

<HTML><BODY BGCOLOR="#ffffff"><FONT BACK="#ffffff" SIZE=3
PTSIZE=10>Bobcats already breaking new ground

Tuesday, September 5, 2000

By Tom Marter
TIMES SPORTS WRITER

The cross country season is just getting started, and already it is one of the best ever for Bangor John Glenn.

Coach Matt Nemode's Bobcats established a milestone by winning the first girls championship in school history at the St. Charles Invitational Aug. 23.

With junior Molly Millar and senior Gratia Trahan providing a solid 1-2 combination, the Bobcats are looking to winning even more.

Millar was the Bay County cross country medalist last fall while Trahan is coming off a stellar track season that included regional firsts in the 1,600- and 3,200-meter runs.

Also back are sophomore Ariel Trahan, junior Kristen Callaghan and seniors Erin McParlan and Ashley Christie.

"Gratia and Molly are going to push each other in practice and that's going to make each of them better," said Nemode. "If the other girls show improvement, too, we could have a very nice season."

Glenn competes in the tough North East Michigan Conference, where perennial champion Ogemaw Heights is prepared to make a run at a state title. The Falcons feature two of the state's premier distance runners in seniors Abigail Nelkie and Jessica Kraft.

John Glenn will be less competitive in the boys events, as only three boys have come out for the team. Jeff Byrne, who was second-team all-county last year, heads an all-sophomore lineup that includes Grant Pringle and Dan Tippman.

Bay City Western

Gone are E.J. Green, Rob Samborn and Rikki Owczarzak, the nucleus of Western cross country for the last four years. Coach Mike Nesbitt hopes the replacements are strong enough to make a good showing in Saginaw Valley League competition.

"It may take us awhile because we have a lot of new guys, but we should be all right by the end of the season," said Nesbitt.

Western's boys are led by senior George Phillips, a state meet qualifier who had been the Warriors' No. 1 runner most of last season.

Also back are junior Jaron Erickson - who ran on the area-record 3,200 relay last spring - sophomore Ron Green and junior Marc Witzke.

The Western girls are led by junior Sarah Felton, who was seventh in the County last fall. A knee injury bothered her during track season, but she has recovered enough to place third overall at the Essexville St. John Festival 5K Road Race Aug. 18.

Also back for the Warriors are senior Kristi Kapke and sophomore Sarah Wright.

"We may be a deeper team now," said Nesbitt. "If we can maintain some consistency, we should be competitive."

Bay City Central

New coach Alex Velasquez has infused enthusiasm into the Central program, as evidenced by the 32 runners on the boys and girls teams combined.

Sophomore Mario Cornejo and senior Joe Keech lead the Central boys team that includes senior Keith Bukowski and sophomore Kyle Pero.

"Mario and Joe are both wrestlers running for conditioning, but they are taking it seriously, too," said Velasquez, who is assisted by Karol Syring. "We have a good nucleus to start with, and we're going to surprise some teams."

Central's girls are led by seniors Alexis Lopez and Anne Gruber, who have five years of varsity experience between them. Sophomore Heather Bauer and Kelyn Fogelsonger lead the team's youth movement.

Essexville Garber

Senior Andy Cojeen, the individual winner at the Bay County meet each of the past two years, leads a Garber team that finished second in both the Tri-Valley East Division and Bay County last season.

"Andy's in good shape, and he's the kind of kid who is always going to be running up at the top," said Garber boys coach Jack Nesbitt of Cojeen, a two-time state qualifier.

Following Cojeen in the Garber top five are senior Grant Soehnel, junior Brian Anderson, sophomore Kyle McKendree and freshman Ben Gallagher.

St. John Festival 5K winner Melissa Martin, Cara DeSanto and 1999 state qualifier Erin Patterson lead a contingent of eight seniors for the Garber girls team out to reclaim the County title from Western.

The elder Dukes will be pushed by freshmen Jennifer Tuttle, Courtney Kotewa and Stefanie Madziar.

"This group is capable of running with anyone, but I'm an optimist and always think that about my teams," said Garber girls coach Linda VanTol.

Pinconning

With just nine runners between the boys and girls teams, the Spartans will be out of the running for most team competitions this fall.

"Our other sports are so strong we don't get the girls out to run," said coach Pam LeBourdais, whose girls are led by junior Danielle Raushi and senior Adrienne Offenbecker.

Raushi was a state meet qualifier in track last spring, while Offenbecker is starting her fourth year of cross country.

Seniors Chad Howard, Clayton Cole and Kirk McKinnon lead the Pinconning boys, who have the minimum five members to compete as a team.

Mott cross country team places fifth

Tuesday, September 5, 2000

Mott Community College had 114 points to finish fifth at the five-team Saginaw Valley State University Invitational cross country meet Friday. Lansing CC won the meet with 32. Mott's Josh Klein finished the 8K course in 16th place with a time of 29:00. Ken Baxendale was 18th in 29:19 and Brad Smith was 25th in 30:05.

<HTML><BODY BGCOLOR="#00ff00"><FONT BACK="#ffffff" SIZE=3
PTSIZE=10>Subj: Re: Help
Date: 9/8/00 10:37:33 PM Eastern Daylight Time
From: jschmitt@ht.homecomm.net (jason)
To: JeffHollobaugh@aol.com

I was covering the Novi/Lakeland CC meet at Lakeland's home course at their

high school Thursday, and after reviewing his rankings, I thought these results may shed some light for him. So I offer this for what it's worth, just results from one meet.

Novi beat Lakeland (the two top teams in the Kensington Valley Conference) 20-35 (corrected score was 18-37 later). Chris Toloff (senior) of Novi broke the course record (previously 15:52) with a time of 15:31. His teammate Tim Moore (currently ranked No. 2 behind Dathan) ran runnerup in a time of 16:18. Their teammate Mark Avenius (No. 15) finished third in 16:58. Brian Theut (normally Lakeland's No. 2) finished 4th at 17:16. His teammate Pat Klein (Currently No.5) had a poor race and finished 6th at 17:37.

I offer these results only so that the person ranking can get some insight into Novi's best runners. Earlier this season, at a scrimmage at Cass Benton in Northville, Toloff and Moore ran 16:08 and 16:09 in that order. They ran together the entire race, challenged by noone.

Toloff will consistently finish better than Moore this season, based on talks with Novi insiders. Just thought I'd share what I knew. I don't know if this helps you out at all, but as a sports editor who covers many sports as well as cross country (including Novi the past two years), I understand that additional information can't hurt! If this was of help to you, I could offer continued e-mails. If not, then good luck!

Thanks for your time, and keep up the great work at the site (I really enjoy it)

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*****  
*                               *  
*   Jason Schmitt               *  
*   Sports Coordinator         *  
*   HomeTown Newspapers       *  
*   East Division              *  
*                               *
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Subj: Ogemaw Hieghts Inv, August 31,00
Date: 9/6/00 3:47:09 PM Eastern Daylight Time
From: tloomis@coslink.net
To: JeffHollobaugh@aol.com

In the large school division at Ogemaw Heights, Traverse City West girls took first place.

First: Abigail Nelkie, Ogemaw Heights, 19:18.

Second: Chelsea Loomis, Traverse City West, 20:19.
Third Jessica Kraft, Ogemaw Heights, 20:40.

o: quinnd@home.com (Quinn)
To: JeffHollobaugh@aol.com

If you would like to pass my name and email around to other Macomb Area coaches, I wouldn't mind putting a list together and emailing it to you on Sundays. I'll tell some of the other coaches that I see on a regular basis.

Dan Quinn
GP North CC

Date: 8/28/00 9:31:47 PM Eastern Daylight Time
From: CHANNELKATS@worldnet.att.net (DANIEL DEYO)
To: michiganT&F@umich.edu

If any Jr. High coaches are looking for a CC Invite, Bethany Lutheran is hosting a meet on Belle Isle on Saturday, October 14.

Entry is \$20 per school, or \$4 per runner if not a full team (\$20 max per school, however). No entry fees for Open 5K or Kids 2K. No awards in Open, small token awards in Kids.

All races are 2K, except for a 5K open race.

10:00 Girls' grade 4-6
10:30 Boys' 4-6
11:00 Girls' 7-8
11:30 Boys 7-8
12:00 Open 5K (all ages, coaches,
parents, etc.)
12:30 Kids' 2K

Info: Dan Deyo
& 11475 E. Outer Dr.
Entries Detroit 48224
313- 885- 0180 from 7:30 till 3:30

From: Shake272@cs.com
To: michigan.T&F@umich.edu

To all Wayne County Schools.

At this point, the Wayne County Meet is a go. The meet will be on October 7, 2000 at Lower Huron Metro Park. Dave Gerlach and Geoff Baker are working on the race. The mailing will be going out on August 25, 2000. If you have any

questions on this, you can call or e-mail me. Phone is 734-595-4250 or my e-mail is Shake272@cs.com. The format will depend on the number of schools we get. If we have under 40 we will run one race, and give out places for the best division finisher. If we get over 40 teams we will run two races. Division 1 and 2, then 3 and 4. More info to come, hope each year we can grow.

Meet Mangers

Geoff Baker and Dave Gerlach

From: CHANNELKATS@worldnet.att.net (DANIEL DEYO)
To: JeffHollobaugh@aol.com

Hey Jeff!!

Liggett is hosting their annual CC Invite on Belle Isle on Sept 14 to commemorate the first (on record) High School CC meet held in 1899 between Detroit University School (now Liggett), Detroit Central & several other now defunct programs.

Liggett is also hosting a Regional meet on Belle Isle, believed to be the first in the city in over 25 yrs. The Detroit News is interested in writing a feature article about it.

I am also hosting a Jr Hi Invite on Oct 14 at Belle Isle.

Subj: Re: AAU & USATF
Date: 9/5/00 9:55:55 AM Eastern Daylight Time
From: Mariruns@aol.com
To: michiganT&F@umich.edu

The Michigan Association of USATF will be holding its cross country championship on Saturday, November 11 at Metropolitan Beach, Metro Park in Macomb County. There will be an open and masters race at 9 am, followed by Junior Olympics competition for Bantam-Young Men and Women divisions beginning at 10 am, youngest to oldest. This meet will qualify Junior Olympics competitors for the Regional Championships in West Virginia on November 18; All information on the regionals will be available at the Association meet. Entry forms are available from Randy Williams; email at MaddogSports@aol.com or Jacqueline DeVose, email at JDevose@aol.com, 3521 Oakman Blvd, Detroit, MI 48204, phone no. 313-934-0126.

Marilyn Morehead

DWytko@PortagePS.org (Wytko, Daniel)

To: michiganT&F@umich.edu ('michiganT&F@umich.edu')

Date: Tuesday, September 5th

Site: Portage West Middle School

Hosts: Portage Central and Northern High Schools

Temp: upper 60's clear skies

Womens Team Results

1. Portage Central - 48
2. Gull Lake - 62
3. Loy Norrix - 72
4. Hackett Cath. Central - 81
5. Kalamazoo Central - 132
6. Kalamazoo Christian - 141
7. Portage Northern - 169
8. Otsego - 200
9. Comstock & Mattawan - NTS

Top 20 Women

1. Zemlick - LN - 19:47
2. Stewart - LN - 19:49
3. Hoekstra - LN - 20:02 (if LN only had a good 4-5 punch...)
4. Buckham - KC - 20:04
5. Martin - PC - 20:06
6. DeBruyn - C - 20:20
7. Fiordalis - GL - 20:22
8. Olson - PC - 20:28
9. Alexander - PC - 20:40
10. Dall - HCC - 20:42
11. Field - HCC - 20:45
12. LeBlanc - GL - 20:47
13. Cheesebro - PC - 21:01
14. Tobias - GL - 21:10
15. Broeksma - GL - 21:12
16. Barker-King - M - 21:19
17. Frey - KC - 21:27
18. Timmons - PC - 21:33
19. Drake - HCC - 21:37
20. Terhune - GL - 21:38

Mens Team Scores

1. Portage Northern - 34
2. Gull Lake - 36
3. Portage Central - 107
4. Kalamazoo Central - 108
5. Hackett Catholic Central - 144
6. Mattawan - 144
7. Kalamazoo Christian - 175
8. Loy Norrix - 216
9. Comstock - 241

10. Otsego - 247

Top 20 Men

1. Marlowe - GL - 15:38
2. Piercy - GL - 16:24
3. Groenheide - PN - 16:31
4. Blazek - PN - 16:53
5. Thalmann - GL - 16:59
6. Patrick - M - 17:02
7. Warner - PN - 17:06
8. Howland - PN - 17:10
9. Pitchford - PC - 17:13
10. Crone - HCC - 17:18
11. Barts - GL - 17:23
12. Beach - PN - 17:33
13. Morrow - KC - 17:39
14. Calderon - HCC - 17:43
15. Burnie - LN - 17:44
16. Carvey - PN - 17:51
17. Tobias - GL - 17:55
18. Schuyler - GL - 17:57
19. Hutchinson - PC - 17:59
20. Wesley - KC - 18:09

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Date: 9/8/00 7:48:47 PM Eastern Daylight Time

From: jcarlson@eup.k12.mi.us (John Carlson)

To: MichTrack@aol.com (Jeff Hollobaugh)

Jeff

On last Tuesday at the Marquette County Meet held at Presque Isle park in Marquette, Katie Anderson broke her sister's course record by running 17:48 [the old record was from last August in 17:54]. Katie ran in ideal conditions - low 60's little or no wind. Emily did not run, I am guessing she is just trying to get her engines refreshed [no news any injuries].

Tomorrow is the big Ishpeming Invite [with the huge ski hill]. The course is so tough that Emily had the best time of all the runners [over 25 schools boys and girls]. I wonder if katie can turn the trick this year? Marquette's top boy is one of the best in the U.P. and he only beat Katie by 28 seconds last meet.

JC

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<HTML><BODY BGCOLOR="#ffffff">Subj: West Bloomfield Invite

Date: 9/9/00 2:05:58 PM Eastern Daylight Time

From: Dalykm5

To: Jeff Hollobaugh

 Catholic Central won the invite handily without our 2nd man, John Digiovanni, who twisted his ankle midway through the race. Although it was swollen after the race, John expects to be ready to run at Holly next week. I couldn't remember all the information, but I hope I supplied some crucial info.

1. DCC 66
2. Saline 135
3. Lakeland ??

1. Matt Daly.....DCC.....16:15
2. Sean Moore.....Saline.....16:23
3. a runner from pickerington, OH
4. Blake Terhune.....TCC
5. Pat Kleine.....Lakeland
6. John Krawiec.....DCC.....16:50 or so.
15. Doug Gibbons.....DCC
21. Ryan Lowery.....DCC
23. Dan Krawiec.....DCC</HTML>

<HTML><BODY BGCOLOR="#ffffff">GIRLS CROSS COUNTRY: Molly Millar set the pace at the Corunna Invitational, winning the individual crown for Bangor John Glenn in 20:58. Ariel Trahan placed eighth in 22:15 as the Bobcats finished fifth in the team standings.

