

Novi News

Thursday, Nov. 22, 2001

Moore signs with Notre Dame

By Jason Schmitt
SPECIAL WRITER

When you're the most sought after cross country runner in the state of Michigan, the choice of which college to continue your career at can be a tough one.

Throw in the fact that you're a 4.0 student and the decision becomes even more difficult.

But Tim Moore has had to face many tough challenges in his academic and athletic life before.

The 2001 Division I state champion has decided to attend Notre Dame next fall, joining former Novi great Kevin Avenius on the Irish roster. He selected Notre Dame over the University of Michigan, Stanford, Wake Forest and Duke.

He said the Indiana school was the best fit for him, both athletically and academically.

"I have a couple of friends there to start with. Both Kevin (Avenius of Novi) and Todd Mobley (Walled Lake Central) are running there," Moore said. "I also loved the

"He knows what he's doing. He knows how to bring in guys and get the most out of them."

*Tim Moore
on soon-to-be coach*

atmosphere. It was a very cozy campus."

Moore said another big reason for his decision was Notre Dame head coach Joe Plane, who was named national coach of the year this past Saturday.

"Of all the coaches, he was my favorite," he said.

Moore said seeing Michigan native Ryan Shay develop into the 10,000 meter NCAA Division I

champion under Plane showed the coach was committed to working with his athletes.

"He knows what he's doing. He knows how to bring in guys and get the most out of them," he said.

Moore became the first runner in Novi history to capture the individual state title back on Nov. 3. He beat out Woodhaven's Jake Hammerle by 24 seconds, completing the bogged-down Michigan International Speedway course in a time of 15 minutes, 11 seconds.

It was his third-consecutive top-three finish at the finals.

Like Novi, his college of choice has a rich tradition in both cross country and track and field.

Notre Dame finished fifth at the national meet Monday after winning the Big East championship and the Great Lakes Regional title.

If Moore follows in the footsteps of other recent state champions, his future looks bright.

Moore said the choice to attend

Moore to run in Ind.

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Notre Dame was all his own, with no nudging from former 'Cat star Avenius.

"Kevin didn't recruit me at all. He asked me how my recruiting was going every three or four months, but he didn't recruit me to the school," Moore said. "I would hear stories from him and Todd (Mobley) and how they really liked it down there. Every time I saw them, we would talk about it and I learned a lot about the school from them."

Moore said, academically, Notre Dame offered him more than the other four schools recruiting him.

"Academically, it speaks for itself," he said. "I think I want to major in biology or one of the sciences. And they have a lot of options in those categories."

The Novi senior will take part in the Footlocker Midwest Regional race in Kenosha, WI Saturday. The race will feature over 300 runners from 15 states.



SUBMITTED PHOTO

Wildcat state champion Tim Moore signs his letter of intent to run at Notre Dame while Novi coach Robert Smith offers support.

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Moore, Kava, Foren named as All-Area harriers

**By Sam Eggleston
and Steve Bell**
SPORTS WRITERS

As is often the case, HomeTown Newspapers' East all-area boys' cross country team looks more like an all-state team. In fact, five of the seven first-team members made Division I all-state, including state champion Tim Moore of

Novi.

There's no better cross country league in America than the Kensington Valley Conference, and the Oakland County members carry the torch.

**First team
Tim Moore
Novi senior**

Tim Moore — what is there to

say about a runner like him? He was the Kensington Valley Conference Champion, the regional champion, the Oakland County champion and he was the Division I state champion. Adding to that was a recent overall first-place in the Footlocker Regional Competition on his way to the Nationals. Is there anything Moore can't do? When it comes to cross

country, Moore has enough going for him to have the University of Notre Dame more than happy to sign him. His personal best time is 15:10, which has kept him undefeated this season.

**Brian Theut
Lakeland senior**

Theut was a stalwart of Lakeland's program the last four

years, running in the state finals in all four of those seasons. Theut was one of Lakeland's top two runners for three years. He made all-state in 2001, placing 28th at MIS with a time of 16:13. Theut was fifth at the Holly regional (16:24), second-team All-KVC (ninth at the league meet with a time of 17:04), 16th at the Oakland County meet (17:13),

13th at the Jackson Invitational (16:31) and fourth at the Oxford Invitational (16:49), which the Eagles won.

**Nick Koczyk
Milford senior**

Because MHS was on the front of his jersey, there was a target on

Continued on 3

All-Area cross country team selected; Moore and gang lead way

Continued from 1

the back as Kopczyk represented the Redskins, ranked first in the state throughout the regular season. He earned back-to-back all-state honors by placing 16th at the state finals (15:59), helping Milford to its runner-up finish. Prior to that, Kopczyk was ninth at the regional (16:34), third in the KVC (16:31), fifth at Oakland County (16:42), seventh at the Detroit Catholic Central Invitational (17:11) and fifth at the Davidson Meet of Champions (15:49).

Brian Lee
South Lyon senior

After splitting the role with teammate Andrew Lapham last season, in 2001 Lee emerged as South Lyon's front-runner. He placed first for the Lions in all but two events. Lee was an individual qualifier for the state meet, where he placed 63rd (16:34).

Dan DeRusha
Milford sophomore

DeRusha and Kopczyk traded the top spot for Milford throughout the season as the Redskins went undefeated in dual meets and won the county, league and regional. The sophomore's best time came against the top competitor in the Midwest, a fourth-place 15:49 at the Davidson Meet of Champions. That's the fourth-fastest time in school history. After missing first-team All-KVC in 2000 by one spot DeRusha didn't leave anything to chance this year, placing fourth at the league meet (16:44). He was seventh at the regional (16:30), fourth at Oakland County (16:41) and fifth at the Jackson Invitational (16:11).

Adam Craig
Lakeland junior

Craig and Brian Theut shared the top spot for Lakeland all season. It was a winning combination which carried over all the way to

the state final, where the Eagles placed fifth. Craig was all-state, finishing 20th in Division I (16:03). He was sixth at the regional (16:26), first-team All-KVC as he was sixth at the league meet (16:56), seventh at the Oxford Invitational (17:00), eighth at Oakland County (16:52) and 16th at the Jackson Invitational (16:36).

Chris Welch
Lakeland junior

Hopefully, this season taught teams not to sleep on the Eagles. There will be no excuse next year, as Welch will be one of two all-state runners returning next season. Five of the seven Lakeland runners in the state meet will be back next season. Welch showed his potential during the 2000 track season when he was the Eagles' number two distance guy to senior Pat Klein. This fall he realized that potential, ultimately placing 30th at the state final (16:15). Welch was eight at the

regional (16:32), 11th at the KVC (17:11), 10th at the Oxford Invitational (17:14) and 18th at Oakland County (17:16).

Second team
Nick Moroz
Northville senior

Not only did Nick Moroz collect the sixth-fastest time in Northville High School history with 16:44, but he also collected a birth onto both the Wayne County second-team and the Western Lakes Activities Association Second-Team. Moroz is a three-year letter winner for the Mustangs and though he was injured for the regional meet, he showed promise and leadership throughout the season.

Joe Lunn
Northville junior

Joe Lunn ran to the 12th best spot in Northville school history with a time of 17:00 while notching a spot on both the Wayne County second-team and the

Western Lakes Activities Association Second-Team. A three-year letter winner for the Mustang harriers, Lunn finished in 19th at the regional meet. Lunn will no doubt become a leading force for the Mustangs come next season.

Pat Miller
Milford junior

You think Miller won't have some motivation to put in those summer miles? Not only was his team second at the state meet, but he missed all-state by one place. To a Lakeland runner no less. If we were to go on Miller's history we'd bet he's all-state next year. He was 39th at the state meet in 2000 and 31st this year (16:15). This after going 13th at the regional (16:46), 11th at Oakland County (16:59), eighth at the Detroit Catholic Central Invitational (17:12) and 22nd at the Meet of Champions (16:11). "Pat is a coach's dream," Milford coach Brian Salyers said. "He's a kid

who works hard and goes out and competes every time: Mr. Dependable."

Todd Foren
Novi junior

Todd Foren had a tough act to follow with the likes of Tim Moore stealing the show — it didn't bother him, though. Foren collected a personal best time of 16:54 for a 16th place in the KVC race. He raced to a 70th place finish with the best of the best in the Division I state final at the Michigan International Speedway.

Tim Kava
Novi senior

Tim Kava is a speedy Novi runner with determination and dedication helping the wind at his back. Collecting a personal record time of 16:36 this season, Kava raced to 24th in the KVC title run and notched a 78th-place run in the state title meet. Kava has been a solid fixture for the Wildcats and a consistent runner all season.

Tim Moore takes Regional first

By Jason Schmitt
SPECIAL WRITER

Tim Moore had little competition throughout the high school cross country season, having only to run against himself and his own will - so this past weekend he traveled to Kenosha, WI in search of a push.

The Michigan state champion proved to be the best in the midwest, winning the Foot Locker Midwest Cross Country Championship in a time of 15:15. He beat runnerup Chris Solinsky of Stevens Point, WI by seven seconds.

Runnerup last year to former Rockford sensation Dathan

Ritzenhein, Moore left no doubt he will be ready to improve upon his 8th-place finish at the National Final, which will be held Dec. 8 in Orlando.

"He ran a flawless race," his coach Bob Smith said. "Tim knew what he was doing. He knew that if he got out and ran a good, hard race, one where he set the pace, he would be in charge."

The field consisted of 332 runners from 15 states throughout the midwest.

The top eight runners automatically advance to the national meet. For the fourth-straight year, Michigan proved its worth by placing three run-

ners among the top eight. St. Joseph's Adam Ludwig, who finished third in Michigan's Division 2 race, finished fifth at the Midwest regional. Caledonia's Tim Ross, the only runner to better Moore's time at Michigan International Speedway back on Nov. 3, also advanced to Orlando with a sixth-place finish.

Moore's time was 10 seconds slower than his runner-up finish on the same course a year ago. However, windy and rainy conditions hampered all runners times this year.

The Footlocker National

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Novinews.com

Moore continues hot running streak Novi harrier now headed for Disney World

Continued from 1

Cross Country Championships, held at the Walt Disney World Resort, features the top 32 runners in the country. Eight runners from each of four regions (Midwest, Northeast, South, West) take part. In recent years, the Midwest and West regions have sported the

nation's best runners.

Smith said Moore should be ready to face the nation's best. He's been running against it for two years now.

"He thrives on competition, the more the competition the better he runs," the coach said. "He's seen the best there's ever going to be with Ritzenhein and Alan Webb

last year.

"This year, however, the competition may be better. But that's what he does best. He just settles down and competes."

The race will begin at 10:20 a.m. and will be televised on Fox Sports Network in a delayed capacity.

Tim's younger brother,

Mark, finished 26th overall in the freshmen/sophomore race.

His time of 17:19 was the third fastest among freshmen.

Jason Schmitt is a special writer for the Northville Record, Novi News and the Lake Area Times. Comments can be directed to the sports department at (248) 349-1700, ext. 104.



Welch Salvetta Gillett Craig Bauer Theut



Kopczyk Murray Colt Moore DeRusha Naughton

Milford, Lakeland lead All-Oakland County boys cross country

By MARVIN GOODWIN
Of The Oakland Press

Oakland County landed its first boys state champion in seven years when Novi's Tim Moore took the Division 1 crown. Milford's boys, with their second-place finish at state, and Lakeland's three representatives on the All-County team gave credence to the Kensington Valley Conference's strength as a cross country power in the state. The talent, though, was spread out as five conferences are represented on this year's senior-dominated squad.

■ **Tim Moore, Novi** — The senior ended his high school cross country with a host of titles, including the Division 1 state championship. No one beat him this season as he won Shamrock and Walled Lake Western Invitational titles, and added KVC, Oakland County and regional championships to his collection, all by sizable margins.

■ **Andrew Bauer, Bloomfield Hills Lahser** — The Division 2 state meet runner-up helped pull his teammates to a surprising fourth-place finish at state. The senior was OAA II Holly, West Bloomfield/Brother Rice, Spartan Invitational and regional champion. Arguably the third best runner in the state, his only two losses came to runners who won state titles.

■ **Nick Gillett, Troy** — He used his long, loping stride to cover lots of ground, winning OAA I, Ambrose Invitational and regional titles. He was fifth at the Holly Invitational, 17th at the Oakland County meet and placed seventh at the Division 1 state meet.

■ **Dan Murray, Birmingham Brother Rice** — The senior made a marked improvement from his junior year, earning Catholic League and regional titles. He was West Bloomfield/Brother Rice Invitational runner-up, took third at the Oakland County meet and placed eighth at the Division 1 state meet.

