northwestern

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION TRACK AND FIELD

COMMITTEE	Meeting: Thurs., Jan. 21, 1988 1:00 P.M.
Roy A. Allen, Jr.	Director (H. P. E. S.)---Detroit Schools
Ronald Beege	Coach/Athletic Director-----Leslie
Robert Bridges	Coach-----Dearborn High
Terry Gizzi	Coach-----Edwardsburg
Don Gray	Athletic Director-----Owosso
Jerry Hopkins	Coach-----Comstock Park
Kathleen Hutfilz	Athletic Director-----St. Louis
Kathy Kiefer	Coach-----Adrian
Joe Long	Coach-----Bloomingdale
Dan Milheiser	Coach-----Muskegon--Reeths Puffer
Dave Peters	Coach-----Alma
Duane Raffin	President of MITCA-----Holly
Tom Regan	Athletic Director----Croswell Lexington
Gary Seehafer	Coach-----Escanaba
Dorothy Suhuba-Baruti ? ? ? ?	-----Baldwin
Jerry Sykes	Athletic Director--Jackson Lumen Christi
Steve Zaraneck	Coach-----Grosse Pointe South

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

Class "A"	1129 or more
Class "B"	571 to 1129
Class "C"	298 to 571
Class "D"	297 or less

These classification limits will exist until January 1st 1988 and then new limits will be announced for the year 1988. The new limits will be based on the information received from the high schools in regard to their fourth Friday Count.

MHSAA TRACK AND FIELD RULES MEETINGS - - - - - 7:00 P.M.

Fri., Jan 8th	MITCA Clinic - Kalamazoo
Tues., Feb. 2nd	Mattawan High School
Thur., Feb. 4th	Milan High School
Thur., Feb. 11th	Gaylord High School
Fri., Feb. 12th	Escanaba High School
Tues., Feb. 16th	Mad. Hgts. Lamphere High School
Thur., Feb. 18th	Mason High School
Mon., Feb. 22nd	Midland Dow High School
Tues., Feb. 23rd	G. R. Forest Hills Northern High School
Tues., Mar. 8th	Otisville Lakeville High School
Thur., Mar. 10th	Evart High School

1987 CROSS COUNTRY REGIONAL MEET SITES OCTOBER 31st, 1987

REGIONAL NUMBER	CLASS	ENTERTAINING SCHOOL	MANAGER
1 & 2	"A"	Warren Woods Tower-----	Dan Simeck, Teacher
3 & 4	"A"	Gibraltar Carlson-----	James Rossow
5 & 6	"A"	Royal Oak Kimball-----	Charles H. Jones, A.D.
7 & 23	A/D	Swartz Creek High-Dr. David Thompson, Teacher	
8 & 21	A/C	Carson City Crystal-----	Don Baese, A.D.
9, 16 & 24	A/B/D	G. R. Christian-----	Harold TenBroek, Teacher
10, 11 & 23	B/C	Allen Park-----	Tony Mifsud
12, 13 & 20	B/C	Frankenmuth-----	Gary M. Bruuns, Asst. A.D.
14 & 19	B/C	Bath-----	Liz Lentz, Teacher
15 & 18	B/C	St. Joe. Lake Mich. Cath.--	Fred Smith, A.D.
17, 22 & 26	B/C/D	Scottville Mason Co/ Cen.--	Gary Anderson, AD

"Do not let what you cannot do interfere with what you can do." John Wooden

"The first and most important step toward success is the feeling that we can succeed."

MITCA PREDICTION FUN RUN		7:30	SATURDAY MORNING		
			RACE	PREDICT	
			TIME	TIME	
1.	Steve Bauslaugh Plymouth Christian	8th	29:03.3	29:00.0	:03.3
2.	Mike Peterson Ortonville Brandon	17th	37:12.8	37:00.0	:12.8
3.	Rudy Godefroidt Breckenridge	13th	34:58.7	34:40.0	:18.7
4.	John Thomas Sparta High	15th	36:04.5	36:36.0	:31.5
5.	Dan Jones Centreville High	2nd	24:11.5	24:45.0	:33.5
6.	Pat Pastula Hillsdale	5th	25:18.1	26:00.0	:41.9
7.	Ross Donley Ludington	7th	29:01.9	28:15.0	:46.9
8.	Richard Goepf Dearborn Divine Child	1st	23:52.3	23:00.0	:52.3
9.	Ken Shively Birmingham Seaholm	9th	31:55.0	31:00.0	:55.0
10.	Ray Pihlaja Utica High	6th	29:00.5	27:50.0	1:10.5
11.	Gary Medland Ortonville Brandon	14th	35:36.3	36:50.3	1:13.7
12.	Wolfgang Lugauer Portage Central	4th	25:38.3	27:00.0	1:21.7
13.	Frank Grotenhuis Forest Hills Central	3rd	24:37.3	26:00.0	1:22.7
14.	Nelson Maylone W. Bloom. Abbott Middle School	16th	36:28.7	35:00.0	1:28.7
15.	Tom Gass Vandercook Lake	12th	34:57.5	33:10.0	1:47.5
16.	Tom Micallef Ypsilanti High	10th	33:37.9	31:00.0	2:37.9
17.	Lee Kahler Bad Axe High	11th	34:47.7	32:05.0	2:42.7

COACHES: If you are planning on attending the cross country clinic at the Lansing Radisson, on Dec. 11th 12th, Bring your running equipment and join the run. Saturday morning at 7:30.

MEET ONE OF OUR WINNINGEST COACHES

John Soderman of Caledonia High School has a string of 95 consecutive dual meet wins. Is there anyone in the State that can top his record? Probably, only a few people know of this accomplishment, since John is so modest, very private and low key. When it comes to track, he is a mastermind. Joe Zomerlei, Girls' coach at Caledonia passed on the above information. Thanks, Joe. your help is appreciated.

14TH ANNUAL "MIDWEST MEET OF CHAMPIONS" JUNE 13TH, 1987

INDIANA TRACK STADIUM (I.U.P.U.I)		INDIANAPOLIS		
MICHIGAN	INDIANA	ILLINOIS	OHIO	
SCORE	142	135	112	68
1st	8	3	3	2
2nd	4	7	4	1
3rd	2	6	4	4
4th	2	4	5	2
5th	5	1	4	8
6th	2	1	4	6
PLACES	23	22	24	18

100 METERS	1st	Corey Pryor	:10.46	Jackson High
		Chuck Janke		Coach
	2nd	Robert Harris	:10.76	Willow Run
		Sam Still		Coach
110 HURDLES	3rd	Keith Wheeler	:14.17	Troy High
		John Bancroft		Coach
	4th	Brian Kelly	:14.37	Bishop Borgess
		Marion Pittman		Coach

"DESTINY IS NOT A MATTER OF CHANCE: IT IS A MATTER OF CHOICE. IT IS NOT SOMETHING TO BE WAITED FOR; BUT, RATHER SOMETHING TO BE ACHIEVED."
 Williams Jennings Bryan

200 METERS	1st	Corey Pryor	:21.43	Jackson High
		Chuck Janke		Coach
	5th	Franklin Gay	:21.84	A.A. Huron
		Kent Overby		Coach
300 HURDLES	1st	Keith Wheeler	:36.46	Troy High
		John Bancroft		Coach
	6th	Andrew Tomasic	:38.93	Dearborn High
		Bob Bridges		Coach
400 METERS	5th	Jeff Morris	:49.93	Det. Servite
		Fred Parker		Coach
800 METERS	4th	Alan Stebbins	1:54.88	Farmington High
		Jerry Young		Coach
1600 METERS	1st	Cliff Duelle	4:13.80	Lake Orion
		Stan Ford		Coach
	2nd	Todd Williams	4:13.97	Monroe
		Dave Bork		Coach
3200 METERS	2nd	Anthony Hamm	9:12.67	Flint Northern
		John Moliasse		Coach
	5th	Chris Inch	9:21.71	Farmington High
		Jerry Young		Coach
LONG JUMP	5th	Andre Beverly	22/10 1/2	Saginaw High
		James A. Perry		Coach
HIGH JUMP	5th	Rory Stace	6/10	Galesburg Augusta
		Ken Coates		Coach
SHOT PUT	1st	Kyle Wray	63 1/2	Kal. Loy Norrix
		Don Lukens		Coach
	3rd	John Thornton	58 5/8	Flint Beecher
		Marty Crane		Coach
DISCUS	1st	Kyle Wray	186/7	Kal. Loy Norrix
		Don Lukens		Coach
POLE VAULT	6th	Mark Cosby	14/0	Sturgis
		Kent Roberts		Coach
400 RELAY	1st	Keith Wheeler	:41.1	Troy High
		Corey Pryor		Jackson High
		?????		?????
		Robert Harris		Willow Run
1600 RELAY	2nd	Darrel Randle	3:13.68	A. A. Pioneer
		John Gandy		Det. Murray Wright
		Franklin Gay		A. A. Huron
		Keith Wheeler		Troy High
3200 RELAY	1st	Sam Blumke	7:38.98	Hazel Park
		Greg Parker		Capac
		Neal Newman		Detroit Country Day
		Jeff Boks		Bay City Handy

	OHIO	ILLINOIS	INDIANA	MICHIGAN	
POINTS	140	100	98	97	
1st	4	4	6	1	G R L S
2nd	8	2	1	4	
3rd	4	5	3	3	
4th	3	2	1	6	
5th	4	2	2	4	
6th	0	6	4	1	

100 METERS	5th	Nashawn Robertson	:12.5	Romulus
		Robert Bayes		Coach
100 HURDLES	6th	Ayeesha Shabazz	:14.69	Flint Northern
		George Dedrick		Coach
200 METERS	4th	Nashawn Robertson	:25.28	Romulus
		Robert Bayes		Coach
	5th	Delose Brown	:25.29	Detroit Denby
		Ruben Washington		Coach
300 HURDLES	2nd	Tammy Spencer	:44.07	Det. S'Western
		Walt Lawson		Coach
	5th	Michelle Kennedy	:45.85	A. A. Pioneer
		Bryan Westfield		Coach
400 METERS	2nd	Cheryl Pruitt	:55.6	Det. Henry Ford
		Tom Walls		Coach
	4th	Delose Brown	:59.32	Detroit Denby
		Ruben Washington		Coach
800 METERS	4th	Sharon Armstrong	2:17.46	Det. Kettering
		Karen Connolly		Coach

"ENTHUSIASM IS THE PROPELLING FORCE NECESSARY FOR CLIMBING THE LADDER OF SUCCESS."
"THERE IS ALWAYS ROOM AT THE TOP." Daniel Webster
"ACCEPT THE CHALLENGES SO THAT YOU CAN FEEL THE EXHILARATION OF VICTORY." General George S. Patton