Essexville Garber finished fourth (83 points) at the Bullock Creek Lancer Invitational. The Dukes medaled four runners: Melissa Martin, 12th (22.24), Courtney Kotewa 16th, Erin Patterson 17th and Jennifer Tuttle 19th. Sault Ste. Marie won the 10 school event with 62 points, Lowell was runnerup with 69.

Sarah Felton ran 14th (22:00) and Sarah Wright finished 21st (22:48) for Bay City Western at the Corunna meet which was won by Okemos. The Warriors were fifth overall with 161 points. Alexis Lopez (25:43) competed as an individual runner for Bay City Central.

BOYS CROSS COUNTRY: John Jurgensen was first overall (17:19) as Gladwin scored 47 points to finish second at the Bullock Creek Lancer Invitational won by Saults Ste. Marie (33 points). Ryan Malosh was fifth (18.01) for the Flying G's while Andy James took ninth (18:30) and Andy Manninen 14th (18:41). Essexville Garber placed third with 80 points. Andy Cojeen was second overall (17:32) for the Dukes with Ben Gallagher

seventh (18:17) and Kyle McKendree 16th (19:17). Tawas, fourth overall, had James Rodenberg 15th (18:43) with Leonard Weddel also medaling at 18th (19:27). Oscoda's Phillip Cooper ran sixth (189:07).

Tuesday, September 12, 2000

Davison's girls' cross country team started 2-0 in Big Nine Conference play Monday with wins over Carman-Ainsworth and Kearsley.

Lisa Senakiewich won the race for the Cardinals in 22:41. Davison beat Carman-Ainsworth 18-45 and Kearsley 18-42.

Amy Parcels (23:14) led Kearsley, which beat beat Carman-Ainsworth 20-39. The Cavaliers were led by Hillary VanDuyne's 23:00.

Joe Whitman of Davison won the boys' race with a time of 17:33 as the Cardinals beat both Carman-Ainsworth and Kearsley.

Andrew Jones led Kearsley and Tim Dubovsky led Carman-Ainsworth.

Davison beat Kearsley 24-31 and Carman-Ainsworth 23-32. Carman-Ainsworth edged Kearsley 28-29.

Sunday, September 10, 2000

Clio boys and girls won titles in the five-team Genesee Invitational Division I cross country meet Saturday. Kevin Malcolm finished second in 18:14 to lead the Mustangs boys, who totaled 30 points.

Greg Martus of Brown City was first in 17:44.

Luke Walker was third in 18:35 for the Chargers as Powers Catholic was second with 39 points.

Mt. Morris was third on the strength of Mitch Wood's seventh-place time of 19:21.

Brown City compiled 36 points to win the Division II title. Host Genesee was second with 59. Justin Best finished second for the Wolves in 18:42.

New Lothrop finished third with 75 points with Brent Weisenberger finishing in 19:54.

Meghan Zimmerman took third in 23:21 as Clio girls totaled 38 points.

Powers Catholic was second with 45. Kristen Nielson was the first Chargers' finisher with a time of 22:27.

Capac was third at 67.

Oakland Christian scored 51 points to win the Division II title.

Whitmore Lake was second at 57 and New Lothrop was third at 59. Host Genesee finished fourth with 71.

Jessica Wendling was third in 23:41 for New Lothrop and Ashleigh Ybarra clocked a 22:52 to win the Division II race for the Wolves.

Lake Fenton placed eighth with 211 points at the 15-team Bath Division II Invitational. Williamston was first at 32.

Tom Ruddy finished in 18:16 to take 25th place for the Blue Devils.

Goodrich was 10th with 223 points. Nick Oertel was 15th in 17:42 for the Martians.

Durand finished 15th with 432 points.

Lake Fenton finished eighth on the girls' side as well, compiling 202 points.

Wyoming won the event with 65 points.

Barbie Balasko was 24th in 22:31 for the Blue Devils.

Jenny Kulchar was 14th in 21:36 as Atherton took ninth place with 249 points.

Goodrich was 11th at 288 with Aimee Chlebnik taking 22nd place in 22:15.

Montrose finished 14th with 343 points.

Kearsley took three of the top six spots to finish first in the medium-sized school division of the Corunna Invitational.

Senior Andrew Jones of Kearsley won the race with a time of 17:36. Coby Carpentier (17:58) was fourth and Mark Aikman (18:03) sixth for the Hornets.

Sean Beckwith (18:01) was fifth for the Cavaliers and Mike Walker paced Fenton with a time of 19:11.

Team standings: 1. Kearsley 32, 2. Ionia 52, 3. Corunna 70, 4. St. Johns 84, 5. Fenton 117, 5. Ionia B 131.

Amy Parcels finished in 22:05 to take fifth place and lead Kearsley to a second-place finish at the seven-team Corunna Invitational.

The Hornets had 64 points.

Becky Richardson of Kearsley was sixth, also in 22:05.

St. Johns won the event with 40 points.

Katie Bendall took fourth in 21:57 as host Corunna was third with 88 points.

Fenton was seventh with 152.***

FH Northern's White shines at Middleville cross country invitational

Tuesday, September 12, 2000

By Steve Ungrey
The Grand Rapids Press

When Crystal White was a sophomore at Forest Hills Northern, she finished the Middleville cross country invitational behind former Trojan standout Danielle Quisenberry. As a junior, she missed the bus and didn't make it to the meet on time.

White wanted to start her senior year on a high note, even if Danielle had already graduated. So after arriving early for the bus and praying on the way down for no rain, she beat Danielle's younger sister Melissa.

Middleville's girls team may have defeated the Huskies to win the overall battle, but for White her celebration had just begun.

"I didn't think we were ever going to run," said White, who finished the Middleville girls division race in 19 minutes, 50 seconds, coming in ahead of Allegan's Katie Morrissett (20:22) and Quisenberry (20:36).

"The other girls were seeing lightning on the way down and I was like 'Don't say that, I want to race.' I wanted this so badly, it was a great, great feeling."

The host Trojans, the defending Class B state girls champions, scored 47 points to place ahead of Plainwell (88), Caledonia (109) and Forest Hills Northern (110) in a showdown among larger schools. The tournament was divided into three divisions, with teams seeded according to school size.

"People will wonder how it mysteriously cleared up for an hour for us to race, but let them," Middleville coach Tammy Benjamin joked after the race. "No doubt we're on course now to do well, but we're looking for how it goes in the long haul."

The Huskies, whose girls team won the Forest Hills and Hudsonville invitationals, added a boys title to their collection with a score of 63 points, coming in ahead of East Grand Rapids (72) and Caledonia (79).

Forest Hills Northern placed only two runners in the top 10 (Jason Raehl in third and Gary Micka in seventh) but the Huskies' depth overcame the first-place power of Caledonia's Tim Ross (15:46).

"This is one of my favorite courses," Ross said. "The lake breeze always helps me to do better, about the only thing wrong was it was a little soggy around the second mile. But as of today I'm right on track."

In the Thornapple division (mid-size schools), Kelloggsville's girls put four runners in the top 10 to breeze to a 37-68 victory over West Catholic with Hamilton (76), Coopersville (81) and Comstock Park (119) rounding out the top five.

"We didn't expect things to be as close as they were," Kelloggsville coach Ray Antel said, "but this tells us what we need to do. We need to close the gap between our fourth and fifth runners. We have a lucky 2-3-4 punch behind Nicole (Bush, who finished first in 19:24) but until we do that we're susceptible."

Godwin Heights' boys team showed positive strides Monday, putting five runners in the top 10 to win the Thornapple boys race with 33 points. Although Tom Clifford (West Catholic) won the race in 15:46 and three other runners came in before Wolverines leader Josh Sigman crossed the finish line in fifth, Godwin also took sixth, eighth, ninth and 10th places.

"We weren't expecting to have five runners at all," Wolverine coach Riley Swinehart said. "But this is nice. We're quickly forming a solid pack of runners and it's getting to be pretty tight time-wise."

In the Kellogg Division, Allendale's boys and Tri-unity Christian's girls won titles despite the presence of strong Hopkins runners.

Richard Stein and Kirk Williams finished one-two for the Vikings, while Brooke Brenner won the girls race; Allendale put three runners in the top

10 to take the boys title. The Falcons won last year's Class C state championship but lost six runners from that team, so the win was encouraging.

"We had a pretty good idea that things could go our way," said first-year coach Brett Cataldo. "We didn't run against our conference schools but at least we got an idea of where we should be."

with...The Grand Rapids Press

Holland Christian hits beach after winning cross-country race

Sunday, September 10, 2000

By Steve Kaminski
The Grand Rapids Press

Holland Christian cross country coach Dave DeKruyter had one more piece of advice for his Maroons after Saturday's annual Bredeweg Invitational at West Ottawa.

DeKruyter told his runners to go take a jump in Lake Michigan.

Seriously.

The Maroon boys took top honors and the girls were runner-up to Grand Haven. Afterward, both Holland Christian teams headed to the beach to cool off after collecting their medals and trophies.

"We are a little sore, but the healing powers of Lake Michigan are incredible," said DeKruyter, whose boys squad finished second in the state a year ago.

"Cold water does wonders, so it's kind of a tradition that after the West Ottawa meet we head out to the beach, play some volleyball, kayak, swim and enjoy the water. We have a great time out there."

The Maroons edged Holland 81-86 to take top honors in the 13-team boys field, while Grand Haven recorded a 40-68 win over Holland Christian in

the girls competition. The Maroons and Buccaneers took first in the Bredeweg event a year ago, too.

Holland Christian placed three runners in the top 13, and Tyler Zwagerman and Rick Vogelzang finished third and fourth, respectively. Holland's Matt Huyser took medalist honors in 16 minutes, 37 seconds, but the Dutch came up just short in their bid to overtake the Maroons.

"The conditions weren't real favorable because of the high humidity, so I'm pleased with our kids," DeKruyter said. "We wanted to come in and run a smart race. We wanted to stay under control in the first mile and not go out too hard. We wanted to get a feel for where the pack was at and put more of an effort in the second and third miles.

"What's been happening is that we have been going out hard, and that has been pulling our sixth, seventh and eighth men out a little too fast. We gave each person today a time we wanted them to run that mile in to control their pace."

Grand Haven placed six runners in the top 17 en route to winning its third invitational of the season. Bucs senior Anne Zuelke was medalist in 19:59, which was eight seconds quicker than Holland's Kendra Snyder. Jentry Soule cracked the top five for the Bucs by finishing third overall in 20:18.

"We faced a very tough field today, it was more competitive than it has been in the past," Grand Haven coach Greg Russick said. "We had eight O-K Red teams, and Holland Christian was very impressive. I thought they beat us because they had three bunched up in front of our third girl.

"But I'm real pleased with our girls because we've worked them really hard on Thursday when they did four really tough three-quarters. They have been putting in quite a few miles, so I knew they would come in tired."

Holland's boys squad had three runners finish in the top-16, including Huyser. Evan Reimer was ninth overall and Dan Herrick was 16th. Holland Christian's Elyssa Kalkman, Bethany Hofman and Stephanie Schippers swept places five-through-seven in girls.

Cross country streak:2 years and running

Thursday, September 7, 2000

By Terrance Collins
Staff Writer

"Two years, two years," Hanover-Horton High School cross country coach Dean Blackledge yelled. "Come on Chris, you've worked too hard for this."

Chris Alcenius, a junior at Hanover-Horton, was running comfortably in second place midway through the East Jackson Invitational, but Blackledge knew Alcenius would have to push herself to edge out Addison senior Julie Porter for second in the end. So he used those words as motivation.

Alcenius was running for her 730th consecutive day. That's two years. Every day. For at least a mile.

She celebrated the anniversary by finishing second behind Ann Arbor Greenhills runner Jennifer Leichtman and ahead of Porter. Alcenius' kick in the last 100 yards was enough to hold off Porter.

"If it hadn't been my two-year anniversary, I would have never beat Julie," Alcenius said. "That's all I was thinking - that I've worked way too hard to not do this."

Alcenius finished in 20 minutes, 47 seconds, seven seconds off her goal of 20:40 but three seconds better than her best time last year.

"I'm really excited about where I am right now. I basically picked up where I left off, so that's pretty cool," Alcenius said.

Leichtman won the race in 20:15, and Porter was third at 20:49.

The invitational was an individual contest and no team scores were kept, but with seven of the eight Cascades Conference teams competing in the 10-school event, coaches used the race to see how they stack up against the competition. Only Vandercook Lake did not compete from the Cascades.

"I thought I even saw a couple of people from Vandercook Lake here checking out the competition," East Jackson coach Steven Doerr said.

The invitational was divided into four races: girls and boys freshman-sophomore races and girls and boys junior-senior races. The top-20 finishers received medals.

Carrie Badgley of Bath took first place in the girls freshman-sophomore race. On the boys side, Bath's Will Boylan-Pett (16:31) won the junior-senior race and Leslie sophomore Greg Schmit (17:35) won the freshman-sophomore race.

Grass Lake senior Kris Kane (16:59) came in right at his target time to take second place in the junior-senior race. Kane said he wanted to get in under 17 minutes.

"I trained really hard this summer," said Kane, who was the only other runner to break 17 minutes. "The first couple of races I just couldn't pull it together and run. I didn't relax in the first mile. Today I

really kept my shoulders down and really relaxed. Everything was really smooth."

East Jackson freshman Jacob Dubois was proud to finish second in the freshman-sophomore race with a 17:58.

"It was my second-best time ever, on probably the hardest course," Dubois said.

In the two boys races, East Jackson, Leslie and Grass Lake each had three runners turn in top-20 times for the day. Addison, led by senior Scott Thomas (fourth, 17:36), and Napoleon, led by junior Matt Bartlebaugh (seventh, 17:47), each had four runners finish in the top 20.

For the girls, Addison and Hanover-Horton each had three top-20 finishers. Grass Lake, led by freshman Sarah Morris (13th, 22:33), had two runners. Manchester (senior Heidi Ernst, 18th, 23:03) and East Jackson (sophomore Cassie Wilkins, 20th, 23:21) both had one.

Sunday, September 10, 2000

THE SAGINAW NEWS

Caro's boys and girls cross country teams dominated the small schools division of the Corunna Invitational Saturday.

The boys finished first with 27 points, while the girls totalled a near-perfect 17 to win their side. A perfect score is 15 points.

The girls easily topped their division in which just one other team scored, resulting in Caro coach Mike Wester comparing them with the medium and large schools in the event.

"The ladies would have placed second in the medium division, while the men would have easily won it," Wester said. "Even in the largest class the men would have run well. Only Okemos would have been able to beat them."

Lauren Laethem finished second in 21:47 to lead the Tigers followed by Casey Holzworth's third-place run of 22:21. Erin Mantey finished fifth overall (22:59.3), while Viola Owczykowski finished seventh (23:47).

Dorothy Owczykowski (24:09) and Kayla Brunet (24:10) finished one second apart for ninth and 10th places, respectively. Each improved their last time by over three minutes. Lindsay Lowry was the most improved runner for the Tigers, slicing 61/2 minutes (24:46) off her last run to finish 14th.