■ **Nick Kopczyk, Milford** — The senior helped lead Milford to one of its best seasons and the team Division 1 state runner-up trophy. Kopczyk placed 23rd at state as a freshman but grinded it out the following years, finishing 16th at state for his second All-State effort. He was ninth at regional, seventh at the Shamrock

All-County boys cross country

FIRST TEAM

Tim Moore	Novi	Senior
Andrew Bauer	Bloomfield Hills Lahser	Senior
Nick Gillett	Troy	Senior
Dan Murray	Birmingham Brother Rice	Senior
Nick Kopczyk	Milford	Senior
Kevin Naughton	Walled Lake Western	Senior
Adam Craig	Lakeland	Senior
Ben Salvetta	Cranbrook-Kingswood	Senior
Michael Colt	Lake Orion	Senior
Brian Theut	Lakeland	Sophomore
Dan DeRusha	Milford	Junior
Chris Welch	Lakeland	Junior

SECOND TEAM

Nicol Naughton	Walled Lake Western	Sophomore
Dan Richmond	Oakland	Sophomore
Kyle Harris	Milford	Sophomore
Dan Smith	Berkley	Senior
Brian Coats	Harrison	Junior
Steve Manco	Bechop Foley	Senior
Mark Sato	Christian	Junior
Phil DeCook	Troy Athos	Senior
Jared Elmore	Christian	Junior
Brian Lee	South Lyon	Senior
Pat Kizer	Milford	Junior
Justin Dew	Lake Orion	Senior

■ **HONORABLE MENTION:** Andrew Lapham (South Lyon), Tyler Van Actor (Milford), Steve Cismoc (Rochester Adams), William Peterson (Lake Orion), Bruno Kaczmarek (Bloomfield Hills Lahser), Todd Farn (Novi), Mitch Ericson (Novi), Steve Aspinall (Walled Lake Western), Justin Dew (Lake Orion), Mike Frisch (Aurora), Mike Barton (Seaholm), Alex White (Brother Rice), Ryan Fye (Lakeland), Brendan Godwin (St. Mary's), Brandon Kalkas (Birmingham Groves), Justin Joyner (Oakland Christian).

Invitational, fifth at the Oakland County meet and third at the KVC meet.

■ **Kevin Naughton, Walled Lake Western** — Naughton, the Western Lakes Activities Association champion, was 15th at the West Bloomfield/Brother Rice Invitational, sixth at the Oakland County meet and fourth at regional before placing 19th at the Division 1 state meet.

■ **Adam Craig, Lakeland** — Craig was perhaps the Eagles' most consistent runner, earning eighth at the Oakland County meet, 16th at the Brother Rice/West Bloomfield Invitational, sixth at the KVC meet and 20th at the Division 1 state meet.

■ **Ben Salvetta, Cranbrook-Kingswood** — The senior took first at the Holly Invitational, finished seventh at the Oakland County meet and was eighth at the Division 2 state meet after taking runner-up honors in regional competition.

■ **Michael Colt, Lake Orion** — The Dragons' leading runner, Colt placed 10th at the Oakland County and Holly Invitionals, was OAA I and Ambrose Invitational runner-up and placed fourth in his regional. Colt placed 22nd at the Division 1 state meet.

■ **Brian Theut, Lakeland** — Among the Eagles' top runners the

last three seasons, the senior was ninth at the KVC meet, 16th at the Oakland County meet, 13th at the Brother Rice/West Bloomfield Invitational and fifth at regional before taking 28th at the Division 1 state meet.

■ **Dan DeRusha, Milford** — One of the team's leading runners, the sophomore took fourth in the KVC and Oakland County meets and was seventh at the Springfield Oaks regional.

■ **Chris Welch, Lakeland** — He came on strong at the end of the season, placing seventh at the KVC meet, eighth at regional before finishing 30th at the Division 1 state meet.

■ **Coach of the Year** — Brian Salyers coached



Salyers

to perhaps his best season ever. With a depth-laden squad, Salyers often had split teams at different meets with success at both sites. Milford won Oakland County, regional and KVC titles before finishing second at the Division 1 state meet, the highest in school history.

THURSDAY NOVEMBER 29 2001

HIGH SCHOOLS/SCOREBOARD



Welch



Salvette



Gillett



Craig



Bauer



Theut



Kopczyk



Murray



Colt



Moore



DeRusha



Naughton.

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Kyle Harris	Milford	Sophomore
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Steve Mance	Bishop Foley	Senior
Mark Sitko	Clarkston	Junior
Phil DeCook	Troy Athens	Senior
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Salyers

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2001 All-Metro Cross Country Teams

COMPILED BY BEV ECKMAN | THE DETROIT NEWS

BOYS

Andrew Bauer

Bloomfield Hills Lahaser
Bauer, a senior, finished second in Division 2 at states in 15:41.10, behind Tim Ross of Caledonia, who had the fastest time of the state meet, 15:03.60. Bauer won West Bloomfield, Holly, Oakland and Spartan Invitational. He is three-time Oakland Activities Association Division 2 champion and was second at Oakland County meet to Tim Moore.
"He's extremely dedicated and he has the ability to run a hard pace for a long period of time," Coach Nick Stanton said. "He helped our team finish fourth in the state." Eastern and U-M are among those interested.

Matt French

Howeell
French, a senior, finished fourth in Division 1 in 15:42 and set his personal record. He was 7.4 in duals and won the States, Greater Lansing, Mason and Jackson Invitational. He was second in the Alpena in the Kalamazoo Valley meet.
"Matt has a lot of talent and a tremendous work ethic," Coach Paul Webster said. "He's a real runner because he's generally better than most of the guys in the race." Central, Michigan State, Grand Valley and Western are interested.

Jake Hammerle

Woodhaven
Hammerle, a senior, finished second in Division 1 in 15:38 as an individual, his personal best. He won the Huron, Monroe Jefferson, Center Line and Mason Invitational and the Alpena White League meet.
"He has talent, he's very hard and he's a team player," Coach Mike Demetrius said. "He stepped out a plan for states and he followed it and finished second." Eastern, Western, Central, Ball State and MSU are interested.

Nick Kopyczk

Highland Millwood
Kopyczk, a sophomore, finished fifth at Division 1 states in 15:30.70, helping Millwood to a second-place team finish. He finished fifth in Oakland County meet, third in Kalamazoo Valley Conference. He ran season-best 15:40 at South Lyon. He has run in the heart of cross country as you are racing the best," Coach Brian Sellers said. "Nick has a high threshold for pain. When pain comes to him, dedication comes in and he'll push through his fatigue and he'll be there for his teammates." Eastern, Western, Central, Ball State and MSU are interested.

John Krawiec

Detroit Catholic Central
Krawiec, a senior, recovered from a left shin cross fracture at the start of the season and finished third in Catholic League behind Dan Murray and teammate Dave Lucas. He was fifth in Division 1 in 15:47 at C.C., which won the team 15th. He was all-state as a junior. His first year running verbally. "John is very gutsy, as soon as the gun goes off, he goes after people," Coach Tony Magari said. "He stays with the leader as long as he can, and finishes hard." University of Detroit Mercy, Ball State and Wayne State are interested.

Second team

Adam Craig, W.L. Lakeland; Dan Dukuska, Highland Millwood; Kevin Gicraspa, Brighton; Nick Gillett, Troy; Scott Kalfraus, Trenton; David Lucas, Detroit C.C.; Livrinnia McElroy, St. Clair; Kevin Naughton, W.L. Western; Ben Salvetta, B.H. Cranbrook; Troy Terry, UMass Essexhower.

Coaches' All-State Team

Selected by the Michigan Interscholastic Track Coaches Association.
Mr. Cross Country: Tim Ross, Caledonia.
Ms. Cross Country: Katie Danyko, Sterling Heights Stevenson.
Note: Mr. and Ms. Cross Country are the fastest seniors at the MDCAA Finals meet.
Boys' Team
Boys: 1. Tim Ross, Caledonia. 2. Tim Moore, Novi. 3. Jake Hammerle, Brownstown Woodhaven. 4. Andrew Bauer, Bloomfield Hills Lahaser. 5. Justin Zanotti, Macomb L'Anse au Loup. 6. Matthew French, Howeell. 7. John

How we picked them

The Detroit News' 2001 All-Metro cross country teams were selected by sports writer Bev Eckman, in consultation with state and area coaches and representatives of the Michigan Interscholastic Track Coaches Association.

Tim Moore

Novi
Moore, a senior, capped his high school career with a commanding Division 1 victory, winning by 24 seconds in 15:11. He was undefeated, winning the regional and the Kalamazoo Valley Conference. At the Gabriel Richard Invitational he won in his season-record, 15:10. "He has outstanding ability to last for a long period of time, while some for the whole race," Coach Bob Smith said. "He has willingness to train hard, the harder the better. He has a lot of miles and a fast pace." Derry was the coach by interest in him. Smith said. "He has a 4.0 and he's very durable." Moore is interested in Notre Dame. Novi's team was 15th.

Dan Murray

Birmingham Brother Rice
Murray, a senior, won the Catholic League Division 1 championship in 15:33. He regional in 15:55 in the mud and the Hanson Invitational. He was 23 in 10:42. He was 3.1 in duals. He was eighth in Division 1 at states in 15:51, his personal best, for No. 12 Rice. He was 52nd in 15:25 as a junior. "He's just a hard worker. He wasn't very good as a freshman, he was a 5:30 mile, very average," Coach Bob Stark said. "He's a well-made runner, through individual hard work in the last 10-20 months."

Dustin Voss

Saline
Voss, a junior, ran his 15:51 personal record at the Gabriel Richard Invitational, finishing third behind Tim Moore and Matt French. Undefeated in league meets, he was Southwestern champion and 21st at states in 15:41. The first sophomore to make all-state in Coach Tom Pedarzo's 10-year tenure. "Dustin Voss is the most gifted athlete I've worked with many coaching careers," Pedarzo said. "He came as a freshman running 15:53, which was the fastest time seen in Saline history." Saline's team was No. 11.

Justin Zanotti

Macomb L'Anse au Loup
Zanotti, a senior, finished third in Division 1 in 15:43.50 as an individual, his personal best. He won the Macomb Area Conference meet and region, the Macomb Blue Division. He was second in the Detroit Catholic Central at the Spartan. Coach Jason Hubbard said. "He has a huge heart, he set a goal after last season where he wanted to finish states this year. He worked hard and read even harder to put himself in position to finish third." Eastern Michigan, Michigan State and the University of Tennessee are interested.

Memorable mention

Ryan Lewis, Detroit Catholic Central; Pat McE, Highland Millwood; Kyle Jekot, Detroit Catholic Central; Justin Joyce, Auburn Hills Oakland Christian; Michael Cost, Lake Orion; Isaac Barr, Monroe Jefferson.
Coach of the Year
Tony Magari, who guided Detroit Catholic Central to the Catholic League Cross Country Division and Catholic League championships, the Coaches' Interscholastic City Championship, his regional championship and 6th place in the Michigan High School Athletic Association Division 1 final.



Raocer



French



Hammerle



Kopyczk



Krawiec



Moore



Murray



Voss



Zanotti



Bongiovanni



Canty



Danyko



Menyan



Parker



Stanley



Walter



Parker



Webster



Young

GIRLS

Teresa Bongiovanni

Rome
Bongiovanni, a senior, finished fifth in Division 1 at states in 18:45.20. She was second in Macomb County meet to Severance's Katie Danyko. Second in region to Rochester Agnes Shannon Stanley. Won Macomb Area Conference Red/White Division league meet in season best 18:42. Won Alpena and Hanson Invitational. "She was gifted with terrific leg speed and she's a persistent, dogged competitor," Coach Tim Poppi said. "She's always optimistic. She runs away from the pack when she can." Western State and the University of Toledo are interested.

Lisa Canty

Highland Millwood
Canty, a sophomore, was regional and Kalamazoo Valley runner-up and was eighth at states in Division 1 in 18:58, her season best. "She has a lot of a sense that she carried us through the season when we were making our No. 1, Tiffany Kall, and No. 3, Kelly Kramiec," Coach John Danyko said. She was 5.1 in duals. "She has an internal competitiveness, she accepts nothing less than her best. She lets no competitor beat her without a fight. For a young person, she brings great maturity and focus to her sport."

Katie Danyko

Sterling Heights Stevenson
Danyko, a senior, finished fourth in Division 1 at states in 18:27.20. She won Macomb County and Macomb Area Conference Red Division meets, and won her regional in her season-best 18:20. "She's an outstanding young lady, a really hard worker, dedicated and a great leader," Associate Coach Chris Schell said on behalf of Coach Kevin Hanson, who is out of the country. "She is very focused, she runs her race smart and stays in control." Several schools are interested in her.

Liz Menyan

Clarkston
Menyan, a freshman, won the Greater Cassius. Won her Division of the Hanson Invitational and the White Lake Lakeland Invitational. "She's a very hard worker and she's very competitive," Coach Jamie Lacombe said. "She likes to go to the front, she runs from the front and she's always ready to beat her."

Krishawna Parker

Detroit Crockett
Parker, a senior, was second in her regional to Country Day's Megan Young. Third at states in 18:43. Last year she was fourth in a personal best 18:24. "She's the fastest female in the history of PSS cross country," Crockett Coach Lacombe said. "She's been all-city. She's been in the state meet for the last three years and she's won the regional and strong will to succeed at the college level." Eastern, Western, Wayne State and the University of Tennessee are among those interested.

Second team

Neeka Biala, S.H. Stevenson; Melissa D'Amico, Birmingham Marian; Allison Grandt, Holy Angels; Andrea MacFarland, Roch. Adams; Ashley Pappas, Lakeland Christian; Devon Ruppel, Northville; Kaitie Putzka, S.H. Stevenson; Renee Villa, S.H. Stevenson; Amy Zwickler, S.H. Stevenson.
Memorable mention
Emma Carrasco, Royal Oak Theta; Emma Heltman, Richmond, Kentucky.

Shannon Stanley

Rochester Adams
Stanley, a junior, finished second in Division 1 in 18:50, her second consecutive second place Division 1 finish. She won the West Bloomfield, Alpena, Spartan and Oakland Invitational and the Oakland County meet. Oakland Activities Association Division 1 and her regional. "She has a physically strong body, she's fast on her feet, she's quick," Coach Bob Smith said. "She has strength in her feet, she's very light on her feet with a good fluid motion. She can vary her style from meet to meet. She can go out in front or come from behind."

