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**MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION**

NEWSLETTER

NO. 1 APRIL 1990
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THE PRESIDENT'S PODIUM

The first three months in office has proved to be quite hectic and enlightening. On January 22nd, I attended the MHSAA Track and Field committee Meeting in Lansing. This committee is comprised of principals, athletic directors, and track coaches from all classes throughout the state. I presented our membership's survey results from our track clinic. It was because of this survey, the starting heights of the pole vault and the high jump will be changed for all Regional Meets this year. The committee also recommended to the Representative Council that we rotate the order of competition in the various field events, from year to year, for boys and girls, based on odd and even years.

The committee felt very strongly on the issue of the uniform rule. The uniform rule is not an optional rule. It is to be enforced in dual meets as well as league, invitationals, regional and state championships. By coaches not enforcing the rule in dual meets, athletes do not understand the rule and believe it is alright to be out of uniform at other invitationals and championship meets. This puts an additional strain on officials and meet managers as they try to enforce the established rules. We, as coaches, can be a great help by explaining the rule to our athletes and then enforcing the rule at all of our meets.

Another area of concern (as always) is a lack of regional sites. Only six Class "A" sites were volunteered as we made regional assignments. Ten sites were needed. Other classes had the same problem. MITCA's Track Committee, chaired by Bob Bridges of Dearborn High has been asked to look into ways to get more schools with quality tracks to volunteer to host track regionals. If you have any ideas on how to solve the problem, put it in writing and send it to either Bob or myself.

Plans, for the 1991 Track Clinic are moving along. The dates are January 10th, 11th, and 12th, 1991, at the Novi Hilton (Haggerty & Eight-mile—just west of I-275). Bill Falk will talk on the pole vault and Tony Naclario, a fine high school and college coach, from New Jersey will discuss the shot put and discus. Brent McFarlane will be asked to return to speak on sprints/hurdles. Other speakers and topics are still being lined up for our annual event.

Kim Spalsbury is putting the finishing touches on this year's Cross Country Clinic, on November 9th and 10th, 1990, to be held at the Holiday Inn in Lansing (formerly the site of the Lansing Hilton). More details on this clinic in future newsletters.

I hope the season is going well and the weather is cooperating better for you than it is for our team. As always, if there are any suggestions, comments, complaints (?) put it in writing and send it to me or any other executive board member. Believe me, we do listen and discuss any correspondence that comes our way. Best wishes.

Sincerely,
/s/ Jerry Myszkowski
MITCA President

THE FINAL SITES FOR THE 1990 STATE TRACK AND FIELD MEETS

Class "A"-----Midland High School
Class "B"-----Jackson-Northwest High School
Class "C"-----Wyoming Park High School
Class "D"-----Hillsdale College

LOCATIONS OF 1990 REGIONAL TRACK AND FIELD MEETS

CLASS "A" Grand Haven Kalamazoo Loy Norrix
Auburn Bay City Western West Bloomfield*
Ypsilanti Monroe
Southfield* Novi*
*Bloomfield Hills Lahar Grosse Pointe South
*Oakland County Schools

THE 32ND ANNUAL MITCA TRACK CLINIC AND BUSINESS MEETING

Jerry Mayer, Track and Cross Country coach at St. Louis High School, and outgoing President of MITCA, was in charge of the arrangements for this clinic. The headquarters were located at the Lansing Radisson Inn. On Thursday evening, from 6:00 to 7:40. The Ruster Foundation was in charge of the program. "Anabolic and Androgenic Steroids and Athletics" was the topic for discussion. Paul Gikas, M.D., Professor of Pathology, Uni. of Michigan, conducted the meeting. He is a member of the N.C.A.A. special planning committee for drug testing and a N.C.A.A. crew chief for drug testing. Dave Dye is a program specialist for Hazelden Health Promotion Services. The material presented by these two men was excellent. About 50 people were in attendance. At 8:00 PM, an informal meeting of the following days clinicians was held.

On Friday, Jan. 12th, A Learn By Doing Type of Clinic was held at the Michigan State University Jenison Fieldhouse.

Dave Bork-----Monroe High School-----Middle Distance
Mike Winsor-----Central Mich. Uni.-----High Jump
Jim Gardiner-----G. R. Catholic Central-----Pole Vault
Loren Seagrave-----Former Coach at L.S.U.-----Hurdles
James Henry-----Uni. of Michigan-----Long Jump
Harvey Glance-----Olympian-----Sprints and Relays
Rob Johnson-----Clare High School-----Shot Put

Five sessions were held during the day and the clinicians listed above were in charge for three or four of the sessions.

Displays by various sports equipment vendors were available for inspection. The coach of the year awards banquet and the hospitality hour closed out the Fridays activities.

Saturday morning - January 13th
7:30-----Prediction Fun Run
9:00-----Business Meeting

Robert Fulcher---Hazel Park High School-----Chairperson
(Your Newsletter writer was unable to attend this business meeting---Speaker at Lansing Eastern High School for the "ATOM CLINIC. Many fine comments have been heard in regard to the excellent manner in which Bob Fulcher conducted this meeting.)

10:00-----Panel of speakers from Friday's schedule

THE ANNUAL "CHUCK SWEENEY AWARD"

Jack Arnold, Ann Arbor, was the 14th recipient of this prestigious award. Jack has been a moving factor in the Ann Track club for many years. He has conducted State and Regional TAC age-group meets for many years. He has managed the MITCA Girl's Indoor Track Meets at the Uni. of Michigan. The cross country course, at Buhr Park, in Ann Arbor, has been designed by Jack and the TAC age-group cross country championships have been held there the past two years. Here is where the MITCA, boy's and girl's cross country team for the Mid-east Meet of Champions, at Dayton, Ohio is determined. Arnold has been the meet director for the MHSAA High School State "Class A" track championships at Eastern Michigan University, in 1988 and in 1990. Congratulations.

CLASS "B" Sturgis Chelsea
Monroe Jefferson Zeeland
Sparta Bay City John Glenn
Ramus Chippewa Hills Frankmeruth
Marysville Algonac

**IF BETTER IS POSSIBLE, GOOD IS NOT
ENOUGH**

"Bluejay Sprint Relays"

Tom Eschaann
Southfield High School

The excitement of relay races has always motivated athletes to move the baton around the track. What motivates coaches to teach relay technique should be the knowledge that HIS baton always has a chance of beating an opponent's baton regardless of who has the faster personnel.

YOU HAVE TO HAVE AN ATTITUDE

DRILLS AND PRACTICE EVERYDAY

Make your athletes "feel the baton," "TARGET PRACTICE."

NO GUESS WORK

Everything is mathematical. All measuring done in "shoes."

TREAT THE BATON WITH RESPECT

No juggling, playing catch, sword-fighting, etc. Use the baton for drills and racing only!

WE DON'T RUN CAUTIOUSLY

If there is an error, COACH takes the responsibility.

DEFINING OUR TERMS

Exchange Zone -

Where the baton is passed to the next runner.

Acceleration Zone -

Where we get up a good head of steam before entering the exchange zone.

Hash -

Where we stand waiting PATIENTLY for the incoming runner.

Checkmark -

It consists of lines measured 2 "shoes" apart and drawn across the lane we are in. It can be placed on the track's surface with chalk or training taps. When the incoming runner touches it, we SPRINT.

"SHOES" -

The unit used to measure from the hash to the checkmark.

Mesh point -

When two runners are in the middle of the exchange zone, about 1 meter apart, running at top speed. It occurs just before the hand-off.

Blind Exchange -

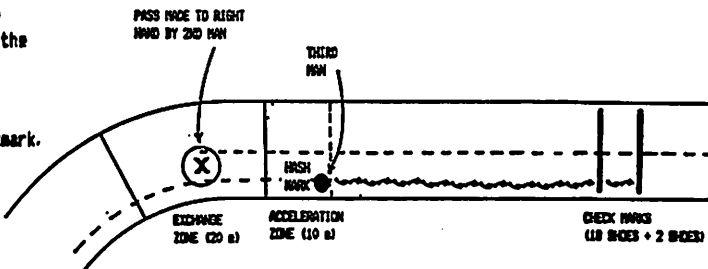
We stand on the side of the hash toward the exchange zone, looking around our LEFT shoulder. When the incoming runner touches the checkmark, we SPRINT LOOKING STRAIGHT AHEAD. At the "mesh point," the incoming runner gives a verbal command. At this command, we drop the proper hand (left or right) and reach back giving a calm, perfect "target" for the incoming runner. The incoming runner moves the baton down into the target. The baton remains in the hand it is received in.

THE 4 x 100m RELAY

Hash: Use the entire 10 meter acceleration zone.
Checkmark: 18 "shoes" from hash, mark a line across the lane; go 2 more "shoes" and mark another.

Lead leg: Use starting blocks; carry baton in RIGHT hand. Hug inside lane line.
2nd leg: Hash right side of lane; take baton in left hand.
3rd leg: Hash left side of lane; take baton in right hand.
Anchor: Hash right side of lane; take baton in left hand.

The checkmark values given here are the numbers that we start with. We want our runners to "mesh" perfectly (in the middle of the exchange zone; about 1 meter apart; running at top speed). Finding this perfect "mesh" is a trial and error process. It is the coach's responsibility to adjust the checkmark values to find this perfect "mesh." If the incoming runner easily runs up on the outgoing runner, we add 2 "shoes" to the checkmark value. If he can't reach the outgoing runner, we subtract 2 "shoes" from the checkmark value. We make our adjustments in increments of 2 and are flexible enough to realize that each exchange may have a unique checkmark value.



EXAMPLE: Baton pass from 2nd man to 3rd man.

Dave's love of the sport of cross country is quite evident when looking back at his long coaching career of 23 years, 11 of which have been at Monroe High School. His teams have had very successful seasons, possessing an overall record of 100 wins and 27 losses. In 1989, his team was 10-0! Dave's teams have won 56 duals in a row since 1985, won 6 conference championships, 5 regionals, and have placed in the state championships 7 times.

Dave is a graduate of Miami and Central Michigan Universities. While at Miami, he participated in track and cross country.

Dave is married and has four children. His regular teaching assignment is science and health at Monroe High School. Dave also keeps busy as a High School Sunday School teacher, he is chairman of the Trinity Lutheran School Board of Education, sponsor for the Fellowship of Christian Athletes, and scholarship and awards chairman for the Monroe All Sports League.

A former player of his, Todd Williams was voted "All American" at Tennessee.



DAVE BORK
Boys Cross Country Coach of the Year
Monroe High School



LEE AVERILL
Girls Cross Country Coach of the Year
West Bloomfield High School

Lee's love of the sport of track began a long time ago. While a student at Western Michigan University, he ran track. His coaching career began 29 years ago, the last 25 of which have been at West Bloomfield High School.

Since 1977, Lee's girls cross country teams have compiled a win/loss record of 60-26. In 1989, their record was 7-0. They have won 5 conference championships, 2 regionals, were state champions in 1989, and state runner-up in 1987.

Lee is quite involved in his community. He belongs to the Milford Youth Athletic Association, West Oakland YMCA, is past-president of the Milford High Music Parents group, and past-president and secretary of the Michigan Interscholastic Track Coaches Assoc.

Lee has three children. His regular teaching assignment is World and American History.

1990 REGIONAL TRACK AND FIELD MEET SITES

"CLASS C"

- ST. JOSEPH LAKE MICHIGAN CATH. BANGOR BATH
- FENTON LAKE FENTON BAD AXE
- BURTON BENDLE EVART
- BYRON CENTER BRECKENRIDGE

"CLASS D"

- COVERT COLON POSEN
- POTTERVILLE SITTONS BAY
- CARSONVILLE PORT SANTILAC

UPPER PENINSULA MEETS

CLASS A - B

- ESCANABA MEGALINEE

CLASS "C"

- NEWBERRY ONTONAGON
- IRON MOUNTAIN

CLASS "D"

- RAPID RIVER WHITE PINE
- BARAGA NEWBERRY

UPPER PENINSULA FINAL SITE

MARQUETTE HIGH SCHOOL

1990 STATE FINAL SITES

CROSS COUNTRY

- "A" SHWARTZ CREEK
- "B" LINDEN
- "C" LAKE FENTON
- "D" FRANKENMUTH

- "A-B" GLADSTONE
- "C" GLADSTONE
- "D" GLADSTONE

1991 STATE FINAL SITES

TRACK

- "A" GRAND RAPIDS
- "B" GRAND RAPIDS
- "C" GRAND RAPIDS
- "D" GRAND RAPIDS

- "A-B" MARQUETTE
- "B" MARQUETTE
- "C" MARQUETTE

RESULTS
1990 TRACK COMMITTEE QUESTIONNAIRE

CIRCLE YOUR ANSWER: CLASS A B C D MEN WOMEN BOTH
57 47 42 14 136 57 35

SENIOR HIGH 134 JUNIOR HIGH/MIDDLE SCHOOL 11 PRINCIPAL 1 AD 6

HEAD COACH 112 ASSISTANT COACH 39

1. Are you in favor of eliminating all under uniform garments?

	YES	NO	YES	NO	YES	NO	TOTALS
A	2	22	0	13	2	18	
B	0	18	1	24	0	3	
C	1	15	0	14	0	11	
D	0	7	0	4	0	3	
T	3	62	1	55	2	35	6 - 152

2. Would you be in favor of allowing athletes to qualify to the State Finals from other than Regional competition by meeting or bettering qualifying standards at specified meets during the current outdoor season?

	YES	NO	YES	NO	YES	NO	TOTALS
A	2	22	4	9	5	15	
B	4	14	3	22	3	1	
C	3	13	5	9	2	9	
D	2	5	0	3	2	1	
T	11	54	12	43	12	26	35 123

3. Are you in favor of a field event schedule at MHSAA Regionals and State Final meets that would alternate the order of competition for the boys and girls each year? (Excluding the pole vault)

For example:

- Even years--Girls HJ and SP (first), followed by boys HJ and SP.
- Boys D and LJ (first), followed by girls D and SP.
- Odd years--Boys HJ and SP (first), followed by girls HJ and SP.
- Girls D and LJ (first), followed by boys D and LJ.

	YES	NO	YES	NO	YES	NO	TOTALS
A	18	4	9	2	15	3	
B	14	3	22	2	3	1	
C	16	0	11	1	9	1	
D	5	1	4	0	2	1	
T	53	8	46	5	29	6	129 19

4. In the preliminary round of field events, in the MHSAA Regional and State Finals would you favor:

- A. Competing from the best seed to the lowest seed. or
- B. Competing from the lowest seed to the best seed.

NOTE: The finals would still be conducted in reverse order.

	A	B	A	B	A	B	TOTALS
A	5	13	2	8	6	11	
B	5	10	7	12	1	3	
C	5	9	2	8	5	4	
D	2	3	0	4	1	2	
T	18	35	11	32	13	20	42 87

5. Should the starting height at MHSAA Regional and State Final meets be based on the following criteria?

HIGH JUMP--Start at a height 3" below the additional qualifying standard for the event at that particular meet.

POLE VAULT--Start at a height 1 foot below the additional qualifying standard for the event at that particular meet.