Kyle Brunet turned in a second-place finish of 17:27 for the Caro boys team, while Kevin Lusher and Matt Wright finished third and fourth with times of 17:42 and 17:49, respectively.

"The guys are definitely a dominating team, while the girls will be tough to beat," Wester said. "Both teams are a surprise to most people, but I see both qualifying for the state meet."

CROSS COUNTRY

The 32nd annual running of Bullock Creek's Lancer Invitational went on without a hitch as 446 runners crossed the finish line.

The Hemlock boys cross-country team won the Black Division with 42 points and distanced themselves from runner-up St. Louis' 75 points. Clare's girls team won the Black Division with 55 points, while St. Louis finished runner-up again with 69. The Sault Area won both boys and girls Gold Division.

"It was extremely hot and humid but the race was still very competitive," said Bullock Creek coach Bill Grebe, who is in his 36th season as coach of the Lancers.

The Invitational has grown since it started in 1968. The interest is a bit surprising to Grebe.

"Our intent was to get as many teams from our area as possible and now the meet just keeps growing," Grebe said. "To think teams come from the Grand Rapids area and all the way from the Upper Peninsula is pretty special."

Crockett's Parker quickly goes the distance

September 7, 2000

BY SCOTT TALLEY
FREE PRESS SPORTS WRITER

"The good ones can run alone."

Blazing the trails
Cross-country runners and teams to watch as compiled by track
statistician Jeff Hollobaugh:

Ann Arbor Huron: At Clarkston's invitational, the boys team captured the Division 1 title and Flint Powers the Division 2 title. Joe Whitman of Davison won the overall in 16:40.

Clarkston: The girls team went to the tiebreaker (the sixth runner), winning the Cavalier Classic in Flint. Both Clarkston and Swartz Creek scored 66 points, while Ann Arbor Huron's Amy Baker won the individual run in 20:27.

Northville: A strong boys team captured the Corunna Invitational large schools division. Senior Brian Bilyk led the way with a 17:17 victory.

And almost on cue with Larry Jones' statement, Krishawna Parker completes a loop around Eddie Tolan Field behind Crockett High School.

Parker, a junior at Crockett, is definitely a good one. Last year, as a first-time cross-country runner, she was the Detroit Public School League champion and placed eighth at the Class B finals in 18:53.90.

As Parker trains on a steamy day, Jones and fellow Crockett coach LaCema Womack have found a way to beat the heat -- they talk about Krishawna's bright future.

"The University of Tennessee would love to have her," said Jones, who has helped train some of the city's top track athletes, including Detroit Northern sprint legend Marshall Dill.

"We're definitely looking to break some records," said Womack, a Crockett graduate, who works for Wayne State University.

But on Tolan Field, Parker appeared content to simply enjoy the moment.

"I have always run distance," said Parker, who completed her training run a minute faster than her coaches predicted. "My fifth-grade coach put me in the distance races and I've been running them since. My strategy is to always run the best race I can run."

After her excellent cross-country debut last year, she was unable to compete during track season because of problems with her knees.

She returned to form this summer at the AAU National Junior Olympics in Orlando, Fla. In the 17-18 division, she placed second in the 1,500 (4:49.05) and won the 3,000 (10:26.85).

"I was kind of scared before the 1,500, but I told my coach the night before the 3,000, 'I want this race,'," Parker said. "I'm always willing to challenge myself to see what I can do."

And it is that attitude that excites her coaches, and turns their thoughts to the future.

"She's coachable. Whatever you ask her to run, she runs," Womack said. "That's why she came back the way she did -- she was determined to run some more."

"They'll have her in some interesting races in college, and she'll be ready."

Parker is soft-spoken and modest, but she realizes that she has an opportunity to set a standard for PSL female distance runners.

"I definitely feel like I represent Detroit, my school and my family at every meet," said Parker, who will be competing in Class C this season.

"I want to make everyone look good, and show them that Detroit has talent too."

HIGH PRAISE: With the Olympics approaching, it's a busy time of the year for Craig Masback, USA Track & Field CEO. But he was not too busy to respond to an e-mail about Rockford's Dathan Ritzenhein.

Not surprisingly, Masback, a former world-class miler, is aware of Ritzenhein. He watched the Rockford star defend his national two-mile title this summer at the Foot Locker Outdoor Championships in Raleigh, N. C. and praised Ritzenhein for "his willingness to take chances and push his limits with his running."

Ritzenhein, the defending Class A cross-country champion, already appears headed to an outstanding senior season. He ran 14.58 at the Aug. 26 Benzie Central Invitational as Rockford swept the top four spots in the Class A-B race. Following Ritzenhein were Brian Smith (16.14), Kyle Fujimoto (16.21) and Joe Swendrowski (16.28).

Bangor John Glenn placed two in the top 20 at the Corunna Invitational. Jeff Byrne crossed the tape in 18:40 for ninth while Grant Pringle came in at 19:07 for 18th.

Bay City Western scored 86 points for fourth place among 13 teams in Class A at Corunna. George Phillips was fourth overall (17:23) with Ron Green ninth (18:04) and Mark Witzke finishing 20th (18:39). Bay City Central, seventh, had Kyle Pero 26th (19:20), Joe Keech 30th (19:35) and Mario Cornejo 32nd (19:46). Okemos won the meet with 37 points.</HTML>

<HTML><BODY BGCOLOR="#ffffff">Throwing Meet at Grand Valley State University in Allendale, Michigan--10 minutes from Grand Rapids.

Saturday, October 28
Noon

Last season there were 50+ men and women throwing shots, hammers, discs, and spears. Good time had by all. All ages and skill levels welcome.

Julia Schmidt (from Romeo, class A XC 6th,1999) is running for Notre Dame this year as a freshman.

Jessica Campbell (3200m state champ last year, I think is also running XCat ND as a freshmen this year.

<http://www.playmakers.com/00results/spartan/sprslts.htm>

Katie Anderson of Marquette took first [17:32] in the "showdown" between the Anderson twins and Rockford. Until recently most local observers considered Katie to much better at 800 and a little better at 1600 than her sister, but Emily would dominate from 3000 and up [as 17:06.98 this summer on the track would demonstrate]. Emily seemed a little tired in late August when I saw them race [then she took 10 days off to rest], today was Emily's second race since returning [she was 8th in 18:53].

Rockford did win the war, taking first overall.

I just noticed that Jamie Cihak of Marquette [11th grade] had an outstanding day [16:16, 8th in D1] on the guys side, easily the fastest time in three years for a U.P. boy on any [close to 5000 meter] course.

At Newberry today, 9th grader Stephen Shay of Central Lake won the Class D race at the Newberry Invitational. His time of 16:46 is the #7 all-time on the course [Ryan has the record at 15:17; and Nathan is #17 at 17:01], older brother Elliott, a sophomore, was 3rd in 17:26.

Central Lake was edged out by U.P. powerhouse Carney-Nadeau. Carney put 5 runners under 18:36. But Coaches Joe and Sue Shay noted that their #4 was out with a broken arm and would be back by next week. It will be a tough regional to get out of with East Jordan and Rogers City both in D4 with the little 'burb on Torch Lake.

Speaking of Rogers City ...

In the Class A-B-C race, Alpena finished 4-5-6-7-16 [38] [17:16 to 18:42] to edged Rogers City who took 3-9-10-11-12 [45] [17:12 to 18:22]. Rogers City, who is Division 4 had six runners under 18:25.

In the girls, Alpena took first with 37 points [2-4-7-9-15; 20:16 to 22:34 a spread of 138 seconds]. Rogers City 70; Sault J.V. 77 [their varsity took second at Holly and Natalie Cahill took first in her race with 19:41]; Newberry 78; Rudyard 124; St. Ignace 127; Onaway 162.

Lauren Fairbanks of Rogers City ran 18:57, falling short in her assault on Michelle Suszek of Alpena's course record of 18:49 set last year.

In the Class D girl's race, Carney won easily with 31 points [1-3-5-9-13, 21;32 to 23:17].

</HTML>

<HTML><BODY BGCOLOR="#ffffff">Subj: Petoskey Inv. at Boyne Mtn., 9-23, girls results
Date: 9/25/00 8:29:27 AM Eastern Daylight Time
From: tloomis@coslink.net
To: JeffHollobaugh@aol.com

Dear Jeff,

Here are the first place finishers in each of the four girls races.

9th/10th, small school, Lauren Fairbanks, 10th grd, Rogers City, 19:45.
9th/10th, large school, Claire Otwell, 9th grd, T.C.Central, 19:44.
11th/12th, small school, Caryn Waterson, 12th grd, Benzie, 19:22.
11th/12th, large school, Chelsea Loomis, 12th grd, T.C.West, 19:20.

Subj: Jackson Results
Date: 9/23/00 9:05:13 PM Eastern Daylight Time
From: brian42@yahoo.com (brian charlton)
To: michigant&f@umich.edu

Grand Ledge 90, Milford 120, Portage Northern 138,
Lakeland 141, Saline 150, Temperance Bedford 159,
Pioneer 173, TCC 179, Sterling Heights(not Stevenson)
191

No Official results were given but Sean Moore (saline) won it in 16:05. Anthony Pavicic(sterling) 16:44, was 8th and Jeff Draggich(Sterling)12th 16:55

Subj: Central Lake Wins Class D Invitational
Date: 9/23/00 5:23:07 PM Eastern Daylight Time
From: instantinfo@torchlake.com (Joe Shay)
To: Michigan.T&F@umich.edu (Michigan T&F)

Central Lake mens cross country team won it's own Class D invitational today beating 5th ranked Bear Lake 53 to 68 points. The Trojans were led by freshman Stephan Shay's 1st place finish with a time of 16:38 on a hilly, rolling, rain soaked course. Shay was followed by his brother sophomore Elliott 3rd 17:08, and junior Bryon Ries 4th place 17:38. Bear Lake was led by Dan Richmon's 2nd place finish 17:03 Pickford was 3rd 71 pts., Wolverine 4th 107 pts Vanderbilt 5th 114 pts. Alba 6th 116 pts. and Fairview 7th 129

pts.

Pickford won the girls race, followed by Wolverine and Fairview. Sabrina Mitchell of Bear Lake won the individual race with a time of 19:08 full results will be posted on <http://clps.k12.mi.us/http://> later this week

At the Detroit Catholic Central Shamrock Invitational, Grosse Pointe North secured a top 10 finish against some of the top teams in the state. North finished sixth among the 16-team field. Defending state champions Novi took top honors, as did their number-one runner Tim Moore (14:52). Following Novi were: Catholic Central, Livonia Stevenson, Northville, Farmington, and Grosse Pointe North. North edged perennial power Milford by one point to take sixth. Leading the way for the Norsemen were Senior Co-Captains Pat Kenny (16:14) in 8th place and John Lucido (17:12) in 26th place. Also running well were first year runner Chris Tibaud and sophomore Andy Kapordelis. Senior Pat Kenny took a giant leap forward and ran quite well against the top two teams in the state. Pat was mixing it up with the best runners from Novi and Catholic Central. North next takes on Grosse Pointe South in a MAC cross-over dual meet on Tuesday at 3-mile Park (in Grosse Pointe Park). Both teams are running very well, and this should be a key dual meet, in terms of MAC and Regional standings. (Note: Detroit CC's course at Cass Benton was altered due to mud).

Subj: Results from Anchor Bay CC Classic (Friday Night)
Date: 9/23/00 3:17:55 PM Eastern Daylight Time
From: quinnd@home.com (Dan Quinn@Home)
Reply-to: quinnd@home.com (Dan Quinn@Home)
To: michigant&f@umich.edu (michtrack), mirunlist@umich.edu

Date: September 22, 2000
Event: Anchor Bay Rotary CC Classic-Girls

Girls Team Scores

Romeo 22, Pt. Huron 46, L'Anse Creuse 74, SCS Lakeview 103, Algonac 109, Anchor Bay Inc.

Girls Individual Results (medalists in bold)

1. Theresa Bongiovanni, R, 18:47 (course and meet record) 2. Catherine Schmidt, R, 20:00 3. Stephanie Sayler, R, 20:03 4. Jesse Crump, LC, 20:15 5. Melissa Moncion, R, 20:22 6. Julie Puschmann, PH, 20:38 7. Laura Slingerland, PH, 21:13 8. Yvonne Machiniak, LV, 21:27 9. Loan Portlance, LC, 21:40 10. Michelle Durrant, PH, 21:45 11. Jocelyn Bianchi, R, 22:05 12. Dana Danielson, AL, 22:15 13. Cora Armstrong, PH, 22:24 14. Haran Stanley, PH, 22:41 15. Amanda Gougeon, AL, 22:51 16. Nikki Roth, AB, 23:04 17. Nikki Hyry, R, 23:14 18. Kristen Machiniak, LV, 23:24 19. Meghan Walsh, LC, 23:30 20. Kristy Lee, PH, 23:32 21. Soolaine Erving, PH, 23:43 22. Jenny Lesch, LC, 24:00 23. Erin Atkinson, LC, 24:04 24. Melissa Subic, AB, 24:17 25. Michelle Musialowski, AB, 25:09 26. Liesle Travis, LV, 25:28 27. Katie Clark, AB, 25:59 28. Michelle Witcher, AL, 26:20 29. Amber Goff, LC, 26:36 30. Jenny Hornok, 26:40 31. Aurelia Wolski, AL, 26:53 32. Heather March, LC, 27:09 33. Stacey Frank, LV, 27:14 34. Michelle Houlihan, LV, 27:47 35. Caitlyn Besaw, AL, 28:00

Date: September 22, 2000
Event: Anchor Bay Rotary CC Classic-Boys

Boys Team Scores

Anchor Bay 47, Romeo 55, L'Anse Creuse 65, Pt. Huron 87, Algonac 120, SH
Stevenson 166, SCS Lakeview 171

Individual results (medalists in bold)

1. Kevin Boose, R, 16:48 2. James Szopo, AB, 16:50 3. David Schwartz, R, 17:07.1
4. Adam Roach, PH, 17:07.6 5. Jerome Recker, PH, 17:09 6. Brent King, AB, 17:23
7. David Elliott, AL, 17:28 8. Nick Pauwels, LC, 17:33 9. Chris Mehay, AB, 17:55
10. Dave Campbell, AB, 17:58 11. Jason Gonzales, LC, 18:14 12. Steve
Roberts, LC, 18:23 13. Mark McCloskey, LC, 18:24 14. Mike Saigh, AL, 18:26
15. Eric Sayler, R, 18:35 16. Mario Moscone, AL, 18:37 17. Shawn
Sejnowski, R, 18:38 18. Virinder Sandhu, SHS, 18:40 19. Alex Kleist, R, 18:44
20. Donny Reinhard, AB, 18:46 21. Brian Borsa, LC, 18:54 22. Lorenzo
Diaz, AB, 19:08 23. Andrew Herman, LV, 19:11 24. Zammer Erving, PH, 19:12
25. Trent Smith, R, 19:16 26. Shane Reinhard, PH, 19:17 27. Tony Hudson, R, 19:28
28. Glenn Hart, PH, 19:30 29. Trevor DeVooght, PH, 19:34 30. Andy Crump, LC, 19:36
31. Bobby Lefage, LV, 19:37 32. Aaron Wronski, LC, 19:45 33. Evan
Nistor, SHS, 19:46 34. Brian Robotnik, SHS, 19:49 35. Kris Mack, AB, 19:52
36. Wyatt Myr, PH, 19:54 37. Mike Dinkleman, SHS, 20:15 38. Chris Gentz, LV, 20:31
39. Joe McCain, LV, 20:38 40. Royal Morgan, LV, 20:39 41. Jack Treppa, AL, 20:40
42. AJ Robinson, AL, 21:12 43. Mark Griffor, LV, 22:18 44. SHS (no name) 24:04
45. SHS (no name) 24:06

Prep Highlights

Sunday, September 24, 2000

GIRLS CROSS COUNTRY: Katie Kelly of North Huron finished first in the
Division II girls division of the 18th annual Akron-Fairgrove
Invitational on Saturday. Kelly finished in 20:39. Cass City's Annjea
Tanton won the Division I girls title in 20:30. Frankenmuth won the
Division I girls team title, while Ubyly took the Division II team
championship.