800 METERS	1st Kristen Salt 4:56.20	Dear. Edsel Ford
	Ron Champine-----Coach	
	4th Athalee Norman 5:05.89	Detroit Mumford
	George Bryant-----Coach	
3200 METERS	2nd Jeanne Spittler 10:59.87	Montague
	Dick Spittler-----Coach	
	3rd Sandra Terrell 11:15.60	St. Johns
	Terri Brown-----Coach	
LONG JUMP	4th Kim Pearson 1873	Muskegon Oakridge
	Tom Van Heest-----Coach	
HIGH JUMP	4th Cheri Johnson 574	Red. Bishop Borgess
	John McGreevy-----Coach	
SHOT PUT	3rd Karen Wood 4777 1/4	Tonia
	Jim VanSyckle-----Coach	
DISCUS	5th Lisa Waite 128711	Ann Arbor Pioneer
	Bryan Westfield-----Coach	
400 RELAY	NO POINTS	
1600 RELAY	3rd Stacy Randolph 5:52.33	Det. Cass Tech
	Tammy Spencer	Det. S'Western
	Cheryl Pruitt	Det. Henry Ford
	Michelle Kennedy	Ann Arbor Pioneer
3200 RELAY	2nd Sharon Armstrong 9:12.59	Det. Kettering
	Kristen Salt	Dear. Edsel Ford
	Kellie Henderson	Ann Arbor Pioneer
	Paula Lee	Det. Cass Tech

MIDWEST MEET OF CHAMPIONS - - - COACHING STAFF

BOYS TEAM:

Martin Crane-----	Flint Beecher
Rich Tompkins-----	Fremont
Duane Raffin-----	Holly
Don Marsh-----	Flint Kearsley
Lorenzo Croft-----	Ecorse
Chuck Janke-----	Jackson High
Dave Gordon-----	River Rouge
Norbert Badar-----	Flint Northern - Retired
John Swinburne-----	Muskegon Oakridge

GIRLS TEAM:

Bernie Abrams-----	Covert
Robert Glenn-----	Detroit Cass Tech
Bryan Westfield-----	Ann Arbor Pioneer

Jerry Mayer, Second Vice President of MITCA, has been working very diligently on planning the fifteenth annual cross country clinic.

Lansing Radisson December 11th & 12th, 1987
 111 N. Grand Avenue Rates----\$42.00 single
 Lansing, MI 48933 \$50.00 Double

Program content will be listed in the next newsletter, along with an application for registration.

56TH ANNUAL MANSFIELD MEHOCK RELAYS - & - FUTURE DATES

1988-----April 15th & 16th
 1989-----April 14th & 15th

- 1988 EASTERN MICHIGAN UNI. HURON RELAYS March 25th & 26th
- MICHIGAN STATE SPARTAN RELAYS March 31st April 1st & 2nd
- STATE TRACK AND FIELD CHAMPIONSHIPS June 4th
- MAC (Mid-America Conference) CROSS COUNTRY CHAMPIONSHIPS Saturday, November 7th---Eastern Michigan Uni.
- DISTRICT # 4 NCAA CROSS COUNTRY CHAMPIONSHIPS Saturday, November 14th Bowling Green Uni.
- NATIONAL NCAA CROSS COUNTRY CHAMPIONSHIPS NOVEMBER 23rd Charlottesville, Virginia
- NATIONAL TAC CROSS COUNTRY CHAMPIONSHIPS NOVEMBER 28th Van Courtland Park New York City

1987 HAS BEEN A GREAT YEAR FOR TRAVELING TO ATHLETIC EVENTS

March 6th, 7th & 8th Indianapolis World Indoor Champ.
 March 13th & 14th Oklahoma City NCAA Indoor Champ.
 June 18th, 19th & 20th Tucson TAC Junior Champ.
 June 24th, 25th, 26th & 27th San Jose TAC Senior Champ
 August 26th Planned to Rome, Italy
 August 29th-Sept. 6th World Track and Field Championships
 September 9th Meet at Munich
 September 11th Grand Prix Final Brussels
 September 13th London Crystal Palace
 There are a few more trips on the agenda before the year is out

ALL-OAKLAND COUNTY CROSS COUNTRY CHAMPIONSHIPS OCT. 10th

The largest varsity races run anywhere in the State????

1986	Boys	41 Teams	261 Runners
	Girls	34 Teams	186 Runners
1987	Boys	40 Teams	257 Runners
	Girls	38 Teams	202 Runners

"NO MAN EVER INJURED HIS EYESIGHT BY LOOKING ON THE BRIGHT SIDE OF THINGS."

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY." John Nordley
 "TODAYS PREPARATION DETERMINES TOMORROW'S ACHIEVEMENT."

BEST OF WISHES FOR MUCH SUCCESS AT YOUR LEAGUE, REGIONAL AND STATE MEETS.

FIRST ANNUAL MID-EAST CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 21st, 1987 HELD AT KETTERING (OHIO) INDIAN RIFFLE PARK AND RECREATION CENTER (DAYTON AREA)

HOSTED BY THE GREATER DAYTON TRACK AND CROSS COUNTRY OFFICIALS ASSOCIATION AND THE KETTERING RECREATION CENTER

STATES INVOLVED: INDIANA, KENTUCKY, MICHIGAN, OHIO, PENNSYLVANIA AND WEST VIRGINIA

SENIOR BOYS AND GIRLS ONLY EACH STATE WILL BE PERMITTED TO ENTER UP TO TEN RUNNERS. ALL TEN RUNNERS MAY DISPLACE WITH SCORING COMING FROM THE TOP FIVE RUNNERS.

GIRLS RACE: 11:00 A.M. BOYS RACE: 11:30 A.M.

THE MICHIGAN BOYS' TEAM AND THE GIRLS' TEAM WILL COME FROM

THE COMPETITION AT THE STATE TAC CHAMPIONSHIP MEET, WHERE ALL BOYS AND GIRLS, IRREGARDLESS OF CLASS CAN MEET HEAD TO HEAD TO DETERMINE WHO WILL BE ON THE TEAM. COACHES WILL NOT BE PICKING THE TEAM. THE TOP TEN SENIOR BOYS IN THEIR RACE AND THE TOP TEN SENIOR GIRLS IN THEIR RACE, WILL MAKE UP THE TEAM. IT MIGHT BE POSSIBLE THAT SOME RUNNERS IN THE TOP TEN MAY CHOSE NOT TO COMPETE AT THE MID-EAST MEET. THIS WILL ENABLE OTHERS IN LINE TO JOIN THE TEAM.

THE STATE TAC MEET WILL BE HELD ON SUNDAY, NOVEMBER 15TH, AT THE CASS BENTON PARK, NORTHVILLE, MICHIGAN.

MEET MANAGER: Bettye Lou Robinson
 18410 Sorrento
 Detroit, Mi. 48235
 1 (313) 864-2108

COMPETITORS MUST BE RESIDENTS OF MICHIGAN
 EARLY REGISTRATION--\$3.00 LATE REGISTRATION--\$5.00

SCHEDULE:

8:30-9:30	Registration
10:00	Walk Course
11:00	3K Bantam Born 1977 & Later
	3K Midget Born 1975 & 1976
	4K Youth Born 1973 & 1974
	5K Inter-Mediates Born 1971 & 1972
	5K Young Men & women Born 1969 & 1970

MITCA COACHES COORDINATING THE MID-EAST TEAM:
 Kevin Hansen Sterling Heights High School
 Mike Woolsey Jackson Lumen Christi High School
 313 Randolph, Jackson, MI 49203 1 (517) 787-4890
 Barry Kloenhamer Dewitt High School
 Kim Spalsbury Fowler High School

"The secret of success in life is for a man to be ready for his opportunity when it comes." Benjamin Disraeli

PRESIDENT
Bernie Abrams
Covert

FIRST VICE-PRESIDENT
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MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 2 NOVEMBER 1987

NEWSLETTER WRITER
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Uni. of Det. Jesuit

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1987 STATE CROSS COUNTRY CHAMPIONSHIPS SAT., NOVEMBER 7, 1987
GROESBEK GOLF COURSE - LANSING - DICK BATES, MGR. - SEXTON HS

Rank	Team	2	11	14	29	42	62	72	Total
1.	ANN ARBOR PIONEER								72
2.	MONROE	4	15	18	32	57	88	104	104
3.	BIRMINGHAM BROTHER RICE	10	17	23	37	77	78	121	121
4.	REDFORD CATHOLIC CENTRAL	31	35	39	53	54	55	65	212
5.	FERNDALE	3	19	34	51	117	138	169	224
6.	MILFORD LAKELAND	26	36	64	67	71	108	112	264
7.	KALAMAZOO LOY NORRIS	22	28	47	69	107	175	180	273
8.	FARMINGTON HIGH	25	56	58	73	75	83	92	287
9.	PORTAGE NORTHERN	9	46	49	91	119	168	172	314
10.	OKEMOS	5	16	68	87	44	160	162	320
11.	STERLING HGTS. STEVENSON	40	41	60	81	102	136	151	324
12.	STERLING HGTS HENRY FORD II	43	44	59	90	96	132	142	332
13.	HAZEL PARK	7	33	79	118	128	129	137	365
14.	ANN ARBOR HURON	38	61	80	103	05	163	176	387
15.	PLYMOUTH SALEM	13	76	98	99	106	125	31	392
16.	KENTWOOD EAST KENTWOOD	27	50	89	95	133	154	???	394
17.	GRAND LEDGE	12	20	111	122	140	150	165	405
18.	GIBRALTAR CARLSON	8	93	100	113	115	143	166	429
19.	BLOOMFIELD HILLS LAHSER	24	66	97	123	127	183	???	437
20.	CLIO	45	63	82	126	135	153	161	451
21.	LANSING WAVERLY	21	48	52	152	178	182	186	451
22.	BRIDGEPORT	1	84	86	120	181	184	185	472
23.	MT. CLEMENS CHIPPEWA VALLEY	6	30	139	145	156	162	164	476
24.	TEMPERANCE BEDFORD	70	85	101	148	149	157	174	553
25.	SWARTZ CREEK	74	94	134	141	146	155	173	589
26.	HARPER WOODS NOTRE DAME	109	110	116	124	171	179	???	630
27.	GROSSE POINTE NORTH	114	130	147	158	159	170	177	708

NOTE: Question marks in place of numbers above indicates a DNR (Did Not Run) or DNF (Did Not Finish). The information was not available. Sorry!!!!