	YES	NO	YES	NO	YES	NO	TOTALS
A	19	4	10	2	15	2	
B	16	2	21	2	3	1	
C	13	4	12	0	10	0	
D	7	0	4	0	2	0	
T	55	10	47	4	31	3	133 17

"ITS WHAT YOU LEARN AFTER YOU KNOW IT ALL THAT COUNTS"

John Wooden

MITCA TRACK COACH OF THE YEAR

CLASS "A"	BOYS	DAVE BORK-----MONROE HIGH
	GIRLS	BRYAN WESTFIELD--ANN ARBOR PIONEER
CLASS "B"	BOYS	MARTIN CRANE-----FLINT BEECHER
	GIRLS	DICK LOCKE-----WYOMING PARK
CLASS "C"	BOYS	TIM BAKER-----CONSTANTINE
	GIRLS	JIM HILL-----ONSTED
CLASS "D"	BOYS	NEIL HUFNAGEL-----FOWLER
	GIRLS	KIM SPALSBURY-----FOWLER

NOMINEES FOR TRACK COACH OF THE YEAR

CLASS "A"	BOYS	TOM ESCHMANN-----SOUTHFIELD HIGH
	GIRLS	DON SLEEMAN-----ANN ARBOR PIONEER
		DICK HAFFNER-----FLINT CENTRAL
		RONNIE PHILLIPS--DETROIT CASS TECH
CLASS "B"	BOYS	AL KORVTKOWSKI-----G. R. NORTHVIEW
	GIRLS	TED MAC-----DETROIT BENEDICTINE
		JOHN WILCOX-----CORUNNA HIGH
		No Nominee
CLASS "C"	BOYS	LEO "SMOKEY" BOYD---SAGINAW NOUVEL
	GIRLS	BILL WOOPER-----KINGSLEY HIGH
		STEVE LINN-----HARBOR BEACH
		GARY SHOPPELL-----WHITE PIGEON
CLASS "D"	BOYS	STEPHEN "PETE" ROWE--BELLAIRES HIGH
	GIRLS	DAVID RUTH---DETROIT LUTHERAN WEST
		BILL BRENDEN--MAPLE CITY GLEN LAKE
		FRANK SIPES-----LAWTON HIGH

MITCA PREDICTION FUN RUN 7:30 SATURDAY MORNING

		RACE TIME	PREDICT TIME	
1.	Bob Siegel Forest Hills Central	5th 21:02.8	21:00.0	:02.8
2.	Kim Spalsbury Fowler High	4th 20:41.6	20:36.0	:05.6
3.	Wright Wilson Royal Oak Shrine	16th 23:53.2	23:47.1	:06.1
4.	Bob Festerling Midland Northeast	18th 25:12.6	25:00.0	:12.6
5.	Larry Simon Dearborn Edsel Ford	9th 21:59.6	22:20.0	:20.4
6.	Dan Millhisler Reeths-Puffer	19th 25:23.0	25:00.0	:23.0
7.	Dan Deyo Saline High	7th 21:41.7	22:10.0	:28.3
8.	David Baird West Hills	11th 22:45.2	:23:15.0	:29.8
9.	Ron Clone Elk Rapids	14th 23:27.0	:23:58.0	:31.0
10.	George Gray Grand Blanc	2nd 19:16.7	:18:45.0	:31.7
11.	Mike Walker Ithaca High	22nd 27:24.1	28:00.0	:35.9
12.	Glen Brown Lakeshore	17th 25:11.8	24:34.0	:37.8
13.	Richard Goepf Dearborn Divine Child	1st 18:46.1	:19:30.0	:43.9
14.	Lee Kahler Bad Axe High	25th 28:30.8	27:32.0	:57.8
15.	Jim Beck Dundee	13th 22:59.8	24:00.0	1:00.2
16.	Tom Gass Vandercook Lake	15th 23:44.4	22:40.0	1:04.4
17.	David Wheeler Watervliet	6th 21:09.5	22:15.0	1:05.5
18.	Fred Jaeger Morley Stanwood	8th 21:42.6	23:02.5	1:19.9
19.	Barbara Kohn Carleton-Airport	20th 26:11.5	27:45.0	1:33.5
20.	Larry E. Robinson Cass City High	24th 28:29.6	26:33.0	1:56.6
21.	Dennis Brenner Litchfield	10th 22:02.7	24:00.0	1:57.3
22.	Gary Medland Ortonville-Brandon	12th 22:49.7	:24:50	2:00.3

6. Are you in favor of eliminating the 3200/2 mile run from middle school competition?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	0	24	2	11	5	15		
B	1	18	2	23	0	3		
C	2	15	0	14	1	11		
D	0	7	0	4	0	3	YES	NO
T	3	64	4	52	6	32	13	148

7. Are you in favor of raising the height of the jr. high boys 55 meter hurdles to 36 inches from the present 30 inches?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	16	8	8	4	7	13		
B	11	8	17	8	1	2		
C	8	8	5	8	4	7		
D	4	2	2	2	2	1	YES	NO
T	39	27	32	22	14	23	85	72

8. Would you be in favor of scoring 4 (four) places in dual meets in Class A and B competition, with Class C being optional?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	14	9	7	5	13	7		
B	14	3	12	13	3	1		
C	12	5	9	3	5	5		
D	4	2	1	1	1	2	YES	NO
T	44	19	29	22	22	15	95	56

9. Are you in favor of the National Federation directive regarding running the 800 meter relay completely in lanes beginning in 1991?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	17	7	10	3	19	1		
B	15	1	22	3	4	0		
C	11	5	12	2	9	1		
D	6	0	4	0	3	0	YES	NO
T	49	13	48	8	35	2	132	23

10. Are you in favor of the MHSAA directive that bars anyone working as a starter or referee at MHSAA events if they are associated with a competing school?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	3	21	1	12	3	16		
B	0	18	2	23	1	3		
C	2	15	1	13	0	11		
D	0	7	0	4	0	3	YES	NO
T	5	61	4	52	4	33	13	146

11. Would you favor having all starters and referees assigned by the MHSAA to Regionals and State Finals?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	1	23	1	11	3	17		
B	2	16	3	22	2	2		
C	5	12	2	12	1	9		
D	0	7	0	3	0	3	YES	NO
T	8	58	6	48	6	31	20	137

12. Are you in favor of having a more specified time to begin the finals in the 3200 meter relay at regional and state final competition?

	YES	NO	YES	NO	YES	NO	TOTALS	
A	20	4	8	5	11	7		
B	15	3	19	5	4	0		
C	13	4	10	3	10	1		
D	2	2	2	2	3	0	YES	NO
T	53	13	39	15	28	8	120	36

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

PREDICTION FUN RUN (CONTINUED)

23. Rhonda Arndt	23rd	27:25.0	25:24.0	2:01.0
Bellair High School				
24. Gary Senvais	3rd	19:43.1	22:00.0	2:16.9
Farmington Hills Mercy				
25. Tom Micallef	21st	26:23.5	29:00.0	2:36.5
Ypsilanti High				

SPECIAL THANKS TO KATHY SCHOLLAR, FOR HELP IN COMPILING THE RESULTS OF THE PREDICTION FUN RUN.

WHO IS KATHY SCHOLLAR? BESIDE ALL OF HER OTHER TALENTS, SHE IS THE BEST FINISH LINE RECORDER YOU WOULD EVER FIND AT ANY TRACK MEET ANYWHERE IN THE STATE OF MICHIGAN. SHE HAS WORKED AT MANY OF THE MITCA INDOOR TRACK MEETS, THE SPARTAN RELAYS AND THE HURON RELAYS, TO JUST NAME A FEW. YOUR EFFORTS ARE GREATLY APPRECIATED BY THE TRACK AND FIELD PEOPLE OF MICHIGAN. THANK YOU.

NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

NATIONAL CONVENTION - PHOENIX, ARIZONA
JUNE 28th, 29th and 30th, 1989

Michigan people in attendance:

Kathy Kiefer-----Adrian
Rick Tompkins-----Fremont
Chuck and Carol Jones---Royal Oak Kimball
Marty Crane, Wife, son & Mother--Flint Beecher
Robert James (1984-85 Past President)-----Ludington
Bob Wood (1986-87 Past President)---Grosse Pte. Farms
Kermit Ambrose-----Royal Oak

Marty Crane was a nominee for boy's track coach of the year. He was a representative of Region # 4. Region # 4, consists of Michigan, Ohio, Indiana, Illinois, and Wisconsin.

Chuck Jones, Athletic Director of the Royal Oak Schools, was a Region # 4 nominee for athletic director of the year.

The 1990 convention will be held at Nashville, Tenn.

There are three kinds of people:

Those that make things happen.

Those that watch what happens.

Those that wonder what happens.

H E L P ! H E L P ! H E L P !

The MITCA Executive Board needs names of MITCA members that would warrant being named to the "Chuck Sweeney Track Award" or the "Kermit Ambrose Cross Country Award".

If you have some names, send them to Jerry Myszkowski, Uni. of Detroit Jesuit High School, 8400 S. Cambridge, Detroit, Michigan 48221

DON SLEEMAN WAS NOMINATED FOR "RUNNER OF THE YEAR" BY THE MICHIGAN RUNNER. THEY COMPILED THE FOLLOWING LISTING OF HIS RACES: The Pittsburgh Great Race (10K) 1st (45-49) 32:26
The Summit City 10K (Fort Wayne) 2nd (50-54)
Williamston 5K - 1st 50+ Set National Record (45-49) 15:41
Christmas Stocking Run - 1st 50+ Age Group
San Diego Marathon 10K - 3rd overall masters, 1st 50+ (33:38)
National ICI Series Final - 2nd (50+)

Shamock 8K - 1st Bay City St. Patrick's 5K - 1st (50+)
National Indoor Master's 3000 M Columbus, Ohio. Set new National indoor record.

Dexter Ann Arbor 10K - 1st (50+) 34:14

Kansas City Half Marathon - 1st (50+)

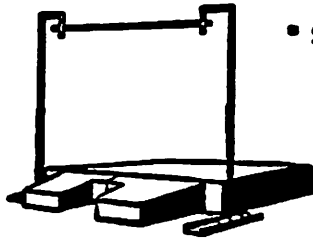
Pictured Rocks Road Race - 1st Masters overall, & broke 50+ age group record by 4.5 Minutes

National Master's Track Championships (San Diego) 1st 5K 16:15

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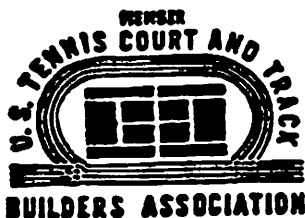
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<p>Legal Shirts</p> <p>Hind Team Tight Program Top Running Tight in the USA 1988 1-6 pairs \$24.95 7-12 pairs 29.95 13-24 pairs 39.95 25-49 pairs 49.95 50-99 pairs 59.95 100-199 pairs Call for price</p>	<p>Hind Team Uniform Program</p> <p>1-12 pairs \$19.95 13-24 pairs 29.95 25-49 pairs 39.95 50-99 pairs 49.95 100-199 pairs Call for price</p>	<p>Hind Team Windbreak Program</p> <p>1-12 pairs \$24.95 13-24 pairs 32.95 25-100 pairs 39.95</p>
<p>Legal Shorts</p> <p>Hind Team Animal Short Program Hottest Short in the USA 1988 Pairs in Stock</p> <p>Best Price in USA 1-6 pairs \$24.95 7-12 pairs 29.95 13-18 pairs 39.95 Call for price</p>	<p>Legal Pants</p> <p>1-12 pairs \$19.95 13-24 pairs 29.95 25-49 pairs 39.95 50-99 pairs 49.95 100-199 pairs Call for price</p>	<p>Best Price in USA 1-12 pairs \$24.95 13-24 pairs 32.95 25-100 pairs 39.95</p> <p>Shipping Available: \$1.50 per Windbreak (one way) \$15.00 Service Charge Great for Youth & Clean Country Teams Largest Windbreak Stock in Midwest</p>

PRESIDENT
Jerry Myszkowski
Uni. of Detroit Jesuit High

FIRST VICE-PRESIDENT
John Quiring
Okemos High School

SECOND VICE-PRESIDENT
Kim Spalsbury
Fowler High School

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION

NEWSLETTER

NO. 2 SEPTEMBER 1990

NEWSLETTER WRITER
Kermit N. Ambrose
Retired

SECRETARY
Rob Johnson
Clare High School

PUBLIC RELATIONS DIRECTOR
Tony Magni
Redford Det. Cath. Cent.

TREASURER
Rich Tompkins
Fremont High School

A MESSAGE FROM YOUR PRESIDENT

With Labor Day now behind us, hopefully our school contracts have been settled, our cross country runners have reported in shape, and we're ready to begin another school year.

For those of you who have just entered the track or cross country coaching ranks, I would like to welcome you and introduce our organization. For those of you who are veteran coaches, this letter will serve as a review of MITCA and perhaps a reminder of some of our services.

MITCA is an organization of 600 plus high school track and cross country coaches throughout the State of Michigan. Our purpose is to better promote our sport and provide a means where our athletes reach their potential in both performance and enjoyment.

MITCA does this by offering coaching clinics in both cross country and track. This year's cross country clinic is being held at the Lansing Holiday Inn (formerly the Hilton) on November 9th and 10th. Kim Spalsbury (Fowler High), our second vice-president, is busy putting together the final details in what always amounts to an excellent clinic.

I am responsible for our track clinic which will be held at the Novi Hilton on January 10th, 11th, 12th. Bill Falk (pole-vault), Tony Nacalio (shot put, discus), Brent McFarlane (Canadian hurdle coach) will be some of our guest speakers this year. Hopefully you will find both of these clinics enjoyable and enlightening.

MITCA also has an input to the Michigan High School Athletic Association. In order to have possible suggestions to present to the MHSAA, our track and cross country committees are meeting regularly to place together your ideas. Bob Bridges (Dearborn High) chairs our track committee, while Mike Woolsey (Jackson Lumen Christi) handles the cross country duties. A list of committee members are listed separately in this newsletter. Contact any of these members in writing if there is a particular idea you feel needs explored.

MITCA also sponsors state track and cross country teams that compete against the best athletes from other neighboring states. Mike Woolsey is in charge of the Mid-East Cross Country Championships and Duane Raffin (Holly) and Bernie Abrams (Covert) are in charge of the Mid-West Meet of Champions in track.

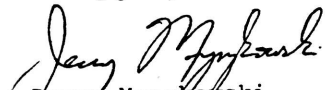
MITCA also provides recognition to the best athletes in the state by providing All-State Certificates in both cross country and track. John Quiring (Okemos), our first vice-president, handles this responsibility.

Our MITCA officers are: Rob Johnson (Clare), our recording secretary; Rich Tompkins (Fremont) who handles the finances of our organization; Kermit Ambrose (retired Seaholm coaching legend) puts together this newsletter and Tony Magni (Redford Detroit Catholic Central) makes sure that our clinic notes are types correctly, bound together, and shipped in a proper and timely manner as well as any public relations that might arise. Believe me, it couldn't be done without these guys.

As you can see MITCA offers both coaches and athletes a wide range of benefits. Those of you who are new to coaching, MITCA is the organization to better your coaching skills. For those of you who have been in the business a while, MITCA is the organization to update yourself on new methods in training and technique. I would urge all of you to either begin or renew your membership this school year. This can be done by either attending one or both of our coaching clinics.

On behalf of the entire Executive Committee I would like to extend best wishes for the 1990-91 seasons. Hopefully, we will see you at our clinic November and/or in January.

Sincerely yours,


Jerry Myszkowski
MITCA President

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.
1990 LOWER PENINSULA REGIONAL CROSS COUNTRY RUNS

SATURDAY, OCTOBER 27TH, 1990 GIRLS RUN FIRST IN 1990

CLASS "A" REGIONAL RUNS START AT 11:00 A.M.

# 1	Grosse Pointe South	Steve Zaranek
# 2	Royal Oak Kimball	Charles H. Jones
# 3	Southgate Anderson	Tony Mifsud
# 4	Orchard Lake St. Marys	Rob Hager
# 5	Royal Oak Kimball	Charles H. Jones
# 6	Holly High School	Duane Raffin
# 7	Fennville High	David Blossom
# 8	Frankenmuth	Gary Bruns
# 9	Big Rapids	John Paske

CLASS "B"

#10	Southgate Anderson	Tony Mifsud
#11	Grosse Pointe South	Steve Zaranek
#12	To Be Announced	
#13	Frankenmuth	Gary Bruns
#14	DeWitt High School	Bart Rypstra
#15	Middleville thornapple Kellogg	Jeanne Perry
#16	Middleville Thornapple Kellogg	Jeanne Perry
#17	Big Rapids	John Paske

CLASS "C"

#18	Fennville	David Blossom
#19	To Be Announced	
#20	Orchar Lake St. Mary	Rob Hager
#21	Brown City High	???
#22	Mancelona High	Thomas Ross
#23	Grand Valley State College	Mike Stodola

CLASS "D"

#24	DeWitt High School	Bart Rypstra
#25	Holly High	Duane Raffin
#26	Mancelona High School	Thomas Ross

FINAL CROSS COUNTRY MEET SITES

UPPER PENINSULA

(A-B)	(C)	(D)	GLADSTONE HIGH SCHOOL
			GLADSTONE GOLF CLUB
			HOWARD BUSCH

LOWER PENINSULA

(A)	ANN ARBOR PIONEER HIGH SCHOOL	CHUCK RITTER
	UNI. OF MICHIGAN GOLF COURSE	
(B)	LINDEN HIGH SCHOOL	JOE PIWOWARCZYK
	TYRONE HILLS GOLF COURSE	
(C)	LAKE FENTON HIGH SCHOOL	RALPH COASTER
	TORREY PINES GOLF COURSE	
(D)	FRANKENMUTH HIGH SCHOOL	GARY BRUNS
	HIGH SCHOOL CAMPUS	

COACHES --- PLEASE ROUTE THIS NEWS LETTER TO OTHER TRACK AND CROSS COUNTRY COACHES IN YOUR SCHOOL SYSTEM. HIGH SCHOOL--JUNIOR HIGH--MIDDLE SCHOOL--ELEMENTARY SCHOOLS

MITCA ANNUAL DUES ARE JUST \$10.00. A COACH CAN BECOME A MEMBER OF MITCA, BY PAYING THE ANNUAL DUES OF \$10.00. AN APPLICATION FORM WILL BE ON ANOTHER PAGE OF THIS LETTER. MANY COACHES CAN NOT ATTEND THE ANNUAL CLINICS, SO THEY DROP THEIR MEMBERSHIP. JOIN TODAY.

MITCA HAS A MEMBERSHIP LISTING OF 639 INDIVIDUALS.

MOTIVATION SHOULD COME FROM WITHIN.

MHSAA UPDATE FROM NATE HAMPTON

1. Uniform rule: No one may set aside the rule. Frayed and ragged ends will be illegal
2. Jewelry: Wedding bands and medic alert jewelry will be the only items allowed in 1991.
3. Head adornment: Must be of one solid color. Concerned specifically with the helmets worn by pole vaulters.

COACHES -- PLEASE HANDLE THIS AT YOUR END. IT IS PART OF YOUR COACHING DUTIES. IF YOU TAKE CARE OF THIS, IT WILL ELIMINATE MANY OF THE PROBLEMS, THAT HAVE SURFACED AT MANY OF THE MEETS AROUND THE STATE.