Rebecca Walter

Birmingham Groves
Walter, a senior, won Division 2 states handily in 18:40.20, 200 meters in front of the field. She won her regional in 18:35, her season best. "She has a lot of a sense that she carried us through the season when we were making our No. 1, Tiffany Kall, and No. 3, Kelly Kramiec," Coach John Danyko said. She was 5.1 in duals. "She has an internal competitiveness, she accepts nothing less than her best. She lets no competitor beat her without a fight. For a young person, she brings great maturity and focus to her sport."

Jennie Waters

Birmingham Marian
Waters, a junior, won a six-team state meet in September. A chronic illness hampered her most of the season, but she returned to training. Consequently, she was able to come back to finish sixth in Division 2 at states in 19:23.00, her season best. Her performance led Marian to a third-place finish in the team race. "She has an amazing amount of raw talent," Coach John Dunn said. "If she stays healthy, she should do well next season."

Elizabeth Webster

Dowtown Divine Child
Webster, a senior, won the regional and won Division 1 in 18:45. She was second in Michigan Young at Catholic Central's, she won the Catholic League and regional meets. Her best time was 18:45. "She's a very hard worker and she's very competitive," Coach Jamie Lacombe said. "She likes to go to the front, she runs from the front and she's always ready to beat her."

Megan Young

Detroit Country Day
Young, a freshman, finished second in Division 3 in 18:43.8. She won her division of the Holy Michigan Crockett and Holy Brandywine Invitational and was second in the Oakland County meet to Shannon Stanley. "She's a natural, she'd never run before she came out for the team and won the first invite her first day out, two hours after joining the team," Coach Andy Walter said. "That makes Michigan State still learning."

Jackson, Grace Hill, Colwell Johnson, Highland Millwood, Angela Matthews, Lutheran Westland, Melissa Mondon, Romeo, Ann Arbor, Clarkston, Reduana Prep, Romeo, Holy Family, Detroit Renaissance, Diane Verduyn, Birmingham Marian.

Coach of the Year

Kevin Hanson, Sterling Heights Stevenson. He guided the team to Macomb County, Macomb Area Conference Red Division and regional championships, and second place in the Michigan High School Athletic Association Division 1 final, the highest finish in the state. Rochester repeated as champion.

COACHES' ALL-STATE TEAM

Selected by the Michigan Interscholastic Track Coaches Association.
Mr. Cross Country: Tim Ross, Caledonia.
Ms. Cross Country: Katie Danyko, Sterling Heights Stevenson.
Note: Mr. and Ms. Cross Country are the fastest seniors at the MDCAA Finals meet.
Boys' Team
Boys: 1. Tim Ross, Caledonia. 2. Tim Moore, Novi. 3. Jake Hammerle, Brownstown Woodhaven. 4. Andrew Bauer, Bloomfield Hills Lahaser. 5. Justin Zanotti, Macomb L'Anse au Loup. 6. Matthew French, Howeell. 7. John

Krawiec, Detroit Catholic Central.
Girls: 1. Nikki Bohrsack, Rochester Adams. 2. Shannon Stanley, Rochester Adams. 3. Elsa Zembach, Kalamazoo Loy Norris. 4. Kaitie Danyko, Sterling Heights Stevenson. 5. Nicole Bush, Wyoming Kalamazoo. 6. Rebecca Walter, Birmingham Groves. 7. Megan Young, Detroit Country Day.
Division 1
Boys: Tim Moore, Novi. Jake Hammerle, Brownstown Woodhaven. Austin Zanotti, Macomb L'Anse au Loup. Matthew French, Howeell. John Krawiec, Detroit Catholic Central. Justin Zanotti, Plymouth Salem. Nick

Gillett, Troy.
Girls: Nikki Bohrsack, Rochester Adams. Shannon Stanley, Rochester Adams. Elsa Zembach, Kalamazoo Loy Norris. Kaitie Danyko, Sterling Heights Stevenson. Teresa Bongiovanni, Romeo. Kelsey Tordelbusch, Rockford. Kristi Powers, Rockford.
Division 2
Boys: Tim Ross, Caledonia. Andrew Bauer, Bloomfield Hills Lahaser. Adam Ludwig, St. Joseph. Scott Kalfraus, Trenton. Tyler Zweigerman, Holland. Christian Linceo Betts, Big Rapids. Tim O'Hara, Big Rapids.
Girls: Rebecca Walter, Birmingham Groves. Michelle Dierico,

Battle Creek Lakeside. Katie Prati, Bay City. John Glenn, Megan Newton, East Lansing. Kathleen Smith, Flint Powers. Jennifer Waters, Birmingham Marian. Heidi Johnson, Ludington.
Division 3
Boys: Brandon Grybos, Stockbridge. Aaron Nasers, Battle Creek Parkfield. Steven Cymbok, Hermitage. David Ellis, Williamston. Dan Campbell, Grand Rapids Baptist. Shawn Jordan, Constantine. Nicholas Puchacz, Hermitage.
Girls: Nicole Bush, Wyoming Kalamazoo. Megan Young, Detroit Country Day. Krishawna Parker, Detroit Crockett. Jamie

Watson, Alondale. Lesley Arasick, Alton. Christine Alcorn, Manover-Horton. Arlene Field, Kalamazoo Hackett.
Division 4
Boys: Mike Putzka, New Buffalo. Frank Therman, Horton. Stephen Shup, Central Lake. Kyle Gosling, McShain. Keith Longanski, Liberty. Jacob Kloss, Harbor Springs. Matt Kibby, Maple City Glen Lake.
Girls: Caitlin Koby, Kinde-North Huron. Heidi Pappas, Buckley. Kelly Forney, Subura. Sabrina Mitchell, Bear Lake. Cassidy Edwards, Maple City Glen Lake. Jennifer Leichman, Ann Arbor Greenhills. Dawn Essermacher, Pittsford.

2001 All-Metro Cross Country Teams

COMPILED BY BEV ECKMAN | THE DETROIT NEWS

BOYS

Andrew Bauer

Bloomfield Hills Lahser

Bauer, a senior, finished second in Division 2 at states in 15:41.10, behind Tim Ross of Caledonia, who had the fastest time of the state meet, 15:03.60. Bauer won West Bloomfield, Holly, Oxford and Spartan Invites. He is three-time Oakland Activities Association Division 2 champion and was second at Oakland County meet to Tim Moore. "He's extremely dedicated and he has the ability to run a hard pace for a long period of time," Coach Nick Stratton said. "He helped our team finish fourth in the state." Eastern and U-M are among those interested.

Matt French

Howell

French, a senior, finished fourth in Division 1 in 15:42 as an individual, his personal record. He was 7-1 in duals and won the Haslett, Greater Lansing, Mason and Jackson invitationals. He was second to Tim Moore in the Kensington Valley meet. "Matt has a lot of talent and a tremendous work ethic," Coach Paul Webster said. "He's a front runner because he's generally better than most of the guys in the race." Central, Michigan State, Grand Valley and Western are interested.

Jake Hammerle

Woodhaven

Hammerle, a senior, finished second in Division 1 in 16:35 as an individual, his personal best. He won the Huron, Monroe Jefferson, Center Line and News Herald Invitationals and the Mega White league meet. "He has talent, he works very hard and he listens," Coach Mike Dennisuk said. "We mapped out a plan for states and he followed it and finished second." Eastern, Western, Central, Ball State and MSU are interested.

Mike Kopczyk

Highland Millford

Kopczyk, a sophomore, finished 16th at Division 1 states in 15:59.70, helping Millford to a second-place team finish. He finished fifth in Oakland County meet, third in Kensington Valley Conference. Ran season-best 15:46 at South Lyon dual. "We run in the heart of cross country so you are

How we picked them

The Detroit News' 2001 All-Metro cross country teams were selected by sports writer Bev Eckman, in consultation with state and area coaches and representatives of the Michigan Interscholastic Track Coaches Association.

Tim Moore

Novi

Moore, a senior, capped his high school career with a commanding Division 1 victory, winning by 24 seconds in 15:11. He was undefeated, winning the regional and the Kensington Valley Conference. At the Gabriel Richard Invitational he won in his season-record, 15:10. "He has natural ability to run fast for a long period of time, wide-open for the whole race," Coach Bob Smith said. "He has willingness to train hard, the harder the better. He likes a lot of miles at a fast pace." Every school in the country is interested in him, Smith said. "He has a 4.0 and he's very durable." Moore is interested in Notre Dame. Novi's team was 10th.

Dan Murray

Birmingham Brother Rice

Murray, a senior, won the Catholic League Division 1 championship in 15:53, his regional in 16:55 in the mud and the Hanson Invitational Sept. 29 in 16:42. He was 3-1 in duals. He was eighth in Division 1 at states in 15:52, his personal best, for No. 12 Rice. He was 51st in 16:15 as a junior. "He's just a hard worker. He wasn't very good as a freshman, he was a 5:30 miller, very average," Coach Bob Stark said. "He's a self-made runner, through individual hard work in the last 18-20 months."

Dustin Voss

Sallie

Voss, a junior, ran his 15:51 personal record at the Gabriel Richard Invitational, finishing third behind Tim Moore and Matt French. Undefeated in league meets, he was Southeastern Conference champion, regional champion and 21st at states in 16:04, the



Bauer



French



Hammerle



Kopczyk



Murray



Voss



Bongiovanni



Canty



Walter



Waters



Danyko



Menygan

GIRLS

Teresa Bongiovanni

Romeo

Bongiovanni, a senior, finished fifth in Division 1 at states in 18:45.20. She was second in Macomb County meet to Stevenson's Katie Danyko, second in region to Rochester Adams' Shannon Stanley. Won Macomb Area Conference Red / White Division league meet in season best 18:42. Won Algonac and Hanson Invitationals. "She was gifted with terrific leg speed and she's a persistent, dogged competitor," Coach Tim Propst said. "She's always optimistic. She runs away from the pack when she can." Wayne State and the University of Toledo are interested.

Lisa Canty

Highland Millford

Canty, a sophomore, was regional and Kensington Valley runner-up and was eighth at states in Division 1 in 18:58, her season best. "She was part of a threesome that carried us through the season when we were missing our No. 1, Tiffany Kaid, and No. 3, Katy Kramer," Coach Brian Salyer said. She was 6-1 in duals. "She has an internal competitiveness, she accepts nothing less than her best. She lets no competitor beat her without a fight. For a young person, she brings great maturity and focus to her sport."

Katie Danyko

Sterling Heights Stevenson

Danyko, a senior, finished fourth in Division 1 at states in 18:27.20. She won Macomb County and Macomb Area Conference Red Division meets, and won her regional in her season-best 18:20. "She's an outstanding young lady, a really hard worker, dedicated and a great leader," Associate Coach Chris Schultze said on behalf of Coach Kevin Hanson, who is out of the country. "She is very focused, she runs her races smart and stays in control." Several schools are interested in her.

Liz Menygan

Clarkston

Menygan, a freshman, won the Cavalier Classic. Won her division of the Hanson Invitational and the White Lake Lakeland Invitational.

Shannon Stanley

Rochester Adams

Stanley, a junior, finished second in Division 1 in 18:08, her second consecutive second place Division 1 finish. She won the West Bloomfield, Adams, Spartan and Oxford Invitationals and the Oakland County meet, Oakland Activities Association Division 1 and her regional. "She has a physically strong body, she's fast on her feet, she's quick," Coach Bud Ciociarelli said. "She has strength in her feet, she's very light on her feet with a good fluid motion. She can vary her style from meet to meet, depending on the competition, she can go out in front or come from behind."

Rebecca Walter

Birmingham Groves

Walter, a senior, won Division 2 states handily in 18:40.20, 200 meters in front of the field. She won her regional in 18:32, her season best. Won DeLaSalle Invitational and was second at West Bloomfield, fourth in Oakland County and fourth at Jackson. Was Oakland Activities Association Division 2 league champion. MSU, Washington University (Missouri), and the University of Michigan are among those interested. "She is a very strong young lady and she's not afraid to go out fast in the first two miles," Coach George Browne said. "She ran a 5:30 mile and a 11:30 two-mile, that's tough."

Jennie Waters

Birmingham Marian

Waters, a junior, won a six-team jamboree at Stoney Creek Metropark in September. A chronic illness hampered her most of the season, but she continued training. Consequently, she was able to come back to finish sixth in Division 2 at states in 19:23.20, her season best. Her performance led Marian to a third-place finish in the team race. "She has an amazing amount of raw talent," Coach John Dunn said. "If she can stay healthy, she should do well next season."

Elizabeth Webster

Dearborn Divine Child

Webster, a senior, won Ypsilanti and New Boston Huron Invitationals and was second to Megan

...ing the team. Coach Brian Baijers said. "Nick has a high threshold for pain. When push comes to shove, dedication carries him farther than his talent would indicate. He's a two-year captain, run in four state finals, contributing to four top-10 team finishes."

John Krawiec

Detroit Catholic Central

Krawiec, a senior, recovered from a left shin stress fracture at the start of the season and finished third in Catholic League behind Dan Murray and teammate Dave Lucas. He was fifth in Division 1 in 15:47 for C.C., which won the team title. He was all-state as a junior, his first year running varsity. "John is very gutsy, as soon as the gun goes off, he goes after people," Coach Tony Magni said. "He stays with the leader as long as he can, and finishes hard." University of Detroit Mercy, Bucknell and Wayne State are interested.