21 MITCA LETTERS WERE RETURNED TO ME FROM THE OCTOBER MAILING.
INSUFFICIENT ADDRESS MOVED-NO FORWARDING ADDRESS
NOT KNOWN ETC. ETC. ETC.

BOY'S CLASS "A" RACE IS LISTED AT THE LEFT

BOYS ALL-STATE RUNNERS - - - CLASS "A"

Rank	Runner	Time
1.	Paul Butterfield	Bridgeport 15:36.4
2.	Jason Colvin	Ann Arbor Pioneer 15:39
3.	Jon Gill	Ferndale 15:49
4.	Tim Pitcher	Monroe 15:50
5.	Brian Grosso	* Walled Lake Western 15:50.7
6.	Brandon Brownell	Okemos 16:02
7.	Tom Weiss	* East Lansing 16:02
8.	Richard Gledhill	* M. C. Chippewa Valley 16:08
9.	John Frisbie	* Northville 16:11
10.	Rick Schaffer	* Lincoln Park 16:12
11.	Jim Carlisle	Hazel Park 16:13
12.	Evan McGrath	* Flint Carmen Ainsworth 16:13
13.	Doug Goudie	* Rochester High 16:14
14.	Jeff Beyst	Gibraltar Carlson 16:16
15.	Kevin Kilkelly	Portage Northern 16:19
16.	Chris Bruwrsma	* Grandville 16:20
17.	John Koppin	Birmingham Brother Rice 16:23
18.	Nate Ford	Ann Arbor Pioneer 16:24
19.	Dan Clevenger	Grand Ledge 16:26
20.	Doug Vergari	Plymouth Salem 16:28
21.	Steven Dean	* Detroit Southeastern 16:28
22.	Mike Bock	Ann Arbor Pioneer 16:31
23.	Matt Smith	* Redford Bishop Borgess 16:31
24.	Phil Sandborn	Monroe 16:32
25.	Joel Dood	Okemos 16:34

* Individual Race

PLEASE NOTE: I wish that someone would tell me why, and give me a reason why the times can not be recorded in tenths of seconds.

The electronic timing devices used at almost all of the meets, record to tenths of seconds or to hundredths of a second. Round the hundredths of a second up to the next tenth.

There are several listings above that indicate ties. I don't know who is supposed to be ahead of who. Now I know that some coaches couldn't care less, and would say what's the difference. I think it makes a big difference to the runners and it makes a difference to me. Just because it seems to be a little thing, let me inform you that it's a lot of little things that make up the big and final picture. I feel that I have been fairly successful in all of the things that I have been involved with over the years. I don't think that I am careless and sloppy, when I start a track meet or a cross country run, write a MITCA Newsletter, manage track and cross country meets, manage my cross country camp, and all of the years I coached football, basketball, cross country and track. Plus setting up cross courses, putting in starting lines and putting up chutes for hundreds of meets over the years. Like I have said on many occasions, "no matter how old you get, you can always learn something new". Furthermore, I feel that everything I know, I have learned from other people.

"WINNING IS AN ATTITUDE." IT IS NOT RESERVED FOR CERTAIN PEOPLE.

PEOPLE CAN BE DIVIDED INTO 3 GROUPS. THOSE WHO MAKE THINGS HAPPEN. THOSE WHO WATCH THINGS HAPPEN, AND THOSE WHO WONDER WHAT HAPPENED.

GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS							CLASS "A"	
1. ANN ARBOR PIONEER	1	2	18	22	24	29	92	67
2. WEST BLOOMFIELD	6	15	23	37	68	105	DNR	149
3. PORTABE NORTHERN	9	25	28	51	65	128	156	178
4. DEARBORN EDEL FORD	5	20	26	55	89	104	???	195
5. ROCHESTER ADAMS	13	34	39	49	73	84	186	208
6. JACKSON HIGH	4	12	17	80	116	173	???	229
7. STERLING HGTS. STEVENSON	11	21	63	64	74	77	85	238
8. Kalamazoo Loy Norrix	7	8	50	81	102	145	170	248
9. TROY HIGH	33	46	56	71	88	120	133	294
10. Clarkston	19	30	38	57	150	167	172	294
11. PLYMOUTH CANTON	47	52	61	83	96	114	141	339
12. FARMINGTON HIGH	42	53	62	75	131	132	154	363
13. PORT HURON HIGH	14	45	66	103	137	177	185	365
14. GROSSE POINTE SOUTH	36	54	93	95	97	121	135	375
15. TEMPERANCE BEDFORD	41	43	69	109	119	171	181	381
16. BRIGHTON	16	40	99	115	117	118	124	387
17. SWARTZ CREEK	58	79	82	90	130	140	174	439
18. OWOSSO	27	67	70	139	149	182	190	452
19. TRENTON	32	94	108	113	127	129	144	474
20. MT. PLEASANT	35	76	91	126	160	168	176	488
21. KENTWOOD EAST KENTWOOD	3	59	110	158	162	164	166	492
22. HOLLY	44	87	101	143	157	???	???	532
23. GRAND HAVEN	31	98	107	138	161	169	179	535
24. GRAND LEDGE	48	78	111	147	152	159	187	536
25. FARMINGTON HILLS MERCY	86	100	106	112	136	153	155	540
26. GROSSE POINTE NORTH	10	123	125	148	151	165	175	557
27. REDFORD BISHOP BORGESS	60	72	142	163	180	183	188	617
28. DETROIT PERSHING	122	134	146	178	184	???	???	764

MID-EAST MEET OF CHAMPIONS SAT., NOVEMBER 21ST, 1987
 HELD AT KETTERING (OHIO) INDIAN RIFFLE PARK AND RECREATION CENTER (DAYTON AREA)
 STATES INVOLVED: Indiana, Kentucky, Michigan, Ohio, Pennsylvania and West Virginia

MICHIGAN GIRLS:	Ann Arbor Pioneer
Seana Arnold	Ann Arbor Pioneer
Tracy Boudreau	Ann Arbor Huron
Sara Braunreiter	Jackson High
Danielle Harpell	Ann Arbor Pioneer
Rachel Mann	Ann Arbor Pioneer
Mara Hatuszak	Ann Arbor Huron
Theresa Pierfelice	Sterling Hgts. Stevenson
Janet Reinowski	Dearborn High
Jill Rotherth	Dearborn Edsel Ford
Jennifer Schank	Howell

CONDITION MEANS STAMINA. STAMINA DEMANDS TRAINING. TRAINING SPELLS SACRIFICE. SACRIFICE IS THE HIGHWAY TO DESIRE. IF YOU ARE TRACELING ANOTHER ROAD, WE DON'T WANT YOU AROUND THIS SPRING.

GIRL'S ALL-STATE RUNNERS - - CLASS "A"		
1. Danielle Harpell	Ann Arbor Pioneer	18:41.5
2. Gabrielle Brown	Ann Arbor Pioneer	18:49
3. Mary Whynott	East Kentwood	18:55
4. Sheri Chatters	Jackson High	18:57
5. Jill Rotherth	Dearborn Edsel Ford	19:14
6. Stacy Abbott	West Bloomfield	19:14
7. Michelle Schaefer	Kalamazoo Loy Norrix	19:15
8. Nenny Schank *	Howell	19:18.8
9. Karen Perry	Kalamazoo Loy Norrix	19:22
10. Laura Simmering *	Ann Arbor Huron	19:26
11. Michelle Hoskins	Portage Northern	19:27
12. Elizabeth Bolden	Grosse Pointe North	19:29
13. Theresa Pierfelice	Sterling Hgts. Stevenson	19:30
14. Laura Franklin	Jackson High	19:30
15. Melissa Hanley	Rochester Adams	19:31
16. Delachaise Roosevelt	Port Huron High	19:31
17. Tracy Abbott	West Bloomfield	19:32
18. Mayrie Richards *	Rochester High	19:37
19. Lara Grimes	Brighton	19:40
20. Sara Braunreiter	Jackson High	19:43
21. Seana Arnold	Ann Arbor Pioneer	19:46
22. Mara Hatuszak *	Ann Arbor Huron	19:49
23. Sonya Schaeffer	Clarkston	19:49
24. Meredith Saillant	Dearborn Edsel Ford	19:49
25. Kay Ruessman	Sterling Hgts. Stevenson	19:50

* Individual Race

GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS CLASS "D"
 1987 CHRISTIAN REFORMED RECREATION CENTER GRAND RAPIDS
 ART KRATI - - MEET MANAGER WYOMING LEE HIGH SCHOOL

ALL-STATE RUNNERS		
1. Padilla *	Camden Frontier	20:04.?
2. Gilchrist	Colon	20:44.?
3. Gerlach *	Westland Lutheran	20:55.?
4. Popa	Suttons Bay	20:57.?
5. Haukema	Lansing Christian	21:05.?
6. Bischoff	Akron Fairgrove	21:16.?
7. Tenbrook	Suttons Bay	21:17.?
8. Rademacher	Fowler	21:18.?
9. McNeil	Suttons Bay	21:19.?
10. Gradowski	Suttons Bay	21:26.?
11. Eickenroth	Mesick	21:33.?
12. Lillrose	Akron Fairgrove	21:34.?
13. Ochoa *	Bridgman	21:41.?
14. Martin	Colon	21:45.?
15. Underwood *	Bethesda Christian	21:56.?

CLASS "D" STATE FINALS GIRL'S TEAM		
1. Suttons Bay	38	
2. Akron Fairgrove	69	
3. Fowler	103	
4. Concord	135	
5. Colon	146	
6. Lansing Christian	154	
7. Mesick	181	
8. Schoolcraft	188	
9. Kingsley	191	
10. Kingston	241	
11. North Muskegon	256	

NO OTHER INFORMATION AVAILABLE

MICHIGAN BOYS:		
Paul Butterfield	Bridgeport	
Chris Buwrsma	Grandville	
Jon Gill	Ferdale	
Doug Goudie	Rochester High	
Jim Huff	Bloomfield Hills Lahser	
Kevin Kilkelly	Portage Northern	
Rich Schaeffer	Lincoln Park	
Eric Sorensen	Washington Eisenhower	
Scott Walsh	Warren Fitzgerald	
Doug Vergari	Plymouth Salem	
Eric Ramsey	(Alt.) Onsted	

JOIN MITCA ATTEND THE CLINICS

A VERY SAD NOTE
 GEORGE BANDER OF FENNVILLE PASSED AWAY SAT. EVENING, NOV. 14TH, 1987.
 TRACK & FIELD & CROSS COUNTRY HAS LOST A GREAT FRIEND AND HE WILL BE MISSED. ALWAYS A SMILE. HE LOVED EVERYBODY. ALWAYS WILLING TO HELP.