LACK OF PLANNING (ON YOUR PART) DOES NOT JUSTIFY AN EMERGENCY (ON THE MEET MANAGERS PART)

Stu Scholl, Montague High School and Hope College, is present teaching and coaching at Crescent City, California. He is a former camper at the Wolverine Cross Country Camp (1971) and has been a counselor for about ten years at Wolverine. He has competed in the competition listed below.

Ski 2 miles downhill

Cross country ski 10 kilometers

No Bicycle 22 Miles

Time Kayak 1 1/2 miles

Available Run 5 Km

Anyone ready for this competition?????

1990 MITCA CROSS COUNTRY COMMITTEE

Mike Woolsey, Chairperson	(B-2)	Jackson Lumen Christi
Dan Deyo	(A-1)	Ann Arbor Pioneer
Tom Gass	(C-2)	Vandercook Lake H. S.
John C. Prescott	(D-2)	Reading H. S.
Phil Mahar	(A-1)	Dearborn Fordson
Kernie Gilliam	(B-2)	Gladwin High School
Keith Dykman	(C-1)	Bronson High School
John Van Winkle	(D-1)	Colon High School

1990 MITCA TRACK COMMITTEE

Bob Bridges, Chairperson	(A-2)	Dearborn High School
Bill Grebe	(B-2)	Midland Bullock Creek
Neil Hufnagel	(D-2)	Fowler High School
Tom Micallef	(A-1)	Ypsilanti High School
Gary Meehan	(A-2)	Brighton High School
Larry Steeb	(D-2)	Whitmore Lake High School
Jerry Lasceski	(D-2)	Akron-Fairgrove H. S.
Mac Domke	(B-1)	Marysville High School

19TH ANNUAL KEEBLER INTERNATIONAL PREP TRACK AND FIELD MEET EAST FIELD, YORK HIGH SCHOOL, ELMHURST, ILLINOIS 6/16/90

MICHIGAN ATHLETES

3rd Darnell Hall	400 METER DASH	:46.78
Detroit Pershing High School Allen Tellis-----Coach		
4th Kevin Jackson	110 Meter High Hurdles	:14.04
Kalamazoo Loy Norrix Ted Duckett-----Coach		
5th Gar Eddings	3000 Meter Steeplechase	9:39.7
Pinckney High School David J. Mitchell-----Coach		
8th Mike McClendon	Long Jump	23' 2 1/2"
Kalamazoo Loy Norrix Ted Duckett-----Coach,		
2nd Gwen Wentland	High Jump	5' 11 1/2"
Grand Blanc High School George Gray-----Coach		

"IF YOU MAKE EVERY CONTEST A LIFE-AND-DEATH PROPOSITION, YOU'RE GOING TO HAVE PROBLEMS. FOR ONE THING YOU'LL BE DEAD A LOT."

DEAN SMITH--UNIVERSITY OF NORTH CAROLINA COACH

WINNERS BEGIN WITH.....SPIRIT, PRIDE AND SELF-ESTEEM

"PATHY" IS A WORD ALL COACHES SHOULD BE FAMILIAR WITH.

ACCENTUATE THE POSITIVE

A WINNER'S SELF TALK: I WAS GOOD TODAY, I'LL BE BETTER TOMORROW.

LOSER'S SAY: WITH MY LUCK, I WAS BOUND TO FAIL.

YOU ARX A KXY PXRSON

Xvxn though my typwritxr is an old modxl, it works quitx wxell xx-cxpt for onx of thx kxys. I havx wishxd many timxs that it workxd pxr-fxctly. It is trux that thxrx arx forty-onx kxys that function wxll nough, but just onx kxy not working makxs thx diffxrxnce.

Somxtimxs it sxms to mx that our txam is somwxht likx my typwritxr--not all thx kxys arx working propxry.

You may say to yoursxlf, "wxll, I am only onx pxrson. I won't makx or brxak thx txam". However, it doxs makx a diffxrxnce bxcxus any txam to bx xffxtivx nxxds thx activx participation of xvxy mxxbxx.

So thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxxdxd, rxxmxxbr my typwritxr and say to yoursxlf, I am a kxy pxrson on our txam and I am nxxdxd vxry much.

MIDWEST MEET OF CHAMPIONS INDIANAPOLIS, INDIANA SATURDAY, JUNE 9TH, 1990

GIRLS:	1ST	OHIO-----	180 1/2
	2ND	MICHIGAN -----	135
	3rd	INDIANA-----	76 1/2
	4TH	ILLINOIS-----	34
BOYS:	1ST	OHIO-----	137
	2ND	ILLINOIS-----	124 1/2
	3RD	INDIANA-----	106 1/2
	4TH	MICHIGAN -----	86

3200 METER RELAY

GIRLS	1st	9:09.05
Kathy Edwards--Utica	Loren Hood--Farmington Mercy	
Lauren Schultz--Grosse Pte. N.	Vonda Medor--Corunna	

BOYS 1ST 7:39.39

Gary Warrick--Warren Cousino	Bryant Murphy--Bay City Handy
Carl Lowe--Westland John Glenn	Paul McMullen--Cadillac

100/110 METER HURDLES

2nd Marjona Howard	Flint Northern	:14.05
6th Amy Duggan	Brighton	:15.01
3rd Kevin Jackson	Kalamazoo Loy Norrix	:13.84
5th Chris Oliver	Flint Central	:14.08

100 METER DASH

3rd Nicole Embry	Detroit St. Martin DePorres	:12.12
4th Damon Gandy	Pontiac Northern	:10.64

1600 METER RUN

2nd Kim Blough	Wyoming Park	5:07.80
5th Jessica Kluge	St. Johns	5:13.47
6th Della Roosevelt	Port Huron	5:14.46
5th Joe Cronley	Sturgis	4:22.25

400 METER RELAY

GIRLS	1ST	:47.78
Danielle Pierce--Detroit DePorres	Nicole Embry--Detroit DePorres	
Colette Savage--Bay City John Glenn	Marjona Howard--Flint Northern	

BOYS 4TH :41.45

Maurice Brown--Det. Mumford	Sam Brown--Three Rivers
Michael McClendon--Kal. Loy Norrix	Damon Gandy--Pontiac Northern

400 METER DASH

2nd Janeen Jones	Southfield	:56.20
6th Lynn Bavier	????????????????	:59.60
1st Darnell Hall	Detroit Pershing	:46.55

NEW MEET RECORD

6th Larry Knox	Troy High	:49.18
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300 METER LOW/INTERMEDIATE HURDLES

2nd Marjona Howard	Flint Northern	:44.04
5th Gwen Wentland	Grand Blanc	:47.62
5th Marc Brown	Flint Kearsley	:37.60

800 METER RUN

1st Vonda Medor	Corunna	2:26.35
5th Christen Crouch	Muskegon Mona Shores	2:32.30
6th Cathy Edwards	Utica	2:33.50
4th Paul McMullen	????????????????	1:56.67

200 METER RUN

2nd Colette Savage	Bay City John Glenn	:24:26
4th Danielle Pierce	Detroit St. Martin DePorres	:25.39
5th Jay Morgan	????????????????	:21.52

ALL RUNNERS ARE DIFFERENT. NO TWO ARE ALIKE. YOU HAVE DIFFERENCES IN AGE, HEIGHT, WEIGHT, STRENGTH, PHYSICAL AND MENTAL CONDITION, DESIRE, DETERMINATION, PRIDE, PLUS OTHERS. HOW CAN YOU EXPECT EVERYONE ON YOUR SQUAD TO DO THE SAME AMOUNT OF WORK?

3200 METER RUN

2nd	Heather Swinburn	Muskegon Mona Shores	11:11.63
5th	Mary Latinga	Battle Creek St. Phillips	11:25.3
(Manual Time)			
3rd	Bill Stricklen	Utica Ford	9:23.72
5th	Aaron Lawson	Ann Arbor Pioneer	9:30.51

400 METER RELAY

GIRLS	2ND	3:54.67
Janeen Jones	Southfield	Kimyetta Knox
Charlotte Williams	Det. Pershing	Lynn Beutler
BOYS	4TH	3:17.85
Jay Morgan	Muskegon Mona Shores	Ali Shakoor
Darnell Hall	Detroit Pershing	Damon Gandy

DISCUS THROW

4th	Chris Mudget	Holland West Ottawa	125' 4"
-----	--------------	---------------------	---------

SHOT PUT

5th	Chris Mudget	Holland West Ottawa	40' 1"
6th	Erinn Wikaryasz	Milford High	39' 11"
4th	Tom Johnson	Marysville High	58' 10 1/2"

POLE VAULT

4th	Greg Patlee	Flushing High	14' 6"
-----	-------------	---------------	--------

HIGH JUMP

1st	Gwen Wentland	Grand Blanc	5' 8"
2nd	Clarissa Jones	Flat Rock	5' 8"
1st	Ben Ludka	Traverse City	7' 0"
2nd (Tie)	Rick Duncan	Southfield High	6' 10"

LONG JUMP

4th	Elizabeth Clark	New Haven	18' 5.75"
2nd	Michael McClendon	Kalamazoo Loy Norrix	24' 8.75"
5th	Ali Shakoor	Jackson High	23' 5.25"

COACHES-----IF YOU NEED TO PAINT IN THE 4-TURN STAGGERS, FOR THE 800 METER RELAY TO BE RUN ON YOUR TRACK, YOU MIGHT CONTACT:

WAYNE McDONALD, ATHLETIC DIRECTOR
 JACKSON NORTHWEST HIGH SCHOOL
 4200 VAN HORN ROAD
 JACKSON, MICHIGAN 49201
 1 (517) 569-2244

He can handle the painting of about 15 tracks, next spring. If you are interested, you should contact him and get on his schedule. The sooner the better.

COACHES-----If you have people in your school district, that work with track or cross country, and they aren't members of MITCA, they can join by fillinf in the form below and send it to **RICH TOMPKINS** WITH YOUR CHECK OR MONEY ORDER. His address is listed below.

WHAT PART OF "NO" DON'T YOU UNDERSTAND

PLEASE PRINT YOUR NAME: FILL IN INFORMATION BELOW ONLY IF IT HAS CHANGED SINCE LAST YEAR.

NAME: _____
 HOME ADDRESS: _____
 CITY: _____
 STATE: _____ ZIP: _____
 HOME PHONE _____
 BIRTH DATE: _____
 YEAR JOINED MITCA: _____
 LEVEL OF SCHOOL: _____
 HAVE YOU RECEIVED A 20 YEAR CERTIFICATE FROM MITCA?
 YES NO

SCHOOL: _____
 SCHOOL ADDRESS: _____
 CITY: _____
 STATE: _____ ZIP: _____
 SCHOOL OR WORK PHONE _____
 CLASS OF SCHOOL: _____
 YEAR STARTED COCAHING CC _____ TRACK _____
 HAVE YOU COACHED CONTINUQUUSLY FROM ABOVE DATES?
 YES NO
 IF NO ABOVE, HOW MANY YEARS HAVE YOU COACHED
 CC _____ TRACK _____

MAIL THIS FORM AND REGISTRATION FEE TO:

**RICH TOMPKINS
 939 STATE STREET
 FREMONT, MI 49412**

MAKE ALL CHECKS PAYABLE TO: MITCA

MITCA MEMBERS-----If you didn't get the first newsletter that was sent out last May, its probably due to the fact that it was sent back to me because of an incorrect address. If you have moved, please give us your correct address. This letter, along with the returned letter will be sent to you at the school address as listed in the MITCA directory. It is hoped that contact will be made.

TWO "YOUNG" MEN WHO HAVE BEEN TEACHING AND COACHING TRACK AND CROSS COUNTRY FOR MORE THAN 30 YEARS HAVE RETIRED FROM THE CLASSROOM. JACK BOUGHTON, HAZEL PARK HIGH SCHOOL, AND ELMER BALL OF OXFORD HIGH SCHOOL, CAN FORGET ABOUT LESSON PLANS AND ALL OF THE OTHER THINGS THAT HAVE CONFRONTED THEM OVER THE YEARS IN DAILY CLASSROOM ACTIVITIES. JACK BOUGHTON AND HIS WIFE, JANET, HAVE MOVED TO THE UPPER PART OF THE LOWER PENINSULA. ELMER BALL IS STILL COACHING CROSS COUNTRY AND TRACK AT OXFORD. BEST OF WISHES IN FUTURE YEARS.

Your newsletter writer will be retiring, after completing the October and December Newsletter. If any members would be inclined to take over, I'm sure the executive board of MITCA would appreciate hearing from you. The members of the executive board are isted on the front page of each newsletter.

THE ANNUAL CROSS COUNTRY CLINIC WILL BE HELD AT THE LANSING HOLIDAY INN (FORMERLY THE LANSING HILTON) ON FRIDAY AND SATURDAY, NOVEMBER 9TH AND 10TH. THIS IS A FOOTBALL WEEKEND IN LANSING. GET YOUR RESERVATIONS IN EARLY.

OFFICIAL NAME: HOLLIDAY INN LANSING CONFERENCE CENTER

7501 WEST SAGINAW STREET
 LANSING, MICHIGAN 48917

1 (517) 627-3211 ASK FOR EXT. 616 MITCA

ROOM RATE: \$52.00/ROOM

INDOOR SWIMMING POOL - SAUNA - JACUZZI - HOLIDOME FOR WORKOUTS - NO "BUNNIES"

A BLOCK OF ROOMS HAVE BEEN RESERVED FOR THE EARLY THURSDAY ARRIVALS

THE CROSS COUNTRY CLINIC SCHEDULE WILL BE IN THE OCTOBER NEWSLETTER, WITH THE LIST OF THE SPEAKERS AND OTHER PERTINENT INFORMATION

GREAT SUMMER-----NCAA TRACK AND FIELD CHAMPIONSHIPS---May 31st and June 1st, 2nd & 3rd. Duke University. Attended two Duke Track Alumni parties. June 8th, 9th & 10th--Midwest Meet of Champions, Indianapolis. June 16th--Keebler International Prep Invitational. July 19th and on--Seattle--The Goodwill Games. Aug. 9th-25th--The Wolverine Cross Country Camp. 108 campers the first week and 77 the second week.

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**MICHIGAN INTERSCHOLASTIC
 TRACK COACHES ASSOCIATION**

NEWSLETTER
 NO. 3 OCTOBER 1990

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THE EIGHTEENTH ANNUAL CROSS COUNTRY CLINIC NOV. 9-10, 1990
 HOLIDAY INN---CONFERENCE CENTER---LANSING, MICHIGAN
 FRIDAY, NOVEMBER 9TH

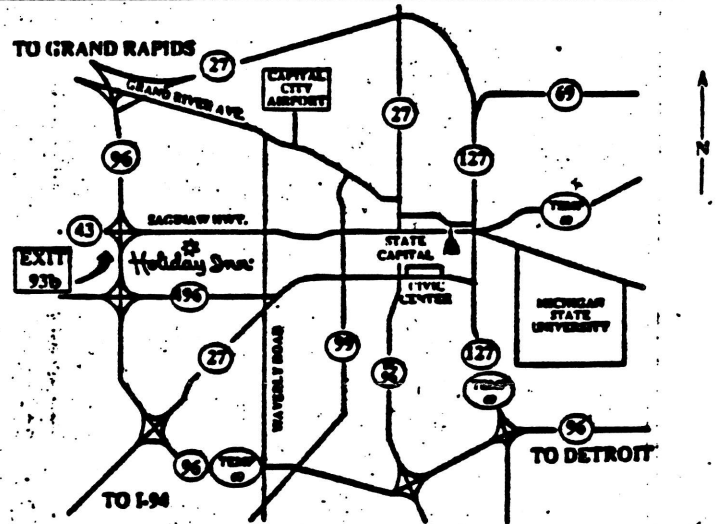
9:30-11:00 AM REGISTRATION, COFFEE
 11:00-11:10 AM WELCOME, PRESIDENT JERRY MYSZKOWSKI
 11:10-12:00 PM WALT DRENTH - WILLIAM AND MARY
 FORMERLY CENTRAL MICHIGAN UNIVERSITY
 "BUILDING TEAM UNITY AND PEAKING FOR
 CHAMPIONSHIP COMPETITION"
 12:00-1:30 "CROSS COUNTRY THROUGH THE DECADES"
 1. Kermit Ambrose - Birmingham Seaholm (Ret.)
 2. Rich Tompkins - Fremont
 3. Kevin Hanson - Sterling Hgts. Stevenson
 LUNCH AT POOLSIDE (Included in clinic cost)
 2:30-3:30 PM BILL TAYLOR - formerly of Central Mich. Uni. &
 The Uni. of Wisconsin. 1990 U.S. National
 Cross Country Team Member.
 "Transition to College: An Athletes Perspective"
 3:30-4:45 PM BUSINESS MEETING - nate hampton - MHSAA
 4:45-5:30 PM OWEN ANDERSON, PHD BIOLOGY - Editor and Pub-
 lisher, Running Research News. Staff Writer,
 Runners World. "Exercise Physiology Applied"
 7:15-9:00 PM Coach of the Year Banquet
 Nan Doak Davis - Keynote Speaker. Six times U. S.
 World Cross Country Championship Team Member
 Social Hour, Raffle
 9:00-12:00 AM
 SATURDAY, NOVEMBER 10TH
 7:30 Prediction Fun Run - Kermit Ambrose
 8:30-9:00 AM Coffee and Rolls
 9:00-10:00 AM NAN DOAK DAVIS - "Training the Female Athlete:
 Special Strategies"
 10:00-11:15 AM MITCA COACHES PANEL: "Strategy and Motivation"
 RON CHAMPINE - Dearborn Edsel Ford
 TIM MILLER - Sturgis High
 ELDON "PETE" MOSS - Benzonia Benzie Central
 BILL TAYLOR - "Specialty Workouts"

NCAA DIVISION I - CROSS COUNTRY POLL (AS OF OCT. 16TH)	
MEN	WOMEN
1. Iowa State	1. Villanova
2. Arkansas	2. Providence
3. Wisconsin	3. Indiana
4. Tennessee	4. B. Y. U.
5. Arizona	5. Georgetown
6. Notre Dame	6. Cal Irvine
7. Oregon	7. Oregon
8. B.Y.U.	8. Tennessee
9. Wake Forest	9. Clemson
10. Michigan	10. Arkansas

WILLIAM AND MARY - COACHED BY WALT DRENTH (Former Cross Country and Distance Coach at Central Michigan University) In the Virginia State College Championships, William and Mary ran 1-2-3-4-5. 17 Schools
 On October 20th, William and Mary Flew to South Bend for a dual meet run with Notre Dame. William and Mary was the winner. No score available.