...first sophomore to make all-state in Coach Tom Frederick's 10-year tenure. "Dustin Voss is the most gifted athlete I've worked with in my coaching career," Frederick said. "He came in as a freshman running 16:13, which was the fastest freshman time in Salfine history." Salfine's team was No. 11.

Justin Zanotti

Macomb L'Anse Creuse North

Zanotti, a senior, finished third in Division 1 in 15:41.50 as an individual, his personal best. He won the Macomb Area Conference meet and region, the Macomb Blue Division. He was second at the Hanson's and fourth at the Spartan. Coach Jason Hubbard said, "He has a huge heart, he set a goal after last season where he wanted to finish at states this year. He worked hard and raced even harder to put himself in position to finish third." Eastern Michigan, Michigan State and the University of Tennessee are interested.



Murray



Walter



Voss



Young



Zanotti



Webster



Young

...rith in the Holly and Spartan invationals. She was team MVP for the season. She finished 11th at Division 1 in 18:59.20. "She dominated in junior high, she's very competitive," Coach Jamie LaBrosse said. "She likes to go to the front, then run from the front and dare anyone to beat her."

Krishawna Parker

Detroit Crockett

Parker, senior, was second in her regional to Country Day's Megan Young, third at states in 18:49. Last year she was fourth in a personal best 18:04. "She's the fastest female in the history of PSL cross country," Crockett Coach Lacerma Womack said. "She's been all-city, all-state the last three years. She has the natural ability and strong will to succeed at the college level." Eastern, Western, Wayne State and the University of Tennessee are among those interested.

...young at Catholic Central's, she won the Catholic League and regional meets. Her best time was 19:22-winning tri-meet Oct. 8. She finished No. 17 in Division 2 at states in 19:37.50. "She's a strategic runner, a very smart runner," Coach Tony Mifsud said. "She has the work ethic to make her one of the better ones."

Megan Young

Detroit Country Day

Young, a freshman, finished second in Division 3 in 18:44.9. She won her divisions of the Holly, Muskegon Orchardview and Niles Brandywine invationals and was second in the Oakland County meet to Shannon Stanley. "She's a natural, she'd never run before. She came out for the team and won the first invite her first day out, two hours after joining the team," Coach Julie Winter said. "That was in Muskegon. She's still learning."

Second team

Adam Craig, W.L. Lakeland

Dan DeRusha, Highland Milford

Kevin Glenapp, Brighton

Nick Gillett, Troy

Scott Kallgren, Trenton

Dave Lucas, Detroit C.C.

Lawrence McElroy, St. Clair

Kevin Naughton, W.L. Western

Ben Salvette, E.H. Cranbrook

Troy Terry, Utica Eisenhower

Honorable mention

Ryan Lowry, Detroit Catholic Central. Pat Miller, Highland Milford. Kyle Jakot, Detroit Catholic Central. Justin Joyner, Auburn Hills Oakland Christian. Michael Coit, Lake Orion. Jacob Baron, Monroe Jefferson.

Coach of the Year

Tony Magni, who guided Detroit Catholic Central to the Catholic League Central Division and Catholic League championships, the Operation Friendship City Championship, its regional championship and first place in the Michigan High School Athletic Association Division 1 final.

Second team

Nicole Blake, S.H. Stevenson

Colleen Duff, Birmingham Marian

Kristin Granroth, High. Milford

Andrea Moreland, Roch. Adams

Ashley Patten, Lake Orion

Devon Ruple, Northville

Nina Schmidt, Novi

Renee Vila, S.H. Stevenson

Kelli Zoelner, HW. Lutheran East

Honorable mention

Emma Czamecki, Royal Oak Shrine.

Susan Duncan, Livonia Churchill.

Jenna Heltschue, Richmond. Katy

Jackson, Grosse Ile. Colleen Johnson, Highland Milford. Angela Matthews, Lutheran Westland. Melissa Moncion, Romeo. Anne Oltman, Clarkston. Rebecca Propst, Romeo. Kelly Sampson, Detroit Renaissance. Diana Verdugo, Birmingham Marian.

Coach of the Year

Kevin Hanson, Sterling Heights Stevenson. He guided the team to Macomb County, Macomb Area Conference Red Division and regional championships, and second place in the Michigan High School Athletic Association Division 1 final, the highest Metro-area team finish. Rockford repeated as champion.

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Ms. Cross Country: Katie Danyko, Sterling Heights Stevenson.

Note: Mr. and Ms. Cross Country are the fastest seniors at the MHSAA finals meet.

Dream Team

Boys: 1. Tim Ross, Caledonia. 2. Tim Moore, Novi. 3. Jake Hanimerle, Brownstown Woodhaven. 4. Andrew Bauer, Bloomfield Hills Lahser. 5. Justin Zanotti, Macomb L'Anse Creuse North. 6. Matthew French, Howell. 7. John

Krawiec, Detroit Catholic Central.

Girls: 1. Nikki Bohnsack, Rockford. 2. Shannon Stanley, Rochester Adams. 3. Elisa Zernick, Kalamazoo Loy Norrix. 4. Katie Danyko, Sterling Heights Stevenson. 5. Nicole Bush, Wyoming Kelloggsville. 6. Rebecca Walter, Birmingham Groves. 7. Megan Young, Detroit Country Day.

Division 1

Boys: Tim Moore, Novi. Jake Hammerle, Brownstown Woodhaven. Justin Zanotti, Macomb L'Anse Creuse North. Matthew French, Howell. John Krawiec, Detroit Catholic Central. Justin Hajkuk, Plymouth Salem. Nick

Gillett, Troy.

Girls: Nikki Bohnsack, Rockford. Shannon Stanley, Rochester Adams. Elisa Zernick, Kalamazoo Loy Norrix. Katie Danyko, Sterling Heights Stevenson. Teresa Bongiovanini, Romeo. Kelsey Toedebusch, Rockford. Kristi Powers, Rockford.

Division 2

Boys: Tim Ross, Caledonia. Andrew Bauer, Bloomfield Hills Lahser. Adam Ludwig, St. Joseph. Scott Kallgren, Trenton. Tyler Zwagerman, Holland Christian. Lance Betts, Big Rapids. Tim O'Hara, Big Rapids. **Girls:** Rebecca Walter, Birmingham Groves. Michelle Diverio,

Battle Creek Lakeview. Katie Prast, Bay City John Glenn. Megan Newton, East Lansing. Kathleen Smith, Flint Powers. Jennifer Waters, Birmingham Marian. Heidi Johnson, Ludington.

Division 3

Boys: Brandon Grybas, Stockbridge. Aaron Nasers, Battle Creek Pennfield. Steven Czymbor, Hemlock. David Bills, Williamston. Dan Campbell, Grand Rapids Baptist. Shawn Jordan, Constantine. Nicholas Puchacz, Hemlock.

Girls: Nicole Bush, Wyoming Kelloggsville. Megan Young, Detroit Country Day. Krishawna Parker, Detroit Crockett. Jaime

Watson, Allendale. Lesley Jurasek, Albion. Christine Alcenius, Hanover-Horton. Arianne Field, Kalamazoo Hackett.

Division 4

Boys: Mike Putzke, New Buffalo. Frank Therrian, Holton. Stephan Shay, Central Lake. Kyle Eisenga, McBain. Keith Longuski, Ubly. Jacob Kloss, Harbor Springs. Matt Kibby, Maple City Glen Lake.

Girls: Caitlin Kelly, Kinde-North Huron. Holly Pifer, Buckley. Katie Forsyth, Bath. Sabrina Mitchell, Bear Lake. Cassidy Edwards, Maple City Glen Lake. Jennifer Leichtman, Ann Arbor Greenhills. Dawn Essenmacher, Pittsford.

The

WILDCAT ROAR

NOVEMBER 2001

PAGE 1

Moore signs letter of intent

Senior runner will attend Notre Dame in fall 2002

by Erin Robertson
News Editor

In the time it took for the ceremony and reception, Tim Moore could have run 3.1 miles. Twice.

The senior cross country runner signed his letter of intent to Notre Dame on November 15, surrounded by teammates. There were brief speeches

from coach Mr. Robert Smith and Ms. Jessica Rodgers, one of Moore's teachers. Cake was served as congratulatory conversation filled the room.

After considering Stanford, Duke, Wake Forest, University of Michigan and Notre Dame, Moore chose Notre Dame. By signing the letter of intent, Moore has committed himself to Notre Dame.

"I think that Tim made the best choice," said Smith.

"He is probably one of the most humble young men I've ever met, sure of himself, yet unassuming,"

-Robert Smith

"They offered me a good scholarship that I'm happy with," said Moore. Other factors that influenced his decision included the atmosphere of the campus,

the coach and the distance from home. He also has friends that currently attend Notre Dame.

"I think what's really special about Tim is that [Notre Dame] is getting a great person. He's a good representative of the community," said Rodgers. In addition to being the

top runner in the state, Moore also has a 4.0 gpa and holds a job at Running Fit.

Even with all of his success, Moore is still a very normal guy.

"He is probably one of the most humble young men I've ever met, sure of himself, yet unassuming," said Smith.

Moore will be joining former team mate Kevin Avenius, '99, at Notre Dame. Other runners from the men's program have also received scholarships. Moore will be among the dozen students that are currently running with scholarships ranging from \$1,000 to a full ride.

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10/3/01



photos by Viktah Sailor

by John Dye

BALTIMORE MD 11/30/01 – DyeStat announces Novi MI sr **Tim Moore** and Fletcher NC sr **Laura Stanley** as winners of the Nike Athlete of the Week award for the 12th week of the 2001 cross country season. This is the last regular season award – cross country Athlete of the Year will be announced after the Foot Locker national finals in Orlando FL December 8.



Stanley, a senior at Carolina Day private school, set her season goal on the Foot Locker championships and cashed in at the Foot Locker South regional. Coach Bob Walters said Laura ran the race of her life at McAlpine Greenway, Charlotte NC, last Saturday. Running with patience and confidence, Stanley took command with 400 meters to go

and prevailed in 17:34 in a close finish over Carly Matthews NC and Kara Scanlin FL, with only 2 seconds separating the three. "Very savvy. I was very proud of her," Walters said. Now, Stanley moves on to Orlando with a solid shot at a high finish in the national finals. Adding to her mix of enjoyment is an early decision to run for Duke University next year.

Stanley is a relatively low mileage runner (40 miles a week this season), and has never missed a day of training from injury. She trained through the North Carolina independent schools championships October 26 and started tapering toward peak performance 2 weeks before the Foot Locker regional. She plans to run 32 miles this week and 20 next week before nationals, and Walters thinks she can lower her best times 15-20 more seconds.

Stanley has been all-state in North Carolina in both soccer and basketball and was recruited in both of these sports before deciding to run at Duke. She is a straight-A student active in National Honor Society, Quill and Scroll, and Student Council.

Moore ran in the shadow of fellow Michigan star Dathan Ritzenhein until his senior season, and even with Ritzenhein graduated, he had a little quieter season than many of the nation's top runners. Not a lot of sub-15s. Not a lot of intra-state showdowns.

Well, he reminded everyone in Kenosha WI last Saturday why he's the No. 1 Foot Locker returnee. At the Midwest Regional in horrific muddy, rainy and windy conditions, the senior rolled away from a very tough field. His 15:15 – a winner by seven seconds over Wisconsin's Chris Solinsky – wasn't the fastest time in the country, but don't doubt Moore will be ready to run with the other big dogs on Dec. 8 at Orlando in the Foot Locker national finals.



Moore shows up in the big meets. He was 8th at Foot Locker nationals last fall and 4th in the adidas Outdoor Championship 2-mile (9:03.84) last spring, not to mention running on the national championship 4 x Mile team in Raleigh.

A solid mileage increase (from 60 to 80-90 mpw) during the summer and through the season primed him for improvement. "I felt really good (in Kenosha); it's the first race I've been completely happy with all year," he said. "I didn't really mind the conditions ... strength is probably my best quality (going into

Orlando). I feel relaxed and confident. I hope to put myself in a position to contend for the title."

(Moore profile by Stephen Underwood)

The Nike Athlete of the Week award is presented each Friday to the boy and girl who had the most outstanding achievement of the previous week. Winners will receive a long-sleeved Nike dry-fit running shirt and Chris Lear's award winning book, *Running with the Buffaloes*, which can be purchased online at ShopDyeStat.