CLASS "B" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1987

WILLOW METRO PARK	HOST	NEW BOSTON	HURON HS				
JAMES M. OKLER	-	-	-	MEET	MANAGER		
1. DEARBORN HIGH							116
8	12	23	26	47	59	76	
2. St. Joseph							130
5	16	30	36	43	49	110	
3. Sturgis							139
10	19	28	29	53	139	140	
4. FREMONT							173
22	27	35	39	50	66	75	
5. HARTLAND							187
4	25	38	57	63	73	128	
6. CALEDONIA							193
15	24	42	48	64	86	158	
7. HILLSDALE							301
18	51	60	70	102	137	154	
8. WARREN FITZGERALD							313
2	7	92	103	109	162	165	
9. G. R. FOREST HILLS CENTRAL							319
32	40	72	79	96	126	150	
10. FRANKENMUTH							322
3	58	68	95	98	101	107	
11. BIG RAPIDS							330
13	14	67	112	124	136	145	
12. IONIA							335
17	21	83	99	115	132	160	
13. GREENVILLE							347
9	44	78	100	116	157	166	
14. ESSEXVILLE GARBER							354
37	45	77	87	108	130	133	
15. DEARBORN DIVINE CHILD							354
6	56	89	90	113	134	135	
16. GRAND RAPIDS SOUTH CHRISTIAN							363
33	41	84	85	120	141	152	
17. JACKSON LUMEN CHRISTI							370
11	65	91	97	106	114	125	
18. STEVENSVILLE LAKESHORE							374
52	54	69	94	105	161	164	
19. HEMLOCK							413
31	55	80	118	121	122	146	
20. SALINE							440
61	62	81	117	119	131	148	
21. OXFORD							441
1	20	127	144	149	167	168	
22. MT. CLEMENS							446
46	74	93	104	129	156	159	
23. SOUTHGATE AQUINAS							489
34	80	110	123	142	153	163	
24. BLOOMFIELD HILLS CRANBROOK							581
71	82	138	143	147	151	155	

BOY'S CLASS "B" ALL-STATE RUNNERS

1. Mike Goodfellow	Oxford	15:54.2
2. Eric Dicherson	* Gaylord	15:57.5
3. Robert Kania	* Centerline	16:05.0
4. Scott Walsh	Warren Fitzgerald	16:05.2
5. Robert Bates	* Coldwater	16:06.1
6. Jeff Granger	Frankenmuth	16:07.3
7. Carl Wades	Hartland	16:07.6
8. Mark Donahue	* Uni. of Detroit Jesuit	16:12.9
9. Ron Froeschke	St. Joseph	16:14.8
10. Milas Horvath	Dearborn Divine Child	16:15.9
11. David Golpe	Warren Fitzgerald	16:17.5
12. Michael Hadous	Dearborn High	16:19.3
13. Davi Abebe	* Harper Creek	16:19.5
14. Pressy Nieto	Greenville	16:21.5
15. Mike Langford	* Sparta	16:21.8
16. Tim Klaes	* Monroe St. Mary Cath. Cent.	16:23.0
17. John Odell	Sturgis	16:24.7
18. Shawn Burks	* Mattawan	16:25.1
19. Tody Lefere	Jackson Lumen Christi	16:26.3
20. Dan Bergdahl	Dearborn High	16:28.0
21. Keith Mulder	* Holland Christian	16:28.6
22. Scott Hector	Big Rapids	16:29.6
23. Rob Stanton	Big Rapids	16:29.9
24. Karl Gieber	* Saginaw Douglas MacArthur	16:30.0
25. John Barstis	Caledonia	16:30.5
	* Individual Race	

CLASS "B" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1987

1. GRAND RAPIDS CATHOLIC CENTRAL								112
3	13	16	25	55	65	125		
2. JACKSON LUMEN CHRISTI								134
9	18	32	36	39	49	63		
3. CHELSEA								204
2	26	44	62	70	85	96		
4. GRAND RAPIDS CHRISTIAN								223
33	40	43	53	54	104	119		
5. MILAN								245
5	12	50	57	121	129	156		
6. STURGIS								253
6	19	27	91	110	134	150		
7. PETOSKEY								254
20	31	37	80	88	92	122		
8. DEARBORN HIGH								264
4	45	51	67	97	98	159		
9. MT. CLEMENS LUTHERAN NORTH								270
10	17	59	71	113	131	135		
10. CARO								271
29	41	47	75	79	82	95		
11. GREENVILLE								273
7	38	61	81	86	87	102		
12. GLADWIN								283
11	22	58	78	114	153	???		
13. GAYLORD								288
30	34	35	89	100	115	141		
14. SALINE								305
23	56	69	74	83	93	112		
15. VALE								322
14	21	73	105	109	127	152		
16. GRAND RAPIDS EAST GRAND RAPIDS								326
1	24	66	103	132	147	148		
17. VICKSBURG								361
28	52	64	99	118	145	154		
18. DEARBORN DIVINE CHILD								437
60	72	77	108	120	139	142		
19. MIDLAND BULLOCK CREEK								442
8	52	126	128	138	146	155		
20. FOWLerville								443
48	76	84	111	124	157	158		
21. ALMA								454
46	90	94	101	123	137	144		
22. LAKEVIEW								472
15	68	116	133	140	161	162		
23. DEARBORN HEIGHTS CRESTWOOD								639
106	117	136	149	151	165	???		
24. MT. CLEMENS								703
107	130	143	160	163	164	???		

GIRL'S CLASS "B" ALL-STATE RUNNERS

1. Heather Slay	G.R. East Grand Rapids	18:43.?
2. Kasey Anderson	Chelsea	18:56.?
3. Meagan Fisher	G. R. Catholic Central	19:04.?
4. Janet Reinowski	Dearborn High	19:05.?
5. Carrie Ham	* Big Rapids	19:05.8
6. Heather Huhn	* Mason	19:13.4
7. Karen Jeppesen	* Brooklyn Columbia Cent.	19:24.9
8. Wendy Hower	Milan	19:33.?
9. Kara Wires	Sturgis	19:35.?
10. Jill Strauser	* Coldwater	19:36.9
11. Amy Lathrop	* Jackson Northwest	19:40.1
12. Kathleen Doherty	Greenville	19:47.?
13. Emilie Sargent	Midland Bullock Creek	19:48.?
14. Marci Holba	Jackson Lumen Christi	19:49.?
15. Rhonda Wenzel	* Richland Gill Lake	19:51.3
16. Linda Fitzpatrick	Mt. Clemens Luth. North	19:52.?
17. Erica Adams	Gladwin	19:53.?
18. Carol Flickinger	Milan	19:55.?
19. Joy Strauser	* Coldwater	19:56.9
20. Kelly Litchfield	Portland	19:58.2
21. Lisa Snider	G.R. Catholic Central	19:59.?
22. Kerry Radcliff	* Durand	19:59.2
23. Jennifer Duthler	* Inlay City	20:00.1
24. Kellie Wright	* Parma Jackson Co. West.	20:01.1
25. Angie Decan	* Fruitport	20:01.9
	* Individual Race	

CLASS "C" BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS 1987		HOST--BATH HIGH		1987				
BATH HIGH SCHOOL CAMPUS	LIZ LENTZ---MEET MANAGER							
1. CHARLEVOIX	2	5	22	23	33	52	63	85
2. BENZONIA BENZIE CENTRAL	3	12	30	31	44	49	53	120
3. WILLIAMSTON	13	19	20	27	58	69	91	137
4. KALKASKA	7	17	25	42	65	78	94	156
5. SANDUSKY	6	10	40	48	61	95	116	165
6. UNIONVILLE SEBEWAING AREA	4	9	11	74	82	83	106	180
7. ONSTED	1	8	54	84	89	90	101	236
8. ANN ARBOR GABRIEL RICHARD	14	15	55	66	86	100	117	236
9. CLARE	24	35	46	56	88	114	121	249
10. STOCKBRIDGE	16	43	60	67	72	81	109	258
11. EDWARDSBURG	34	41	51	64	68	92	108	258
12. MARLETTE	18	32	57	70	93	96	107	270
13. BEAVERTON	21	28	59	71	102	122	124	281
14. SHEPHERD	39	45	75	79	97	98	112	335
15. SOUTHFIELD CHRISTIAN	50	62	73	77	80	111	123	342
16. CENTREVILLE	26	38	76	85	119	120	???	344
17. LESLIE	29	37	87	99	104	105	118	356
18. ST. JOSEPH LAKE MICHIGAN CATHOLIC	36	47	103	110	113	115	???	409

BOY'S ALL-STATE RUNNERS		CLASS "C"	
1. Eric Ramsey	Onsted	15:45.1	
2. Pat Rajewski	Charlevoix	15:51.2	
3. Bill Huddleston	Benzonia Benzie Central	15:58.8	
4. David Abke	Unionville Sebewaing Area	15:59.3	
5. Scott Miller	Charlevoix	16:02.9	
6. David Hahn	* Three Oaks River Valley	16:03.0	
7. Chris Long	Sandusky	16:04.1	
8. Scott Norman	Kalkaska	16:04.3	
9. Jason Hunt	Onsted	16:05.7	
10. James Newman	Unionville Sebewaing Area	16:07.2	
11. Gordie Maitland	* G. P. Woods Uni. Liggett	16:08.8	
12. Hank Walker	Sandusky	16:12.0	
13. Tony Achenbach	Unionville Sebewaing Area	16:14.4	
14. Tim Brennan	* East Jordan	16:15.5	
14. Matt Johnson	Benzonia Benzie Central	16:15.5	
16. Aric Prudden	Williamston	16:15.6	
17. Jeff Slumway	Ann Arbor Gabriel Richard	16:23.3	
18. Gurvinder Singh	Ann Arbor Gabriel Richard	16:24.6	
19. Arbria Sheppard	Stockbridge	16:24.8	
20. Mike Smith	* Grant	16:27.0	

* Individual Runners

1987 CHAMPIONSHIP COACHES		CROSS COUNTRY	
"A" BOYS	Don Sleeman	Ann Arbor Pioneer	
"A" GIRLS	Bryan Westfield	Ann Arbor Pioneer	
"B" BOYS	Bob Bridges	Dearborn High	
"B" GIRLS	Jim Gardner	Grand Rapids Catholic Central	
"C" BOYS	Pete Spieles	Charlevoix	
"C" GIRLS	Barry Kloenhamer	Dewitt	
"D" BOYS	Robert Glover	Kingsley	
"D" GIRLS	Tim Bedford	Suttons Bay	

THE PRINCIPAL REASON THAT ONE ATHLETE SUCCEEDS AND ANOTHER FAILS LIES IN THE DEGREE OF PERSONAL MOTIVATION.