BOYS CROSS COUNTRY Garrett Knoll led Bad Axe to the Division I boys
title, finishing in fifth place in 17:47, while teammate Nick Rockford was
sixth (17:50) Vassar placed second in Division I, led by Ben Schmandt's
third place finish (17:21). Craig Emmert had a second place finish for

Cass City (17:09) in Division I, while Ubly's Andy Duemling set a new meet record by winning the Division II race in 16:05.

Davison boys win Delta meet

Sunday, September 24, 2000

Davison placed two runners in the top 10 while taking first place in the boys' race at the Delta College Cross Country Invitational.

Pacing the Cardinals was Joe Whitman, who was the overall winner in the two-mile race in 10:17. Teammate Jarren Pierson took third place in 10:29.

Clio took second place in the 13-team event with 82 points. Carman-Ainsworth took sixth place with 128 points. Flushing came in seventh place with 140 points. Central came in 10th place (262) and Northern took 13th place (407) to round out the area teams.

Davison's Chad Roush took 16th place in 11:05. Flushing was led by Luke Hayes (10:56) who took ninth overall, while John Boerger (11:17) was 28th and Mike Bills (11:18) 32nd.

Kearsley captured three of the top 10 times while taking first at the Linden Invitational with 53 points at Linden County Park.

Pacing the Hornets was Andrew Jones, who came in second place with 18:24. Kearsley's Coby Carpentier took third place in 18:31 and teammate Mark Aikman came in seventh place (18:46).

Dearborn Crestwood was second with 86 points, while Goodrich was third, Holly fourth, Fenton fifth, Lake Fenton sixth, Imlay City ninth, Ortonville Brandon 11th, Lakeville 12th, Byron 13th and Linden 14th.

GIRLS

Powers Catholic captured four of the top 10 times to win the in Division II of the Jackson Invitational with 41 points. Sault Ste. Marie took second place with 53 points.

The Chargers' Ashley Carroll took fourth place in 21:04. Teammates Carolyn Thoma came in fifth place (21:07), Katie Smith took sixth place (21:09) and Robin Molissau came in eighth place (21:19).

In Division I, Swartz Creek came in fifth with 147 points. Saline won the event with 66 points. The only other area team was Grand Blanc, which came in 11th with 346 points.

The top area finisher was the Dragons' Erin Stone, who came in eighth in 20:18. Swartz Creek's Kelly Stone (Erin's twin sister) took 10th in 20:20. Grand Blanc's top fiinsher Crissy Vedder, who came in 34th in 21:18.

Flushing's Alicia Glover took fifth place in 12:51.8 to lead the Raiders to a second-place finish at the 12-team Delta College Invitational with 75 points. Mount Pleasant took first with 41 points.

Davison took third place (111), Clio came in ninth (224), Carman-Ainsworth finished in 10th (230) and Northern took 12th with 362 points.

For Flushing, Lauren Hendry came in 13th place (13:12.5), Marchelle Fuller took 15th place (13:17.1) and Kelsie Fons came in 16th in 13:19.1.

Clio's top finisher was Jenny Chartier in 28th in 13:56.7. Carman-Ainsworth was paced by Hilary VanDuyne with a 19th-place finish in 13:22.3.

For Davison, Lisa Senakiewich was 10th (13:04) and teammate Melanie Schultz 12th (13:12).

Goodrich won the Linden Invitational with 79 points and Kearsley came in second place with 84 points.

The top finisher was Linden's Rachel Guterrez in 22:33. For Kearsley, Amy Parcels took fourth place in 22:54, Becky Richardson came in 11th in 23:41 and Stacey Zafiroff took 13th in 23:43.

Lake Fenton ended in third place, while Lakeville was sixth, Linden seventh, Ortonville Brandon eighth, Holly 10th, Fenton 11th and Montrose 12th.***

Ritzenhein shines in Ohio cross country meet

Sunday, September 24, 2000

The Grand Rapids Press

CANTON, Ohio -- Even when crossing the state line, Rockford's "A" cross country teams still have what it takes to win.

Both the Rams' boys and girls teams won their respective races at the Malone College Cross Country Invitational Saturday in Canton, Ohio, despite brutal thunderstorms before the race that left the course wet and muddy.

Rockford's boys scored 49 points to win, placing six runners in the top 30 to beat Canton GlenOak (105), rated ninth in the Ohio state cross country poll.

Dathan Ritzenhein led the way with a time of 15 minutes, 28.13 seconds, with Kyle Fujimoto (fourth, 17:03.36) and Joe Swendroski (fifth, 17:13.53).

An 8,000-meter run was held separately from the main 5K event, with Rockford junior Ryan Mol winning in 27:44.49.

The Ram girls were also dominant, tallying 20 points for an easy victory over Hillyard Davison (73), the third-ranked team in Ohio.

Rockford's girls took the top three spots, led by Kalin Toedebusch's winning time of 18:51.46. Nikki Bohnsack was second in 19:10, followed by Linsey Blaisdell (19:25.74). All seven Ram girls finished in the top 17.

Rockford "B" girls overrun Lowell cross country field

Sunday, September 24, 2000

By Steve Ungrey
The Grand Rapids Press

A word of caution to anyone who wants to challenge Rockford's girls cross country team in the near future.

The Rams have backups, and plenty of them. And they're not afraid to utilize them in tournaments.

Rockford's varsity "B" girls team surprised some at Saturday's Lowell Invitational by outscoring nine other schools that brought their top runners to compete.

The Rams, with three runners in the top 10, scored 60 points to beat East Kentwood (82) in the girls Division III race, with the host Red Arrows in third with 95.

"These girls train just as hard as the A runners do," said Rockford coach Ken Raymond. "They all work hard to get the chance to get in a meet like this and do well."

While the A team competed at a regional invitational in Canton, Ohio, the B team rode outstanding performances from Laura Nelson, fifth in 20:51, and Lisa Kruegar, sixth in 20:53. Kayleen Buschert was 10th in 21:18. East Kentwood's Erin Kelly won in 20:27.

"It was a tough course, but we showed it all today," Kruegar said. "We tried so hard and it's a great reward to do this well."

The boys Division III race went to Traverse City West, who scored 41 points to defeat East Kentwood and Union for the championship. The Falcons got five runners in the top 20 to finish runner-up, led by sophomore Kevin Coch, who finished in second, one second behind Union's Wayne Vredenburg (17:07).

"This is a huge win for us today," said first-year Falcon boys coach Dave Emeott. "We really worry about our conference because it's so tough, but this gave us plenty of confidence. For a wet course that was slow and had a lot of hills things went well."

In a pair of close Division II contests, Holland Christian's boys and girls teams took championship trophies. The Maroon boys team had 40 points to defeat Cedar Springs by 24 points, but the girls won a hard-fought battle with Sparta by three points, 78-81.

Both times, Holland Christian failed to get the first runner across the finish line, as Caledonia's Tim Ross (15:52) and Sparta's Kelly Carter (20:29) were individual winner.

With the Maroon boys holding the top spot in the Division 2 state cross country poll, coach Dave DeKruyter admits the pressure is now on to perform.

"We knew we'd stay high-rated after last year's second-place state finish, but this is nice," DeKruyter said. "We'll definitely take the top ranking now, it motivates the kids and helps them out."

Maroon co-coach Rick Blauwkamp added that it wasn't the girls' strongest race but he thought the team did pretty well in its first invitational victory of the season. Holland Christian took third at the Orchard View Invitational and second at the Bredeweg tournament, losing both times to Grand Haven.

In the Division I races involving smaller schools, Kelloggsville engaged in a back-and-forth rivalry with Bath, as the Rockets won the girls

championship by 23 points while the Fighting Bees scored a nine-point win in the boys race.

Top individual honors in Division I went to Bath's Will Boylan-Pett (16:51) and Kelloggsville's Nicole Bush (19:32).

Kelloggsville's girls hold the top ranking in Division 3, and Rockets coach Ray Antel said his team is ready to defend its top spot.

"Depending on who knows about it things could get interesting, it could cause some pressure for us," Antel said. "But for now it means we'll just have to live up to the high standard."

Jackson Invitational cross-country meet celebrates 30th anniversary

Sunday, September 24, 2000

By Terrance Collins
Staff Writer

After three decades, the Jackson Invitational cross country meet continues to get rave reviews for its setup, staff and level of competition.

Saturday's meet at Ella Sharp Park marked the 30th anniversary of the run, started by Jackson coach Charlie Janke. With 789 runners from nearly 50 schools participating, the invitational shows no sign of slowing.

"This meet has always been a highlight of our year," Kalamazoo Central assistant coach Dave Balcom said. "We really enjoy this course. It's just great. With the competition here, we consider this like a mini-state meet."

Balcom's sentiment is felt by other coaches from around the state, and for Jackson High School athletic director Russell Davis, it says a lot about the image that Jackson is trying to put forth.

"It makes us very proud," Davis said. "Janke and (track coach) Jerry Reis spearhead this whole thing, and it takes dedication from coaches like them to make this happen. This is a very positive thing for Jackson. Everyone seems to enjoy it, and even the complaints are almost nil."

Saline girls coach Michael Smith, who graduated from Napoleon in 1967, said he ran on the course in high school and has always liked it.

"Part of why I bring my runners here is a personal thing, because I really liked this course when I was here and I get to see people that I know. It's sort of like home," Smith said. "The footing is smooth; there are nice long straightaways and a good variety of terrain."

Janke said his work on the invitational is a labor of love for the sport and for the kids, and that his job is made easier by the staff that works the race.

Nerves serve her well

Sunday, September 24, 2000

By Terrance Collins
Staff Writer

Concord's Camille Doan is shaky before the race but strong at the end to win the Jackson Invitational

If Concord High School's Camille Doan is nervous before a cross country meet, the rest of the field should be shaking in their shoes.

For the second time this season Doan said she was very nervous before a meet, and for the second time she blew away the rest of the field with a masterful run.

Doan turned in a 20-minute, 3.6-second run Saturday to win the Division III-IV race and propel her team to a third-place finish in the Jackson Invitational at Ella Sharp Park.

"I was kind of nervous. I was nervous for our team, too," said Doan, a sophomore who won the Springport Invitational earlier this season. "We wanted to do well, and I think we did an awesome job considering there are schools much bigger than us here. We put out an awesome effort, and everyone did an outstanding job."

Concord had runners finish 19th (Kristy Snell), 22nd (Megan Hotchkin), 35th (Lauren Stacks) and 59th (Megan Sorensan) for a total of 136 27 points behind defending state champion Kalamazoo Hackett and 11 points behind Lumen Christi.

"This (performance) gives us a lot of motivation and confidence going into our conference competition to work extra hard and do what we need to improve," Concord coach David Jordon said.

Lumen Christi's second-place finish was led by Megan Carmody in eighth in 20:58.1. Breta Kennedy was 18th, Elise Todaro took 27th, Jill Yehl 28th and Kim Farhat 44th for the Titans.

"Our sights are more focused toward peaking at the end of the season," Lumen Christi coach Mike Woolsey said. "If we can run like this now and we know we aren't running our best, it gives us confidence in our potential at the end of the season. I'm glad we got a trophy."

Hillsdale's Jennifer Pann was third to lead Hillsdale, which had five of its seven runners turn in season-best times, to a fourth-place finish. Pann was followed by Rachel White in 16th.

"This run tells me we are heading in the right direction," Hillsdale coach Pat Pastula said. "There are going to be teams that improve during the season, and we want to be one of those teams that does that."

Albion's Lesley Jurasek finished second in 20:27.0, and Tienieke VanLonkhuyzen was fifth to help the Wildcats to fifth.

Addison's Julie Porter was seventh to help Addison finish sixth, Chris Alcenius was sixth for Hanover-Horton (seventh), Michelle Macomber was 14th for Stockbridge (ninth), Becky Weaver was ninth for Vandercook Lake (12th) and Colleen Brady was 10th for Jonesville (13th). Manchester finished 14th followed by Onsted, Napoleon and East Jackson.

Northwest finished fourth with 115 points in the Division II race, with Lindsay Kokoczka finishing seventh, Amber Myers ninth, Katie Lowden 19th, Laura Linderman 33rd and Jenni Miller 47th. Flint Powers won with 41 points, and Sault Ste. Marie's Natalie Cahill took first in 19:23.

Saline took Division I honors, and Kalamazoo Loy Norrix's Elisa Zemlick was the individual winner in 18:57.4. Jackson's Beth Lannen was 30th.

Stockbridge runners win jamboree, put Haslett's ICL streak in jeopardy

Wednesday, September 20, 2000

It's too early to say Haslett's domination of Ingham County League girls cross country is over. But Stockbridge High School served notice Tuesday it intends to halt Haslett's run.

Stockbridge won the first league jamboree of the season by a comfortable margin over Haslett, which has won the league the last six years.

Stockbridge totaled 39 points to Haslett's 67 in the first of three jamborees.

"This is a big win for these girls," Stockbridge coach Anita Lister said. "We could see our girls were improving a lot. They were ready. They all just really stepped up."

Sophomore Laura McLellan finished second for Stockbridge in 20 minutes, 52 seconds. Michelle Macomber was sixth and Katie Bartosik eighth for the Panthers.

CROSS COUNTRY

GIRLS

Addison double dual: With three runners each from Addison and Hanover-Horton bunched within 11 seconds, Addison had the edge and earned a 26-29 victory. Both teams also defeated Napoleon to open Cascades Conference action.

Chris Alcenius of Hanover-Horton won in 21:21, followed 13 seconds later by Addison's Julie Porter. Then came the tightly bunched group, and Addison took third, fifth and sixth.

"It came down to the last 50 yards," Addison coach Bob Norman said. "Rae Ann Herman passed somebody (for third), and Krystal Pringle and Ashley Burch were holding off two Hanover-Horton runners."