Honorable Mention Week ending November 30

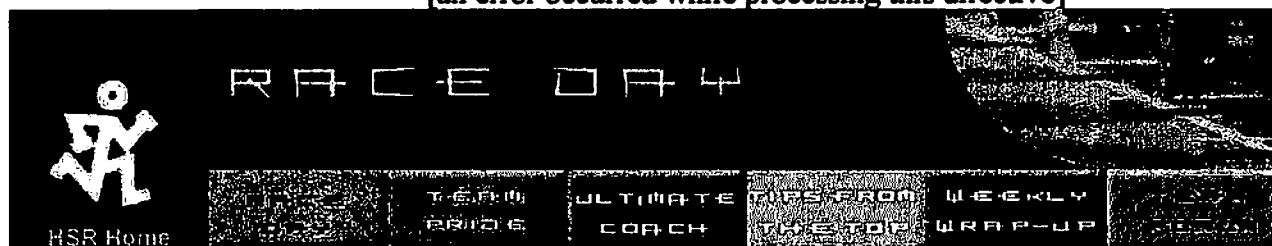
Girls

- Lexington MA sr **Natasha Roetter** - 17:48 (5k) to win the Foot Locker Northeast regional for the second straight year.
- Deerfield IL sr **Erika Odlaug** - 17:49 (5k) to win the Foot Locker Midwest regional, continuing undefeated this cross country season
- Ukiah CA sr **Amber Trotter** - 17:01 (5k) to win the California Division 1 state championship; it was the fastest time of the day by 45 seconds.
- Peninsula CA sr **Emily Vince** - 17:46 (5k), 2nd to Trotter in Division 1 and also the second fastest time of the day.
- Head Royce Oakland CA sr **Clara Horowitz** - 17:55 (5k), coming on strong at the end of the season, the third girl under 18 minutes at the California state meet, winning the Division 5 title.
- Gunn CA jr **Ruth Graham** - 18:08 (5k) to win the California Division 2 state championship with the 4th fastest time of the day.

Boys

- Orchard Park NY sr **Peter Meindl** - 15:29 (5k) to win the Foot Locker Northeast regional at Van Cortlandt Park in New York City.
- Handley Winchester VA sr **Bobby Lockhart** - 14:43 (5k) to win the Foot Locker South regional and tie Alan Webb's McAlpine Park course record.
- Arroyo CA jr **Yong-Sung Leal** - 15:17 (5k) to win the California Division 2 state championship with the fastest time of the day.
- Taft CA sr **Billy Nelson** - 15:22 (5k) to win the California Division 4 state championship with the 2nd fastest time of the day.
- Canyon Country CA **Luke Llamas** - 15:44 (5k) to lead his team to the California Division 1 state

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2001 Foot Locker High School Cross Country Nationals

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A Brief Chat with Tim Moore by Amby Burfoot

The highest placing returning boy from last December's Foot Locker Championships-he was 8th in 2000-Tim Moore returned this year and did what he was supposed to do: grab the top spot. It didn't come easily, requiring a sprint finish to overtake Bobby Lockhart, but Moore got the job done. Moore lives in Novi, MI, and runs for Novi High School.

Runner's World: Given Dathan Ritzenhein's win last year, there's an obvious first question-What's with you kids from Michigan?

Tim Moore: I don't know. We always have good competition in Michigan, but it's not like I come from a very hilly area or anything. In fact, I live near a lot of subdivisions and parking lots. But we're proud of Michigan, and proud of the great things that have come from here.

RW: Most races have a surprise or two in them. Did this one?

TM: Not really. I expected it to be very, very tough. I thought there would be a lot of us together until the very end. I was behind Bobby Lockhart until about 70 yards to go, and then I just sprinted as hard as I could go. I told myself: "You've been thinking about this for a long, long time, and you don't want to have any regrets."

RW: What did you do this year to get yourself ready for a winning performance?

TM: I focussed more on my diet, and I increased my mileage. Two years ago, I did about 50 to 60 miles most weeks, with a few 70s. This summer I got into the 80s and had five weeks in the 90s, before backing off during the season. My coach, Robert Smith, is a master at getting runners to a peak. He knows exactly what you have to do and not do at the end of the season. It takes a mix of maintaining mileage and speedwork, but not too much. Even yesterday, I did a little fast-paced running. It keeps your body ticking.

RW: What qualities do you have that make you a great runner?

TM: I'm very determined, but at the same time I'm laid back. I don't think I'm one of the most talented runners, but I've been working hard at it since seventh grade. When I have bad seasons like my sophomore track season when I wasn't running the times I wanted, that just makes me more motivated to train harder.

Being laid back is good because some runners get a certain strategy together, and they can't change it. If it doesn't work, they get discouraged. I think the key to successful racing is having a flexible strategy.

RW: What do you like the most about running?

TM: I like the competition a lot. I also like the way you feel after a hard workout or hard race. And running gives you a good time to think. You can get a lot of thinking done on a 13-mile run.

RW: A lot of people are noticing that cross-country runners tend to get good grades. I know you're in National Honor Society, and your cowinner Amber Trotter is known for her high academic standing. Why do you think it is so often the case that cross-country runners get good grades?

TM: To be successful in anything, you need determination. It doesn't matter whether it's running or your studies, your homework. Also, running's a different kind of sport that



Tim Moore at Regionals
(Victor Sailor / Photo Run)

requires a certain intelligence. It's not just about hitting something or someone. You need to think about your training. You can't just pound it every day. You have to keep yourself occupied when you're running. If you're on a long run, you have plenty of time to work out a problem or develop a new approach to something.

RW: So how does it feel to be able to call yourself a Foot Locker Cross Country champion?

TM: It's unbelievable. I've been thinking about this for so long. Since last year's race, I knew that I would have a shot at it if I just trained hard and could come back to race it again. Now that I've won it, it's like a dream come true.

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2001 Foot Locker High School Cross Country Nationals

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Foot Locker Cross Country Championships - the Boy's Race by Marc Bloom

No one would dare predict a boys' winner as the race unfolded on the Disney grounds at Lake Buena Vista, Florida. There were too many contenders and no headliner like Dathan Ritzenhein, winner the past two years. "Half the field could win," someone said as the fog lifted at Oak Tree golf course and the 32 boys face wicked sun and humidity.

That assessment looked right as the pack whooshed past the mile mark in one big mass in 4:40. "That's how I expected it to go," said South Regional winner Bobby Lockhart of Handley High in Virginia later on.

If anyone was rated an edge, it was Lockhart. He'd tied Alan Webb's course record in the regional and collected 60-mile weeks like Disney Dollars. "I've been heat training back home," he'd said the day before. "I feel I'm in the best shape ever."

Never mind the opposition, you had to stand up to the heat. The temperature was pushing 80 and the air thick. "Hard to breath," Lockhart would say afterwards.

No one would risk an early move. Lockhart and Midwest Regional winner Tim Moore of Novi High in Michigan ran side'by'side at the front as the pack thinned coming around the interior loop at 1.5 miles. The split was 7:06. Milos Mitric of Asheville High in North Carolina held 3rd. A Serbian exchange student, he was probably the most daring runner in the field. Also close up was Nurani Sheikh of Highland High in Salt Lake City, the surprise West Regional winner and a Somalian native who only started running two years ago.

It was Sheikh's first national race and he felt intimidated. "I was a little scared at the beginning," he would say. "The pack was great. You couldn't break them."

Lockhart and Moore were not concerned about the pack but one another. Bobby Curtis of Kentucky, considered a threat, was far back. Mitric and Sheikh started losing ground. Past 2 miles, in 9:32, Lockhart and Moore escaped the crowd-and the race was on.

Head'to'head they went with a mile to go on an outer loop and long stretch run for the tape. They were both strength runners groomed on big mileage. Moore, headed for Notre Dame, trained 80 to 90 a week over the summer, and 50 to 70 during the season. Last year, running in Ritzenhein's shadow, Moore saw what commitment meant. "I didn't want any regrets going home," he would say.

Moore and Lockhart traded the lead. Back'and'forth, back'and'forth. They covered the small hills-mounds, really-that dotted the third mile. One would surge, the other would surge back. The 2.5'mile split was 11:59. "I was feeling it," said Moore. "I knew Bobby would make it a great race."

"We battled," said Lockhart, bound for Wisconsin. "I got the lead, not a big lead, for about 100 meters. Then, Tim passed me."

And when Moore did, he and Lockhart came into view at the finish. Moore was in the middle of the field. He was erect. Lockhart was on his right shoulder. His body tilted. They sprinted without sprinters' form, using their last drops of strength, pleading for the finish to come. "We killed each other," said Moore softly.

Moore won. His time was 14:50.4. Lockhart crossed in 14:51.5 and fell flat on his back past the finish. Chris Solinsky, a junior from Wisconsin, rallied for 3rd in 14:52.9 as Sheikh placed 4th and Mitric 6th. Tim Ross, another Michigan runner, squeezed in for 5th.

Between desperate gulps of water, Solinsky was gleeful. "I told myself not to back down no matter how much it hurt," he said. "That last tenth of a mile was deadly."

While Moore looked composed, Lockhart went to the medical depot where he lay face down on a table as his sister Jaime, also a cross'country runner, wet his neck and rubbed his scalp. "I felt like my head exploded," Lockhart said after a good rest. "But I give all my respect to Moore."

Moore's coach at Novi, Robert Smith, was not surprised. "Tim's strength is that in a fast race he can somehow find the guts to finish strong."

The athletes took their final pictures, got their last autographs from Michael Johnson and other Nike stars and slowly walked off the course to board their busses. It was time to celebrate, someone said to Smith, whaddaya gonna do.

The coach, taking the measure of the long season, said with no hesitation: "Take a nap."

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2001 Foot Locker High School Cross Country Nationals

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Tim Moore by Peter Gambaccini

Tim Moore of Novi (Michigan) High School won the Foot Locker Cross-Country Midwest Regional in rainy and cold conditions at the University of Wisconsin-Parkside in 15:15, seven seconds ahead of Chris Solinsky of Stevens Point, Wisconsin. Moore was second in the 2000 Regional to Dathan Ritzenheim with a 15:08. Moore, who is undefeated in cross-country in 2001, was eighth in the national Foot Locker High School Cross-Country Championships in 2000, the highest placing of the 32 boys competing in this year's nationals in Orlando on December 8. In 2000, he was part of the Novi 4x1-mile team that won a national title in Raleigh, North Carolina.

Runner's World Daily: Were the conditions really bad out there for you at the Midwest Regional?

Tim Moore: It had rained all Friday night and poured on Saturday morning until about 9:30, and then it just kind of maintained a drizzle. And I ran at 11:30. There were two races before mine. By the time we ran, it was about 45 degrees, drizzling, windy, and the whole course was completely muddy. So there were pretty poor conditions.

RWD: Did that keep the race closer up until the end?

TM: Yeah, it was definitely close the whole way. Going into the race, it didn't really concern me, because I was worried about place and I wasn't really worried about running a fast time.

RWD: When did you make a decisive move?

TM: With about a half-mile or 600 yards left. I was feeling pretty strong. I knew I would be in the top eight at that point. As far as winning, I wasn't really sure. But I didn't really care. I just wanted to make it back again (to the nationals).

RWD: Some of the guys who are highly-rated nationally took things a bit easier early in the season. Did you?

TM: I just trained through a lot of our dual meets. I had a lot of meets for my team this year -- like 17. I used the dual meets and a lot of the invitationals for workouts.

RWD: How good was your Novi team?

TM: We were the conference champions. When I was a freshman in '98, we won the state title over Rockford (Ritzenhein's team). Then, in '99, we won the state title over Rockford. Last year, we got runner-up to Rockford. This year was kind of a down year through a lot of graduation of seniors, and we got tenth in the state.

RWD: Did you spend the summer getting in a lot of heavy base work?

TM: I did anywhere from 70 to 90 miles a week. And I did a tempo run once every few weeks. So nothing too intense -- just getting my base down.

RWD: When did you get started as a runner?

TM: In middle school. Some of my friends were doing it and it looked like fun times, so I joined. I was really into soccer and baseball and I played those up until high school.

RWD: Because you're the top returner from the 2000 Foot Locker nationals, do you feel pressure as the favorite on December 8?

TM: I can't really say that I'm the favorite. Guys like Bobby Lockhart (from Virginia), some other guys from the South, and people from all over the country, have been running sweet times. And they've all trained hard and had great track seasons, too. I just barely became the top returner by a few seconds, so it wasn't like I was way ahead of every other junior or sophomore in that race. Bobby Curtis from Kentucky and Lockhart were right behind me.

RWD: Three of the Regionals are two weeks before the nationals, but the West only takes a week in between. Which do you prefer? Is two weeks too long to think about the nationals?

TM: I like two weeks in between. It allows you to get a few more workouts in and rest up for the race. Whereas with one week, I'd feel I was a little strained for the week before. It gives me a little time to recover because I'm racing so much in my normal season.

RWD: What will you do in training for the time that's left (Moore was interviewed Thursday, November 29)?

TM: Today was probably my last tough, tough track workout. Saturday, I'll do a tempo run. Monday, I'll do some hard/easy halves. Then from there on out, I'll go a mix of a light bit of speed and light distance pretty much every day up until the race.

RWD: What else, besides running, occupies your time?

TM: Within the school, I'm head of the National Honor Society. And I'm part of the Spanish club. Other than that, I just do normal stuff like hanging out with my girlfriend, hang out with some friends, listen to music, watch movies, the normal stuff.

RWD: Who do you like musically?

TM: My favorite band is Led Zeppelin.

RWD: Did you have a summer job?

TM: I had two jobs. I mowed lawns and I worked at a local bakery. And midway through the summer, I switched jobs and I worked at the local running store. I'm holding a job through the school year, about eight to ten hours a week. I usually work one weekday and one day on the weekend.

RWD: What's been your most memorable race so far?

TM: Probably the Foot Locker Cross-County Championships last year. I love cross-country, I like it a little better than track. The weekend that Foot Locker and the sponsors set up for is just amazing, with how you're treated. It's just a really fun weekend. You get to meet a bunch of great kids from around the country, make some new friends, and run in a highly competitive race.

RWD: Have you made a decision about college yet?