THE WILL TO WIN IS NOT WORTH A NICKLE - - - UNLESS YOU HAVE THE WILL TO PREPARE.

CLASS "C" GIRL'S STATE CROSS COUNTRY CHAMPIONSHIPS 1987		1987						
1. DEWITT	7	8	9	18	36	59	97	78
2. BURTON ATHERTON	6	17	21	38	45	78	???	127
3. GRANDVILLE CALVIN CHRISTIAN	12	22	27	31	67	76	86	159
4. CARSON CITY CRYSTAL	20	29	30	54	69	83	91	202
5. TAWAS AREA	23	25	44	49	66	110	???	207
6. ADDISON	10	13	50	63	79	101	103	215
7. BENZONIA BENZIE CENTRAL	16	32	34	57	81	100	104	220
8. BATH	15	35	37	56	77	114	115	220
9. BRONSON	1	4	46	87	99	105	116	237
10. ROGERS CITY	2	39	52	65	82	88	92	240
11. BUCHANAN	5	14	41	75	106	112	120	241
12. CHARLEVOIX	24	43	51	53	74	96	109	245
13. EAST JORDAN	11	28	68	71	72	102	119	250
14. ONSTED	33	47	62	70	73	80	98	285
15. BIRMINGHAM DETROIT COUNTRY DAY	19	26	48	95	113	117	118	301
16. QUINCY	42	58	60	64	90	111	121	314
17. IDA	3	55	85	89	93	108	???	325
18. EAVERTON	40	61	84	94	107	???	???	386

GIRL'S ALL-STATE RUNNERS CLASS "C"

1. Stacey Kilburn	* White Pigeon	18:37.0
2. Becky Duda	* Goodrich	19:03.0
3. Cathy Ackley	* Hart	19:25.0
4. Teresa Barber	* Flint Bendle	19:36.8
5. Michelle Snyder	* Wyoming G odwin Heights	19:39.5
6. Kerry Little	* Jackson Vandercook Lake	19:43.1
7. Dodie Wiler	Bronson	19:44.9
8. Joy Perkins	* Elk Rapids	19:46.2
9. Andra Ripley	* Oliver	19:47.7
10. Kathy O'Boyle	* Breckenridge	19:50.0
11. Monica Beck	Rogers City	19:51.5
12. Rebecca Woodliff	* Homer	19:53.6
13. Rachelle Bydlowski	Ida	19:54.6
14. Susan Peterson	* Blanchard Montabella	19:56.8
15. Angela Moore	* Detroit Lutheran West	19:57.6
16. Lori Bellville	* Whittemore Prescott	19:58.0
17. Nicole Huchins	Bronson	19:58.1
18. Dondi Myers	* Niles Brandywine	19:58.7
19. Jena Vite	Buchanan	19:59.6
20. Stacie Glomson	Burton Atherton	20:00.3

* Individual Runners

IN CASE YOU ARE WONDERING ABOUT THE QUESTION MARKS IN THE TIMES GIVEN FOR THE GIRLS CLASS "B" ALL-STATE RUNNERS. THE TIMES FOR THE RUNNERS IN THE INDIVIDUAL RACE ARE LISTED TO TENTHS OF SECONDS. THE TIMES ON THE RESULT SHEET WERE GIVEN TO HUNDREDS OF SECONDS. THOSE TIMES WERE ROUNDED UP TO THE NEXT HIGHEST TENTH. THE TIMES ON THE RESULT SHEETS FOR THE TEAM RACE WERE ALL LISTED AS .00, AND THAT IS AN ABSOLUTE IMPOSSIBILITY. THERE IS NO WAY THAT THE TIMES OFF OF A CHRONOMIX, WOULD RECORD 165 CONSECUTIVE .00'S. MY QUESTION IS, WHY THIS WAS DONE? IT WOULDN'T TAKE ANY LONGER TO WRITE THE CORRECT TIMES OFF OF THE TAPES AS TO WRITE .00, 165 TIMES.

YOUR GOALS MUST BE DEMANDING, CHALLENGING, AND REALISTIC.

"FEELING TIRED IS NOT NECESSARILY BEING TIRED, AND ONE OF THE ESSENTIALS OF CORRECT TRAINING IS THE DEVELOPMENT OF CALLOUSNESS TOWARD THE FEELING OF FATIGUE".

1987 MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

CLASS	GIRLS	BOYS	
"A"	Lee Averill West Bloomfield	David L. Bork Monroe	
	Budd Ciccarelli Rochester Adams	Don Sleeman Ann Arbor Pioneer	
	Bryan Westfield Ann Arbor Pioneer	Bob Stark Birmingham Brother Rice	
	"B"	Pat Clarke Chelsea	Bob Bridges Dearborn High
		Jim Gardner G. R. Catholic Central	Tim Miller Sturgis
Mike Woolsey Jackson Lumen Christi		Ron Waldvogel St. Joseph	
"C"		Don Baese Carson City Crystal	Paul Nilsson Williamston
	Barry Kloenhamer Dewitt	Pete Spieles Charlevoix	
	Dan R. Sanborn Burton Atherton	John Norman Kalkaska	
	"D"	Gordon Aldrich Akron Fairgrove	Tim Bedford Suttons Bay
Tim Bedford Suttons Bay		Robert Glover Kingsley	
Kim Spalsbury Fowler		John Van Winkle Colon	

COACHES PLEASE NOTE: You have a total of four votes. You may vote for any two of the 12 girl's coaches and you may vote for any two of the 12 boy's coaches.

**CENTRAL COLLEGIATE CROSS COUNTRY CHAMPIONSHIPS
MILWAUKEE, WISCONSIN OCTOBER 17TH, 1987**

1. Cent. Mich. Uni.	6	7	9	16	18	33	45	56
2. West. Mich. Uni.	2	4	10	14	30	63	71	60
3. East. Mich. Uni.	5	17	21	23	25	31	47	60
4. Loyola Uni.	1	19	20	24	53	61	79	117
5. Uni. of Minn.	8	28	34	39	41	55	65	150
6. Ohio Uni.	11	32	35	37	42	78	97	157
7. Northwestern Uni.	3	36	40	43	48	50	59	170
8. Bowling Green	26	27	66	68	73	80	86	260
9. Marquette Uni.	29	54	60	62	69	85	88	274
10. Iowa Uni.	12	49	52	77	81	83	??	275
11. Uni. of Northern Iowa	38	46	67	70	72	82	??	293
12. Bradley Uni.	22	52	58	84	94	96	100	310
13. Cleveland State	15	74	76	98	102	109	110	365
14. Toledo Uni.	44	57	87	89	90	92	95	367
15. Uni. of Detroit	13	51	99	101	104	105	108	368
16. DePaul Uni.	64	75	91	93	103	106	107	426

1. Ed Slowikowski Loy	24:31.5	5. Kirk Frazier WMU	25:03.2
2. Jesse McGuire WMU	24:32.4	6. Don Johns EMU	25:05.4
3. Ted Balistreri Wis	24:45.9	7. Geoff Goolsby CMU	25:10.0
4. Steve Miller NU	24:57.0	8. Ron Johnson CMU	25:11.5

**THE MID-AMERICA CONFERENCE (MAC) CROSS COUNTRY CHAMPIONSHIPS
EASTERN MICHIGAN UNI. SAT., NOVEMBER 7TH, 1987 MEN**

1. BALL STATE	5	9	11	15	18	54	60	58
2. EASTERN MICHIGAN	6	7	8	16	26	34	35	63
3. WESTERN MICHIGAN	1	10	12	20	23	44	46	66
4. CENTRAL MICHIGAN	2	3	19	29	33	48	63	86
5. MIAMI UNI.	4	24	25	30	36	39	45	119
6. OHIO UNI.	14	21	22	27	42	52	59	126
7. BOWLING GREEN	17	31	38	41	43	49	57	170
8. KENT STATE UNI.	13	32	37	50	51	53	56	183
9. TOLEDO UNI.	28	40	47	55	58	61	62	228

TOP TEN RUNNERS 10 K

1. Jesse McGuire	30:16.0	Western Michigan Uni.
2. Ron Johnson	30:30.6	Central Michigan Uni.
3. Bill Taylor	30:36.9	Central Michigan Uni.
4. John VanScoyoc	30:41.4	Miami Uni.
5. Cecil Franki	30:48.8	Ball State Uni.
6. John Yates	31:59.3	Eastern Michigan Uni.
7. Don Johns	31:01.2	Eastern Michigan Uni.
8. George Rodriguez	31:07.1	Eastern Michigan Uni.
9. Matt Grady	31:13.0	Ball State Uni.
10. Kurt Frazier	31:16.9	Western Michigan Uni.

**THE MID-AMERICA CONFERENCE (MAC) CROSS COUNTRY CHAMPIONSHIPS
EASTERN MICHIGAN UNI. SAT., NOVEMBER 7TH, 1987 WOMEN**

1. OHIO UNI.	3	6	10	11	12	18	??	42
2. EASTERN MICHIGAN	1	2	13	14	15	45	59	45
3. BOWLING GREEN	4	7	28	31	32	38	58	102
4. MIAMI UNI.	8	17	24	29	34	35	48	112
5. CENTRAL MICHIGAN	5	9	39	42	43	53	56	138
5. BALL STATE	16	22	25	26	49	50	52	138
7. KENT STATE UNI.	19	21	27	40	41	44	47	148
8. WESTERN MICHIGAN	20	23	36	46	51	55	62	176
9. TOLEDO UNI.	30	37	54	57	60	61	63	238

TOP TEN RUNNERS 5 K

1. Donna Donakowski	17:04.6	Eastern Michigan Uni.
2. Julie Watson	17:11.4	Eastern Michigan Uni.
3. Tracy Meyer	17:24.5	Ohio University
4. Bonnie Ramsdale	17:34.0	Bowling Green
5. Chris Cooper	17:37.4	Central Michigan Uni.
6. Christine Nichols	17:42.3	Ohio University
7. Mary Louise Zurbich	17:44.3	Bowling Green
8. Lisa Holland	17:47.1	Miami University
9. Christine Tanaglia	17:48.9	Central Michigan Uni.
10. Tammy Walls	17:51.8	Ohio University