TENNESSEE PRE-NCAA INVITATIONAL (Oct. 15th)

Tennessee-----56	1. Todd Williams----TN----29:44
Arizona-----74	(Monroe High School)
11 Schools	4. Brian Grosso----AZ----30:20
	(Walled Lake Western)



PLEASE NOTE: This is a MSU Football Weekend

REGISTRATION FEE: \$60.00 \$70.00 AT THE DOOR

THIS INCLUDES: Clinic Notes - Coffee & Donuts - Luncheon - Coach of the Year Banquet - Social Hour - Raffle - and Much More

A REGISTRATION FORM WILL BE ON A FOLLOWING PAGE. PLEASE RETURN THE REGISTRATION FORM AND FEE TO:

MAKE ALL CHECKS PAYABLE TO MITCA
 RICH TOMPKINS
 939 STATE
 FREMONT, MI 49412

PLEASE PRINT YOUR NAME: FILL IN INFORMATION BELOW ONLY IF IT HAS CHANGED SINCE LAST YEAR.

NAME: _____ SCHOOL: _____
 HOME ADDRESS: _____ SCHOOL ADDRESS: _____
 CITY: _____ CITY: _____
 STATE: _____ ZIP: _____ STATE: _____ ZIP: _____
 HOME PHONE: _____ SCHOOL OR WORK PHONE: _____
 BIRTH DATE: _____ CLASS OF SCHOOL: _____
 YEAR JOINED MITCA: _____ YEAR STARTED COACHING CC _____ TRACK _____
 LEVEL OF SCHOOL: _____ HAVE YOU COACHED CONTINUOUSLY FROM ABOVE DATES?
 HAVE YOU RECEIVED A 20 YEAR CERTIFICATE FROM MITCA?
 YES NO YES NO
 IF NO ABOVE, HOW MANY YEARS HAVE YOU COACHED
 CC _____ TRACK _____

NAN DOAK DAVIS
 Six Time High School Champion
 NCAA 10,000 Meter Champion (Iowa Uni. Senior year)
 Six Time Member of the U.S. World Cross Country Team
 November - 1989 - Marathon winner at Sacramento
 1986 - TAC 10,000 Meter Champion at Eugene, O
 Ran 4th in trials for Se Olympic 10,000 Meters (Outkicked by Lynn Jennings). MORE MORE MORE



AUG 2 - 1990
DZYACKY,
DR. KARYN S.

Warwick, RI

Formerly of
Grand Ledge

Age 48, died July 26, 1990 at Kent County Memorial Hospital, Warwick, RI. Karyn Dzyacky (Meacham-Cribley) was born April 13, 1942 in Lansing. She was a 1960 Grand Ledge High School graduate. She received her Bachelor's degree in 1964, Masters degree in 1968 and Masters of Fine Arts in 1978 from Michigan State University. While attending MSU, she became the first female President of the Michigan Interscholastic Track Coaches Association (MITCA). She was also a member of the National Federation of Track and Field Rules Commission. Karyn taught Art and Drivers Education in the Grand Ledge Public Schools and during that time was voted Teacher of the Year. She formed Grand Ledge's first Girls Track Team, was Director of Driver Education, and was an Assistant Principal before leaving the Grand Ledge Public School System to become an Assistant Principal at Orchard Lake Middle School, Willow Run High School and Principal

at Whittemore Lake. She earned her Doctorate in 1988 from Iowa State University and went on to become the Director of Secondary Education in Warwick, RI. She had a life membership in the MSU Alumni Association; was a member of the National Association of Secondary School Principals, The American Association of School Administrators, Association of Supervisors in Curriculum Development, The New England Association of Accrediting and the Rhode Island Association of Secondary Administrators. Surviving are her husband, John Dzyacky of Coventry, RI; her mother, Vivian Meacham Bannon; step-father, Roy Bannon; 3 children, Krin Cribley Anderson (Mike) of East Lansing, Kari Cribley Carrio (Lewis) of Plano, TX and Esign Derek Cribley of Grand Ledge; 3 step-daughters; 2 sisters, Peggy Conarton (James) of Grand Ledge and Dr. Sandra Wilson (Dan) of Spokane, WA; 2 brothers, Donald Meacham of Huston, TX and Ronald Meacham of Lansing; 4 grandchildren; and several nieces, nephews, aunts and uncles. Karyn was preceded in death by her father, Orin W. Meacham. Memorial Services will be Friday, August 3 at the MSU Union Memorial Chapel at 2 p.m. Memorials may be made to The Grand Ledge High School Memorial Fund, The MSU Alumni Association Scholarship Fund, or The Jack and Renee Breslin Cancer Center, Lansing, MI.

TAC AGE GROUP CROSS COUNTRY CHAMPIONSHIPS BUHR PARK ANN ARBOR
SUNDAY, NOVEMBER 11TH, 1990 \$ 3.00 ENTRY FEE
 REGISTRATION WITH TAC WILL BE NECESSARY IN ORDER TO ADVANCE TO REGIONAL CHAMPIONSHIPS IN OHIO AND FOR THE NATIONAL CHAMPIONSHIPS

BANTAM	GIRLS	11:00	3000 METERS
10 & UNDER	BOYS	11:30	3000 METERS
MIDGET	GIRLS	12:00	3000 METERS
11 & 12	BOYS	12:30	3000 METERS
YOUTH	GIRLS	1:00	4000 METERS
13 & 14	BOYS	1:30	4000 METERS
INTERMEDIATE	GIRLS	2:00	5000 METERS
15 & 16	BOYS	2:30	5000 METERS
SENIORS	GIRLS	3:00	5000 METERS
17 & 18	BOYS	3:30	5000 METERS

BE SURE TO BRING YOUR BIRTH CERTIFICATE, IN CASE YOU QUALIFY TO ADVANCE TO THE REGIONALS, AND IT BECOMES NECESSARY FOR YOU TO REGISTER WITH TAC.

MID-EAST MEET OF CHAMPIONS SATURDAY, NOVEMBER 17TH, 1990
DAYTON- KETTERING AREA TEN SENIOR GIRLS TEN SENIOR BOYS
 ILLINOIS - INDIANA - KENTUCKY - MICHIGAN - OHIO - PENNSYLVANIA

	BOYS	GIRLS
1989 1st	INDIANA-----58	INDIANA-----45
2nd	MICHIGAN-----59	OHIO-----52
3rd	ILLINOIS-----64	PENNSYLVANIA----73
4th	PENNSYLVANIA---66	ILLINOIS-----98
5th	OHIO-----85	MICHIGAN-----107
6th	KENTUCKY-----202	KENTUCKY-----155

IN ORDER TO QUALIFY FOR THIS MEET, IT WILL BE NECESSARY TO RUN IN THE TAC AGE GROUP MEET AT BUHR PARK IN ANN ARBOR ON NOVEMBER 11TH. QUALIFIERS WILL COME FROM THE SENIOR DIVISION RUN.

MIKE WOOLSEY---JACKSON LUMEN CHRISTIE---MICHIGAN TEAM MANAGER
 KIM SPALSBURY---FOWLER HIGH---ASSISTANT MANAGER

ATOM - ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN

ANNUAL CLINIC AND BUSINESS MEETING SATURDAY, FEBRUARY 9TH, 1991
 STOUFFERS-----BATTLE CREEK ROOM REGISTRATION----\$ 72.00

8:30---RULES MEETING---NATE HAMPTON (MHSAA) IN CHARGE
 BUSINESS MEETING AND ELECTIONS---AWARDS

LUNCHEON

12:30---LEARN BY DOING---STARTING---REFEREEING---FIELD EVENTS
 REGISTRATION FEE---\$ 30.00---INCLUDES LUNCHEON AND MEMBERSHIP FEE

THE MAC (MID-AMERICA CONFERENCE) CROSS COUNTRY CHAMPIONSHIPS*

10,000 METERS AT MIAMI OF OHIO (OXFORD, OHIO)		SAT., OCT. 27TH
1. EASTERN MICHIGAN UNIVERSITY-----53	1. John Harmeayer-----31:24.8	Ball State
2. BALL STATE-----56	2. Matthew scarr-----31:42.6	Miami of Ohio
3. MIAMI OF OHIO-----87	3. Kurt Kleinhelter-----31:51.6	Ball State
4. BOWLING GREEN-----101	4. Scott Hippen-----31:54.2	Eastern Michigan
5. OHIO UNIVERSITY-----117		
6. WESTERN MICHIGAN UNIVERSITY-----135		
7. CENTRAL MICHIGAN UNIVERSITY-----165		
8. KENT STATE UNIVERSITY-----181		
9. UNIVERSITY OF TOLEDO-----227		

5,000 METERS---WOMEN

1. OHIO UNIVERSITY-----67	1. Celest Smith-----17:39.8	Miami of Ohio
2. EASTERN MICHIGAN UNIVERSITY-----79	2. Denise Bobby-----17:48.3	Kent State
3. CENTRAL MICHIGAN UNIVERSITY-----81	3. Suzy Somers-----17:49.4	Central Michigan
4. MIAMI OF OHIO-----89	4. Stacey Kilburn-----18:02.5	Western Michigan
5. BOWLING GREEN-----94		
6. KENT STATE UNIVERSITY-----129		
7. BALL STATE-----178		
8. WESTERN MICHIGAN UNIVERSITY-----209		
9. UNIVERSITY OF TOLEDO-----241		

KINNEY CROSS COUNTRY CHAMPIONSHIPS SAN DIEGO DECEMBER 8TH, 1990

THERE ARE FOUR REGIONAL QUALIFYING MEETS. THIRTY-TWO GIRLS AND THIRTY-TWO BOYS WILL ADVANCE TO THE FINALS

MIDWEST REGIONAL UNIVERSITY OF WISCONSIN-PARKSIDE, KENOSA, WISCONSIN

NOVEMBER 24TH, 10:00 a.m.

COORDINATOR: PETER HENKES P.O. BOX 4097, RACINE, WI 53404
 1 (414) 633-0033

BIG TEN CROSS COUNTRY CHAMPIONSHIPS 10/27/90

8000 METERS AT THE UNIVERSITY OF MINNESOTA (MINNEAPOLIS)

1. UNIVERSITY OF WISCONSIN-----53	1. Robert Kennedy-----24:41.2
2. UNIVERSITY OF MICHIGAN-----56	Indiana University
3. MICHIGAN STATE UNIVERSITY--76	2. Leonard Sitko-----24:41.7
4. UNIVERSITY OF ILLINOIS-----91	University of Illinois
5. UNIVERSITY OF MINNESOTA---126	3. Brad Barquist-----24:45.3
6. INDIANA UNIVERSITY-----145	University of Michigan
7. UNIVERSITY OF IOWA-----166	4. Anthony Hamm-----24:55.7
8. PURDUE UNIVERSITY-----230	Michigan State Uni.
9. OHIO STATE UNIVERSITY-----248	

5000 METERS-----WOMEN

1. INDIANA UNIVERSITY-----37	1. Michelle Dekkers-----16:41.0
2. UNIVERSITY OF WISCONSIN---49	Indiana University
3. UNIVERSITY OF MICHIGAN---59	2. Suzy Favor-----16:52.2
4. UNIVERSITY OF IOWA-----118	University of Wisconsin
5. UNIVERSITY OF MINNESOTA---126	3. Mary Hartzheim-----17:13.4
6. UNIVERSITY OF ILLINOIS---170	University of Wisconsin
7. PURDUE UNIVERSITY-----184	4. Molly McClimon-----17:36.9
8. MICHIGAN STATE UNIVERSITY-194	University of Michigan
9. OHIO STATE UNIVERSITY-----244	

STATE CROSS COUNTRY CHAMPIONSHIPS

	1987		1988		1989		1990		TOTALS	
1963	BIRMINGHAM	SEAHOLM	1	2	11	13	14	16	25	41
1988	MONROE	HIGH	1	2	6	7	23	24	87	39

GIRLS

1984	DEARBORN	EDSEL	FORD	1	2	3	8	18	46	99	32
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PREDICTION 1990 NEW LOW WINNING TOTAL IN A STATE CHAMPIONSHIP MEET

FOWLER HIGH SCHOOL 25 OR LESS POINTS CLASS "D" BOYS TEAM
KIM SPALSBURY-----coach

ADDITIONAL LOW WINNING SCORES IN THE STATE CHAMPIONSHIPS

1985	FREMONT	2	6	8	10	26	43	101	52
1985	ANN ARBOR GREEN HILLS	4	5	7	15	21	29	53	52
1983	ANN ARBOR GREEN HILLS	2	4	6	14	18	23	59	44
1982	CONCORD	1	8	12	16	18	56	57	55
1979	BRIGHTON	1	7	8	15	18	39	41	49
1977	GRAND BLANC	1	6	10	15	19	63	105	51
1967	EAST LANSING	4	5	7	14	20	31	34	50

THE TWO MILE RUN WAS ADDED TO THE MICHIGAN HIGH SCHOOL TRACK PROGRAM IN 1967. IT HAD TO BE THE FIRST EVENT ON THE PROGRAM AND A COMPETITOR COULD NOT PARTICIPATE IN ANY OTHER EVENT.

A CROSS COUNTRY WORK-OUT FIVE-FIVE-FIVE

THIS WORK IS TO BE DONE ON YOUR COURSE, BEGINNING AT THE STARTING LINE. THE RUNNERS WILL BE ASKED TO TAKE OFF AS IF THEY WERE COMPETING IN A 5-K RACE. AFTER RUNNING FOR TWO MINUTES A GUN WILL BE FIRED. THEY SHOULD TAKE NOTE OF THE POSITION ON THE COURSE AS THEY CONTINUE RUNNING. A GUN WILL BE FIRED AFTER FOUR MINUTES OF RUNNING AND AGAIN THEY SHOULD NOTE THEIR LOCATION ON THE COURSE. THEY WILL CONTINUE FOR ANOTHER MINUTE AND STOP RUNNING WHEN THE FIVE MINUTE GUN IS FIRED, MAKING A MENTAL NOTE OF THEIR POSITION ON THE COURSE. THEY WILL HAVE AN INTERVAL OF EIGHT MINUTES. SWEAT CLOTHES SHOULD BE PUT ON AND AND CONTINUOUS MOTION OF WALKING OR JOGGING AND STRETCHING FOR THE FULL EIGHT MINUTES.

THE FIVE MINUTE RUN WILL BE REPEATED IN THE SAME MANNER, OBSERVING THEIR POSITION AT THE SOUND OF EACH FIRING OF THE GUN. AFTER THE SECOND RUN THEY SHOULD ANALYSE THE REACTION OF THEIR BODY DURING THE TWO RUNS. ANOTHER EIGHT MINUTE INTERVAL, WHICH WILL BE FOLLOWED BY THE THIRD RUN.

YOU MIGHT USE A WHISTLE INSTEAD OF A GUN.

THIS IS NOT A TOUGH WORKOUT AND MY GUESS WOULD BE THAT MANY COACHES WOULD THINK THE EIGHT MINUTE INTERVAL IS TOO LONG. THE RUNNERS NEED TO RECUPERATE AND BE FAIRLY FRESH FOR EACH RUN IN ORDER TO GET A GOOD COMPARISON OF THEIR POSITIONS AT EACH OF TWO-MINUTE, FOUR-MINUTE AND FIVE MINUTE MARKS. THE RUNNERS SHOULD NOT BE EMULATING "CARL LEWIS" FOR THE FIRST 200 YARDS OF THE RUN.

FINISH THE DAYS WORK-OUT WITH 5 TO 8 STRIDE-OUTS OF 60 TO 80 YARDS.

THE THIRTY-SECOND ANNUAL MITCA TRACK CLINIC AND BUSINESS MEETING, WILL BE HELD AT THE NOVI HILTON, ON JANUARY 10th, 11th and 12th, 1991. JERRY MYSZKOWSKI, MITCA PRESIDENT WILL BE IN CHARGE. MORE INFORMATION WILL BE PROVIDED IN THE NEXT MITCA NEWSLETTER.