TM: Yeah, I'm going to Notre Dame. I had a friend there that ran for the university. That was one factor. I like the distance away from home. It's three hours, which is nice, because it's not too far and it's not too close. It's a great academic school, which is important to me, because I'm not going to be running for my whole life. I might as well get a good education. I liked the unity on the campus. I just liked the atmosphere.

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Tim Moore Wins Thrilling Footlocker Race –Tim Ross is 5th

By Jennie McCafferty

Tim Moore of Novi High School ran the race of his life to win the 23rd Footlocker High School Cross Country Nationals Saturday, December 8, 2001.

Although Moore returned to Disney's Oak Trails Golf Course in Lake Buena Vista, Florida, holding last year's best returning time, he had never run a sub-15:00 cross country race. Virginia's Bobby Lockhart, with two sub-15:00 cross country times earlier this season, was the odds-on favorite. Caledonia, Michigan's Tim Ross, who won the Division 2 MHSAA title with a better time than Moore, Chris Solinski of Steven's Point, Wisconsin and Bobby Curtis of Louisville, Kentucky were considered contenders for the title.

By the final mile, the race was down to Lockhart and Moore. The outcome wasn't decided until the final stretch as the two traded surges and the lead until the last few steps. Moore hit the tape a second before Lockhart to win the championship in 14:50, 20 seconds faster than he'd ever before run a cross country race. In [Amby Burfoot's post race interview](#) for High School Runner Online, Tim had this to say about his race, "I was behind Bobby Lockhart until about 70 yards to go, and then I just sprinted as hard as I could go. I told myself: "You've been thinking

about this for a long, long time, and you don't want to have any regrets."

Lockhart's second place time was 14:51. Along with Moore, Tim Ross earned All American honors with his fifth place finish (14:57). Chris Solinski's third (14:91) contributed to the Midwest Boys team title. Adam Ludwig of St. Joseph, Michigan finished in 16:02 for 28th place. Check the [Dyestat Footlocker Web site](#) for a great photo sequence of this race. Watch Tim run in Michigan Runner TV's coverage of the [2001 MHSAA LP XC Finals](#).

In the girls race Amber Trotter of Ukiah, California, ran an astonishing 16:24 5K to capture the title and set a course record. In his story for [High School Runner Online](#), Marc Bloom writes, "Trotter's performance will have to go down as one of the most formidable ever by a high school distance runner. No girl has ever run faster for a 5k cross-country course." Sophomore Nikki Bohnsack, Rockford HS, placed 25th in 18:14; Amber Smith, a sophomore from Ispeming HS, placed 29th in 18:34.

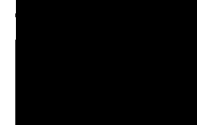


*Tim Moore at MHSAA Finals
Photo by Scott Sullivan*

For complete results see the [2001 Footlocker High School Cross Country Web site](#).

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Novi's Tim Moore is National Champion

Senior D-1 Champ wins Footlocker N.S. Nationals

Third year in a row that Footlocker National Champion hails from Michigan

Also... Tim Ross of Caledonia finishes 5th and in the girl's race, Rockford's Nikki Bohnsack is 25th and Ishpeming Westwood's Amber Smith is 29th.

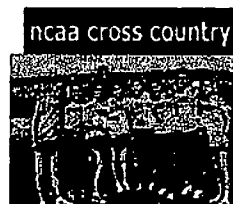
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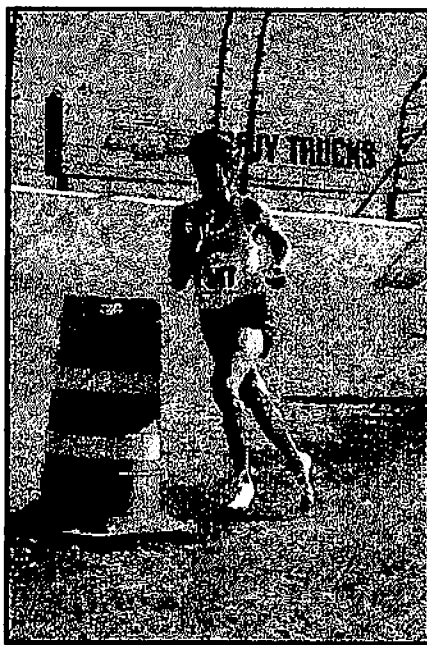
December 8th, '01

Proving he belongs at the very top of his sport, Tim Moore of Novi saved his best race of the year for the right moment, edging out Bobby Lockhart of Winchester, Virginia to win the 2001 Footlocker National H.S. Cross Country championships.

The meet, which was won the previous two years by Rockford High School's Dathan Ritzenhein, was held in Orlando, Florida.

Only the best 32 high school runners in the country qualify for this prestigious event. The top male and female high school cross country runners in the U.S. qualify by finishing in the top eight places at one of four regional competitions.

Moore, who was this year's State of Michigan High School D-1 winner,



Tim Moore at the recent L.P. High School XC State Final Meet.

photo by [John Brabbs, RMDC](#)

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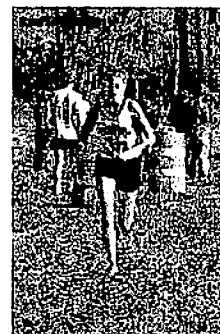
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held off Lockhart by just over one second, finishing in a time of 14:50.4 on the 5K course, to Lockart's 14:51.5.

Tim Ross of Caledonia, who was the D-2 champion at this year's L.P. H.S. State Meet, ran a very impressive race of his own to finish in fifth place overall in a time of 14:57.9.

St. Joseph's Adam Ludwig, Michigan's only other boy's representative came in 28th place.

In the girl's race, Nikki Bohnsack of Rockford finished in 25th place in a time of 18:14.0 and Amber Smith of Ishpeming took 29th in 18:34.1.

Moore lead the Midwest boy's team to the team championship, while the girls' Midwest team finished 3rd.

- RACE RESULTS -

RMDC Columns



2001 Detroit Marathon Men's Champion, Jacob Kirwa runs 2:17:49.

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2001 Chicago Marathon Champion and new world record holder, Catherine Ndereba Chicago Marathon Race Photos



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FEATURES



2001

presented by



By Stephen (steveu) Underwood

Girls

- -- You can talk about Amber Trotter setting a course record yesterday, a meet record or having the second-largest winning margin in Foot Locker championship history. But how about the fastest time on any legit 5k course ever? A hard-to-answer question, to be sure. But can anyone remember a time faster than 16:24? One man, whose memory has to be as good as anyone's, couldn't think of any yesterday as he was writing his stories. That would be Marc Bloom...

- -- When Amber accepted her first-place trophy at the awards dinner, she showed a little emotion as she thanked everyone who supported her through a "very rough year," alluding to her battle against anorexia, which she has been very public about.

National Finals

notes and quotes

Boys

- -- Tim Moore may seem like the most laid-back of runners, but Novi, Mich. (and that's pronounced No-Vie, not No-Vee) head coach Robert Smith saw a certain something in his star Friday that told him he was ready. "When he has confidence, it shows in his eyes and his face," he said. "It's like a glow ... A lot of kids when you ask them how they're feeling, even if they feel good, they kind of hedge. But Tim said the other day, 'Coach, I really feel good.'"

- -- And Coach Smith on Moore's effort Saturday: "He really ran a very smart race. He didn't get too excited at the beginning, but he kept it fast. And the other guys ... they really ran his race."

- -- Runner-up Bobby Lockhart from Virginia took a

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11/28/01

Earlier in the afternoon, she admitted dealing with the disease is “still a struggle,” but agreed that being real with it every day with the people she lives and works with is a great safeguard against relapse. “It has taken a personal commitment and desire.”

When presented with the idea that she is in for some big PRs in track, especially given that she hasn't competed since her sophomore year on the oval, she reflected on an event from last spring. “I went on the track and ran two miles as hard as I could,” she said. “I ran 11:40 ... and that ended up being a turning point (in realizing she had to do something about her eating disorder). ... This fall has been so meaningful after missing track.”

• -- Great coach-athlete relationships are often a key to elite success, especially with stars from smaller programs where there's not a lot of example at the state level. A great example is North Carolina's Laura Stanley and her coach at Carolina Day School, Bob Walters. “The splits I ran today (5:27-11:09) were just what he wanted,” said Stanley, who had top 5 as a goal and hit just that. “He knows me so well. I knew that if I trusted my training, my body could do it.”

• -- The youngest, smallest and maybe most universally beloved of all the girls' entrants, Zoe Nelson of Montana, seemed not unhappy at all after finishing 20th. After all, she still ran a solid 18-flat on the humid morning. “I had a little sideache that was painful ... and I'm sure not used to the heat,” she said. “But it was such a good experience and I am so happy I got to come. Not many girls get to run here as freshmen.”

• -- You can't say New York's Tracey Brauksieck doesn't take her racing seriously. She lamented the fact after the race that she had “only” an hour and 15 minutes to warm up. “I normally do an hour-and-a-half warmup,” she said.

looong time in the medical tent before coming out to meet with the media and others. No, he wasn't injured or in extreme distress, but just exhausted from the heat and his effort – and disappointed. Still, he ran one of the best races of his career. And if you're wondering what's next for the John Handley senior, it's going to be a shot at the World CC junior team. A shot at a fast 5k at a meet like Penn is another possibility.

• -- When people talk about an athlete's “size,” they are usually talking about football or basketball players. But overheard more than once yesterday were track experts marveling at junior Chris Solinsky's size. Clearly, yesterday's third-place finisher has used his power and strength to great advantage and has a great chance to be the nation's dominant runner next fall.

• -- A great motivator for Solinsky: “My coach kept hollering at me. He's great; no matter where I was on the course, I could hear him.”

• -- The team title was, of course, a great source of pride for the Midwest boys. In fact, few scenes after the race were happier than when Moore, Solinsky, Tim Ross and the rest discovered they had outscored the West, 38-42. “I was really happy to do my part,” said Ross, who surprised a lot of people by taking 5th after being just 6th in the Midwest. “Most of us were talking about trying to finish in the top three.” The Midwest won by taking three of the top five spots.

• -- On the other hand, the South boys didn't quite perform as they wanted as a group. The favorite of many to take the title, they were still a solid third with 52 points. “We wanted to run a little better,” admitted Fleet Hower of Virginia. Hower had a pretty good performance himself, however, taking 11th after finishing 6th in the South. “I got outkicked (for 10th) at the end,” he said, “but I ran pretty even splits and my goal was to get in the top 15, so I'm pretty

- -- Montana's **Heidi Lane** was one of many who really appreciated the presence of the Nike world-class athletes at the meet. The team captain of her West squad was none other than Regina Jacobs. "She really made sure she talked with all of us," she said.
- -- Rockford, Mich.'s **Nikki Bohnsack** kept her school's FL Finals tradition alive; they've had qualifiers for four straight years now, including Jason Hartmann, Dathan Ritzenhein, Kalin Toedebusch and Linsey Blaisdell. But Saturday wasn't quite super for the super sophomore. "The first mile is always comfortable for me, but I could not get in my comfort zone." You could also count Bohnsack among someone who wouldn't mind if the Finals were moved, oh, say 1000 miles north. "I love running in the winter," she said.
- -- For those who sometimes talk about girls' distance running as a sport of young prodigies, Saturday showed that upper-class experience makes a difference. No less than 21 of the top 24 girls Saturday were seniors.
- -- Only twice, in 1981 and 1982, has the third-place finisher been faster than **Natasha Roetter's** 17:05.
- -- Amazing, but true: Without a 2001 track season, **Trotter's** track PRs date back to when she was a sophomore. They would be 5:10 for the 1600 and 10:50 for the 3200. Those marks were routinely smashed for her splits this fall in 5k races.
- happy."
- -- West region winner **Nurani Sheikh** was one of the biggest surprises coming into Orlando, but he certainly confirmed his talent in 4th. Did he ever feel he could win? "With 800 to go, I felt it was OK for me to move and win," he said. "But everybody was running their hardest. With 400 meters to go, I was still in 6th, but in the last 150 I pushed my hardest."
- -- Indeed, unlike last year when Ritzenhein, Alan Webb and Ryan Hall were prohibitive favorites, there were many who felt they could win or finish in the top three Saturday – which made for a wild, hard-paced race of attrition. New York's **Peter Meindl** epitomized such aspirations and the pain of not quite making it. "The race unfolded the way I wanted it to," said the Northeast champ after taking 8th. "With 700 to go, I thought I might be able to do it. I had moved into third for a little bit ... but then at the end, I just died. I had no kick at all."
- -- Was there anyone that the guys had more fun with than Yugoslavian exchange student **Milos Mitric** of the South team? A highlight of the post-race photo session was the diminutive North Carolina star being paraded on the shoulders of a more "brawny" teammate. Language barriers often lead people to assume that there's a lack of intelligence among our friends with limited command of English. But the way Milos winked at us and clapped our shoulders when he talked with us let us know there was no lack of understanding whatsoever.
- -- Race officials made sure during the introductions Saturday morning that Pennsylvania qualifier **Andy Weilacher** — third in the NE region but unable to compete after a Nov. 29 auto accident — was recognized. Weilacher's assigned race number of 63 went unused as alternate Brendan Sullivan was assigned No. 69.

• -- Moore's time was the 8th fastest winning time in the history of the race. Only four times has there been a second-place time faster than Lockhart's and only twice a third-place time better than Solinsky's. Only three times have there been more runners under 15 than there were Saturday. And, finally, only in 1982 and 1985 was there a faster 10th-place time than Jesse Fayant's 15:07.5. So ... this race was deceep.