NAME _____

HOME ADDRESS _____

CITY _____

STATE _____ ZIP _____

HOME PHONE _____

BIRTH DATE _____

YEAR JOINED MITCA _____

LEVEL OF SCHOOL _____

SCHOOL _____

SCHOOL ADDRESS _____

CITY _____

STATE _____ ZIP _____

SCHOOL OR WORK PHONE _____

YEAR STARTED COACHING CC OR TRACK _____

CLASS OF SCHOOL _____

SPORTS COACHED _____

MAIL THIS FORM TO: RICH TOMPKINS, 939 STATE STREET, FREMONT, MI 49412

BOY'S STATE CROSS COUNTRY CHAMPIONSHIPS		CLASS "D"						
1987 CHRISTIAN REFORMED RECREATION CENTER		GRAND RAPIDS						
ART KRATI - - MEET MANAGER		WYOMING LEE HIGH SCHOOL						
1. KINGSLEY	8	10	13	25	28	50	51	84
2. SUTTONS BAY	2	9	23	32	37	59	62	103
3. COLON	7	18	21	44	45	58	82	135
4. POTTERVILLE	6	17	20	33	61	64	86	137
5. FOWLER	5	12	34	43	69	76	92	163
6. CONCORD	16	29	31	46	49	57	80	171
7. WESTLAND LUTHERAN	14	15	26	53	66	68	81	174
8. MASON COUNTY EASTERN	3	41	42	52	54	78	79	192
9. READING	19	24	40	60	67	89	??	210
10. WHITMORE LAKE	22	30	47	56	75	93	98	230
11. MESICK	35	39	55	63	72	96	99	264
12. AKRON FAIRGROVE	27	36	71	73	74	77	87	281
13. MORRICE	1	48	65	84	94	97	102	292
14. WHITE CLOUD	4	38	70	91	95	100	101	298
15. FAIRVIEW	11	83	85	88	90	???	???	357

BOY'S ALL-STATE RUNNERS		CLASS "D"	
1. Mcquire	Morrice	16:41.?	
2. Hoban ?	Suttons Bay	16:53.?	
3. Marzen	Mason County Eastern	16:54.?	
4. Laninga	White Cloud	17:04.?	
5. Joseph *	Ann Arbor Greenhills	17:05.?	
6. Irer	Fowler	17:09.?	
7. Hayes	Pottersville	17:15.?	
8. Kaukonen	Colon	17:21.?	
9. Glover	Kingsley	17:23.?	
10. Shepardson *	Wyoming Lee	17:24.?	
11. Hoban ?	Suttons Bay	17:31.?	
12. Muth ?	Kingsley	17:34.?	
13. Gerber	Fairview	17:35.?	
14. Becker	Fowler	17:38.?	
15. Schoech	Kingsley	17:39.?	

* Individual Race

WISCONSIN		NCAA DIVISION I	
1. WISCONSIN	56	1. WISCONSIN	66
2. INDIANA	97	2. INDIANA	81
3. IOWA	112	3. NOTRE DAME	109
4. MICHIGAN	114	4. MICHIGAN	125
5. MINNESOTA	114	5. ILLINOIS	134
6. EASTERN MICHIGAN	158	6. CENTRAL MICHIGAN	160
7. OHIO UNIVERSITY	206	7. EASTERN MICHIGAN	170
8. PURDUE	253	8. MICHIGAN STATE	226
9. NORTHWESTERN	261	9. MIAMI UNI.	228
10. BOWLING GREEN	274	9. WESTERN MICHIGAN	228
11. CENTRAL MICHIGAN	314	11. NORTHWESTERN UNI.	251
12. DePAUL	328	12. LOYOLA	300
13. ILLINOIS	334	13. BALL STATE	305
14. NOTRE DAME	372	14. BOWLING GREEN	400
15. MIAMI	388	15. MARQUETTE	463
16. BALL STATE	447	16. TOLEDO	493
17. UNI. OF DETROIT	469	17. EASTERN ILLINOIS	530
18. MARQUETTE	471	18. DePAUL	531
19. AKRON	535	19. WRIGHT STATE	534
20. CINCINNATI	541	20. BUTLER	591
21. TOLEDO	590	21. VALPARAISO	657
22. LOYOLA	605		
23. WRIGHT STATE	687		
24. CLEVELAND STATE	776		
25. VALPARAISO	799		

"OUR ASPIRATIONS ARE OUR POSSIBILITIES."
Robert Browning

"THERE IS ALWAYS ROOM AT THE TOP."
Daniel Webster

P. M. A. POSITIVE MENTAL ATTITUDE

THE 15TH ANNUAL MITCA CROSS COUNTRY CLINIC--DEC. 11TH & 12TH
RADISSON HOTEL LANSING 111 N. GRAND AVENUE LANSING 48933
RATES: \$42.00 SINGLE \$50.00 DOUBLE

CLINIC CHAIRMAN: JERRY MAVER - - ST. LOUIS HIGH SCHOOL
SECOND VICE-PRESIDENT OF MITCA

FRIDAY, DECEMBER 11TH, 1987

- 12:30--1:25 Registration
- 1:30--2:20 The Runners Viewpoint of the "Big" Meet
Jim Stintzi, MSU Cross Country & Distance
Coaching Runners for the "Big" Meet
Katie Horstman, Successful High School Coach in Ohio
- 2:30--3:20 Mental Preparation for the "Big" Meet
Walt Drenth, Cross Country and Distance Coach at Central Michigan Uni.
- 3:30--4:20 Round Table - Stintzi, Horstman & Drenth
Answering Questions Fired from the Coaches
- 4:30--5:20 Coach of the Year Banquet - Convention Center - Attached to The Radisson Hotel
- 7:00--9:00 Hospitality time
- 9:00--?:??

SATURDAY, DECEMBER 12TH, 1987

- 7:30 A.M. Prediction Fun Run
- 8:30--9:30 Registration
- 9:00--9:50 Coach of the Year Panel
Pete Spieles----Charlevoix High School
John Quiring----Okemos High School
Tim Bedford----Suttons Bay High School
- TOPIC: Race Schedules and Training Schedules For The Season
- 10:00--10:50 Business Meeting
- 11:00--11:50 Year Around Training For High School Runners
Jim Boughton, Cross Country Coach from Dubuque, Iowa. State Championship Coach

COACH OF THE YEAR BANQUET HOSPITALITY HOUR

DOOR PRIZES PREDICTION FUN RUN CLINIC NOTES
VENDORS AND DISPLAY MITCA BUSINESS MEETING
REPORT ON MHSAA CROSS COUNTRY RULES COMMITTEE
MEETING ON TUESDAY, NOVEMBER 24TH, 1987
MITCA CLIPBOARD

REGISTRATION BEFORE DECEMBER 7TH
\$50.00 FOR MEMBERS - - \$60.00 FOR NON-MEMBERS
REGISTRATION AFTER DECEMBER 7TH
\$60.00 FOR MEMBERS - - \$70.00 FOR NON-MEMBERS
REGISTER WITH RICH TOMPKINS, 939 STATE ST. FREMONT, MI 49412

TOP TEN WOMEN	
1. Kimberly Betz	Indiana 16:43.1
2. Donna Donakowski	E. M. U. 16:47.5
3. Renee Doyle	Iowa Uni. 16:52.8
4. Alena Palmquist	Northwestern 16:59.3
5. Eileen Donaghy	Minnesota 17:01.9
6. Carole Harris	Wisconsin 17:11.2
7. Julie Watson	E. M. U. 17:13.0
8. Suzy Favor	Wisconsin 17:16.7
9. Sindy Rowand	Michigan 17:18.4
10. Jeanne Kruckeberg	Iowa 17:21.4

1988--Uni. of Illinois 1989--Eastern Mich. Uni.

TOP TEN MEN	
1. John Scherer	U. of M. 30:04.7
2. Scott Fry	U. of Wisc. 30:12.7
3. Jesse Mcquire	W.M.U. 30:17.1
4. Scott Williams	Indiana 30:18.8
5. Dan Garrett	Notre Dame 30:19.7
6. John VanScyoc	Miami 30:25.1
7. Brad Barquist	U. of M. 30:29.0
8. Ron Markezich	Notre Dame 30:29.7
9. Jay Korhonen	U. of Wisc. 30:35.8
10. Jeffrey Wheeler	Indiana 30:40.8

PRESIDENT
Bernie Abrams
Covert

FIRST VICE-PRESIDENT
Duane Raffin
Holly

SECOND VICE-PRESIDENT
Jerry Mayer
St. Louis

**MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION**

NEWSLETTER

NO. 3 DECEMBER 1987

NEWSLETTER WRITER
Kermit N. Ambrose

Retired

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Jerry Myszkowski
Uni. of Det. Jesuit

PUBLIC RELATIONS DIRECTOR
Jack Grant
Sturgis - Retired

TREASURE
Rich Tompkins
Fremont

FIFTEENTH ANNUAL CROSS COUNTRY CLINIC

LANSING RADISSON FRI. & SAT., DEC. 11TH & 12TH

Jerry Mayer, second vice-president of MITCA and track and cross country coach at St. Louis was in charge of arrangements for this annual clinic. It was another fine gathering of coaches with 213 in attendance at the Fri. evening Coach of the Year Banquet. Jerry Mayer had some difficulties in his planning of the show. When the "Mid-East Cross Country Meet" was formalized, it became necessary for Jerry to find another site and that posed a problem. Then people that he had planned on having as speakers, were not able to be a part of the program at the later date. After many phone calls and lots of sweating, Jerry came up with a very excellent program.

- Jim Stintzi-----Cross Country Coach - Michigan State Uni.
The Runners Viewpoint of "The Big Meet"
- Katie Horstman-----Minster High School - Minster, Ohio
Coaching Runners for "The Big Meet"
- Walt Drenth-----Cross Country Coach - Central Michigan Uni.
Mental Preparation for "The Big Meet"
- Round Table - Stintzi, Horstman and Drenth
Coach of the Year Banquet and the Hospitality Gathering completed the first days activities.

Saturday morning activities started with a Prediction Fun Run. Twenty-five hardy souls started from the line at about 7:30. Jack and Janet Boughton did the timing for the run.

- 9:00---Coach of the Year Panel
- Pete Spieles-----Charlevoix High School
- John Quiring-----Okemos High School
- Tim Bedford-----Suttons Bay High School
- TOPIC: Race Schedules and Training Schedules For The Season.

10:00 Business Meeting. Bruce Dyer - Chairman
11:00 Year Around Training for High School Runners.

Jim Boughton - Dubuque Senior High School - Dubuque, Iowa

Congratulations to Jerry Mayer for the fine arrangements he completed and we thank him for all of his hard work. All of the speakers on the program are to be complimented for their fine presentations.