SMAA jamboree: Jenna Philo was fifth overall (23:54) for Leslie, which finished second to Bellevue. It was the first meet this season in which Leslie, the two-time defending Southern Michigan Athletic Association champion, finished five runners.

East Jackson double dual: Vandercook Lake defeated East Jackson 25-33 to open the Cascades Conference schedule, and both teams also defeated Ann Arbor Gabriel Richard. Becky Weaver of Vandercook Lake won the race in 21:20, followed by East Jackson's Cassie Wilkins in 22:47 and Laura Van Eyck in 22:55.

Grass Lake double dual: Grass Lake swept both meets as it defeated Michigan Center 15-50 and Manchester 21-40. Freshman Sarah Morris of Grass Lake finished first in 23:27, while Heidi Ernst of Manchester was second in 24:04. Manchester defeated Michigan Center 23-32 in the other meet. Hope Deighton was Michigan Center's top finisher in 15th place.

LCAA jamboree: Natoshia Bauer of Onsted was first overall in 20:59, but the Wildcats finished fourth and Columbia Central was fifth in the Lenawee County Athletic Association meet at Hudson. Blissfield won the meet by four points over Ida. Abbie Spencer was Columbia Central's top finisher as she took ninth in 22:28.

Okemos double dual: Lumen Christi lost twice as it bowed to Okemos 19-41 and Lansing Catholic Central 20-35. Megan Carmody led the Titans by

placing fourth in 20:50, and Lumen Christi had two freshmen among its top five finishers.

Mason double dual: Mason defeated Northwest 27-32 and Lake Odessa Lakewood 26-30.

Lindsay Kokoczka finished third in 21:46, followed by Katie Lowden in fourth and Amber Meyers in fifth to lead Northwest.

"It was windy and hot, but my top three runners were right there," Northwest coach Brad Buter said. "I thought we ran pretty good."

Grand Ledge double dual: Jackson split its Capital Area Conference openers, beating Lansing Sexton 19-40 and losing to Grand Ledge 20-39. Beth Lannen finished fourth for Jackson in 21:13. Jessica Cauthon was fifth and Corinthia Wilson seventh for the Vikings.

Wolf hungry for running accolades

Thursday, September 21, 2000

By Scott Brandenburg

Chronicle CORRESPONDENT

Leanna Wolf loves to compete.

As a runner, her main goal is usually to finish in front. If she falls behind, then the first thing she needs to do is close the gap.

Wolf, a junior cross country runner for Mason County Central, has several gaps she wants to close this year.

"I just want to improve," said Wolf, who also runs track for the Spartans. "I've always loved to run. My aunt and my mom (Nia) like to run and are pretty good at it, so I guess I picked it up from them. I just want to keep getting better."

The 5-foot-8 runner doesn't have far to go. As a sophomore Wolf finished third in the Division III regional meet and seventh at the state finals with a time of 19:44. Her top goal this fall is to claim the regional crown.

One gap Wolf has already closed is within the West Michigan Conference.

Last season the top Spartan runner finished second to Whitehall's Stefanie DeLong in most of the WMC jamborees.

Wolf has finished ahead of DeLong in each of the races against Whitehall this season and appears strong enough to keep it going.

"It's early yet, but Leanna is looking very strong," said Ed Sanders, the head coach of the MCC girls team. "Sometimes she makes it look so effortless."

Wolf hasn't captured an invitational outside the conference and there is one reason why. Her name is Karen Waterson.

Almost everywhere MCC has competed this season, Benzie Central and Waterson have been as well. And beating Waterson, a senior who captured the Division III state title last season, isn't easy to do.

"Leanna has really closed the gap," said Sanders. "But I don't think Benzie Central is going to be at Oakridge (Invitational) this weekend, so Leanna has a good shot to win it."

Wolf also likes to be pushed in practice. She runs with Spartan boys cross country members Eric DePeel and Brett Goda.

On the girls team, Wolf is the one who sets the standard in practice and in meets and is helping a young Spartan squad improve as the season goes along.

"We've got a lot of young runners that Leanna has provided great leadership for," said Sanders. "The freshmen and sophomores really look to her and have a lot of respect for her."

Other than studying to be a nurse, which Wolf said she knew she was going to be 'since forever', she has no other hobbies except running.

"I try to run year-round," said Wolf. "Sometimes it's hard to run during the winter, but I try to get out there because it's a lot of fun."

"Hopefully this season I can make it back to the state meet and run in the low 19's."

Hemlock boys run off with muddy Delta title

Sunday, September 24, 2000

GEOFF MOTT
THE SAGINAW NEWS

The Hemlock boys cross country team has it all.

Tradition, depth, hard work and the ability to handle adversity.

That all came into play Saturday at the 32nd Annual Delta College Invitational.

The talented Huskies barreled down on a short, mucky two-mile course through a constant drizzle and won the Division C race, edging St. Louis 52-53.

The Mount Pleasant girls won the Division A race with 41 points, while Ogemaw Heights finished first in the Division B race (57) and St. Louis captured the Division C title (70).

The Gladwin boys won the Division B race with 48 points while Davison took the Class A boys title with 71.

The Delta victory is Hemlock's fifth win in five invitationals.

"We've got a pretty good team," said Hemlock senior Troy Sanchez, who finished third overall in a time of 10:32.99. "We were the favorites here and we got the job done. We could have done a little better but it was just one of those days."

One of those days where the Huskies were fortunate enough to have three of the top seven finishers. And depth by Hemlock's fifth and sixth runner paved the way to the win. Steve Czymbor finished 17th for the Huskies, edging out St. Louis' Kevin Palmer by less than four-tenths of a second. Then Hemlock's Rob Slate finished 21st to lock up Hemlock's first-place finish.

The Hemlock team will get even more talented as the week wears on. After Hemlock runs the second Tri-Valley Conference West Division Jamboree on Tuesday, it welcomes back runner Dave Schluckbier. The senior has missed the first half of the season because of disciplinary actions.

"We've won all of our invitationals so we know we can beat teams with out Dave," said Hemlock senior Andy Goodenough, who finished fourth overall. "We'll have a tighter pack when we finish and this team will be a lot better."

"Dave is getting excited about coming back. We get him back into shape and we'll be fine."

Fine finishes are the usual end to Hemlock's season. The Huskies have finished third in the state finals the past two years. The tradition continues to build as the Huskies top two runners over the last three

seasons - Matt Zissler and Kevin Sule - now run in a strong Central Michigan University program.

"Those guys raised the bar and set a good example for us," Goodenough said.

Sanchez wants to raise that bar even higher.

"We've got good depth and we want to place higher than the last two years," Sanchez said. "We won't settle for anything less than a state championship this year."

After a rebuilding season a year ago, the Mount Pleasant girls squad hopes to make some noise at the state finals.

The Oilers had all five finishers place in the top 15 at Delta, led by senior Mary Rozga's second-place time of 12:25.97. The race was a nice change of pace in the middle of the season, according to Rozga.

"This was an exciting meet because of the length of the course and the muddy conditions," Rozga said. "Our coach took the pressure off times and just wanted us to place as high as we could. We were out here to have fun."

A fun season includes winning 6 of the 8 invitationals the Oilers have participated in this season.

"We lost four seniors last year so it was considered a rebuilding year," Mount Pleasant senior Nina Johnson said. "This was a puddle run today."

The Gladwin boys team won its first-ever Delta Invite. The Flying G's will need the same kind of effort in late October when they host the Division 3 regionals at Delta College.

"We've been running well all season and it was nice to beat Gaylord today," Gladwin coach Dave Beyer said. "We need the same performance at regionals. We have a good team but not a great one. We have a solid top five."

For the third time this season, St. Louis was able to beat Central State Activities Association rival Shepherd. The Sharks edged the Bluejays by five points, led by by junior Shannon Stanglewicz's third-place finish (12:49.38).

"We ran very well today and we're definitely happy to beat Shepherd," Stanglewicz said. "We had a little doubt when we headed over to the leader board. We didn't know how close the meet was."

The biggest surprise was a 12:14.22 run by Clare's Jessie Rodgers for first place in the Division C race. Rodger's is a freshman who just turned 14-years-old, but her experience is starting to build. Of the seven invitationals she's ran in this fall, she's claimed victory in five of them.

"This was a nice meet but I like the longer courses better," Rodgers said. "I'm kind of surprised that I'm doing so well. My main goal for the season is to break the 19-minute mark. I ran a 19:25 early this season.

"I'd also like to finish in the top five at the state meet."

After losing his last two meets, Valley Lutheran's Chris Schiemann finally found his form in winning the Division C individual championship. The senior ran a 10:28.03, edging out tough competitors Jeff Luehm of St. Louis and Sanchez.

"After losing the last two, I had to prove to myself that I can win," Schiemann said. "Winning this Delta meet on a short course was a big goal for me. It was nice to be able to show my speed."

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PTSIZE=10>Markey is a busy lady for Freeland

Thursday, September 21, 2000

GEOFF MOTT
THE SAGINAW NEWS

Myra Markey can't stay out late on Friday nights.

That's not good.

But the Freeland High School junior can prepare herself to play collegiate sports.

That's the catch.

Markey is very busy this fall. Her sterling 4.0 grade-point average goes hand in hand with her dedication to basketball. Markey is in her third season of varsity basketball and helped guide the Falcons to their first ever state championship in 1998. She's Freeland's point guard this season and a productive one at that.

But Markey increased her work load even more this fall. After earning all-state honors for the second-straight season in track after her sophomore year, Markey became addicted to running.

That addiction has her running part-time for the cross-country team this fall.

"It's a bit tiring but I'm doing okay," said Markey, who finished third in last season's 1,600-meter run in the state track finals. "I just wanted to try it. It's nice to have if I want to run in college. I want to play college basketball first, but if I don't make it I'll turn to running."

Markey is the Falcons top runner ... when she's there. Because of her strong commitment to basketball, Markey only runs in meets held on Saturday. The Falcons basketball games are on Tuesdays and Thursdays - the same days the cross-country team competes - making attendance for league meets impossible. She won't join her teammates when they compete in tonight's Frankenmuth Invitational. And the team won't compete in Saturday's 32nd annual Delta College Invitational.

"I appreciate being able to use her for meets," said Freeland cross-country coach Dan Craig, who also has fellow hoopsters Liz Lane and Sarah Stimpson on the team. "Myra is our first finisher so it helps a lot when she runs for us. And it doesn't wear her down much. When kids are 16 and 17-years old they are full of energy."

Freeland basketball coach Dave Oczepek was a bit hesitant with Markey's double-duty at first but he hasn't noticed a change in her work ethic.

"She's in great shape, probably better shape than any female athlete in the state," Oczepek said. "She has great instincts on the basketball court and plays 100 percent every time. She's the best point guard I've ever had. The only time she sits the bench is when she gets in foul trouble."

Markey runs less than 20 miles a week but gets most of her training for cross-country in an hour-long independent physical fitness class coached by Craig. There, she works with fellow runner Niki Suitor on her pace for the meets.

"It helps training with Niki because we're about equal and we both push each other," said Markey, who doesn't run distances on basketball game day. "That hour of training helps because I don't have to run after practice. I can just go home and get my homework done."

But cross-country meets are run every Saturday morning. Where does Markey get time to socialize?

"Yeah I can't stay out late on Friday nights," Markey said. "That stinks."

Chemics collect jamboree medals

Wednesday, September 20, 2000

THE SAGINAW NEWS

The Midland High boys and girls cross-country teams took its first steps toward a Saginaw Valley League title by winning the first ever SVL Jamboree at Immerman Park Tuesday.

Instead of numerous triangular meets, the League decided to change its formats to three jamborees that include every team in the league. Tuesday's meet along with the next jamboree are worth 20-percent of the title. The final jamboree will be worth 60 percent.

"These jamborees mean a lot more than all those dual meets," Heritage coach Pete Bartels said. "The kids get to run against everybody in the league. It used to be that some schools would never play each other."

The Chemics were up to the challenge. The boys team accumulated just 28 points, blowing out second-place and cross-town rival Midland Dow's 55. The Chemics girls team had 51 points, edging out Bay City Western's 58.

"Midland High usually has a strong team," Bartels said. "They are a cross-country powerhouse and have won a lot of league titles over the years."

Midland High's Robert Trzcinski ran in 17 minutes, 29 seconds, to finish second in the boys meet. The Chemics followed up with Nick Everett (17:51) in third place and a fourth-place finish by Michael Pennock (17:59).

The Midland High girls team occupied the top two individual spots. Brittany Ballard won the meet with a 20:02 while teammate Kristin Bedford

finished with a 20:21. Michelle Noble led the fourth-place Hawks with a third-place finish (21:08).

"Midland is the strongest while Midland Dow and Bay City Western are close," Bartels said. "We're making a move. We're right behind those schools. We're one girl away from being a contender for the top three."

Catholic Central earns two first-place finishes

By Bev Eckman / The Detroit News

Catholic Central's boys are out in front after the first two big meets of the season.

Coach Tony Magni's Shamrocks won the 28-team West Bloomfield / Brother Rice Invitational Sept. 6, with 66 points and followed by winning the 20-team Division 5 of the Holly Invitational on Sept. 16 with 63.

C.C. senior Matt Daly was first at West Bloomfield in 16:15, second at Holly in 16:32, and is aiming to improve his eighth-place finish at states in 15:43 (in Class A, now Division 1) last season.

"My individual goals are a top five finish at states and a chance to qualify for the Foot Locker Nationals (top eight at the Foot Locker Midwest Regional)," Daly said.

"Our team goals are to win the Catholic League meet, the regional and the state championship."

C.C. has consistently won its league and regionals, but its last state championship was in 1989.

Daly is in another elite group -- he's a National Merit Scholar semifinalist, one of 16,000 in the country and one of 12 at Catholic Central. To get that designation, students had to score in the top half of 1 percent of all students taking the preliminary SAT, a test given to high school juniors to prepare them for later college entrance exams.

Also scoring for C.C. are consistent junior John Krawiec, sixth at Bloomfield / Rice and fifth at Holly, both in 16:48, and brother senior Dan Krawiec, who was 23rd in 17:20 at Bloomfield / Rice and improved to 11th at Holly in 17:11.

Saline surging

Also of note in the boys results is Saline -- second at West Bloomfield with 135, third at Holly with 90 (Portage Northern was second with 86).

Saline senior captain Sean Moore was the fastest individual in the Division 5 race at Holly in 16:13.

Coach Tom Frederick's Hornets were third at the state meet last season in Class A.

"Our goal this year is to return to the top three in the state, and to do that we have to build around our top two runners, Sean and (senior co-captain) Ed Davis," Frederic said.

Saline is now in the Southeastern Michigan Conference Class A Red Division, along with Ann Arbor Pioneer in Washtenaw County, Adrian in Lenawee County and Temperance Bedford in Monroe County, so it's on the outer fringes of the Metro area, but getting closer as Metro suburbia sprawls.

Catching up

The Belle Isle course was wet for the Grosse Pointe Woods University Liggett Invitational Sept. 14. It commemorated the first on-record state high school cross-country meet, held in 1899 between Detroit University School, now Liggett, Detroit Central and a few other programs that are no longer in existence.