• -- No one who competed at least at a Foot Locker region last year came further than Sam Romanoski of Indiana: From 115th in the Midwest to 14th in the nation.

Foot Locker National Finals

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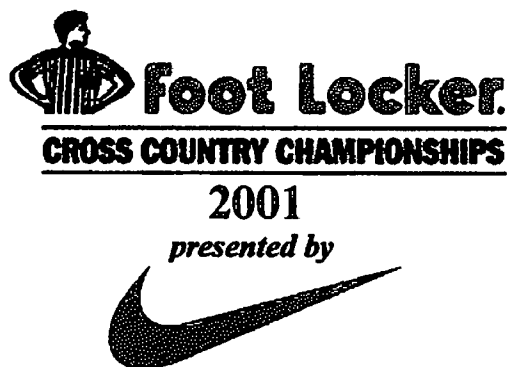
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FEATURES



National Finals

the story BOYS

A Battle for the Ages: Moore Nips Lockhart, Leads Midwest

By Stephen (steveu) Underwood

The fans and followers of national prep CC figured this year's Foot Locker Championships boys race would be a good battle with several potential winners, but could anyone have anticipated the closest race for that gender in the meet's 23-year history?

But that's what happened Saturday. And in the end, Tim Moore of Novi, Mich. had that little bit extra to edge Virginia's Bobby Lockhart, 14:50.4-14:51.5. The closest previous gap was two seconds in 1996, when Abdirizak Mohamud edged Sharif Karie. It was a titanic duel that featured numerous lead changes throughout the final mile-plus as the two regional champs challenged each other.

But the tough battle at the front was hardly limited to Moore and Lockhart, as six runners broke 15 (also Chris Solinsky, Nurani Sheikh, Tim Ross and Milos Mitric) and five more 15:10. The

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hard-charging Solinsky moved smartly throughout the race and finished third in 14:52.9, just 1.4 back of Lockhart. And, with fine races from Ross (5th), Sam Romanoski (14th) and a spiked Allen Bader (15th), the Midwest wrapped up the team title over the South, 38-42.

Moore is (Just a Bit) Better

Moore gave his home state its third individual title in a row and fifth overall. Only California has more. Moore also justified his status as the highest returning finisher (8th) from 2000. The performance capped off a great year that saw him emerge not only from the considerable shadow of fellow Michigander Dathan Ritzenhein, but also teammate Chris Toloff (now at Michigan State), who was basically the Novi leader last fall before a late-season injury.

Neither Moore or Lockhart are top kickers, but Moore dug deep to find a little more. "I just tried to sprint as hard as I could," he said, "and it worked out for me. I had a feeling it would come down to this. It was tough and Bobby gave me a great race."

The essence of the battle was that of two strength runners who didn't want to rely on their kicks, yet also didn't want to make a hasty move. The result was a lot of surging that didn't break anyone, but still served to up the ante. "I tried a couple of times, but I figured I would not have the strength to break away," Moore said.

"I felt really good and strong the whole way," said Lockhart, who in defeat still had one of the very best races of his career. "I wasn't going to let him go. I thought I'd have a little more at the end, but he just had a little bit better kick."

"The heat got to me," he added. "But Tim had a really good race."

Moore also had a perspective and attitude that served him best. "I made my moves when I felt comfortable and I wanted to be flexible," he said. "The big deal was staying relaxed and concentrating."

The Way It Was

West stars Billy Nelson and Yong-Sung Leal ensured an honest pace from the start, along with Scott Fuqua from the South (who later faded to last due to a recurring back injury). By the mile, Nef Araia held the lead, but Lockhart, Moore, Bobby Curtis, and most of the other principals were there in 4:40, with others close behind.

There were still plenty of contenders at 2M (9:31), but the big two and the tough-fighting Mitric from North Carolina were heading things up. Sheikh and Ross were close behind, while eventual third-place finisher Solinsky was in 9th, but close to the pack.

Moore and Lockhart then began their exchange of small, but indecisive surges over the last several hundred meters, neither willing to make a commitment until the final stretch. Solinsky moved up and tucked in just behind the leaders, while Mitric fell back a bit. In the final stretch, Sheikh came up for fourth (14:56.5) behind Solinsky, followed by Ross (14:57.9), Mitric (14:59.2), Leal (15:03.8), Northeast champ Peter Meindl (15:04.1), Nelson (15:06.7), Jesse Fayant (15:07.5) and Fleet Hower (15:09.0) to round out a very close top eleven.

Curtis was a surprise on the other end of the spectrum, taking just 21st. He said after making a strong move to the lead pack from a mile to 1.5 miles in, he started getting passed and was helpless to do anything about it. "It was really disappointing," he said.

Leal and others spoke of how intense it was out there. "I just wanted to go out strong and hold it as long as I could. There were a lot of scary moments out there; every minute, really."

Said Nelson, probably speaking for many, "I wanted to go out fast. I didn't want it to come down to the last half-mile, because I don't have much of a kick."

Team Pride

With the dynamic 1-3-5 finish of Moore, Solinsky and Ross, the Midwest won an exciting team race over the South. The effort was also epitomized by Bader, who endured some nasty, deep spike wounds at the mile mark that forced him to limp - but limp in a strong 15th.

"It was very hard," said Solinsky. "But I'm very happy. My goal was the top 5." Ross added that after being sick at FL Midwest (he was just 6th after actually running faster than Moore in a different class in their Michigan state meets), "I finally got to run my race."

The South took third with 52, while the Northeast had 87.

Foot Locker National Finals

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**A Battle for the Ages: Moore Nips Lockhart**

Tim Moore MI 14:50.4 - Exactly as expected, 10-12 boys had a shot at the title through 2 tightly contested miles in 9:32. Moore and Bobby Lockhart moved into the stretch as a team with first one, then the other getting the call, and Moore getting the last call by 1.1 second, closest Foot Locker finish ever. Another 1.4 second back was fast finishing Chris Solinsky WI. Then came three more runners under 15:00 -- Nurani Sheikh UT 14:56.5, Tim Ross MI 14:57.9, and Milos Mitric NC 14:59.2. The Midwest team edged the West 38-42 with South 52 and Northeast 87. Complete Boys Results

AWARDS**Queen Amber Reigns Supreme**

Amber Trotter CA 16:24 - Any hopes Amber Trotter would get a challenge were dashed quickly as the Ukiah CA senior made this just like every other race in her storybook year. Out on top in the first strides, first mile in 5:04 with a 20 second lead that lengthened to 30 seconds after 2 miles and an incredible 40 seconds at the finish. She took 31 seconds off the Oak Trails course record set by Sara Bei last year, 15 seconds off Melody Fairchild's meet record (1990 in San Diego), and the second largest margin in meet history. The Fox TV lead cart let her go in the first mile and moved back to the chase pack so that someone other than Trotter would appear in the race film. The stretch battle was for second, as Erika Odlang IL just caught Natasha Roetter MA after a

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2001 National Cross Country Championships

Girls Results



Amber Trotter went out fast and set a record course in winning the 2001 Foot Locker Cross Country Championships.

1. Trotter, Amber: RedwoodValley, CA 16:24
2. Odlaug, Erika: Bannockburn, IL 17:04
3. Roetter, Natasha: Lexington, MA 17:05
4. Huddle, Molly: Elmira, NY 17:19
5. Stanley, Laura: Fletcher, NC 17:34
6. Guliford, Felicia: Gallup, NM 17:35
7. Zeigle, Jackie: South Jordan, UT 17:41



Foot Locker.

CROSS COUNTRY CHAMPIONSHIPS



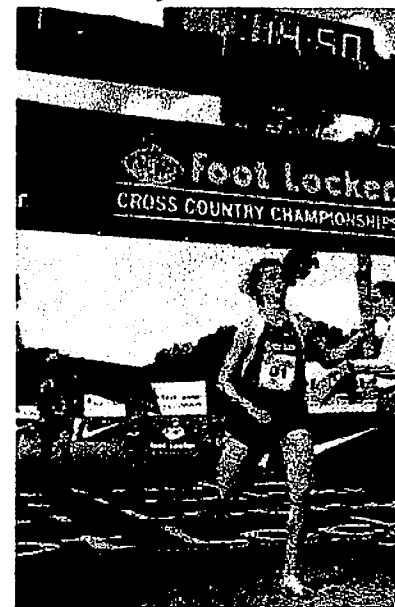
National Finals

December 8, 2001
Oak Trails Golf Course
@ Shades of Green
Orlando, Florida



[Course Walk Through Photos](#)

Boys Results



Tim Moore outkicked Bobby Lockhart down the final stretch to win the 2001 Foot Locker Cross Country Championships.

1. Moore, Timothy: Novi, MI 14:50
2. Lockhart, Bobby: Winchester, VA 14:51
3. Solinsky, Chris: Stevens Point, WI 14:52
4. Sheikh, Nurani: Salt Lake City, UT 14:56
5. Ross, Tim: Alto, MI 14:57
6. Mitric, Milos: Asheville, NC 14:59
7. Leal, Yong-Sung: San Leandro, CA 15:03

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Tim says:

- 1. How did it feel when the race was over and you realized how you had finished and were going to Orlando? Was the placing a surprise, or something you were shooting for all year?*

I felt great; happy to be back after last year. I wasn't totally surprised, but qualifying is always a relief and you can never take anything for granted in the Foot Locker races. All year, my goal was to win, but qualifying is always the main concern.

- 2. Was Foot Locker Regional your best race of the year? If so, tell us about what made it so. If not, tell us about your best race of the year.*

Yes, it was my first race all year I was completely happy with. My legs felt good for the first time all year and my stomach didn't bother me either. All year, my stomach has been bothering me in races.

- 3. Tell us about your coach(es) and what were the key training elements that helped you improve and get to Orlando.*

Tempo runs and intervals with a short rest are the key.

4. *What are your goals Saturday? What kind of race will it take for you to get All-American (or win, whatever your goal is)?*

I don't really have any concrete goals for Saturday. For me to have a good race, I must stay relaxed and mentally focused the entire race.

5. *Who are the most important influences in your running life (family, coach, friends, etc.)? Who is your favorite elite (HS, college or pro) runner?*

My most important influence is my dad, because he got me involved in the sport and has always allowed me to do what I want with it. Paul Tergat is my favorite runner.

6. *What are your biggest interests outside of running?*

Hanging with my girlfriend, buddies, listening to music, watching Seinfeld, playing guitar, learning about nutrition and the human body.

Date	Name	School	Event	Perf	Notes	Meet
2001-11-24	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:15	5k - UW-Parkside	WI FL MW Seeded
2001-11-03	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:11	5k - MI Speedway	MI State 1A
2001-10-27	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:29	5k -	MI Regionals
2001-10-13	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:10	5k -	MI Gabriel Richard I
2001-10-02	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:36	5k - Cass Benton Pk, 70, sunny	MI Novi-Milford dual
2001-09-15	<u>Moore, Tim</u> B(2002 MI)	Novi	5K-XC	#1 15:45	5k - Gilbert Willis Park	MI Walled Lake Inv
2001-06-16	<u>Moore, Tim</u> B(2002 MI)	Novi	B-2Mile	#4 9:03.84	-	NC AOC nationals
2001-06-02	<u>Moore, Tim</u> B(2002 MI)	Novi	B-2Mile	#2 9:14.18	c -	MI State Div 1
2001-06-02	<u>Moore, Tim</u> B(2002 MI)	Novi	B-Mile	#3 4:15.80	c -	MI State Div 1



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SkittlesRGood

Junior Member

Just a little FL race ANALYSIS... I was there!

Registered: Dec 2001

Location:

Posts: 20

BEING AT THE RACE....

The girls race:

Amber Trotter immediately took the lead after about the 1 meter mark. Complete domination! And all those other girls were content for second place. Odlaug and Huddle were about 30 meters behind Roetter most of the race. Roetter looked very smooth throughout the whole race (waving at family and friends!). Until the end (last 50 meters) Odlaug pulled out a kick from hell and ran her down, leaving Huddle behind. A good race to watch but completely dominated by Trotter.

Also, during the warm-up, I saw Trotter. Man, she looked like she was on the prowl. Eyes squinting and she looked like she was searching for prey. Like a hawk, feasting on helpless vermin. That girl was hungry. And dinner was served.

Da boys...