1987 CROSS COUNTRY COACHES OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Bryan Westfield Ann Arbor Pioneer	Don Sleeman Ann Arbor Pioneer
"B"	Jim Gardner G. R. Cath. Central	Bob Bridges Dearborn High
"C"	Barry Kloenhamer Dewitt	Pete Spieles Charlevoix
"D"	Tim Bedford Suttons Bay	Robert Glover Kingsley

STATE CHAMPIONSHIPS WON BY THE BOYS AND GIRLS TEAM IN THE

SAME SCHOOL IN THE SAME YEAR

- 1987 Ann Arbor Pioneer High School
- 1982 Concord High School (Any others)?????
- 1984 Concord High School

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR

CLASS	GIRLS	BOYS
"A"	Lee Averill West Bloomfield Budd Ciccarella Rochester Adams	David Bork Monroe Bob Stark Brother Rice
"B"	Pat Clarke Chelsea Mike Woolsey Jack. Lum. Christi	Tim Miller Sturgis Ron Waldvogel St. Joseph
"C"	Don Baese Carson City Crystal Dan R. Sandborn Burton Atherton	Paul Nilsson Williamston John Norman Kalkaska
"D"	Gordon Aldrich Akron Fairgrove Kim Spalsbury Fowler	Tim Bedford Suttons Bay John Van Winkle Colon

JACK BOUGHTON - HAZEL PARK HIGH SCHOOL - AWARDED THE ANNUAL AMBROSE CROSS COUNTRY AWARD ON FRIDAY EVENING AT THE MITCA CROSS COUNTRY CLINIC IN LANSING

Bob Fulcher, who co-coaches with Coach Boughton, made the presentation at the Coach of the Year Awards Banquet. It was a very fine testimonial. Some remarks from his talk follow:

"Jack Boughton is highly respected in his community, not only as an outstanding coach and teacher, but also as a husband, father, good citizen and molder of minds and character of youth."

"Jack and his beautiful wife, Janet, function as a team. They have to have team work to be happily married for the past 34 years". "Jack and Janet have three children; Jim, John and Anne, plus one granddaughter".

"Jack and Janet's contribution to the community has been recognized by local government and they have received recognition for community affairs and responsibilities".

"As a physical education teacher, Jack was recently recognized by his peers, not only as one of the outstanding teachers at Hazel Park High School, but in the Hazel Park school district".

"As a coach, Jack is also outstanding. 'The hardest thing about climbing the ladder of success is getting thru the crowd at the bottom'. Jack, as all of us have, started there. But he rose quickly to the top in his field. He has coached track and cross country at Hazel Park High School for the past 33 years. An obvious highlight, was the 1966 class "A" state championship team and coach of the year recognition".

"Jack has touched many lives--especially some of the many teachers and coaches in our profession and many cross country and track all staters and all-stars; such as Das Campbell, Ken Leonowicz, Dan Simeck, Forrest Jennings, Warren Krueger, Charley Broski, Sue Paquette, Mark Williamson, Andy Steele, Carl Caballero, and the past two seasons with all-staters, Sam Blumke and Jim Carlisle".

Congratulations, Jack. We all wish you well.

Bob Fulcher, ran at Hazel Park High School for Jack Boughton and was a state champion 880 yard runner.. He also had the dishonor of breaking my string of 72 consecutive dual meet victories in track. Grrr!

JACK BOUGHTON joins a very select group of past recipients of this award:

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 Gaukerke	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
1987	Jack Boughton	Hazel Park

Congratulations Jack and may you have continued success in future years.

" IN MEMORIAM "
" GEORGE BRUDER "

On March 14th, 1987, George Bruder suffered a severe stroke and passed away that evening. He had been in Ohio, working a college cross country championship meet, that day. After dinner, he retired early. Some time later when his wife, Joyce, went to the bedroom to retire, she found him dead on the floor.

Cross Country and Track and the State of Michigan has suffered a great loss. George was the finest of gentlemen. Always a smile on his face no matter what the adversity might be. Always willing to help anyone at any time.

George came to Michigan (Fennville) in 1958, from Illinois. He started the cross country program at Fennville in 1960. He managed the first Fennville cross country open in 1961 and continued as manager to the present time. The names, George Bruder and Fennville are synonymous with great cross country racing.

Coach Bruder had retired from coaching but was still actively engaged in teaching computer science. The name "RAMTIS" was George's trade name for his Race Management Timing Systems. He was involved with road racing, swimming, marathons, triathlons, track and cross country. He was very successful and very efficient in his work.

Besides his wife, Joyce, he leaves to mourn three daughters Joyce, Jean and Jane.

In 1985, George was the recipient of the MITCA Cross Country award.

Goodbye, George. We will miss you. Thanks for all of the good things you did over the years..

JOIN MITCA - - DUES---\$10.00 use form on last page

INFORMATION FROM THE MHSAA COMMITTEE ON A "ALL CLASS", "TWO DAY", "ONE SITE" TRACK CHAMPIONSHIP

1. Create 16 districts of approximately ten schools.
2. Enter 3 athletes in each event at districts.
3. Three district medals would be awarded in each event.
4. Class A-B-C would have 16 districts and would qualify 4 per event to regionals.
5. Class D would have 8 districts and would qualify 2 per event to finals.
6. Classes A-B-C would have 8 regionals with 2 from each event qualifying to the finals.
7. Three medals per event at regionals.
8. Final meet would have 16 qualifiers per event.

COMMITTEE MEMBERS:

Karel Bailey--(Track Coach)-----North Muskegon H. S.
 Bob Bloomer--(Official)-----Fenton, Michigan
 LaFayette Evans--(Ath. Dir.)-----Detroit
 Hugh Matson--(Ath. Dir.)-----Saginaw Eisenhower H. S.
 Frank Gankowski--(Principal)-----Portage Central H. S.
 Duane Raffin--(Track Coach)--(MITCA)-----Holly
 Bill Bupp--(Ass't. Dir.)-- Michigan H. S. Athletic Asso.

VOICE YOUR OPINIONS & CONCERNS TO THE PEOPLE LISTED ABOVE.

- 3:55PM - Finals - 300 Meter Low Hurdles
 300 Meter Intermediate Hurdles
 4:10PM - Finals - 200 Meter Dash
 4:25PM - Finals - 1600 Meter Relay
 5:40PM - Finals - Presentation of Trophies

PREDICTION FUN RUN

			RACE TIME	PREDICT TIME	
1.	Don Dickman	22nd	28:11.2	27:51.0	:20.2
	Petoskey				
2.	Randy Wilkins	24th	28:52.3	27:50.0	1:02.3
	Milford Lakeland				
3.	Wolfgang Lugauer	6th	22:11.7	23:35.0	1:23.3
	Portage Central				
4.	Jim Boughton	23rd	28:22.3	26:30.0	1:52.3
	Dubuque Senior High (Iowa)				
5.	Bob Fulcher	25th	28:53.0	26:48.0	2:05.0
	Hazel Park				
6.	Walt Drenth	3rd	22:02.6	24:35.0	2:32.4
	Central Michigan Uni.				
7.	Tony Sisson	9th	22:45.9	25:30.0	2:44.1
	Pentwater				
8.	Paula Maurer	20th	26:40.0	29:25.0	2:45.0
	Williamston				
9.	Dan Roggenbaum	19th	26:21.8	29:15.6	2:53.8
	Vandercook Lake				
10.	Tom Gass	21st	26:59.1	30:01.0	3:01.9
	Vandercook Lake				
11.	Dan Deyo	2nd	22:02.6	27:20.0	5:17.4
	Saline				
12.	Kyle Kasteline	10th	23:41.7	29:08	5:26.3
	Hudsonville				
13.	Wright Wilson	11th	23:53.8	29:22.9	5:39.1
	Petoskey				
14.	Ron Wheeler	16th	25:14.9	31:00.0	5:45.1
	Birmingham Seaholm				
15.	Patricia Richardson	13th	24:30.2	30:30.0	5:59.8
	Grass Lake				
16.	Budd Ciccarelli	8th	22:44.7	28:45.0	6:00.3
	Rochester Adams				
17.	Paul Nilsson	1st	15:05.3	22:00.0	6:54.7
	Williamston				
18.	Bob Collins	4th	22:03.9	29:26.0	7:22.1
	Grosse Pointe North				
19.	Mike Vance	17th	25:18.8	33:00.0	7:41.2
	Flint Central				
20.	Ken Heller	12th	24:05.4	32:08.0	8:02.6
	Allen Park				
21.	Doug Grezeszak	5th	22:07.7	30:44.0	8:36.3
	Ogemaw Heights				
22.	John Thomas	14th	24:56.2	33:33.0	8:36.8
	Sparta				
23.	Ron Clone	7th	22:40.9	31:45	9:04.1
	Elk Rapids				
24.	Rudy Godefroidt	15th	25:03.1	34:30.0	9:26.9
	Breckenridge				
25.	Helen Crane	18th	26:11.3	36:00.0	9:48.7
	Kingston				

SCHEDULE FOR FINALS

FRIDAY	5:00PM	Prelims and Finals in:
		A & C Shot Put B & D Discus
		A & C Long Jump B & D High Jump
		B & D Pole Vault
		Prelims - 100 Meter High Hurdles
		110 Meter High Hurdles
	5:40PM	- Finals - 3200 Meter Relay
	7:10PM	- Prelims - 100 Meter Dash
	7:45PM	- Finals - 3200 Meter Run
	9:20PM	- Prelims - 200 Meter Dash
SATURDAY	9:30AM	- Parade of Athletes
	10:00AM	- Prelims and Finals in:
		B & D Shot Put A & C Discus
		B & D Long Jump A & C High Jump
		A & C Pole Vault
		Finals - 100 Meter High Hurdles
		110 Meter High Hurdles
	10:25AM	- Finals - 100 Meter Dash
	10:40AM	- Finals - 800 Meter Relay
	11:40AM	- Finals - 1600 Meter Run
	12:40PM	Lunch Break
	1:30PM	- Finals - 400 Meter Relay
	2:20PM	- Finals - 400 Meter Dash
	2:55PM	- Finals - 800 Meter Run

THE THIRTIETH ANNUAL MITCA TRACK AND FIELD CLINIC AND BUSINESS MEETING JANUARY 8TH AND 9TH, 1988,
WESTERN MICHIGAN UNIVERSITY READ FIELDHOUSE AND THE KALAMAZOO HILTON
CLINIC CHAIRMAN: BERNIE ABRAMS, MITCA PRESIDENT
COVERT HIGH SCHOOL

KALAMAZOO HILTON
100 WEST MICHIGAN
KALAMAZOO, MI 49007
1 (616) 381-2130

\$ 52.00 PER NIGHT
SINGLE DOUBLE
TRIPLE QUADRUPLE

FRIDAY, JANUARY 8TH, 1988

8:30--9:30 AM Registration and exhibits Read Fieldhouse
9:30 Welcome
9:45-11:45 Pole Vault - John Lober & Staff - Traverse City Pole Vault Club
9:45-10:45 Session 1 Learn by doing
Sprints and Relays - Rob Johnson - Wabash College
Hurdles - George Prospero - Detroit Country Day
Shot Put - Dan Mulloy - Akron Fairgrove
High Jump - Joe Rogers - Ball State Uni.
Long Jump - Ben Thomas - Jackson High School
Middle Distance - Marty Crane - Flint Beecher H. S.
11:00-12:00 Session 2 Learn by doing
Discus - Dan Mulloy - Akron Fairgrove
Hurdles - JUDI BROWN KING - MICHIGAN'S OWN

EAST LANSING HIGH SCHOOL - MSU
ATHLETICS WEST CLUB TEAM
WORLD CLASS FOUR HUNDRED METER HURDLER

High Jump - Joe Rogers - Ball State Uni.
Long Jump - Ben Thomas - Jackson High School
Middle Distance - Marty Crane - Flint Beecher H. S.