The good news is that Detroit Holy Redeemer sophomore Ray Perez is back in form, winning in 17:54, leading Redeemer to first on the boys side with 40 points. Southfield Christian was second, 57; followed by Detroit Benedictine, 65; Liggett, 70; and Royal Oak Shrine, 121.

Cross country: Rankings

Team rankings

Cross country team rankings compiled for Cross Country Invitational Results and recognized by the coaches association (number is total of coaches votes and invitational points, which are cumulative):

BOYS

Division 1: 1. Novi, 123. 2. Rockford, 111. 3. Detroit Catholic Central, 108. 4. Saline, 89. 5. Portage Northern, 61. 6. White Lake Lakeland, 39. 7. Ann Arbor Pioneer, 35. 8. Grand Ledge, 32. 9. Brighton, 31. 10. Northville, 31.

Division 2: 1. Holland Christian, 116. 2. Richland Gull Lake, 104. 3. Flint Powers, 71. 4. Flint Kearsley, 44. 5. St. Clair, 43. 6. Caro, 42. 7. Grosse Ile, 36. 8. Grand Rapids Christian, 30. 9. Gaylord, 29. 10. Big Rapids, 24.

Division 3: 1. Stockbridge, 101. 2. Jackson Lumen Christi, 91. 3. Williamston, 86. 4. Benzonia Benzie Central, 70. 5. Ida, 47. 6. Bad Axe, 32. 7. Sandusky, 32. 8. Bangor, 30. 9. Charlevoix, 29. 10. Gladwin, 26.

Division 4: 1. Jonesville, 86. 2. East Jordan, 67. 3. Bath, 65. 4. St. Louis, 55. 5. Bear Lake, 38. 6. Ubly, 34. 7. Jackson Vandercook Lake, 34. 8. Grass Lake, 33. 9. Detroit Holy Redeemer, 30. 10. Mt. Pleasant Sacred Heart, 24.

GIRLS

Division 1: 1. Rockford, 60. 2. Saline, 56. 3. Sterling Heights Stevenson, 50. 4. Grand Haven, 48. 5. Romeo, 45. 6. Milford, 40. 7. Troy, 37. 8. Ann Arbor Pioneer, 29. 9. Grosse Pointe South, 26. 10. Rochester Adams, 20.

Division 2: 1. Middleville Thornapple Kellogg, 56. 2. Haslett, 55. 3. Richland Gull Lake, 52. 4. Ludington, 48. 5. Big Rapids, 44. 6. West Branch Ogemaw Heights, 38. 7. Mt. Pleasant, 33. 8. St. Johns, 30. 9. Lowell, 28. 10. Trenton, 16.

Division 3: 1. Wyoming Kelloggsville, 57. 2. Kalamazoo Hackett, 52. 3. Whitehall, 50. 4. Kalamazoo Christian, 43. 5. Lansing Catholic Central, 38. 6. Kent City, 37. 7. Muskegon Orchard View, 28. 8. Hamilton, 27. 9. Milan, 20. 10. Jackson Lumen Christi, 18.

Division 4: 1. Pittsford, 60. 2. Maple City Glen Lake, 53. 3. Ann Arbor Greenhills, 49. 4. Bath, 46. 5. Lutheran Westland, 42. 6. East Jordan, 39. 7. Concord, 38. 8. Southfield Christian, 33. 9. Mt. Pleasant Sacred Heart, 28. 10. St. Louis, 21.

Rochester Adams' Boyles gets better

By Bev Eckman / The Detroit News

Two big meets into the season, a pattern is starting to emerge: Defending state champion Katie Boyles is improving.

Boyles, a senior running for Rochester Adams, won the 33rd annual West Bloomfield / Brother Rice Invitational on Sept. 9 in 19:09.

A week later, she won the Holly Invitational in 18:56.

That moved her up from No. 5 to No. 3 in this week's Michigan High School Track & Cross Country individual rankings.

Katie Anderson, a senior at Marquette, remains No. 1, and Kalin Toedebusch, a senior at Rockford, stays No. 2. That's how they finished at the Spartan Invitational, Anderson in 17:32.6 and Toedebusch in 17:43.0.

Boyles skipped the Spartan for Holly. "That's where our regional is this year, and we haven't been there that much, so Coach (Bud Cicciarelli) didn't want it to be a surprise for us," she said. "Lots of girls want to peak for regionals."

Boyles has won Class A girls the last three years and holds the Michigan Speedway course record of 17:51, set as a sophomore in 1998. If she wins Nov. 4 in Division 1, she will be the first girl with four championships in the top division.

The next-best Metro girl is Romeo junior Teresa Bongiovanni, ranked No. 5. She was fifth at the Spartan in 18:27.7 and second to Boyles at states last season by a couple seconds.

"I want us to make it to states as a team, and hopefully I can break into the 17s and stay strong and healthy," Bongiovanni said. Her best is 18 flat at last season's state meet.

Catching up

Running in the rain at the Grosse Pointe Woods University Liggett Invitational, Kelly Zoellner of Lutheran East was the girls individual winner in 21:03, followed by Jillian Harkey, Southfield Christian, 21:41; Kate Rensi, Southfield Christian, 23:09; Lauri Eisen, Harper Woods Regina, 23:13; and Liz Neilson, Liggett, 23:16.

"With all the mud and stuff, it was totally cool," Neilson said. "It's a lot of fun to run in the rain. It's that kind of meet you remember."

Southfield Christian won with 25, Regina was second with 30.

"We used the meet to get ready for the (Division 4) regionals Oct. 28," site manager Dan Deyo said. "We have two, 35 and 36."

"I like the course a lot, it'll be interesting to see how they run two regionals on it," Neilson said.

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Thursday, October 26, 2000

By Jeff Chaney
The Grand Rapids Press

ROCKFORD -- Josh Miller is hoping for some more record-setting performances.

The Belding senior cross country runner recently set the school record on his home course with a time of 15 minutes, 39 seconds. It broke the old record held by Eric Allison, who ran the course in 15:50.

Miller and the Belding cross country teams will travel to Big Rapids Saturday to take part in the Division 2 regional at Big Rapids High School and Katke Golf Course.

Miller said he would like another quick time and is confident he can do it.

"I think I am starting to peak now," Miller said. "My times are starting to come down every week, and I feel a lot better now."

Last Thursday at the O-K Gold Conference meet at Johnson Park, Miller placed third in the race with a time of 17:06. Caledonia's Tim Ross won the race in 16:23.

"These are the best times I have ever ran," Miller said. "Last year at conference I ran a 17:27 and this year I ran a 17:06, so I am running pretty good."

Miller will now turn his attention to the state tournament, starting with Saturday's regional.

Miller's coach, Steve Peabody, said he hopes Miller can draw on his previous regional meet experience.

Last year he finished ninth at the Class B regional at the Christian Recreation Center in Grand Rapids with a time of 16:44.

With that run, he qualified for the state meet at Michigan International Speedway, where he finished 48th with a time of 16:39.

"Last year, being his first time, he just wanted to go and run and enjoy the experience of making it to state," Peabody said. "He wasn't looking to do anything.

"This year he wants to go for it a little more," he added. "He has a goal to be in the top 30 at state."

First Miller has some business to take care of in Big Rapids.

"I expect to be in the top five or seven Saturday," Miller said. "Then I would like to go to state and medal.

"I think I can do that, because how I have been running," he added. "To medal it will probably take an effort in the low 16 minute range."

The top 25 runners at state medal.

Peabody believes he can achieve his goal, and likes his chances to do well Saturday at regionals.

"Last year he did well at regionals, and it was a very tough regional," Peabody said. "This year the regional is not quite as tough.

"Last year six or seven teams had a chance to qualify for state as a team," he added. "This year there could be two or three, so the competition isn't as deep."

Running in the girls race begins at noon Saturday, with the boys race slated to start at 12:30 p.m.

Caledonia runner Ross has been boss

Thursday, October 26, 2000

By Steve Ungrey
The Grand Rapids Press

Caledonia junior Tim Ross is proud to be one of the fastest runners in the state.

But with his lofty perch comes a list of cross country runners who would like to knock Ross off the top spot. He realizes the next two weeks will be critical ones in the path to an individual championship.

First and foremost, Ross wants his Fighting Scots team to emerge with one of the three qualifying spots from Saturday's Division 2 regional at the Christian Reformed Recreation Center. To do so, his team must take one of the two spots behind favored Holland Christian.

The Maroons squad features one of Ross' rivals for the top spot, senior standout Brian Maat. Last season at the Division 2 regionals, Ross bested Maat by 18 seconds.

"I respect Brian very much," Ross said. "I know Holland Christian has a strong second runner, but he's the one to beat."

Even if Caledonia doesn't advance past a crowded field of contenders that includes Allegan, East Grand Rapids, Grand Rapids Christian and Godwin Heights, the likelihood is Ross will make it to the state meet. There, his other big rival will be waiting for another chance to race.

Curtis Marlowe (Richland Gull Lake) clipped Ross by 12 seconds at the Sept. 30 Carson City Invitational. Ross came back the following week to run a 15:27 at the Portage Invitational, beating Marlowe by seven seconds.

"It's going to be a difficult regional," Caledonia coach John Soderman said. "Tim's going to be key, he's won every race this year except for his second at Carson City and when he makes it to state he, Curtis and Brian should be right among the top five."

For now, Ross is celebrating an O-K Gold Conference championship wrestled away from Cedar Springs at the league meet last week.

"We were wondering at the start of the season who would fill the top seven spots," Ross said. "How well we did is a reflection of our coach, he always prepares us to be at our best come conference, regionals and state."

Rockford's boys and girls teams are favorites to capture their Division 1 regionals on Saturday, with Holland Christian's boys and Middleville's girls favored in Division 2 races at the Christian Reformed Recreation Center.

Due to a scheduling switch, the Division 3 Allendale regional was moved to Carson City-Crystal. The two best girls teams in the O-K Silver, Kelloggsville and Kent City, are in separate regionals and are favored to move on to the state finals.

Red Arrow girls win White cross country meet

Thursday, October 26, 2000

By Kelly Hill
The Grand Rapids Press

WEST MICHIGAN -- Lowell's girls cross country team ran to victory in the O-K White Conference meet Monday in Hastings and Forest Hills Northern's boys team finished second to a Zeeland, a team the Huskies had chased all season.

With their first five runners finishing among the top 18 overall, the Red Arrows won the girls meet with 57 points, edging Forest Hills Central by four points.

Zeeland edged FHN 41-44 in the boys race.

East Grand Rapids, led by overall winner Matt Casillas, finished third in the boys event with 75 points.

Lisa Wojciakowski led Lowell with a third-place finish, covering the course in 20 minutes, 42 seconds.

The Red Arrows' Holly Platter was fifth overall in 20:58, followed by teammates Sarah Swab (14th, 21:49), Molly Kirsch (17th, 21:57) and Abby Vos (18th, 22:07).

"Today the race could have gone either way," said Lowell cross country coach Clay VanderWarf, whose Red Arrow girls teams finished second in the White conference a year ago. "Everyone stepped up for us. Before, our first three runners were big, but today our fourth through seventh runners ran much better."

While FHC's girls finished second to the Red Arrows in the conference meet, the Rangers wound up third in the overall conference standings.

EGR's Casillas won the boys O-K White conference championship in Hastings with a time of 16:56.

Casillas, who is in his first cross country season at EGR after transferring from Wyoming Park, was the only runner to break the 17-minute mark in the race.

Forest Hills Northern's top runner, Eugene Kreys, finished third overall with a time of 17:14.

"It was a very good race and we ran very well again," said Forest Hills Northern coach Joe Curcuru. "Zeeland has an excellent team and we were happy to be able to compete at that level."

The Huskies placed three runners among the top 10 in the conference, as all five scorers placed within the top 14 and seven FHN runners finished among the top 19 overall.

"We knew that we would have to use our depth and run our best race against their first-place power," Curcuru said. "Zeeland's first four runners are very strong."

Finishing behind Kreys for FHN were Zac Kapolka, who ran fifth overall with a time of 17:24, Gary Micka (10th, 17:43), David Morgan (12th, 18:01) and Mike Vandenberg (14th, 18:13).

"Forty-four is a great number in a conference meet," Curcuru said his teams score. "It was just us and (Zeeland) out there. It was fun."

FHN's girls team was led at Monday's conference meet by Nicole Chambers, who finished second overall with a time of 20:34.

FHN and Zeeland also raced against each other in last week's final O-K White conference dual meet at Johnson Park.

The Chix edged the Huskies by four points in that meet, 26-30.

Kreys also led the Huskies in that race, posting a time of 17:20. He was followed by Kapolka, Micka, Vandenberg and Morgan.

ROCKETS ROLL Kelloggsville boys, girls capture cross country league titles

Wednesday, October 25, 2000

By Steve Ungrey
The Grand Rapids Press

For the past three years, Kelloggsville's girls cross country team has either won or shared the O-K Silver Conference championship, but it has not been able to share its success with the boys team.

Happily for the Rockets, this year brought an end to the boys team's drought.

While Kelloggsville's girls swept to their fourth title in a row, the boys captured their first league crown since 1997 in conference-meet action Tuesday at Brewer Park.

The Rocket boys scored 50 points, beating second-place Comstock Park (69) for the title. Allendale, which won the title last season, slipped to fourth place behind Kent City.

"Tough day. I work too hard," said Kelloggsville coach Ray Antel, who guides both teams. "But I'm really happy. This was a wide-open year coming in, but I thought we were equal to the other schools in the conference. We got some great grouping from our top five. I told these guys if they like how it feels then bottle it up until June and start running hard in the summer."

Kelloggsville runner David Hills, who led with a sixth-place time of 18:02, was a bit surprised by his team's success.

"I figured we'd be tough but I didn't think we'd be this good," Hills said. "These were the fastest times we've run as far as any of the races

go. Now we have a great chance going into Saturday's regional (at Carson City), our boys have a good shot at the top three."

Richard Stein (Hopkins) won the O-K Silver individual championship with a time of 17:23, with teammate Kirk Williams finishing third (17:48). Comstock Park runners Nik Iwaniw (17:37) and Cody Cervantes (17:53) came in second and fourth, respectively, for the runner-up Panthers.

"These weren't their fastest times, but it was Cody's best finish all year long," said Panthers coach Steve Virkstis, whose team broke its second-place regular-season tie with Allendale and Kent City. "We think now we can compete with the other teams in our regional (at Carson City), that third spot is wide open."

Kelloggsville's girls team, ranked third in Division 3 behind Lansing Catholic Central and Kalamazoo Hackett, scored 23 points to finish 31 points ahead of runner-up Kent City.

"Beforehand me and Alexis Smith know we have to push ourselves, get everyone motivated to do the best job possible," said senior Erin Hop, who took third in 20:54 behind freshman Nicole Bush (19:30) and junior Amy Tomlinson (20:23). "We'd finished 1-2-3-4 at Saugatuck so we knew we could do this. We work hard and use our minds more than relying on physical ability."