NOMINEES FOR 1990 TRACK COACH OF THE YEAR

"A" BOYS	TED DUCKETT-----KALAMAZOO	LOY NORRIS
	JIM NELSON-----PONTIAC	NORTHERN
	WILLIAM STEPHENS-----TAYLOR	TRUMAN
"A" GIRLS	JANE ALLEN-----LANSING	EASTERN
	TOM "MICK" MICALLEF-----YPSILANTI	HIGH
	BRYAN WESTFIELD-----ANN ARBOR	PIONEER
"B" BOYS	FRED BURNETT-----THREE RIVERS	HIGH
	LEIT JONES-----DEARBORN	HEIGHTS
	TOM PIERSON-----CADILLAC	HIGH
"B" GIRLS	BRUCE BARBER-----FRANKENMUTH	HIGH
	PAT GERAGHTY-----DETROIT	ST. MARTIN
	JOHN WILCOX-----CORUNNA	HIGH
"C" BOYS	H. K. EVANS-----CHARLEVOIX	HIGH
	TERRY GIZZI-----EDWARDSBURG	HIGH
	RANDY TROUBE-----MIDDLETON	FULTON
"C" GIRLS	LISA JEAN CARK-----BUCHANAN	HIGH
	JIM HILL-----ONSTED	HIGH
"D" BOYS	JACK MICHAEL-----ERIE	MASON
	ROB LUTZ-----READING	HIGH
	S. H. "PETE" ROWE-----BELLAIRE	HIGH
"D" GIRLS	DAVID RUTH-----DETROIT	LUTHERAN
	BILL BRENDL-----GLEN LAKE	HIGH
	DAVE BROWN-----DETROIT	LUTHERAN
	KIM SPALSBURY-----FOWLER	HIGH

COACHES PLEASE NOTE: THE EXECUTIVE BOARD OF MITCA, IN CONJUNCTION WITH THE MITCA CROSS COUNTRY COMMITTEE AND THE TRACK COMMITTEE, HAVE CHANGED THE VOTING PROCEEDURE. IF YOU LOOK ABOVE TO THE LIST OF NOMINEES, YOU WILL FIND EIGHT (8) GROUPS, WITH THREE COACHES LISTED IN EACH. YOU MAY VOTE FOR ANY ONE (1) OF THE THREE COACHES LISTED IN EACH GROUP. YOU WILL HAVE EIGHT (8) VOTES IF YOU CHOOSE TO VOTE IN EACH CATEGORY. WE HOPE THIS WILL PROVE TO BE MORE SATISFACTORY. PLEASE LOOK OVER THE RESUME SHEETS, AND EXAMINE THE INFORMATION LISTED FOR EACH COACH. THIS IS NOT A POPULARITY CONTEST. THANK YOU.

"IT ISN'T WHAT YOU START THAT COUNTS; ITS WHAT YOU FINISH."

"BELIEVE IT OR NOT, OPPORTUNITY WILL LOOK FOR YOU, IF YOU ARE WORTH FINDING."

"REMEMBER.....TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE."

"WHY ARE THERE SO MANY LAST-MINUTE DETAILS AND SO FEW LAST MINUTES?"

"ITS BETTER TO BE A HAS BEEN, THAN A NEVER WAS."

"SOME MEN NEVER HEAR OPPORTUNITY KNOCK, BECAUSE THEY'RE TOO BUSY KNOCKING OPPORTUNITY".

"THE TEST OF ANY YOUNG MAN OR WOMAN IS THEIR WILLINGNESS TO STEP AND DO A JOB, WHEN THEY SEE THAT SOMETHING NEEDS TO BE DONE, WITHOUT FIRST ASKING----WHAT AM I going to get paid for it."

"PRIDE IS THE MOST POWERFUL MOTIVATING FORCE IN THE WORLD."

THE ONLY EXERCISE SOME PEOPLE GET:
 RUN DOWN THEIR FRIEND
 SIDESTEP THEIR RESPONSIBILITIES
 PUSH THEIR LUCK
 JUMP TO CONCLUSIONS

"OF ALL THE SAD WORDS OF TONGUE OR PEN, THE SADDEST ARE THESE-----IT MIGHT HAVE BEEN."

PRESIDENT

Jerry Myszkowski
Uni. od Detroit Jesuit High

FIRST VICE-PRESIDENT

John Quiring
Okemos High School

SECOND VICE-PRESIDENT

Kim Spalsbury
Fowler High School

MICHIGAN INTERSCHOLASTIC
TRACK COACHES ASSOCIATION
NEWSLETTER

NO. 4 DECEMBER 1990

NEWSLETTER WRITER

KERMIT N. AMBROSE
RETIRED

SECRETARY

Rob Johnson
Clare High School

PUBLIC RELATIONS DIRECTOR

Tony Magni
Redford Det. Cath. Cent.

TREASURE

Rich Tompkins
Fremont High School

THE EIGHTEENTH ANNUAL CROSS COUNTRY CLINIC NOV. 9-10, 1990

Kim Spalsbury, Fowler High School and Second Vice-President of MITCA, was in charge of the arrangements of this annual clinic. Congratulations for the excellent production and we thank you for all of the hard work you had to put in and all of the extra time and effort.

Walt Drenth, The College of William and Mary, was the first speaker. "Building Team Unity and Peaking for Championship Competition." Walt had made a commitment to this clinic, prior to his move to William and Mary, and he felt that he should fulfill that commitment, even though it was difficult from a time point of view. His team had to travel to Yale Uni., the site of their District Meet, without him. Problems at the check-in line (track shoes and spikes in his baggage) required an inspection. Fortunately John Quiring was able to go ahead and managed to arrange a hold on the plane. By the way, William and Mary won their Dist. championships.

Rich Tompkins, Fremont; Kevin Hansen, Sterling Heights Stevenson; and, Kermit Ambrose spoke on "Cross Country Through the Decades."

Bill Taylor spoke on Friday and again on Saturday. His topics were "Transition to College: An Athletes Perspective" and "Specialty Workouts."

Nate Hampton, MHSAA, spoke at the business meeting.

Mike Woolsey, Jackson Lumen Christi, and Chairman of the MITCA Cross Country Rules Committee was in charge of this business meeting.

The afternoon session was closed out by Owen Anderson, Phd. Biology - Editor and publisher, Running Research News. Staff Writer, Runners World. His topic was "Exercise Physiology Applied."

Nan Doak Davis, Keynote Speaker, at the Coach of the Year Banquet. She is a six time U. S. World Cross Country Championship Team Member. Nan was a repeat speaker on Saturday. "Training the Female Athlete: Special Strategies."

Forty-three hardy runners reported for the Saturday morning "prediction Fun Run."

A MITCA Coaches Panel: "Strategy and Motivation" was the mid-morning session. Ron Champine, Dearborn Edsel Ford; Tim Miller, Sturgis; and, Eldon "Pete" Moss, Benzonia Benzie Central high-lighted this panel.

The clinic was held at the Holiday Inn---Conference Center in Lansing.

MITCA CROSS COUNTRY COACHES OF THE YEAR - - - - 1 9 9 0

CLASS	GIRLS	BOYS
"D"	JOE WOOD POTTERVILLE HIGH SCHOOL	KIM SPALSBURY FOWLER HIGH SCHOOL
"C"	MATT BALDUS OLIVET HIGH SCHOOL	PETE SPIELES CHARLEVOIX HIGH SCHOOL
"B"	MIKE WOOLSEY JACKSON LUMEN CHRISTI	BRAD KAHRS BIG RAPIDS HIGH SCHOOL
"A"	DUANE RAFFIN HOLLY HIGH SCHOOL	DON SLEEMAN ANN ARBOR PIONEER

YOU KNOW WHAT THEY SAY ABOUT AGE--ITS ALL IN YOUR MIND... AND YOUR LEGS, YOUR ARMS, YOUR NECK, YOUR SHOULDERS, YOUR BACK, YOUR ARCHES, ETC.

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR - - 1990

CLASS	GIRLS	BOYS
"D"	FRED FOREMAN Webberville High School CHUCK PELHAM RALPH CRUMB Pittsford High School	GARY PARKS Burr Oak High School TONY SISSON Pentwater High School
"C"	DON BOURDON Edwardsburg High School KEITH A. CURRIVEAN Southfield Christian H. S.	KEN JABE Flat Rock High School WAYNE B. ROBERTS Sandusky High School
"B"	DAVID HODGKINSON Caledonia High School RICHARD TOMPKINS, CIC Fremont High School	DAVE FOLEY Cadillac High School TED SABINAS Cedar Springs High School
"A"	MARK FRIES Traverse City High School BRYAN WESTFIELD Ann Arbor Pioneer	GENE BALAWAJDER Milford High School DENNIS KEENEY Walled Lake Western

1990 KERMIT AMBROSE AWARD WINNER

PETE SPIELES, CROSS COUNTRY COACH, CHARLEVOIX HIGH SCHOOL

CLASS C STATE CHAMPIONS, '82, '83, '87, '88, '89, '90

On Friday, November 9th, Pete Spieles was caught off guard. The Kermit Ambrose Award was presented to Spieles, who has coached the Charlevoix Cross Country Teams for the past 15 years. Spieles "didn't have a clue" that he was to receive the award until Matt Peterson, who has run for Charlevoix and for CMI, walked to the podium to make the presentation.

Peterson described the three most necessary qualities of good cross country coaches, including Spieles and many others at the MITCA banquet. First is a knowledge of the sport and the physiology of training. Second is an ability to inspire and motivate others to do well. And third is the fun--to enjoy the sport and the people who participate--and to share that enjoyment with others.

Spieles began cross country coaching at the prodding of Walt Drenth and his brother Jeff, who were students at Charlevoix High School at the time. The previous coach had moved on to another assignment, leaving the cross country team in need. Spieles had coached baseball, football and basketball, but had no running experience and needed convincing. But Jeff, who later ran for the USA Team, and Walt, who coached at CMI is now at William and Mary, were persistent. And now Spieles says that the decision to accept the assignment "changed my life." His success is based on study of the sport at MITCA Clinics, reading, and analyzing training and race results. And a convert's love of the sport.

Coach Spieles manages a one-mile fun run, a 5-K and a 10-K run during the "Venetian Festival" held in July at Charlevoix. Today this run is known as the "Jeff Drenth Memorial Run" in memory of one of Charlevoix's finest runners. He also manages and directs a high school invitational cross country run during the first part of October. He has been instrumental in the operation of the regional track and field meets on the Charlevoix track.

Congratulations and wishes for continued success in your coaching endeavors. -ajs-

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

"ITS NOT SO MUCH WHAT WE KNOW, AS HOW WELL WE USE WHAT WE KNOW."

The name of PETE SPIELES will be added to the list of the past recipients.

1977	Varnard Gay	Flint Central
1978	Bruce Waha	Detroit Redford and Howell
1979	Jack Edwards	Grosse Pointe North
1980	Lou Miramonti	Royal Oak Shrine
1981	Tom Guerke	Grosse Pointe North
1982	Lee Averill	West Bloomfield
1983	Bob Stallcup	Grand Blanc
1984	Jack Grant	Sturgis
1985	George Bruder	Fenville
1986	Jim Murray	Niles Brandywine
1987	Jack Boughton	Hazel Park
1988	Don Baese	Carson City Crystal
1989	Tony Magni	Redford Detroit Catholic Cent.
1990	Pete Spieles	Charlevoix

MITCA PREDICTION FUN RUN		4 MILES	7:30 A.M.	SATURDAY	
			RACE TIME	PREDICT TIME	
1st	Rhonda Arndt Bellaire	41st	34:08.4	34:11.0	:02.6
2nd	Mike Vance Flint Central	40th	33:48.4	33:45.0	:03.4
3rd	Budd Cicciarelli Rochester Adams	23rd	29:34.2	29:30.0	:04.2
4th	Mike McGuinty Allen Park	43rd	35:55.6	36:00.0	:04.4
5th	Robert Lurie Waverly	32nd	31:34.0	31:41.0	:07.0
6th	Jim Lilley Pontiac Central	16th	26:57.6	26:50	:07.6
7th	John Forward Michigan Center	30th	31:17.6	31:00.0	:17.6
8th	Stan Ford Lake Orion	1st	21:48.9	21:30.0	:18.9
9th	Tom Eschmann Southfield	19th	29:09.6	29:30.0	:20.4
10th	Paul Fulmer Hastings	33rd	31:34.7	32:00.0	:25.3
11th	Ken Heller Allen Park	36th	32:26.9	32:00.0	:26.9
12th	Paul Nilsson Williamston	2nd	22:22.3	22:50.0	:27.7
13th	Bob Fulcher Hazel Park	20th	29:10.4	28:49.0	:31.4
14th	Mike Taylor Clarkston	3rd	22:34.6	22:00.0	:34.6
15th	CARD MISSING				
16th	CARD MISSING				
17th	Greg Shmanske Rochester	9th	25:02.1	24:19.0	:43.1
18th	John Carr Lake Michigan Catholic	13th	26:02.0	25:18.0	:44.0
19th	John Lober Traverse City	42nd	35:15.1	36:00.0	:44.9
20th	Pete Spieles Charlevoix	29th	31:10.7	30:20.0	:50.7
21st	Gary Medland Ortonville-Brandon	25th	30:07.8	31:00.0	:52.2
22nd	Randy L. Wilkins Lakeland H. S.	34th	32:16.6	33:10.0	:53.4
23rd	Jim Beck Dundee	22nd	29:29.7	30:23.6	:55.9
24th	Ray Geist Grosse Ile	6th	24:56.1	24:00.0	:56.1
25th	Tony Perry Crestwood	11th	25:28.1	26:26.0	:57.9
26th	Larry Baker Kalamazoo Christian	5th	24:54.1	26:00	1:05.9
27th	Tom Gass Vandercook Lake	35th	32:22.5	31:15.0	1:07.5

28th	Mickey Coons Onsted High School	37th	33:11.3	32:00.0	1:11.3
29th	Dan Deyo Saline	21st	29:14.8	28:00.0	1:14.8
30th	Barbara Munch-Kohn Carleton Airport	39th	33:48.4	32:30.0	1:18.4
31st	Ross Donley Ludington	8th	24:59.6	26:20.0	1:29.4
32nd	John Quiring Okemos	24th	29:59.0	31:30.0	1:31.0
33rd	Teresa Shmanske Rochester	31st	31:28.7	29:50.0	1:38.7
34th	Jeff Devantier Birmingham Seaholm	18th	29:09.0	30:50.0	1:41.0
35th	Gary Servais Farmington Hills Mercy	7th	24:57.7	23:00.0	1:57.7
36th	CARD MISSING				
37th	Michael Jordan Hazel Park	10th	25:17.8	27:59.0	2:41.2
38th	Paula Maurer-Westbrook Williamston	17th	27:12.4	30:08.0	2:55.6
39th	Nan Doak Davis Iowa	12th	25:39.6	29:32.0	3:52.4
40th	Bob Schafer Mt. Clemens Lutheran North	26th	30:08.6	34:23.0	4:14.4

RESUME OF MITCA CROSS COUNTRY COMMITTEE QUESTIONNAIRE

1. ARE YOU HAPPY WITH THE CURRENT SYSTEM OF ADVANCING TO THE STATE FINALS?

	ABCD	A	B	C	D
YES	63	23	9	18	11
NO	78	29	28	19	2

2. SHOULD THE STATE CHAMPIONSHIPS BE:

QUALITY - A SELECT FEW OF THE STATE'S FASTEST RUNNERS

QUANTITY - TO INCLUDE AS MANY AS POSSIBLE

QUALITY	66	26	20	15	5
QUANTITY	71	31	16	17	7

3. WOULD YOU BE IN FAVOR OF THE SECTIONAL MEET?

YES	108	36	39	27	6
NO	26	14	3	7	2
UNDECIDED	19	8	4	1	6

4. WOULD YOU BE IN FAVOR OF COMBINING THE INDIVIDUAL AND THE TEAM RACE IN THE STATE FINALS?

YES	100	38	35	16	9
NO	42	19	7	9	3
UNDECIDED	13	3	2	3	1

5. ARE THERE OTHER CONCERNS YOU WOULD LIKE MITCA TO ADDRESS?

1. TOP TEN INDIVIDUALS AFTER SIX TEAMS ARE TAKEN OUT
 2. EXTEND THE SEASON
 3. A TRUE STATE CHAMPION
 - * 4. TOO MANY BIG MEETS
 - * 5. NEED MORE PEOPLE INVOLVED
 - * 6. THREE WEEKS TOO MUCH RACING
- * MOST OF THE CONCERNS
OTHERS
1. REGIONALS TOO LARGE
 2. SECOND CHECK CARDS AT REGIONALS AND STATE
 3. SAME SITE EVERY YEAR
 4. COMPUTER SYSTEM