12:00--1:00 LUNCH
1:00--2:00 Session 3 Learn by doing
Sprints - Rob Johnson - Rob Johnson - Wabash College Coach of Olympic Sprints
Shot Put - Dan Mulloy - Akron Fairgrove
Hurdles - George Prospero - Detroit Country Day
Long Jump - Ben Thomas - Jackson High School
2:15--4:15 - Pole Vault - Jan Johnson - World Class Vaulteer.
2:15--3:15 Session 4 Learn by doing
Discus - Dan Mulloy - Akron Fairgrove
Long Jump - Ben Thomas - Jackson High
Hurdles - Judi Brown King
Middle Distance - Marty Crane - Flint Beecher
3:30--4:30 Session 5 Learn by doing
Shot Put - Dan Mulloy - Akron Fairgrove
Sprints & Relays - Rob Johnson - Wabash College
Hurdles - Judi Brown King and George Prospero
High Jump - Joe Rogers
4:30 Exhibits and back to Hilton - Dinner on your own
7:00 Rules Meeting - Bill Bupp - MHSAA
9:00 Hospitality with Judi-Joe-Dan-George-Rob-Jan-John-Marty-Ben and other coaches

SATURDAY, JANUARY 9TH, 1988

7:30 AM Prediction Fun Run
8:00--9:00 AM Coffee - Milk - Juice - Rolls
Registration and Exhibits
9:00-10:00 Panel with the Clinic Speakers
10:00-11:00 Business Meeting - Duane Raffin (Holly) Greg Glover (Webberville)
MITCA Track Committee Chairman
11:30 Coach of the Year Banquet

BERNIE ABRAMS, PRESIDENT OF MITCA HAS BEEN PROMOTED IN THE COVERT SCHOOL SYSTEM. HE HAD BEEN TEACHER OF PHYSICAL EDUCATION AND COACH OF BOYS AND GIRLS TRACK AND CROSS COUNTRY. HE IS NOW A MIDDLE SCHOOL PRINCIPAL, DIRECTOR OF ATHLETICS FOR THE SCHOOL DISTRICT, DIRECTOR OF SPECIAL EDUCATION AND IN CHARGE OF DISCIPLINE. HE WILL COACH THE BOYS AND GIRLS TRACK TEAMS IN 1988 AND HIS LAST COACHING CHORES WILL BE WITH THE BOYS TRACK TEAM IN 1989. WHAT ARE YOU GOING TO DO IN YOUR SPARE TIME?

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN (ATOM)

CLINIC AND ORGANIZATIONAL MEETING JANUARY 9TH, 1988
KALAMAZOO HILTON HOTEL KALAMAZOO, MICHIGAN

1:00--2:00 Business Meeting
2:00--2:30 "Officials Standardization and Certification and State Meet Selection".
Bill Bupp, Ass't. Director, MHSAA
BREAK
2:30--2:45 "How to Select, Organize and Train Officials for Track Meets".
2:45--3:15 Debbie Hunt, Womens Track and Cross Country Coach at Western Michigan University
3:15--3:45 "How to Organize and Administer Finish Line Officials".
Tom Coyne, V.P. of Student Services, WMU.
3:45--4:15 "How to Organize and Supervise Field Event Judges".
4:15--4:45 Dale Kutchy, Athletic Director Waterford Sch.
"The Function and Procedures of the Clerk of the Course".
4:45--5:00 Tom Kearney, Birmingham Schools
"Question and Answer Session
Election Results of Business Meeting.
Clinic Notes Will be Available to All in Attendance
Track Coaches let your Officials know about this meeting.

IF YOU CAN'T ATTEND THE CLINIC, USE THE FORM BELOW TO MAINTAIN YOUR MITCA MEMBERSHIP, \$ 10.00

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 _____

CHECK NUMBER _____ AMOUNT _____

MAIL THIS FORM ALONG WITH YOUR CHECK TO:

REGISTRATION BEFORE JANUARY 8TH-----\$ 60.00
REGISTRATION AFTER JANUARY 8TH-----\$ 70.00
NO CLINIC-MEMBERSHIP FEE ONLY-----\$ 10.00

Rich Tompkins
939 State Street
Fremont, MI 49412

FIRST ANNUAL MID-EAST CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, NOVEMBER 21ST, 1987

HELD AT KETTERING (OHIO) INDIAN RIFFLE PARK AND RECREATION CENTER

DAYTON AREA

HOSTED BY THE GREATER DAYTON TRACK AND CROSS COUNTRY OFFICIALS ASSOCIATION AND THE KETTERING RECREATION CENTER

OHIO	28
MICHIGAN	35
INDIANA	80
PENNSYLVANIA	113
KENTUCKY	143

PENNSYLVANIA	44
OHIO	48
MICHIGAN	56
INDIANA	72
KENTUCKY	160

- 1st--15:07 2nd--15:29
- 3rd--Jon Gill-----15:45----Ferndale
- 4th--Paul Butterfield-----15:45----Bridgeport
- 5th--Jim Huff-----15:50----B. H. Lahser
- 6th--15:51 7th--15:51 8th--15:53
- 9th--Eric Sorensen-----15:54----Washington Eisenhower
- 10th--10:55 11th--15:56 12th--15:57 13th--15:58
- 14th--Scott Walsh-----15:58----Warren Fitzgerald
- 15th--15:59 16th--16:01 17th--16:02 18th--16:03
- 19th--16:04 20th--16:05 21st--16:05
- 22nd--Doug Vergari-----16:06----Plymouth Salem
- 23rd--Doug Goudie-----16:08----Rochester High
- 24th--Chris Buurmsa-----16:09----Grandville
- 25th--16:09 26th--16:10
- 27th--Rick Shaffer-----16:15----Lincoln Park
- 28th--16:16 29th--16:24 30th--16:27 31st--16:28
- 32nd--16:29 33rd--16:29
- 34th--Kevin Kilkelly-----16:31----Portage Northern

- 1st--18:14
- 2nd--Seana Arnold-----18:22----Ann Arbor Pioneer
- 3rd--18:28 4th--18:32
- 5th--Danielle Harpell-----18:36----Ann Arbor Pioneer
- 6th--18:38 7th--18:41 8th--18:42 9th--18:43
- 10th--18:52 11th--19:04
- 12th--Jennifer Schank-----19:06----Howell
- 13th--19:06
- 14th--Sarah Braunreiter---19:11
- 15th--19:14 16th--19:15 17th--19:17 18th--19:25
- 19th--19:26 20th--19:27 21st--19:29 22nd--19:31
- 23rd--Jill Rothert-----19:34----Dearborn Edsel Ford
- 24th--19:41 25th--19:44
- 26th--Janet Reinowski-----19:47----Dearborn High
- 27th--19:50
- 28th--Rachel Mann-----19:53----Ann Arbor Pioneer
- 29th--19:59
- 30th--Theresa Pierfelice--20:01----Sterling Hgts. Stevenson
- 31st--20:02
- 32nd--Tracy Boudreau-----20:02----Ann Arbor Huron
- 33rd--20:16 34th--20:20 35th--20:40 36th--20:44
- 37th--Mara Matuszak-----20:46----Ann Arbor Huron

MEET SCORING - - BASED ON TOTAL POINTS SCORED

	BOYS	GIRLS	TOTAL
OHIO	28	48	76
MICHIGAN	35	56	91
INDIANA	80	72	152
PENNSYLVANIA	113	44	157
KENTUCKY	143	160	303

MICHIGAN COACHES COORDINATING THE MID-EAST TEAM

- Kevin Hansen-----Sterling Hgts. Stevenson High School
- Barry Kloenhamer---Dewitt High School
- Kim Spalsbury-----Fowler High School
- Mike Woolsey-----Jackson Lumen Christi


THE RUNNERS AT THE FIRST ANNUAL MID-EAST CROSS COUNTRY

CHAMPIONSHIPS HAD A TREMENDOUS AMOUNT OF EXPOSURE TO

COLLEGE COACHES ON THE RECRUITING TRAIL

- Indiana Uni. Uni. of Michigan Uni. of Kentucky
- Uni. of Toledo Mississippi Eastern Mich. Uni.
- Central Mich. Uni. Bowling Green S. U. Ohio Univ.
- Ball State Uni. Ohio Uni. Southern Illinois
- Uni. of Cincinnati Navy Lansing Com. Col.
- Eastern Kentucky Wright State Dayton Uni.
- and, even BROOKS JOHNSON OF STANFORD UNI. WAS IN ATTENDANCE
- Your Newsletter Writer did lots of traveling in 1987
- March--Indianapolis and Oklahoma City
- June--Charlevoix, Indianapolis, Grand Canyon, Los Vegas, Tucson and San Jose
- July---San Francisco, Reno, Lake Tahoe, Council Bluffs (Iowa), Northeast Nebraska, Chicago and Charlevoix
- Aug.---Wolverine (Michigan), New York City & Rome, Italy
- Sept.--Bolzano, Italy, Innsbruck, Munich, Brussels, London
- Nov.---Bowling Green, Dayton, Charlottesville (VA), Washington (D.C.), Atlantic City and New York City

WORLD INDOOR CHAMPIONSHIPS--NCAA INDOORS --TAC JUNIORS--
 JEFF DRENTH MEMORIAL RUN--MID-WEST OF CHAMPIONS--WORLD OUT-
 DOOR TRACK CHAMPIONSHIPS--SENIOR TAC TRACK--SENIOR TAC CROSS
 COUNTRY--MID-EAST CROSS COUNTRY--NCAA CROSS COUNTRY--
 WORLD TRACK CHAMPIONSHIPS--THREE MEETS ON EUROPEAN CIRCUIT



Greetings
of the Season
and every good wish
for the
coming year

Bernie Ahrens
R. Tompkins
Judy Hunt
Dana Rappi
Jerry P. Mayer
Sam N. Amrose