Antel said the Rocket girls have to avoid injuries and illnesses to capture regionals Saturday and do well at state.

"We've raced all these teams before, we're confident we can do well," Hop added.

Kent City coach Jill Evers believed her runners fell victim to the heavy air and higher humidity not usually found in a late-season race, which may have contributed to their "worst race of the conference season."

"The girls gave it what they had in getting ready for regionals and state, but this was the race where we had the fewest members in the top 10," Evers said.

Lowell girls, Zeeland boys victorious in White cross country

Tuesday, October 24, 2000

By Steve Ungrey
The Grand Rapids Press

Lowell's girls cross country team entered Monday's O-K White Conference meet tied with East Grand Rapids for the top spot in the league, having lost to the Pioneers in duals.

But the Red Arrows' toughest foe Monday was a team that may have been a surprise to everyone, except Lowell coach Clay VanderWarf.

Lowell held off a stiff challenge from Forest Hills Central, which had finished tied for second in the league with a 4-3 record. The Red Arrows finished with 57 points, four ahead of the Rangers, to win the title after finishing second last year.

"We were so close to the title last year it was heartbreaking, so it's an awesome feeling to finish on top," Lowell sophomore Lisa Wojciakowski said. "We felt pretty confident coming in we could win this meet."

Lowell, which beat FHC 28-29 in its regular-season dual, saw Wojciakowski finish third with a time of 20 minutes, 42.4 seconds. She was eight seconds behind runner-up Nicole Chambers (Forest Hills Northern) and 25 seconds behind winner Heidi Schroeder (Hastings).

"I'm real pleased with the girls. We worked hard and pushed for this," VanderWarf said. "It's been like this all year with Forest Hills Central. ... Today's meet could have gone either way."

Each team put two runners in the top 10, but Lowell's runners finished higher.

"There was a real shot that we could have won," FHC coach Debbie Yealin said. "Lowell happened to run better today than we did."

Christine Moore, who has battled a stress fracture in her left foot all year, finished sixth to lead the Rangers (21:11.4).

"I like this course. I just had a rush of adrenaline today and it paid off," said Schroeder, a senior. "What a way to end my senior year."

In the boys race, undefeated Zeeland won the conference title, outscoring Forest Hills Northern 41-44.

"I figured it would be close," Chix coach Mark Reinardy said. "It's so close it came down on who did better this day."

Senior Scott Parrott, who hadn't led his team in a conference race all season, broke that streak Monday with a second-place time of 17:11.9. East Grand Rapids junior Matt Casillas won in 16:56. "It's a difficult course," said Casillas, who finished the season without losing a league race. "It takes a lot of energy out of you because there are so many hills."

Forest Hills Northern had all seven of its runners place in the top 20. "We ran very well today but Zeeland was faster in every runner," coach Joe Curcuru said. "But it was a good race. I have all the respect in the world for the Zeeland program."

GR Union takes first city cross country title since '88

Sunday, October 22, 2000

By Dean Holzwarth
The Grand Rapids Press

In the span of seven days, Dan Droski has enjoyed the rewards of a runner and a high school cross country coach.

Last weekend, Droski placed third and was the top American runner at the Detroit Marathon. On Saturday, he watched as his Union boys cross country team cruised to top honors at the City League cross country meet, held at Riverside Park.

It was the first City League championship for the Red Hawks since 1988.

"It's been a stellar week," said Droski, whose team went undefeated at 6-0 in the regular-season.

"Winning today was a goal that we wanted to achieve last year, but we came up short and took second. I have five good runners, they were hungry and I said let's win it this year. Everything just went our way."

Union, which had five runners in the top 10, finished with 33 points, ahead of runner-up Grand Rapids Christian (54) and third-place Catholic Central (64).

Junior Merhawi Tewoldemedhin led the way for the Red Hawks with a third-place effort. He was followed by Andy Rittenhouse (5th), Wayne Vredenburg (7th), Levi Yoder (8th) and Abraham Kurban (10th).

West Catholic senior runner Tom Clifford took first place with a personal record of 16 minutes, 11 seconds. Grand Rapids Christian senior Josh Huyser-Honig finished second.

"When I came here as a freshman, I knew I was going to win this someday and this is going to help me for regionals and state," Clifford said. "I wanted to go out behind and not kill myself the first mile, but Josh really ran a tough race and didn't give up."

The Grand Rapids Christian girls won back-to-back City Meet titles. The Eagles finished with 33 points. Catholic Central and West Catholic tied for second with 45 points.

"We ran a good team race and hopefully we can improve a little bit for regionals," Grand Rapids Christian cross country coach Doug Jager said. "We're much improved from the start of the year and we're getting there."

Grand Rapids Christian senior Mimi Speyer won her second consecutive City Meet individual title with a time of 19:35, while teammate Katie Bolt placed second.

Catholic Central's Kelly Secord and West Catholic's Sarah Sak finished third and fourth.

"I wasn't sure how quick I'd be able to go without someone right with me the whole way, but I was really happy with my overall time," said Speyer, who finished one second shy of her personal best.

"I really wanted to get a personal record today because my coach said he would give us two candy bars if we got a new personal record so that was my motivation today."

Rockford girls, boys romp in Red cross country meet

Sunday, October 22, 2000

By Steve Ungrey
The Grand Rapids Press

Immediately following the conclusion of the O-K Red Conference cross country meet, Kalin Toedebusch had to catch a plane and fly to Pennsylvania for a college visit.

Based on how fast she navigated the Johnson Park course on Saturday, the Rockford senior might have beaten her plane to the East Coast.

The entire Rams team flew through the conference meet like a jet, breezing to an easy first-place victory on a day when the only suspense in the boys and girls races was who would finish second.

Rockford's girls captured their eighth straight league title, scoring a near-perfect 16 points to top Grand Haven (48).

"We had a really hard week of practice, we did a lot more running than we usually do and we put in a lot of miles," said Toedebusch, who finished the race in 18 minutes, 49.1 seconds. "We're going to work as hard going into regionals, do the same thing we've done all year."

Linsey Blaisdell finished six-tenths of a second behind Toedebusch, the two forming an unbreakable bond and pushing each other to the limit in order to achieve the win.

Speculation among runners and coaches was that the recently-redrawn Johnson Park course was about 200 meters too long, accounting for the slower times. But there was little if any complaining going on, as this was the start of the postseason ritual to get in shape for regionals and state.

The longer course did not affect Grand Haven junior Jentry Soule, who broke up the Rockford pack with her fifth-place finish (19:21.2).

"Teams like Rockford are good for us, it makes us work a lot harder and know we have good teams to go up against at regionals," Soule said. "Our runners are dedicated, good leaders who are trying to get to that point."

Like Rockford, the Buccaneers placed all five lead runners in the top 20, and the same result could happen Saturday when the teams square off again in Division 1 regionals at the Christian Reformed Recreation Center.

"Here you have two of the top teams in the state banging heads, and to get five girls in the top 20 against a team like Rockford is an awesome feeling," Grand Haven coach Greg Russick said.

In the boys race, the results were the same as Rockford cruised to its fifth title in a row with 18 points. Senior superstar Dathan Ritzenhein led the way, finishing the race in 15:19.1, 53 seconds ahead of teammate Brian Smith.

"We were really focusing in on regionals and state so we needed to do really well here today and I think we did," Ritzenhein said. "We put in a really hard run and it should help us out next week, the regional course we run on is a lot similar to the state course (at Michigan Speedway)."

Rockford coach Mark Nessner indicated his boys are "about where we need to be" heading into regionals.

"Conference races are important to these kids, it keeps them fine-tuned for regionals and state," Nessner said.

Holland's boys team won a frantic five-team battle for second place, scoring 93 points. In all, 23 points separated second from fifth, so Dutch coach Walt Kooyer was happy his team emerged on top of the pile.

"Five teams realistically had a shot at second, so each point counts and if you fall 20 points behind, you can lose standing in a hurry," Kooyer said. "It'll be the same situation next week, we have a few teams that we'll be battling with at regionals that will be within points of each other."

Matt Huyser was Holland's lead runner, coming in seventh with a time of 17:01.6.

Caledonia boys, Sparta girls run to Gold crowns

Friday, October 20, 2000

By Steve Ungrey
The Grand Rapids Press

All Caledonia's boys cross country team wanted to do was earn a share of the O-K Gold Conference championship.

The Fighting Scots were undefeated in the league all season until a five-point loss last week to Cedar Springs, so a win by Caledonia meant a co-championship with the Red Hawks.

Thanks indirectly to Sparta, the Scots are league champions all by themselves.

Tim Ross's first-place time of 16 minutes, 23 seconds was enough for Caledonia to sweep to the conference meet championship Thursday at Johnson Park, with a score of 60 points. The Red Hawks' third-place finish in the league meet behind Sparta (70 to 107) was enough for Caledonia to celebrate a solo title.

"We just wanted to share this, Cedar Springs got us last week so it was all the extra motivation for us to come back here and win," Ross said. "This was so impressive. Everyone worked really hard all week for this, we really wanted this one."

Ross was 40 seconds ahead of Cedar Springs' Craig Potter, with Belding's Josh Miller (17:06), Wyoming Park's Mark VanderMeer (17:27) and Caledonia's Patrick Spitzley (17:48) also in the top five.

Several of Cedar Springs' top runners were hampered by injuries going into the meet, which played a factor in Caledonia's rise to the top.

"It was a combination of their injuries and us believing that we could do it," said Caledonia coach John Soderman, whose team won its seventh O-K Gold championship. "We'll take this any way we can get it. Since a week ago when Cedar Springs beat us, these kids have been really motivated to come back."

For Sparta coach John Thomas, second place was sweet. "The kids have been working, going the extra mile to do well," Thomas said. "Those that did finished in the top 10 today."

Sparta runner Kelly Carter didn't have to worry about revenge, but fear was her biggest motivator.

Carter, a sophomore, did not want to be caught off guard in her first conference meet, after missing last year's meet due to a stress fracture in her left leg. So Carter tackled the big hill and sprinted ahead to a wide lead, finishing in a time of 20:13, 28 seconds ahead of Caledonia's Tricia Miedema.

It was enough for the Spartans to repeat as champions, overcoming a surprising challenge from South Christian, to score 45 points. The Sailors, who finished fourth in the regular season, finished with 60 points while Cedar Springs took third (74).

"Fear of being beat, that's a huge motivation for me," Carter said. "I was kind of surprised at how far ahead I finished, but I wanted to save all my strength for the end of the race."

CROSS COUNTRY ROUNDUP

RIVER VALLEY MEET: At Hager Park in Jenison, Grand Rapids Baptist's teams swept to league championships. The Mustang boys scored 26 points, led by Dan Campbell's time of 17:43, while Tri-unity Christian finished in second. Grace Kelly clocked a 21:18 to lead the Mustang girls to victory, with a score of 22 points.

Middleville runners leave rest of O-K Blue pack behind

Wednesday, October 18, 2000

By Steve Ungrey
The Grand Rapids Press

Middleville cross country coach Tammy Benjamin surprised her team Tuesday by unveiling new uniforms for the Trojans to wear, uniforms that showed off the school's bright orange colors.

Her reasoning? If the Trojans couldn't sneak up on anyone, at least they would be visible in the crowd of runners competing at the O-K Blue Conference cross country meet at Johnson Park.

The shirts may have been new, but the results were the same for the Trojan girls, as they swept to the conference championship by scoring 26 points. It was the third conference title for the Trojans and the fifth in Benjamin's tenure at Middleville.

"The kids love orange, you can tell that," Benjamin said. "I figured today would be a good day to break the new uniforms out. This was basically a regional tune-up for us. I was confident we had the title wrapped up, so we needed to do well here to prepare for regionals."

Melissa Quisenberry ran 20 minutes, 13.9 seconds to outdistance the Hamilton duo of Sara Sterenberg and Meg Peters by 22 seconds. Sterenberg and Peters were three-tenths of a second apart across the finish line, 20:35.4 to 20:35.7.

"People think it's crazy, but I get scared going into every meet, like I'm not sure how I'll do," Quisenberry said. "Then it always goes away. But now I'm worried about regionals and how we'll do there."

Jen Verkerke took fourth for Middleville, while Christine Dood, Katie Richter and Jessica Stortz finished a respective sixth through eighth. Coopersville's Mallory Edmonds broke the Trojan pack with her fifth-place finish.

The Trojan girls, ranked No. 1 in the latest Division 2 girls state cross country poll, weren't the only Middleville runners to make noise. Sophomore Tim Brog won the boys race in 17:47.7, 12 seconds ahead of Hamilton's John Havenga and 13 seconds in front of Coopersville's Ryan Faber.

Despite Brog's top finish, Godwin Heights won the conference championship with 28 points, placing its top three runners in the fourth through sixth positions. Josh Sigman, Joel Moon and Landon Mitchner were joined by David Walton in eighth and Derek Hutchinson in 10th.

"We knew we had runners packed in a nice group, we just need them to be a little quicker for regionals," said Wolverines coach Riley Swinehart, who won his second consecutive O-K Blue title and the third in four years.

Josh Sigman's top time of 18:05.5 led a Wolverine squad whose five best runners finished 36 seconds apart.

"I knew we'd be close in times, but I didn't figure we'd be this close," Sigman said.

For Brog, the top finish wasn't enough to unseat Havenga, who still was the conference's top individual runner overall despite a second-place finish.

"We felt we could stay with Godwin as a team at the start of the season, but they've got more big runners than we do," Brog said. "But it was good to win here today. I felt like I ran my hardest and I didn't feel any pain, so I knew it was a good effort."

"My goal was to be first in the conference, so now that's set," Havenga said. "I can't get unfocused now, however. Now I have to go on to regionals and do just as well to have a shot at state."

Bulldogs win Allegan cross meet

Thursday, October 12, 2000

By
The Grand Rapids Press

Ionia's boys cross country team won the Tigershark Jamboree in Allegan Saturday.

The meet, which is not scored as are most cross country meets, adds together the finishing times of a team's top nine finishers in order to determine a winner.

The Bulldogs, whose nine finishers all posted times better than 19 minutes, 20 seconds, won the event with a combined time of 163:21.

Sparta finished second in the meet, more than two minutes behind the Bulldogs. Ionia was led by Bill Peterman, who was clocked at 17:11.

Ionia's Mike Fuller and Jason Kesler finished at the same time, crossing the line in 17:33. They were followed by teammates Robbie McCord, John Cook, Paul McCord, Brad Colley, Dan Bennett and Craig Sherwood.

Ionia's girls cross country team also entered the Tigershark Jamboree in Allegan, but was unable to record a team score since only five Bulldogs finished the course.

The Bulldogs were led by Pam Wilson who posted a time of 21:27. She was followed by Ionia's Jennifer Reed, Kim Cook, Kim Meesook and Leyna Hildebrandt. ...

The cross country teams from Forest Hills Central and Forest Hills Northern ran in Saturday's Portage Invitational. FHC's girls team finished eighth in a field of 20 teams.

The Rangers, who scored 239 points in the meet, were led by Chris Moore, who finished 41st with a time of 20:41.