WOLVERINE CROSS COUNTRY CAMP - - - 1990

142 YOUNG MEN AND WOMEN ATTENDED THE CAMP

74 OF THESE RUNNERS QUALIFIED FROM THE REGIONAL MEETS TO THE STATE CHAMPIONSHIP RUNS

23 OF THE 74 RUNNERS IN THE STATE CHAMPIONSHIPS WERE RECIPIENTS OF "ALL-STATE" STATUS.

BOYS	CLASS "A"	STATE	CROSS	COUNTRY	CHAMPIONSHIPS	1990			
UNI. OF MICH.	GOLF COURSE	ANN	ARBOR	PIONEER	---HOST				
1.	ANN ARBOR PIONEER	3	16	24	29	38	72	78	110
2.	WALLED LAKE WESTERN	2	6	36	45	62	81	135	151
3.	MILFORD HIGH SCHOOL	1	10	46	48	56	127	--	161
4.	DEARBORN HIGH	9	22	26	50	65	120	144	172
5.	MILFORD LAKELAND	15	19	25	32	85	113	114	176
6.	MONROE High school	23	27	35	37	60	117	153	182
7.	SWARTZ CREEK HIGH SCHOOL	20	21	53	79	82	107	151	255
8.	HOLLAND HIGH	7	31	74	87	105	161	169	304
9.	NOVI HIGH	14	28	66	99	115	142	148	322
10.	GRAND RAPIDS CHRISTIAN	33	39	40	70	140	155	---	322
11.	GRAND LEDGE	4	49	52	86	139	157	---	330
12.	GRAND HAVEN	44	59	75	76	77	126	153	331
13.	PORTAGE NORTHERN	13	41	94	95	100	130	179	343
14.	TRAVERSE CITY	42	63	68	89	90	110	164	352
15.	ROCHESTER ADAMS	30	57	83	97	106	136	168	373
16.	ROYAL OAK DONDERO	11	61	67	111	124	162	163	374
17.	WARREN DELASALLE	51	54	73	92	118	122	---	388
18.	CLIO HIGH	34	69	80	101	109	121	154	393
19.	OKEMOS HIGH	8	47	104	116	119	149	---	394
20.	UNI. OF DETROIT JESUIT	5	12	88	132	177	182	184	414
21.	PLYMOUTH SALEM	43	64	96	108	134	146	160	445
22.	PORT HURON NORTHERN	55	84	112	123	128	147	173	502
23.	PLYMOUTH CANTON	18	91	102	129	172	---	---	512
24.	STERLING HGTS. HENRY FORD	58	98	125	131	159	181	183	571
25.	GROSSE POINTE NORTH	17	145	152	158	167	171	180	639
26.	DEARBORN FORDSON	71	137	143	165	170	175	176	686
27.	EAST DETROIT	93	141	150	156	166	174	178	706

GIRLS	CLASS "A"	STATE	CROSS	COUNTRY	CHAMPIONSHIPS	1990			
UNI. OF MICH.	GOLF COURSE	ANN	ARBOR	PIONEER	---HOST				
1.	HOLLY	11	14	18	28	75	154	173	146
2.	ANN ARBOR PIONEER	2	9	30	55	56	95	---	152
3.	MILFORD HIGH	12	31	32	36	42	45	140	153
4.	TRAVERSE CITY	6	17	21	49	76	105	---	169
5.	REDFPRD UNION	23	40	47	52	68	88	120	230
6.	GROSSE POINTE SOUTH	4	27	34	41	128	139	---	234
7.	STERLING HGTS. STEVENSON	7	8	72	83	101	122	161	271
8.	DEARBORN EDEL FORD	5	65	70	78	82	148	171	300
9.	GROSSE POINTE NORTH	15	44	67	90	100	104	112	316
10.	PORTAGE NORTHERN	22	53	58	93	99	116	118	325
11.	GRANDVILLE	3	62	81	86	103	126	141	335
12.	BRIGHTON	33	46	50	79	127	149	---	335
13.	GREENVILLE	25	48	60	71	133	136	159	337
14.	KALAMAZOO LOY NORRIS	38	39	73	74	134	---	---	358
15.	FLINT KEARSLEY	13	19	106	108	114	117	174	360
16.	MT. PLEASANT	24	51	69	102	147	---	---	393
17.	EAST LANSING	1	57	89	97	153	157	165	397
18.	PLYMOUTH SALEM	54	59	77	92	121	137	---	403
19.	MT. CLEMENS CHIPPEWA VALLEY	37	63	87	109	119	131	138	415
20.	MONROE HIGH	10	84	111	113	142	145	163	460
21.	ROCHESTER HIGH	26	66	80	135	155	166	176	462
22.	WEST BLOOMFIELD	16	20	85	170	180	---	---	471
23.	LIVONIA STEVENSON	29	43	115	129	156	162	---	472
24.	OKEMOS	35	91	98	150	172	177	---	546
25.	MT. CLEMENS HIGH	61	94	143	164	169	175	178	631
26.	STERLING HGTS. HENRY FORD II	64	123	146	151	152	160	181	636
27.	HAZEL PARK	107	110	125	132	167	179	---	641
28.	TROY ATHENS	96	124	130	144	158	168	---	652

COACHES: If you will not be able to attend the MITCA Track Clinic in January, and you wish to maintain your membership, fill in the form for the clinic and send it with your check for \$1500 to Rich Tompkins.

THANK YOU,

RTA

ATOM (ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN)

ANNUAL MEETING AND CLINIC BATTLE CREEK, MICHIGAN
SATURDAY, FEBRUARY 9TH, 1991
STOUFFER'S HOTEL-----ROOMS-----\$72.00
FRIDAY NIGHT-----HOSPITALITY ROOM

8:30-----NATE HAMPTON----TRACK RULES MEETING
A.M.

BUSINESS MEETING AND AWARDS

ELECTIONS

LUNCH

TOPICS COVERED: STARTING, REFEREEING AND FIELD EVENTS
(LEARN BY DOING)

CLINIC FEE-----\$30.00 LUNCH INCLUDED & ATOM FEE

SEND REGISTRATION TO: BLAKE HAGMAN
6440 SAYBROOK
KALAMAZOO, MI 49009

GIRLS ALL-STATE RUNNERS

CLASS "A"

1.	MOLLY LORI *	(11TH)	KENTWOOD EAST KENTWOOD	18:54.1
2.	AMY DOUCETTE *	(12TH)	WARREN COUSINO	19:14.6
3.	KATHRYN SCIESTKA	(11TH)	EAST LANSING	19:21.9
4.	JENNIFER ROY *	(10TH)	WALLED LAKE WESTERN	19:28.6
5.	RENEA BLUEKAMP *	(12TH)	HOLLAND WEST OTTAWA	19:29.5
6.	REBECCA TRACHSEL *	(9 TH)	HOLLAND WEST OTTAWA	19:40.6
7.	ELKE THOMPSON *	(10TH)	ROYAL OAK DONDERO	19:44.4
8.	ANN GRAY *	(10TH)	BELLEVILLE	19:46.9
9.	BRIDGETT MANN	(10TH)	ANN ARBOR PIONEER	19:49.1
10.	ROBYN BRANDOW	(11TH)	GRANDVILLE	19:49.8
11.	RACHEL O'BYRNE	(9 TH)	GROSSE POINTE SOUTH	19:50.8
12.	JULIE BANKS *	(12TH)	UTICA	19:51.1
13.	COLLEEN DANES	(12TH)	DEARBORN EDEL FORD	19:51.9
14.	KARLENE KURTZ	(10TH)	TRAVERSE CITY	19:54.7
15.	TRACEY PRISKA	(11TH)	STERLING HGTS. STEVENSON	19:57.2
16.	NICOLE PANNECOUCK	(12TH)	STERLING HGTS. STEVENSON	19:58.0
17.	SYLVIA MARINO	(12TH)	ANN ARBOR PIONEER	19:58.9
18.	CARRIE VANISACKER	(12TH)	MONROE HIGH	19:59.1
19.	STACIE CECIL *	(11TH)	SWARTZ CREEK	19:59.5
20.	MARY MICK	(12TH)	HOLLY	19:59.9
21.	REBECCA CALDWELL *	(9 TH)	WYANDOTTE	20:04.6
22.	TABITHE BELCHER *	(10TH)	WALLED LAKE CENTRAL	20:08.5
23.	SARA HAVENGA *	(11TH)	G. R. FOREST HILLS	20:10.5
24.	TINA SCHIVELY	(12TH)	MILFORD	20:14.3
25.	JULIE JORGENSON *	(12TH)	MUSKEGON MONA SHORES	20:15.2

* INDIVIDUAL RACE

BOYS ALL-STATE RUNNERS

CLASS "A"

1.	JOHN COWAN *	(12TH)	B'HAM. BROTHER RICE	15:39.2
2.	BRIAN HYDE *	(12TH)	KENTWOOD EAST KENTWOOD	15:48.3
3.	BEN GOBA *	(12TH)	FARMINGTON HIGH	15:58.7
4.	BRIAN PICKL	(11TH)	MILFORD HIGH	15:59.7
5.	BILL COSBY	(11TH)	WALLED LAKE WESTERN	16:13.9
6.	MIKE MILLIMAN	(12TH)	ANN ARBOR PIONEER	16:17.4
7.	RON McENHILL	(11TH)	GRAND :EDGE	16:26.8
8.	CHRIS HINCKS *	(10TH)	ROMEO	16:27.4
9.	RUSSELL INMAN	(12TH)	UNI. OF DETROIT JESUIT	16:27.5
10.	JEFF GROSSO	(12TH)	WALLED LAKE WESTERN	16:28.2
11.	DIONNE FINNEY *	(12TH)	PONTIAC NORTHERN	16:28.8
12.	NEIL MURPHY	(11TH)	HOLLAND	16:29.1
13.	BRIAN SPONSELLER *	(12TH)	MT. PLEASANT	16:29.4
14.	JEFF DILLON	(12TH)	OKEMOS	16:32.3
15.	SCOTT NOECKER *	(12TH)	LANSING WAVERLY	16:32.4
16.	JOHN BUTTON	(12TH)	DEARBORN HIGH	16:33.5
17.	BILL DIETRICH	(11TH)	MILFORD HIGH	16:34.2
18.	EDWARD REILLY	(11TH)	ROYAL OAK DONDERO	16:34.8
19.	TODD SNYDER *	(12TH)	BRIGHTON	16:35.4
20.	NICK SARACINO	(9 TH)	UNI. OF DETROIT JESUIT	16:36.3
21.	JIM SCHWERTFEGER	(10TH)	PORTAGE NORTHERN	16:37.5
22.	SCOTT GLASGOW *	(12TH)	TROY ATHENS	16:38.8
23.	BRIAN MALLOY	(11TH)	NOVI HIGH	16:39.9
24.	JIM HAVILAND *	(12TH)	CLARKSTON	16:40.8
25.	DEAN RUGH	(11TH)	MILFORD LAKELAND	16:41.4

* INDIVIDUAL RACE

GIRLS ALL-STATE RUNNERS

CLASS "B"

1.	JENNIFER BARBER *	(11TH)	FRANKENMUTH	18:52
2.	KELLY SMITH	(9 TH)	PETOSKEY	18:53.8
3.	LAURA BELL	(12TH)	OTISVILLE-LAKEVILLE	18:54.2
4.	LISA MONTI	(10TH)	CHELSEA	19:12.0
5.	JENNY KORNACKER	(11TH)	RICHLAND GULL LAKE	19:13.2
6.	ERICA ADAMS *	(12TH)	GLADWIN	19:16
7.	ANNIE ERLEWINE *	(12TH)	BIG RAPIDS	19:23
8.	AMY LEATHERMAN	(11TH)	CALEDONIA	19:28.1
9.	JULIE HAY *	(12TH)	THREE RIVERS	19:29
10.	AMY LOTHROP	(12TH)	JACKSON NORTHWEST	19:33.6
11.	SARA STANTON *	(10TH)	BIG RAPIDS	19:35
12.	WENDY JOHNCHECK	(12TH)	PETOSKEY	19:40.4
13.	LISA BUYTENDORP	(10TH)	MATTAWAN	19:42.5
14.	SHEILA ROTTIER	(12TH)	FREMONT	19:44.0
14.	BECKY DYKHOUSE *	(11TH)	G. R. SOUTH CHRISTIAN	19:43
16.	MICHELLE OLIVER	(9 TH)	LOWELL	19:44.4
17.	MARCI BEEKE	(12TH)	PLAINWELL	19:45.0
18.	KOREY HOFMAN	(12TH)	CALEDONIA	19:47.8
19.	VALERIE BULLOCK	(10TH)	CHELSEA	19:49.1
20.	JULIE KOKOCZKA	(11TH)	JACKSON NORTHWEST	19:50.9
21.	KATHY McGILL	(12TH)	ALMA	19:55.4
22.	BECKY SHIVELY	(11TH)	FREMONT	19:56.6
23.	JUDITH MERIWETHER	(12TH)	RICHLAND GULL LAKE	19:58.0
24.	DJOHARIAH STEVENS	(12TH)	PETOSKEY	20:00.3
25.	JOY STRAWSOR *	(12TH)	COLDWATER	20:02

* INDIVIDUAL RACE

BOYS ALL-STATE RUNNERS

CLASS "B"

1.	JEREMY BRUSKOTTER	(12TH)	BIG RAPIDS	15:42.0
2.	JAMES NEUMANN	(12TH)	CENTER LINE	15:51.8
3.	KRIS EGGLE	(12TH)	CADILLAC	15:55.0
4.	BOB PAULSON	(12TH)	CADILLAC	16:13.7
5.	RANDY LOGAN *	(12TH)	RICHLAND GULL LAKE	16:18.2
6.	CLIFF ROBISON	(11TH)	BIG RAPIDS	16:18.2
7.	JASON DEESE	(12TH)	LINDEN	16:25.0
8.	BARRY DEESE	(11TH)	LINDEN	16:25.0
9.	JEFF McCAUL	(12TH)	CALEDONIA	16:28.2
10.	RICH CHRISCINSKE	(11TH)	SALINE	16:31.3
11.	JAMES MARCERO	(10TH)	MONROE ST. MARY CATH. CENT.	16:32.5
12.	TREVOR SMITH	(12TH)	ALLEGAN	16:33.8
13.	ANDY BRAZEE	(12TH)	PLAINWELL	16:35.4
14.	JASON SCHROCK	(12TH)	WYOMING GODWIN	16:36.2
15.	JASON SCHAEFER *	(11TH)	MT. CLEMENS CLINTONDALE	16:38.0
16.	BILL CAHILL *	(12TH)	GRAND RAPIDS KENOWA HILLS	16:38.0
17.	MARZUKI STEVENS	(11TH)	CRANBROOK-KINGSWOOD	16:38.1
18.	DAVID DOLEZAL	(12TH)	BATTLE CREEK LAKEVIEW	16:43.9
19.	TODD RICHMAN *	(11TH)	COMSTOCK	16:47.4
20.	JEFF CHRISTIAN	(11TH)	BEAVERTON	16:48.3
21.	MATT ANGLE *	(10TH)	PERRY	16:48.6
22.	TRINITY TOWNSEND *	(11TH)	MUSKEGON HEIGHTS	16:49.0
23.	JOE MARTIN *	(10TH)	PETOSKEY	16:49.4
24.	ADAM KUZINSKI *	(11TH)	HARTLAND	16:49.8
25.	JESSE LAGINESS	(11TH)	CENTER LINE	16:50.6

* INDIVIDUAL RACE

THE 703 MEMBER HIGH SCHOOLS IN MICHIGAN ARE CLASSIFIED AS FOLLOWS:

CLASS "A"	750 & ABOVE	175 SCHOOLS
CLASS "B"	502-949	176 SCHOOLS
CLASS "C"	262-501	176 SCHOOLS
CLASS "D"	261 & BELOW	176 SCHOOLS

THE CLASSIFICATION PLAN WILL BE EFFECTIVE BEGINNING JAN. 1ST

EASTER SUNDAY	-----1991-----	MARCH 31
MEMORIAL DAY (Legal Holiday - Monday)	-----1991-----	MAY 27
LABOR DAY	-----1991-----	SEPTEMBER 2
THANKSGIVING DAY	-----1991-----	NOVEMBER 28

PAIN IS THE PRICE PRIDE IS THE PUSH

"THE MAN WHO SAYS IT CAN NOT BE DONE, SHOULD NOT INTERRUPT THE MAN WHO IS DOING IT."

MHSAA CROSS COUNTRY COMMITTEE MET ON TUES., NOV. 20TH, 1990, 1:00 P.M.

- KEN BOKHOVEN, ATHLETIC DIRECTOR, GRAND RAPIDS CHRISTIAN H.S.
- JAMES BOYCE, ATHLETIC DIRECTOR, DETROIT MUMFORD H. S.
- LAFAYETTE EVANS, ATHLETIC DIRECTOR, DETROIT PUBLIC SCHOOLS
- BRUCE GRUSECKI, ATHLETIC DIRECTOR, CADILLAC H. S.
- LARRY HARP, ATHLETIC DIRECTOR, MUSKEGON H. S.
- JOHN HODGSON, BOYS COACH, HIGHLAND PARK H. S.
- DIANE HOLMES, COACH, FRANKENMUTH H. S.
- TOM KEARNEY, PRESIDENT OF AOM, BERKLEY, MI
- KAREN KELLER, GIRLS COACH, LANSING EASTERN H. S.
- JAMES LONG, COACH, KALAMAZOO CENTRAL H. S.
- GEORGE MOGER, GIRLS COACH, PORT HURON H. S.
- JERRY MYSZKOWSKI, BOYS COACH, PRESIDENT OF MITCA, UNI. OF DET. JESUIT H.S.
- CHUCK RITTER, ATHLETIC DIRECTOR, ANN ARBOR PIONEER H. S.
- TOM ROSS, ATHLETIC DIRECTOR, MANCERLONA H. S.
- MIKE ROUSE, COACH, BUCHANAN H. S.
- DENNIS SWAREY, COACH, EAST JORDAN H. S.
- FRED SMITH, ATHLETIC DIRECTOR, ST. JOSEPH-LAKE MICHIGAN CATHOLIC H. S.