FHC's Kristen Donaldson finished just one second behind Moore in 42nd while Becca Flanders finished one second behind Donaldson in 43rd.

FHC's Beth Milne finished 49th in 20:56 and Theresa Levesley finished 64th overall with a time of 21:56.

FHN's girls, who finished 15th in Portage, were led by Nicole Chambers who finished 20th with a time of 19:46.

The top finisher on FHN's boys team was Eugene Kreys, who finished 22nd with a time of 16:50.

FHC's boys cross country team was led in the Portage Invitational by Nick Liversedge, who finished 41st overall with a time of 17:07. ...

Calvin College's nationally ranked men's cross country team won the Gold Division of the Notre Dame Invitational in South Bend last weekend.

The Knights were paced by Dan Hoekstra, whose time of 25:10 was good enough for second place, behind Jesse Drake of Wisconsin-Stevens Point, who came in at 25:07.

Calvin College's nationally ranked women's cross country team also ran in South Bend but finished 19th behind teams like Stanford and the University of Michigan.

Sarah Gritter led the Calvin women with a 17th-place finish, in 17:37.

<HTML><BODY BGCOLOR="#ffffff">Grandville cross country teams making strides this year

Thursday, October 12, 2000

By Steve Ungrey
The Grand Rapids Press

GRANDVILLE -- When Thad Karnehm took over the Grandville girls cross country program, one of the first things he told the runners was that they were out of shape.

A remark like that could easily bruise a teenager's self-esteem. But Karnehm did not intend for it to be a mean-spirited remark. In this case, he was simply speaking the truth.

It was only the first step in a long-term rebuilding project for both the boys and girls teams, rebuilding that is already paying off.

Together with boys coach Jim Leonardo, the Grandville cross country teams are staging a revival that won't see them catch top-rated Rockford. Second place in the league, now that's a different story.

"We realize the league we're in is awfully tough," Leonardo said. "This may be the best league on the west side of the state, but (the O-K Red) makes us run better and stronger."

Meanwhile, after finishing near the bottom of the league last year, the girls team is now winning meets and finishing high at invitationals.

"I wanted the girls to learn that if they commit to something, the success won't always come easy but it will happen," Karnehm said. "I've been very proud of these girls. I said to them at the beginning of the season 'you're capable of way better than this.' "

Already, three-fourths of the 32 members on the team have run personal best times, proving Karnehm's inspirational tactics are paying off.

"It's not about running being your whole life," said sophomore Ashley Timmer. "He focuses on reality. He's an honest person."

Adds senior Paige Emery: "Other schools say we're turning around our program fast. Most of us feel like this is our first year, we're running so well. He told us 'you will say thank you' at the start of the year, and we really are thanking him."

Seniors Amy Black and Jill Hodges, juniors Abbie McLamara and Karly Grevig, and sophomore Sara Otto have posted fast times as well. Otto led her team at Saturday's Portage Invitational with a time of 20 minutes, 16 seconds, as the Bulldogs finished in the middle of the pack.

The Grandville's boys team also finished in the middle of the pack at the tough tournament, with senior Mike McKenzie posting a 17:04 to lead his team.

"We have a lot of senior leaders on this team, and the hard work and miles we put in are really paying off for us now," McKenzie said. "We're telling ourselves we can win this conference, but even if it doesn't happen, we're running a faster pace in general thanks to Rockford setting the tone."

"We had five guys breaking 18 minutes at the Sparta tournament," added senior J.P. Bida. "I don't think I've ever seen that in my years on this team."

McKenzie and junior Jeff Weber routinely vie for the top scoring spot, with junior Adam Kovac and sophomore Cory Steimel consistently in the top five. Sophomore Ryan Thome and senior J.J. Daniels are also among the top runners.

"These guys are in better shape," Leonardo said. "There is no saying 'I hope I run well.'"

Rams runners respond well from last week's rest

Thursday, October 12, 2000

By Jeff Chaney
The Grand Rapids Press

Looks like a little rest went a long way for the Rockford boys cross country team. Even though the Rams probably didn't need it.

Last week, a good majority of the boys teams took the week off from the Carson City Crystal Invitational because they were gearing up for their conference and state tournament runs.

Saturday at the Portage Invitational, Rockford looked well rested, winning the invitational with a score of 33 points. Saline was second with 73 points.

Dathan Ritzenhein was solid again for the Rams, winning the race in a time of 14 minutes, 41 seconds.

Ritzenhein's teammates were also solid, as Brian Smith came in fifth (15:58), Joe Swendrowski was sixth (16:03), Kyle Fujimoto was eighth (16:05) and Phil Astras came in 15th (16:35).

The Rockford girls team was also impressive in Portage, winning the team title with 26 points. Saline was also second in the girls race, finishing with 83 points.

Linsey Blaisdell won the girls race in a time of 17:46. She was closely followed by teammates Kalin Toedebusch, who was second (17:52) and Nikki Bohnsack, who was third (17:52).

Also figuring in the scoring for Rockford was Kelsey Toedebusch, who was sixth (18:44) and Aimee Keenan, who was 14th (19:26).

The next big tournament for the cross country teams is the conference meet at Grandville on Oct. 21.

From there it is regionals Oct. 28 at Grand Rapids Christian Reformed Recreation Center and the state meet Nov. 4 at Michigan International Speedway in Brooklyn. ...

Another Rockford team that's looking pretty good as it prepares for the postseason is the Rams' boys water polo team.

Saturday, the Rams won their own invitational by going 5-0, with some pretty big wins coming against some state powers.

Rockford, ranked No. 1 in the state, beat Ann Arbor Pioneer 4-1, Birmingham Groves 21-2, Ann Arbor Huron 16-4, East Kentwood 20-3 and Toledo St. Francis 19-4.

The Rams outscored their opponents on the day 80-14.

Spencer Haskins led the team offensively with 18 goals, while Ben Zolnierrek had 17. Goalie Scott Voltz had 52 saves, and led the team with 11 assists.

Rams still cruising in cross country

Thursday, October 5, 2000

By Jeff Chaney
The Grand Rapids Press

When October arrives, it serves as a reminder the postseason is about to begin for many area sports.

Conference tournaments in golf have already begun, while postseason girls tennis tournaments and cross country meets are close behind. ...

The Rockford girls cross country team looks primed to make it three straight Class A state titles.

Saturday at the Carson City Crystal Invitational at Fish Creek Sportsman's Club, the Rams ran away from a talented field in the A-B Division by scoring 22 points.

They outdistanced runner-up Traverse City West, which came in with 127 points.

Leading the way for Rockford was senior Linsey Blaisdell, who won the race in a time of 18 minutes, 1 second.

Also figuring into the scoring for Rockford was Kalin Toedebusch, who finished second, one second behind Blaisdell at 18:02, Nikki Bohnsack (3rd, 18:04), Kelsey Toedebusch (5th, 19:03) and Brittany Ogden (11th, 19:43).

In the Small B Division at Carson City, the Cedar Springs girls cross country team also had a strong run, finishing fourth with a score of 112. Middleville won the division with 54 points.

The top runner for the Red Hawks in the race was Lindsey Olson, who came in fourth with a time of 20:12.

Ritzenhein rests, gears up for postseason

Thursday, October 5, 2000

By Jeff Chaney
The Grand Rapids Press

ROCKFORD -- The Rockford boys cross country team just needed a little break.

A majority of the team took Saturday off at the Carson City Crystal Invitational, relaxing from competition in an attempt to get ready for the team's state tournament run later this month.

"We were just taking a meet off," senior runner Dathan Ritzenhein said. "We trained really hard last week, and we were all really beat.

"We have raced three weekends in a row, and with conference, regionals and state three or four weeks away, we wanted to get in a high-mileage week of practice in," he added. "And we needed a break after that."

The Rams definitely got their work in, as Ritzenhein ran a total of 84 miles last week, while the rest of the varsity team put in a grueling 65 miles of work.

"We just wanted to give them a little breather," Rockford coach Mark Nessner said. "They worked hard in practice last week, and we have raced quite a bit recently, and we just wanted to give the guys a break from competition.

The Rams did have one varsity runner taking part at Carson City.

Joe Swendrowski led Rockford to a fourth-place finish at the invitational with a score of 141. Grand Ledge won the championship with 77 points.

Swendrowski's time in the race was 16 minutes, 2 seconds, good for a third-place finish. Swendrowski was followed in the scoring by Nate Roersma (26th, 17:13), Kevin Dorn (28th, 17:15), Geoff Guthrie (37th, 17:33) and Jeff Fowler (47th, 17:44).

"That was a majority of our junior varsity team, and they all ran well," Nessner said. "The competition was pretty solid at Carson City, and I was

very happy with how they finished, considering this was our second squad. A lot of the kids posted their personal best."

Now the varsity team will sets its sights on winning that elusive state title Nov. 4 at Michigan International Speedway in Brooklyn.

The Rams have been runner-up for three straight years at the state finals, and Ritzenhein said the team is really starting to come together well for a late-season run.

"I think our top four runners are definitely the best in the state," Ritzenhein said. "And I feel our fifth, sixth and seventh runners are going to peak as we get closer to state.

"I like our chances at state," he added. "I have a lot of confidence this year."

What makes Nessner most happy about his team at this point is that the kids are healthy.

"The kids are starting to look at conference, regional and hopefully state," Nessner said. "Everybody is healthy right now, and we have been pretty lucky for that. I think they are ready."

Runners turn in top times

Thursday, October 5, 2000

By
The Grand Rapids Press

I'm sure the cross country runners at Saturday's Carson City-Crystal invitational are celebrating their performances after the biggest meet of the season.

And we will applaud the top runners from Calvin Christian, Freedom Baptist, Grandville and Unity Christian that took part in this tournament. ...

None of the four schools were in serious contention for the eight championships offered but there were some good times posted by Calvin Christian's Aaron Warnner (68th, 18:43) and Andrea Oosting (62nd, 22:33), as well as Freedom Baptist's Mark Eisentrager (32nd, 18:00) and Tabitha VanNorthwick (94th, 27:47).

We also salute Grandville's Jeff Weber (19th, 17:04) and Sara Otto (37th, 21:05), as well performances by Unity Christian's Laura VanMersbergen (30th, 21:21) and Ben Dyke (13th, 17:14). ...

We also had the Ottawa County Invitational Saturday, where Brian Eisen of Hudsonville finished 19th (17:48) and Allendale's Ben Watson ninth (17:14) as the Eagles and Falcons finished near the bottom of the pack. On the girls side, Hudsonville's Rachel Walcott (18th, 22:06) and Allendale's Erica VanRhee (17th, 22:00) led their respective teams. ...

STILL NO. 1: Rockford girls cross country team easily prevails in Carson City-Crystal Invitational

Sunday, October 1, 2000

By Steve Ungrey
The Grand Rapids Press

CARSON CITY -- Before Rockford's girls cross country team prepared for the school's homecoming dance Saturday night, it had a triumphant homecoming on the course.

Rockford, the top-ranked girls team in the nation, has sent its top runners on the road to select regional tournaments the past few weeks, but Saturday's Carson City-Crystal Invitational was too good to pass up.

Many area schools got a firsthand look at the Ram dynasty in action, as it overpowered the competition to finish the girls class A-B race with 22 points, 105 points ahead of second-place Traverse City Western.

"We lost four seniors from last year, so the concern was having a good pack," Rockford coach Brad Prins said. "We had the strength up front, but we're a bit disappointed in our performance because we needed the fifth and sixth runners to close the gap today and it didn't happen."

Rockford's Linsey Blaisdell's time of 18 minutes, 1 second was tops among the field. Finishing in second and third were Kalin Toedebusch (18:02) and freshman sensation Nikki Bohnsack (18:04.4) for the Rams.

"Linsey had been sick with a virus the past two weeks and she appears to be back to normal," Prins said.

It was also a showcase for a friendly rivalry between two of the area's top programs which compete in different conferences and divisions.

Middleville's girls team, the O-K Blue Conference leaders, once again edged out Kelloggsville in the girls small B division, 54-68. Kelloggsville's Nicole Bush captured first place (19:00).

"That's what you're supposed to do in order to be successful," said Middleville coach Tammy Benjamin of her team, which had a difference of 55 seconds between its first and fifth-place runner. "If you don't have a runner that can finish in first, then you automatically try for the team strength."

Junior Melissa Quisenberry, Middleville's top finisher with a third-place time of 19:47.6, knows the pressure grows for the defending Class B state champions with each passing meet.

"I think we're performing better than this time last year," Quisenberry said. "These kind of meets really help us judge where we should be and if you take our times down our group then we've really got a good team package."

For Kelloggsville coach Ray Antel, Bush's performance was sweet.

" Team-wise this was exactly what we had to do," said Antel.

Caledonia's Tim Ross (15:38.9), ranked as the second-best runner in Division 2, lost to top-rated Kurtis Marlowe (Gull Lake) by 12 seconds.

Joe Swendrowski (Rockford) was third with a 16:02.7; he was the only runner off Rockford's top boys team to compete in Saturday's race, as everyone else had an off day.

The invitational is considered by many coaches to be the top tournament in the state and a preview of the MHSAA finals. The meet attracted close to 3,000 runners from 90 different schools in Michigan and Ohio.

Young Zeeland boys run off with Ottawa Invitational

Sunday, October 1, 2000

The Grand Rapids Press

The Zeeland boys cross country team may be young, but the Chix are quick too.

Zeeland raced to victory in Saturday's annual Ottawa County Invitational, edging Holland 49-66 in the eight-team meet. The Chix had four freshmen finish in their top seven.

Matt Plaska paced the Chix with a third place, posting a time of 16 minutes, 51 seconds. Zeeland's Tad Hulst, Nate Penny and Scott Parrott swept the fifth-through-seventh positions, while Shawn Teheri rounded out the top-five for the Chix with a 28th.

Holland's Matt Huyser and Evan Reimer finished first and second overall to spark the Dutch. Huyser, a senior, earned medalist honors in 16:40, while Reimer was second in 16:48.

Grand Haven dominated the girls, outdistancing Holland 19-66. The Buccaneers placed six runners in the top seven, including medalist Jentry Soule, who went 19:01. Soule beat Holland's Kendra Snyder by 26 seconds.

Kelloggsville's Nicole Bush won the race in 19 minutes.

Other strong Cedar Springs performances came from Kristin Gebhardt (8th, 20:25), Heather Secor (19th, 20:53), Cheri Teliczan (29th, 21:19) and Tiffany Ohman (52nd, 22:14).

At the Red Hawk Invitational at Union, the Northview girls cross country team came home with a championship, scoring 50 points and topping West Catholic by five.

Bekah Hill was the top runner for the Wildcats, coming in sixth with a time of 23:03. West Catholic's Sarah Sak, daughter of former Northview cross country coach Dave Sak, won the race in 21:25.

The Wildcats also were paced by Beth Yeiter (8th, 23:24), Wendy Welch (9th, 23:26), Emily Hautamaka (13th, 24:10) and Ashley Schultz (14th, 24:29).

Look for all of these teams to do well in regionals. ...

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