MIAAA REPRESENTATIVE

BOYS	CLASS "B"	STATE CROSS COUNTRY CHAMPIONSHIPS 1990							
1.	BIG RAPIDS	1	5	24	36	65	77	113	131
2.	CEDAR SPRINGS	22	31	39	43	46	62	142	181
3.	CADILLAC	3	4	35	61	79	102	133	182
4.	LINDEN	6	7	44	53	80	138	143	190
5.	WYOMING GODWIN	13	18	30	75	91	97	128	227
6.	PLAINWELL	12	40	42	57	92	95	117	243
7.	LOWELL	20	34	51	66	83	134	153	254
8.	BATTLE CREEK LAKEVIEW	15	29	45	68	99	109	120	256
9.	ORTONVILLE-BRANDON	21	37	59	73	81	127	157	271
10.	CENTER LINE	2	17	50	93	116	132	149	278
11.	CALEDONIA	8	23	33	105	110	139	152	279
12.	KALAMAZOO CHRISTIAN	28	47	56	72	87	147	---	290
13.	MONROE ST. MARY CATHOLIC CENTRAL	10	41	49	74	126	141	154	300
14.	DEARBORN DIVINE CHILD	26	54	64	82	84	123	124	310
15.	SALINE	9	32	69	94	114	129	146	318
16.	OXFORD	38	48	52	85	96	122	140	319
17.	ALLEGAN	11	25	63	119	121	125	135	339
18.	BEAVERSTON	16	55	60	103	131	145	158	365
19.	WARREN HIGH	19	76	78	108	111	156	162	392
20.	DEARBORN HGTS. CRESTWOOD	58	70	71	100	107	151	160	406
21.	TECUMSEH	27	90	101	106	115	148	---	439
22.	HASLETT	67	88	89	112	130	155	161	486
23.	ESSEXVILLE-GARBER	86	98	136	137	144	159	---	601

GIRLS	CLASS "B"	STATE CROSS COUNTRY CHAMPIONSHIPS 1990							
1.	JACKSON LUMEN CHRISTI	14	25	29	32	44	76	105	144
2.	CALEDONIA	5	12	39	40	49	117	146	145
3.	FREMONT	9	16	28	37	60	69	116	150
4.	PETOSKEY	1	7	18	65	72	95	103	163
5.	CHELSEA	3	13	45	58	71	79	102	190
6.	MASON	26	30	31	48	66	88	121	201
7.	MATTAWAN	8	38	43	62	67	74	78	218
8.	GAYLORD	23	41	70	73	91	127	---	298
9.	PLAINWELL	11	36	84	89	94	119	151	314
10.	RICHLAND GULL-LAKE	4	17	83	107	112	136	147	323
11.	LOWELL	10	20	55	113	143	149	163	341
12.	OTISVILLE-LAKEVILLE	2	46	54	115	129	135	145	346
13.	MARYSVILLE	22	52	57	85	134	138	142	350
14.	GROSSE ILE	42	47	68	101	111	141	---	369
15.	ALMA	15	51	75	114	130	137	158	385
16.	JACKSON NORTHWEST	6	61	81	120	122	144	155	390
17.	ALGONAC	21	27	77	109	157	162	166	391
18.	GRAND RAPIDS CATHOLIC CENTRAL	24	53	99	100	131	133	153	407
19.	NEW BOSTON HURON	63	80	86	87	98	128	139	414
20.	EAST GRAND RAPIDS	50	56	92	97	126	140	---	421
21.	MILAN	33	82	93	104	123	148	---	435
22.	YALE	19	35	110	124	152	161	---	440
23.	DEARBORN DIVINE CHILD	59	64	106	118	164	165	---	511
24.	MARINE CITY	90	96	108	150	156	---	---	600
25.	WARREN MOTT	34	125	132	154	159	160	167	604

MHSAA TRACK AND FIELD COMMITTEE TUES., JAN. 22ND, 1990 9:30 A.M.

- Bernie Abrams, Athletic Director, Covert High School
 - Jane Allen, Athletic Director/Girls Coach, Lansing Eastern High School
 - Jim Doyle, Athletic Director, Bay City John Glenn High School
 - Todd Dunchley, Girls Coach, Kalkaska High School
 - Blake Hagman, Athletic Director, Kalamazoo Central High School
 - Barry Hobria, Athletic Director, Algonac High School
 - Rob Johnson, Boys Coach, Clare High School
 - Leit Jones, Ass't. Principal/Coach, Dearborn Hgts. Robichaud High School
 - Cathy Markland, Girls Coach, Montrose-Hill McCloy High School
 - Linda McGinnis, Girls Coach, Lake City High School
 - Brian McKenna, ATOM Official, Walled Lake
 - Mary Miller, Girls Coach, Muskegon Mona Shores High School
 - Jerry Myszkowski, President of MITCA, Coach, Det. Uni. of Det. Jesuit H. S.
 - Larry Robinson, Coach, Cass City High School
 - Dale Scheehorn, Athletic Director, Wyoming Godwin Hgts. High School
 - Ernest Scott, Athletic Director, Detroit Cody High School
 - James Smart, Athletic Director, Manton High School
 - Marvin Smith, Athletic Director, Litchfield High School
 - David Wenzel, Coach, Gaylord High School
 - Rose Wilkins, Girls Coach, Burton Bendle High School
 - Hugh Matson, Athletic Director, Saginaw Heritage High School
- MIAAA Representative

*Wishing you
a wonderful
holiday season!*

JERRY MYSZKOWSKI

John Quiring

KIM SPALSBURY

Rob Johnson

RICH TOMPKINS, CIC

Tony Magni

Kermit Ambrose

BOYS		CLASS "C"		STATE		CROSS COUNTRY CHAMPIONSHIPS		1990	
TORREY	PINES GOLF	COURSE	LAKE	FENTON	---	HOST			
1.	CHARLEVOIX	3	8	15	36	39	91	--	101
2.	SANDUSKY	2	7	20	33	40	50	86	102
3.	FLAT ROCK	10	14	26	37	43	55	87	130
4.	CARSON CITY	4	17	28	30	62	100	109	141
5.	GRANT	5	24	27	47	51	83	103	154
6.	MARLETTE	6	13	32	48	71	81	--	170
7.	LESLIE	19	23	31	54	69	85	88	196
8.	ORCHARD LAKE ST. MARYS	18	21	34	63	64	89	123	200
9.	ONSTED	1	22	42	53	93	110	--	211
10.	JONESVILLE	29	41	56	57	74	75	94	257
11.	CENTREVILLE	9	25	44	92	104	117	118	274
12.	FARWELL	12	45	49	66	107	115	116	279
13.	CLARE	11	65	70	76	78	79	90	300
14.	MASON COUNTY CENTRAL	38	46	67	72	95	96	105	318
15.	BRIDGMAN	35	52	60	97	102	120	121	346
16.	NAPOLEON	68	73	77	80	84	98	113	382
17.	MAYVILLE	58	59	106	108	119	--	--	392
18.	SCHOOLCRAFT	16	82	99	101	111	112	122	409

GIRLS		CLASS "C"		STATE		CROSS COUNTRY CHAMPIONSHIPS		1990	
TORREY	PINES GOLF	COURSE	LAKE	FENTON	---	HOST			
1.	OLIVET	2	15	25	35	36	57	94	113
2.	SOUTHFIELD CHRISTIAN	9	12	13	20	63	118	121	114
3.	EDWARDSBURG	8	17	21	33	62	77	91	138
4.	LAINGSBURG	3	5	29	54	61	85	86	147
5.	BURTON BENDLE	11	41	44	56	65	66	108	212
6.	IDA	4	31	73	82	84	90	123	223
7.	LESLIE	14	18	23	92	102	104	115	243
8.	BYRON	10	40	51	52	96	116	119	244
9.	WILLIAMSTON	28	34	43	75	88	109	110	262
10.	ELK RAPIDS	6	19	49	97	101	122	---	265
11.	SHELBY	7	59	69	70	76	79	99	269
12.	GRANDVILLE CALVIN CHRISTIAN	32	42	47	78	80	95	106	273
13.	CHARLEVOIX	16	27	68	81	93	107	112	276
14.	BUCHANAN	1	30	74	83	98	105	---	277
15.	NAPOLEON	50	55	60	64	71	72	84	288
16.	LAKE MICHIGAN CATHOLIC	24	26	37	111	117	120	---	307
17.	CENTREVILLE	22	38	67	89	100	---	---	307
18.	ST. LOUIS	45	46	87	113	114	---	---	394
	COLEMAN	48	53	58	103	---	---	---	NTS

MID-EAST MEET OF CHAMPIONS SATURDAY, NOVEMBER 17TH, 1990
INDIAN RIFLE PARK KETTERING, OHIO

1.	PA	1	4	7	9	16	17	26	32	34	--	37	G
2.	OH	3	5	8	11	12	20	31	33	38	40	39	I
3.	MI	2	6	10	13	14	15	18	21	23	30	45	R
4.	IN	19	22	24	25	27	29	35	36	37	39	117	L
5.	KY	28	41	42	43	44	45	46	--	--	--	198	S

1.	IN	2	3	5	10	13	17	19	20	25	30	33	B
2.	PA	4	7	11	15	18	22	33	38	--	--	55	O
3.	OH	6	9	12	14	27	31	32	34	36	48	68	Y
4.	MI	1	8	16	21	24	26	28	29	35	46	70	S
5.	KY	23	37	39	40	41	42	43	44	45	47	180	S

	PA		OH		MI		IN		KY		ILLINOIS		
	37		39		45		117		198		DID		
	55		68		70		33		180		NOT		
	92		107		115		150		378		SHOW		

1.	BRIAN HYDE	"A"	KENTWOOD EAST KENTWOOD	15:18.1
	2ND INDIVIDUAL RACE		15:48.3	
8.	BEN GOBA	"A"	FARMINGTON HIGH	15:39.9
	3RD INDIVIDUAL RACE		15:58.7	
16.	TREVOR SMITH	"B"	ALLEGAN	15:52.4
	11TH TEAM RACE		16:33.8	
21.	JIM NEUMANN	"B"	CENTER LINE	15:56.3
	2ND TEAM RACE		15:51.8	
24.	DOUG CORCORAN	"D"	READING	16:02.4
	1ST TEAM RACE		16:49.0	
26.	CHRIS PRIESTAF	"A"	DEARBORN EDESEL FORD	16:47.1
	15TH INDIVIDUAL RACE		16:47.1	
28.	MIKE MILLIMAN	"A"	ANN ARBOR PIONEER	16:07.3
	3RD TEAM RACE		16:17.4	
29.	JEFF GROSSO	"A"	WALLED LAKE WESTERN	16:09.3
	6TH TEAM RACE		16:28.2	

35.	KRIS EGGLE	"B"	CADILLAC	16:24.1
	3RD TEAM RACE		15:55.0	
46.	MARK WARREN	"B"	WARREN HIGH	17:30.1
	19TH TEAM RACE		16:51.4	

2.	LAURA BELL	"B"	OTISVILLE-LAKEVILLE	18:24.6
	2ND TEAM RACE		18:54.2	
6.	AMY LOTHROP	"B"	JACKSON NORTHWEST	18:40.0
	6TH TEAM RACE		19:33.6	
10.	SYLVIA MARINO	"A"	ANN ARBOR PIONEER	18:55.1
	9TH TEAM RACE		19:58.9	
13.	JULIE BANKS	"A"	UTICA	19:07.3
	8TH INDIVIDUAL RACE		19:51.1	
14.	ERICA ADAMS	"B"	GLADWIN	19:11.0
	2ND INDIVIDUAL RACE		19:16.4	
15.	COLLEEN DANES	"A"	DEARBORN EDESEL FORD	19:13.0
	5TH TEAM RACE		19:51.9	
18.	JULIE HAY	"B"	THREE RIVERS	19:16.3
	4TH INDIVIDUAL RACE		19:29.4	
21.	WENDY JOHNECHECK	"B"	PETOSKEY	19:30.5
	7TH TEAM RACE		19:40.4	
23.	CARRIE VANISAKER	"A"	MONROE	19:32.1
	10TH TEAM RACE		19:59.1	
30.	JULIE JORGENSEN	"A"	MUSKEGON MONA SHORES	19:48.5
	25TH INDIVIDUAL RACE		20:15.2	

THE INFORMATION LISTED UNDER EACH RUNNERS NAME IS THEIR PERFORMANCE IN THE MICHIGAN 1990 STATE CHAMPIONSHIPS

PAST PERFORMANCES:

GIRLS	----2ND (1987)	1ST (1988)	5TH (1989)
BOYS	----2ND (1987)	2ND (1988)	2ND (1989)
COMBINED	--2ND (1987)	1ST (1988)	4TH (1989)

BOYS	CLASS "C"	STATE	CROSS COUNTRY	CHAMPIONSHIPS	1990				
TORREY	PINES	GOLF	COURSE	LAKE FENTON	---HOST				
1.	CHARLEVOIX	3	8	15	36	39	91	--	101
2.	SANDUSKY	2	7	20	33	40	50	86	102
3.	FLAT ROCK	10	14	26	37	43	55	87	130
4.	CARSON CITY CRYSTAL	4	17	28	30	62	100	109	141
5.	GRANT	5	24	27	47	51	83	103	154
6.	MARLETTE	6	13	32	48	71	81	--	170
7.	LESLIE	19	23	31	54	69	85	88	196
8.	ORCHARD LAKE ST. MARYS	18	21	34	63	64	89	123	200
9.	ONSTED	1	22	42	53	93	110	--	211
10.	JONESVILLE	29	41	56	57	74	75	94	257
11.	CENTREVILLE	9	25	44	92	104	117	118	274
12.	FARWELL	12	45	49	66	107	115	116	279
13.	CLARE	11	65	70	76	78	79	90	300
14.	MASON COUNTY CENTRAL	38	46	67	72	95	96	105	318
15.	BRIDGMAN	35	52	60	97	102	120	121	346
16.	NAPOLEON	68	73	77	80	84	98	113	382
17.	MAYVILLE	58	59	106	108	119	--	---	392
18.	SCHOOLCRAFT	16	82	99	101	111	112	122	409

GIRLS	CLASS "C"	STATE	CROSS COUNTRY	CHAMPIONSHIPS	1990				
TORREY	PINES	GOLF	COURSE	LAKE FENTON	---HOST				
1.	OLIVET	2	15	25	35	36	57	94	113
2.	SOUTHFIELD CHRISTIAN	9	12	13	20	63	118	121	114
3.	EDWARDSBURG	8	17	21	33	62	77	91	138
4.	LAINSBURG	3	5	29	54	61	85	86	147
5.	BURTON BENDLE	11	41	44	56	65	66	108	212
6.	IDA	4	31	73	82	84	90	123	223
7.	LESLIE	14	18	23	92	102	104	115	243
8.	BYRON	10	40	51	52	96	116	119	244
9.	WILLIAMSTON	28	34	43	75	88	109	110	262
10.	ELK RAPIDS	6	19	49	97	101	122	---	265
11.	SHELBY	7	59	69	70	76	79	99	269
12.	GRANDVILLE CALVIN CHRISTIAN	32	42	47	78	80	95	106	273
13.	CHARLEVOIX	16	27	68	81	93	107	112	276
14.	BUCHANAN	1	30	74	83	98	105	---	277
15.	NAPOLEON	50	55	60	64	71	72	84	288
16.	LAKE MICHIGAN CATHOLIC	24	26	37	111	117	120	---	307
17.	CENTREVILLE	22	38	67	89	100	---	---	307
18.	ST. LOUIS	45	46	87	113	114	---	---	394
	COLEMAN	48	53	58	103	---	---	---	NTS

MID-EAST MEET OF CHAMPIONS SATURDAY, NOVEMBER 17TH, 1990
 INDIAN RIFLE PARK KETTERING, OHIO

1.	PA	1	4	7	9	16	17	26	32	34	--	37	G
2.	OH	3	5	8	11	12	20	31	33	38	40	39	I
3.	MI	2	6	10	13	14	15	18	21	23	30	45	R
4.	IN	19	22	24	25	27	29	35	36	37	39	117	L
5.	KY	28	41	42	43	44	45	46	--	--	--	198	S

1.	IN	2	3	5	10	13	17	19	20	25	30	33	B
2.	PA	4	7	11	15	18	22	33	38	--	--	55	O
3.	OH	6	9	12	14	27	31	32	34	36	48	68	Y
4.	MI	1	8	16	21	24	26	28	29	35	46	70	S
5.	KY	23	37	39	40	41	42	43	44	45	47	180	S

	PA		OH		MI		IN		KY		ILLINOIS		
	37		39		45		117		198		DID		
	55		68		70		33		180		NOT		
	92		107		115		150		378		SHOW		

1.	BRIAN HYDE	"A"	KENTWOOD	EAST KENTWOOD	15:18.1
	2ND	INDIVIDUAL	RACE	15:48.3	
8.	BEN GOBA	"A"	FARMINGTON HIGH		15:39.9
	3RD	INDIVIDUAL	RACE	15:58.7	
16.	TREVOR SMITH	"B"	ALLEGAN		15:52.4
	11TH	TEAM RACE		16:33.8	
21.	JIM NEUMANN	"B"	CENTER LINE		15:56.3
	2ND	TEAM RACE		15:51.8	
24.	DOUG CORCORAN	"D"	READING		16:02.4
	1ST	TEAM RACE		16:49.0	
26.	CHRIS PRIESTAF	"A"	DEARBORN EDESEL FORD		16:47.1
	15TH	INDIVIDUAL	RACE	16:47.1	
28.	MIKE MILLIMAN	"A"	ANN ARBOR PIONEER		16:07.3
	3RD	TEAM RACE		16:17.4	
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	6TH	TEAM RACE		16:28.2	

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2.	LAURA BELL	"B"	OTISVILLE-LAKEVILLE		18:24.6
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	6TH	TEAM RACE		19:33.6	
10.	SYLVIA MARINO	"A"	ANN ARBOR PIONEER		18:55.1
	9TH	TEAM RACE		19:58.9	
13.	JULIE BANKS	"A"	UTICA		19:07.3
	8TH	INDIVIDUAL RACE		19:51.1	
14.	ERICA ADAMS	"B"	GLADWIN		19:11.0
	2ND	INDIVIDUAL RACE		19:16.4	
15.	COLLEEN DANES	"A"	DEARBORN EDESEL FORD		19:13.0
	5TH	TEAM RACE		19:51.9	
18.	JULIE HAY	"B"	THREE RIVERS		19:16.3
	4TH	INDIVIDUAL RACE		19:29.4	
21.	WENDY JOHNECHECK	"B"	PETOSKEY		19:30.5
	7TH	TEAM RACE		19:40.4	
23.	CARRIE VANISAKER	"A"	MONROE		19:32.1
	10TH	TEAM RACE		19:59.1	
30.	JULIE JORGENSON	"A"	MUSKEGON MONA SHORES		19:48.5
	25TH	INDIVIDUAL RACE		20:15.2	

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BOYS	----2ND (1987)	2ND (1988)	2ND (1989)
COMBINED	--2ND (1987)	1ST (1988)	4TH (1989)

CLASS "D" STATE CROSS COUNTRY CHAMPIONSHIPS BOYS 1990
FRANKENMUTH HIGH SCHOOL CAMPUS

1.	FOWLER HIGH	2	5	7	12	16	19	25	42
2.	PENTWATER HIGH	4	27	31	45	46	83	99	153
3.	BURR OAK HIGH	11	14	28	36	67	88	104	156
4.	READING HIGH	1	32	39	44	54	71	93	170
5.	WHITMORE LAKE HIGH	6	24	41	43	58	59	97	172
6.	POTTERVILLE HIGH	13	22	35	47	68	84	96	185
7.	GRASS LAKE HIGH	8	26	40	56	62	82	109	192
8.	CAMDEN FRONTIER HIGH	9	18	42	49	77	110	111	195
9.	BEAR LAKE HIGH	3	29	38	61	66	73	108	197
10.	SUTTONS BAY	20	30	51	65	80	90	102	246
11.	FAIRVIEW HIGH	15	33	34	81	87	92	112	250
12.	MANTON HIGH	17	52	55	57	72	74	79	253
13.	RIVERVIEW GABRIEL RICHARD	23	53	69	70	75	76	89	290
14.	FAIRGROVE AKRON-FAIRGROVE	10	50	63	91	94	100	105	308
15.	BOYNE FALLS HIGH	21	48	78	85	86	95	103	318
16.	ANN ARBOR GREENHILLS	37	60	64	98	101	106	107	360

BOYS	ALL-STATE RUNNERS	CLASS "D"	
1.	MIKE RICHARDSON *	Central Lake	16:42
2.	DOUG CORCORAN	Reading	16:49
3.	TED FELDPAUSCH	Fowler	16:56
4.	JASON ISENLOHR	Bear Lake	17:00
5.	Steve Lloyd-Jones	Pentwater	17:04
6.	Tom Becker	Fowler	17:06
7.	Peter Noordijk	Whitmore Lake	17:10
8.	Eric Bierstetel	Fowler	17:11
9.	MARTY MCGINN	Grass Lake	17:11
10.	SHANNON MILLER	Camden-Frontier	17:18
11.	CRAIG ANDROL	Akron-Fairgrove	17:23
12.	CASEY SHAY *	Central Lake	17:25
13.	JOHN MCHALL	Burr Oak	17:26
14.	TERRY SCHNEIDER	Fowler	17:33
15.	MIKE KREMSTREITER	Potterville	17:34

* INDIVIDUAL RACE

BOYS	ALL-STATE RUNNERS	CLASS "C"	
1.	MICHAEL BALL *	HUDSON	15:57
2.	MICHAEL VISCHER	ONSTED	16:05
3.	CHRIS JOHNSON *	SAGINAW MICHIGAN LUTH. SEM.	16:12
4.	MICHAEL LAKE *	BERRIEN SPRINGS	16:20
5.	KURT LONG	SANDUSKY	16:22
6.	MIKE SEVENSKY	CHARLEVOIX	16:29
7.	MICHAEL SMEDLEY *	BUCHANAN	16:34
8.	BLAINE DINSMORE	CARSON CITY CRYSTAL	16:36
9.	BRUCE LITTLEFIELD *	HARTFORD	16:37
10.	CHRIS LLOYD *	UNION CITY	16:38
11.	KEVIN ELLIOT *	KENT CITY	16:41
12.	MARTY ARENDS	GRANT	16:43
13.	JASON CHAPPEL	MARLETTE	16:49
14.	ERIC ELLIS *	ADDISON	16:50
15.	BRIG COBB *	SOUTHFIELD CHRISTIAN	16:52
16.	CHAD RICH	SANDUSKY	16:52
17.	CHRIS MEIER	CHARLEVOIX	16:53
18.	JEREMY O'SHEA *	BENJONIA BENZIE CENTRAL	16:53
19.	TIM HIMBURG *	IDA	16:54
20.	EDWARD MILLER	CENTREVILLE	16:54

* INDIVIDUAL RACE

CLASS "D" STATE CROSS COUNTRY CHAMPIONSHIPS GIRLS 1990
FRANKENMUTH HIGH SCHOOL CAMPUS

1.	POTTERVILLE	2	3	11	12	18	30	44	46
2.	FOWLER	4	7	14	20	29	51	55	73
3.	PITTSFORD	9	17	21	23	38	40	76	106
4.	WEBBERVILLE	10	22	24	36	43	47	74	132
5.	MANTON	15	16	28	33	54	57	58	141
6.	COLON	1	5	26	65	77	--	--	167
7.	GRASS LAKE	13	19	42	56	70	--	--	192
8.	MESICK	27	32	39	52	53	61	71	193
9.	WYOMING LEE	6	41	45	62	64	--	--	208
10.	BELLAIRE	8	31	46	66	69	--	--	211
11.	BUCKLEY	35	50	59	60	68	73	--	259
12.	ANN ARBOR GREENHILLS	34	49	63	67	72	75	--	272
	RIVERVIEW GABRIEL RICHARD	25	37	48	DNF	DNF	--	--	NTS

GIRLS ALL-STATE RUNNERS CLASS "D"

1.	ERICA DAVIS	Colon	20:28
2.	NIKKI BENNETT	Potterville	20:32
3.	TAMMY HALSEY	Potterville	20:48
4.	LAURA IRRER	Fowler	21:00
5.	TRISHA LAW **	Colon	21:10
6.	JANE COOKMAN *	Suttons Bay	21:14
7.	JENNIFER MULDER	Wyoming Lee	21:42
8.	SHERI THELEN	Fowler	21:49
9.	JENNIFER BARNARD	Bellaire	21:54
10.	MERISSA SMITH	Pittsford	21:56
11.	ERICA POWERS *	Central Lake	22:08
12.	PAM MARTIN	Webberville	22:28
13.	MARY McLAUGHLIN *	North Muskegon	22:29
14.	JENNIFER PETIPRIN *	Akron-Fairgrove	22:32
15.	STEPHANIE ZILCH *	Camden-Frontier	22:35

* INDIVIDUAL RACE

GIRLS ALL-STATE RUNNERS CLASS "C"

1.	MEGAN SMEDLEY	BUCHANAN	18:51
2.	ANDREA RIPLEY	OLIVET	19:13
3.	KELLY WYNN *	ADDISON	19:22
4.	STEPHANIE CRUM	LAINGSBURG	19:35
5.	HOLLY JOHNSON *	EAST JORDAN	19:36
6.	JESSICA MADDUX	IDA	19:37
7.	JENNY STUNT	LAINGSBURG	19:41
8.	HEATHER GRIGG *	ONSTED	19:48
9.	BECKY WING *	BELLEVUE	19:48
10.	JENNIFER MILLER *	GROSSE PTE. UNI. LIGGETT	19:55
11.	TORI EDWARDSON	ELK RAPIDS	19:56
12.	PATTI SILVA *	UNION CITY	20:00
13.	AMANDA FOUTCH *	BURTON ATHERTON	20:08
14.	MARY VESELENAK	ROGERS CITY	20:08
15.	STACEY VAN ERP *	BAD AXE	20:11
16.	AMY HAYES	SHELBY	20:12
17.	JENNY MILLIKEN	EDWARDSBURG	20:13
18.	ANDREA LITTLE *	JACKSON VANDERCOOK LAKE	20:13
19.	KYM COOLEY *	DUNDEE	20:14
20.	MARIANNE CHANDLE *	TAWAS AREA	20:16

* INDIVIDUAL RACE

One day as I sat musing, sad and lonely and without a friend, a voice came to me from out of the gloom saying, "cheer up, things could be worse", So I cheered up and sure enough, things got worse.

TO: Mr. Nate Hampton, MHSAA
 FROM: Michael Taylor, Cross Country Coach, Clarkston High School
 DATE: November 15th, 1990
 RE: Regional Format Used For Cross Country

Additional Comments

What do you have to lose by trying this on a trial basis for two years? I spoke with many coaches at the MITCA convention and believe this will have more support than the sectional meets that were proposed.

Michael Taylor

The qualification of teams from the regionals to the state meets has been a continuing problem. It does not allow the best teams to qualify. Some regionals eliminate teams which are easily in the top 15 year after year. The regional hosted by Holly (Class A) the past two years is a good example. Last year the qualifying teams placed 2nd, 3rd and 10th (this team was a favorite to win the state title and had won the regional). This year they placed 2nd, 3rd, and 5th. In 1987 the top 6 girls teams in Oakland County were some of the best in the state as judged by their performances at invitationals and were all in the same regional at Royal Oak Kimball High School.

This is not a memo to complain, but one to suggest an effective way to make the regionals fairer. What follows is a plan and a time table to resolve the regional problem.

September 1 - A listing of the selected regional sites is mailed to each school. Schools have until September 21 to choose their regional. This will be done by completing an enclosed form, signed by the Athletic Director and Principal. Information on which schools have entered different regionals will be available by telephoning an answering machine with a reprinted and updated message.

September 21 - Teams which have not chosen a regional would be assigned to the nearest available regional, using current guidelines. Regionals would remain the same size.

October 1 - Regional Managers get a listing of the teams in their regionals.

October 7 - Regional Managers mail information to participating schools.

The dates for the regional meets and the state final would remain the same. Qualification would remain the same.

Advantages

1. The best teams will avoid each other and spread themselves out. Top coaches talk and scout each other. These teams don't want head to head competition before the state meet. Coaches would rather win the regional than finish second.
2. Teams with little chance of qualifying or those which do not wish to travel can select the closest regionals using their own judgement. Teams often complain about where they get assigned. Let them pick.
3. Good teams which should qualify can select regionals where they feel they have the best chance. No more complaints about inequities. If you choose the easiest regional and can't qualify you just aren't good enough.
4. The responsibility for qualifying is placed squarely on the shoulders of the high school athletic departments, not the M.H.S.A.A.
5. This is a way of letting coaches seed their own teams. This approach will work even if only some of the coaches cooperate. Those most likely to participate are the better teams with more at risk. These are the very teams that need to be seeded.
6. This plan does not shorten the season or interfere with existing invitationals. It is a fine tuning of our current system.
7. To schools who do not get involved in this plan, the system remains the same. They receive a letter assigning them to a regional. They still benefit by getting into a regional which is not "loaded".
8. Regionals would be reshuffled every year instead of the same teams.

Disadvantages

1. A coach of both the girl's and boy's teams might have to choose one regional for both. In some years this could be a tough decision, but it would be an improvement over the current system for at least one of the teams.
2. Some teams might choose to travel farther for their regional in an effort to qualify, but again they have a choice.
3. A decision would have to be made on whether schools could split their girls' and boys' teams to different sites. Conflicts could be resolved by athletic directors. This is not new. We have schools now which have either a boys' or girls' team, but not both.

A-B-C COMBO (TAC AGE-GROUP TEAM)

In the fall of 1989, Coach Rudy Godefroidt (Breckenridge) and Coach Brian Evenson (Hudson) put together a TAC (The Athletic Congress) cross country club by the ame of A-B-C Combo. The club consists of runners from all four classes and came together beautifully to run as a unit

Fall '89 say the 15 and 16 year old boys A-B-C Combo team win State, regional and then on Dec. 9th, the NATIONAL TITLE. This team consisted of Chris Priestaf (Dearborn Edsel Ford), Mike Ball (Hudson), Jeff Christian and Ken Greer (Beaverton, Kurt Long (Sandusky), Brian Pickl (Milford) and Matt Hadanek and Andy Williams (Breckenridge). What a great experience and wonderful accomplishment. The state meet was held at Buhr Park (Ann Arbor), the regionals at Kentucky Horse Park and the Nationals at Purdue University (Indiana)

This fall - 1990, saw A-B-C Combo put together some additional teams so that our young people could extend their seasons if so wishing. The results this past fall have been beyond Coaches Evenson and Godefroidt's wildest dreams. On Sun. Nov. 11 the state competitions were held, once again at Buhr Park in Ann Arbor. The 15 and 16 year old girls beat out a tough Monroe all star squad to win their SATE MEET. Megan Smedley (Buchanan) was first, Lorenia Godefroidt (St. Louis) third, Heather Grigg (Onsted) sixth, Sheri Thelen (Fowler) tenth, and Mindi Ford (Hudson) twentieth. At the regional meet the A-B-C Combo scored 26 points to Monroe's 38 and Ohio Worthington Christian 56. Following is the overall place, team place, and time on the 5,000 meter course at Greenbier YMCA Camp, Huntington, West Virginia.

Smedley	1st	1st	18:22
Godefroidt	2nd	2nd	19:02
Grigg	4th	3rd	19:34
Thelen	13th	9th	20:19
Ford	20th	11th	20:44

At the state level, the 15 and 16 year old boys easily beat out the River Raisin Club from Monroe. Going on to the regionals was Mike Ball, Jeff Christian, Andy Williams (all returning from 1989), along with Russ Hickey (Pittsford), Eric Ellis (Addison), Eric Bierstetel (Fowler), Rob McConnell (Central Montcalm), and John Sieber (Grosse Pte. Uni. Liggett). At the regionals, these young menscored 48 points to claim the championship. Miami of Ohio United had 65 and Michigan River Raisin scored 66. Here are their overall and team place as well as time.

Christian	3rd	2nd	15:48
Hickey	6th	4th	16:18
Ellis	12th	9th	16:32
Bierstetel	18th	14th	16:42
McConnell	25th	19th	16:58
Sieber	26th	20th	17:00
Williams	40TH	#1ST	17:24
Mike Monaghan (Hudson) running for the injured Mike Ball	46th	31st	17:59

Putting together a team in the 17 and 18 Boys was truly a challenge as the top 10 seniors in the state meet are invited to compete in the Midwest Meet of Champions for their home state. Our boys did win the state championship and represented the A-B-C Combo very well, by winning with 22 points. Miami of Ohio United had 40, and Ohio Valley had 83 points.

Mike Richardson (Central Lake)	1st	1st	15:53
Mike Smedley (Buchanan)	2nd	2nd	15:54
Tom Becker (Fowler)	5th	4th	16:21
Carl Anderzen (Breckenridge)	9th	6th	16:26
Scott Noecker (Lansing Waverly)	12th	9th	16:34
Terry Schneider (Fowler)	16th	10th	16:53

Also qualifying for the nationals as individuals were Bob Waltz (Onsted) in the 13 & 14 division and Jessica Maddux in the 13 & 14 division
 NOTE: in 1989, Chris Priestaf of the A-B-C Combo and Dearborn Edsel Ford High School was the 15 & 16 year old NATIONAL CHAMPION.

The National Meet was held, last Saturday, Dec. 8th, at Tranquility Park in Omaha, Nebraska. No results of the meet are available.