My oh my oh my. Looked like the race went out fast, but at the mile mark they were about 4:40. Billy Nelson immediately sprung out to the lead the first 400 meters opening up a 10 meter gap on the whole field (is this how he normally runs CA people?) Anyways, he was eventually caught by Nef Araia at about the 600 meter mark. Araia led from 600 to about 1.2-3 k before he was passed by Lockhart. The field eventually just kind of sorted out. Curtis was NEVER in the race. At about 2k the leaders were Leal, Moore, Lockhart and Araia with Meindl and others immediately behind. At the 2 mile the leaders were around 9:30, with the first 15 runners all under 9:40. THERE WAS A HUGE PACK. At about the 4k, it was the Moore and Lockhart show. Solinsky was

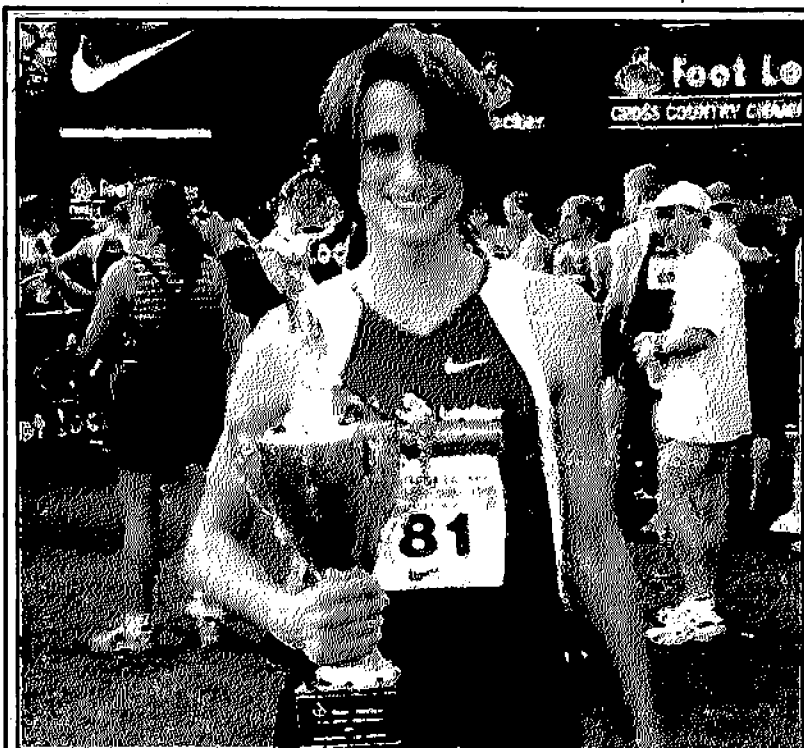
NOVI SPORTS

B¹

KVC girls swimmers B2
All-Area Cross Country B3

novinews.com

Thursday, December 13, 2001



Submitted Photo

Novi's national champion

Tim Moore smiles as he holds his newest trophy. What is he smiling about? Well, Moore just won the Footlocker National Cross Country title — read all about it, page A1.

National champion

Moore wins national meet by one second

By Sam Eggleston
SPORTS WRITER

Tim Moore, cross country and track star and senior at Novi High, did the unthinkable Saturday and staked his claim for a national title.

The thirst this harrier possesses for running and for winning is second to none and he proved it in Orlando, Fla. last weekend as he galloped to a first-place finish in the Footlocker National Cross Country Championships.

"I just tried to stay relaxed and concentrate on what I had to do so I wouldn't doze off (mentally) in the middle of the race," Moore said via phone interview from the finish line in Orlando. "As we came to the end, I was trying to sprint as hard as I could. I crossed the finish line and I could barely even stand anymore. I just wanted to find some grass and lay down."

Moore not only gave his friends, family and fans what they wanted with a 14 minutes, 50 seconds victory, he gave the spectators of the race an exciting finish as well. Moore finished just one second ahead of runner-up Bobby Lockhart of John Handley High School in Winchester, Virginia — who will be running for the University of Wisconsin next season — and just two seconds ahead of Chris Solinski of Stevens Point, Wisc.

"It took him forever to catch Bobby," Moore's high school coach and race spectator Bob Smith said. "They rounded the last turn, about three-quarters of a mile to go, and Tim was about a yard behind Bobby. It took him darn near a quarter mile to close the gap, they were running stride for stride and shoulder to shoulder after that. It was one of the longest minutes of my life."

With 70 yards remaining in the

race, Moore edged his way into the lead.

"The entire last mile it seemed like me and Bobby battled back and forth," Moore said. "We kept exchanging surges with the lead changing all of the time. I finally got past him with about 70 yards to go, if not less, and gave it everything I had to stay in the lead."

And stay in the lead he did — all the way to the finish line.

Moore's accomplishments did not go unnoticed.

"I tell you what, it was a thrill for us to see how well he did," said Joe Plane, the University of Notre Dame head cross country coach. Moore recently signed his national letter of intent to run for the Irish. "He is going to be a terrific collegiate runner. He fit in here like a hand in a glove when he came to visit us, the other kids just loved him. He is a terrific kid."

Though his current coach and his future one were more than excited, a surprisingly gathered and reserved Moore was still recovering from the reality of winning the national championship.

"I have thought about this race for a long time," Moore said of the cross country run that found him finishing eighth just a year prior. "I couldn't even imagine winning it."

Others could see the stellar runner capturing the title though.

"I sure did," Smith said when asked if he thought Moore was capable of winning the race. "I didn't want to make predictions before the race with the chance of Tim finishing second. Second-place is not bad, but if you predict a first-place finish, it is kind of a loss. I felt he had the best chance of everybody."

A lot of that confidence in Moore

Please see NOVI, 4A

Novi coach knew Moore had ability to win nationals

Continued from 1

came not only from his ability, but from his tremendous work ethic.

"It wasn't just because he was one of the top returning runners," Smith said. "It was what he did to prepare for the race. His training from last year to this year is completely different. He is much bigger, stronger and faster this year."

Moore just wasn't convinced that the other participants viewed him as much of a favorite.

"A lot of the other kids were running fast times all year," Moore said. "I didn't really put up anything impressive. I don't think many of the other kids considered me a favorite. I didn't. Everyone thought they had a chance at winning this year."

Moore's work ethic and his ability to compete will no doubt give him the chance to be one of Notre Dame's top runners next season.

"I would expect him to be solidly in our top-five next year," Plane said. "We are excited to have him coming to Notre Dame, we really

are. He is a great competitor, tough as nails, and that is what is attractive about him."

Looking back on the night before the race, Moore knew it was going to be tough from the start.

"I knew it was going to be a very fast run," Moore said. "Last year, there was a clear cut favorite and it seemed like everyone just hung back waiting for him to make his move. This year no one was being timid, everyone was running as fast as they could."

Moore knew that a start too fast would sap his energy reserves — built up by a heaping pile of pasta and plenty of rest the day before — and a start that was too slow would leave him eating dirt.

"I knew I had to focus on my relaxation," Moore said. "Staying focused is really important in a race like this one. If you exert too much energy in the early going of the race, you are going to fade quick. I had to make sure I kept my pace and had to make sure I stayed focused."

Moore — along with Lockhart — had run through the first mile of

the race in a tight pack with the split reading 4:40. By the second mile, through 9:32, the field had thinned.

Conference, county, regional, state, Midwest regional and national titles are now all Moore's to claim stake to — what is there left for an athlete like this?

"Well, what is left for him this week is some much deserved rest," Smith said. "He is mentally toast. When it comes to cross country, he is the national champ, there is nothing bigger. But Tim will be gearing up for track season soon. The sky is the limit for an athlete like Tim. He has a nice mix of speed and aerobic ability. Tim has a capacity that is unparalleled by anybody right now."

If the sky is the limit, then Moore will probably test it.

"I just want to do my best in everything I do," Moore said.

Sam Eggleston is the sports writer for the Novi News and the Lake Area Times. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

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THURSDAY DECEMBER 6 2001



Photo courtesy Foot Locker

Tim Moore crosses the finish line in first place at the Foot Locker Midwest Regional Nov. 24 in Kenosha, Wis. The victory puts him in the national meet Saturday in Orlando, Fla.

Novi's Moore running in national championship

By MARVIN GOODWIN
Of The Oakland Press

Tim Moore has yet to lose a cross country race this season. But if the Novi High School senior wants to finish the season unbeaten, he'll have to do it against the top high school runners in the nation.

Moore is among the field of 32 runners who'll race Saturday at the Foot Locker National Championships at the Disney Oak Trail Course at Shades of Green in Orlando, Fla.

"It's going to be real interesting to see how the national meet plays out," said Novi coach Robert Smith, who will accompany Smith to Florida Thursday. "The field is probably going to go out pretty quick (but), nobody's going to run away from Tim. He's going to be right in the mix."

Only the top eight runners from four regional sites around the country qualify for the national meet. Moore captured the Foot Locker Midwest Regional Nov. 24 in Kenosha, Wis., to earn his second trip to the national meet. Last year he finished eighth in a race which saw Dathan Ritzenhein of Rockford finish first and Alan Webb of Virginia place second. Webb, who broke the national high school record in the mile last year with a 3:53.45 clocking, is a freshman at Michigan and Ritzenhein is a freshman on Colorado's

NCAA championship cross country team.

Moore, who signed with Notre Dame, won the MHSAA Division 1 state championship by some 25 seconds last month, typical of his races throughout the season. However, he was challenged by Chris Solinsky of Stevens Point, Wis., at the Midwest meet, even though he ran his first mile in 4:48. Moore broke away from Solinsky in the last mile and clocked 15:11, seven seconds ahead of Solinsky on a muddy, sloppy course.

"His time was really good considering the course," Smith said. "We've been working hard this year on strength (and) Tim just really proved his strength and durability. When you're a strong runner, the conditions don't bother you as much."

Moore has big meet experience. He was a member of Novi's national high school champion four-mile relay team this past June in North Carolina and he's making his second appearance at the national cross country meet.

"This year, he knows what to expect," Smith said. "He's confident that he can run with anybody."

■ Nicole Bohnsack of Rockford, who was Midwest regional runner-up, will compete in the girls race. Andrew Bauer of Bloomfield Hills Lahser, who finished ninth at the Midwest meet, missed qualifying for the national meet by a few seconds.

PREPS EXTRA

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THURSDAY
Dec. 13,
2001

What a kick! Novi's Moore best in nation

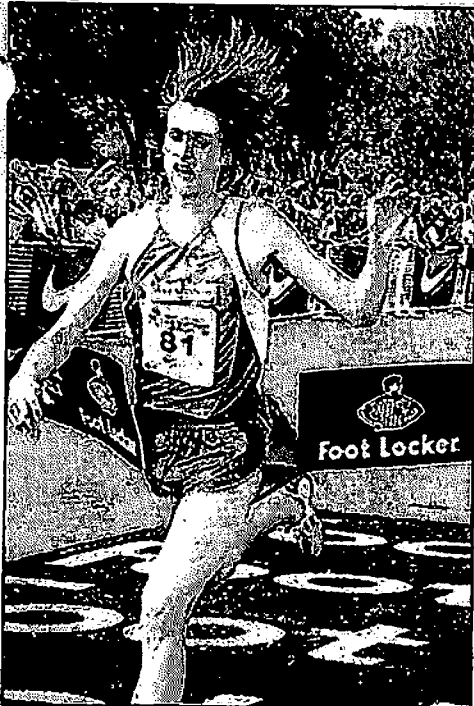


Photo by DyeStat

Novi senior Tim Moore breaks the tape at the cross-country nationals: "I raced my best. This is a good way to go out."



Finally, the race was down to only two. Tim Moore of Novi and Bobby Lockhart of Virginia had pulled away from a pack of the nation's 32 best runners with 400 meters to go in the Foot Locker

cross-country championship in Orlando.

They were racing neck-and-neck for the finish line in the country's most prestigious high school running event.

There was a touch of irony to Moore's position. Sure, he finished eighth in last year's race, so he was expected to do well. But until this fall, he had never finished first in a big race. Never.

There was always Novi teammate Chris Toloff to contend with, and then there was that kid from Rockford — Dathan Ritzenhein, the best distance runner a Michigan high school ever had. He had won the previous two national championships. No matter what Moore accomplished last year, Ritzenhein's shadow hovered over him.

"I didn't really feel too much pressure," Moore said. "There were other guys who popped some really fast times this year and there was more pressure on them. I felt I had never been happy with my times."

But Moore was plenty happy with his results — he was unbeaten this season, winning the state's Division I championship. Then he captured the Midwest regional title by seven seconds on a muddy course. But he hadn't been pushed at all until last weekend, in the biggest race of his life.

"This is what racing is all about," Moore said. "You love fast, close races."

With six runners finishing under 15 minutes in the 3.1-mile race, this was certainly fast. And it was close. Maybe too close.

Moore's goal was to stick with the lead runners early, and he was able to stay relaxed as they set a fast pace.

Finally, with 400 meters left, Moore knew it was time to make his move. He surged ahead, but Lockhart was right on his heels. With 200 meters remaining, Lockhart took the lead, but Moore hung with him.

"At that point, I was so tired I was trying to stay relaxed and trying not to get discouraged," Moore said. "I knew if I didn't sprint, I wouldn't win."

There was only one problem with that. Moore is not a sprinter.

"I'm more of a strength guy," he said. "I have a lot of base miles and run a lot of distances."

Also, Moore usually doesn't need to sprint, because he is well in front of everyone else. But this time he did and passed Lockhart with 100 meters left. It was kind of like a fastball pitcher turning to his curveball to win a game.

"I took off as fast as I could," Moore said. "When I passed him and he didn't come right back at me, I thought I had him."

Moore raised his arms and crossed the finish line in 14:50.4. Lockhart was second at 14:51.5. Caledonia's Tim Ross was fifth in 14:57.9. It was the closest finish in the 23-year history of the event.

Race volunteers helped Moore through the chute before he collapsed to the ground. People began pouring water on him, "to prevent me from going into the medical tent," Moore said. "It was hot and humid," about 80 degrees.

Hot, humid and sweet. So was the postrace party. It was so nice that Moore stayed up the entire night before catching a plane home the next day.

"I was really relieved," said Moore, a 4.0 student who has accepted a scholarship to run at Notre Dame. "This was my goal all year. I raced my best. This is a good way to go out."

It was the perfect ending to a perfect season that began with the memory of always finishing behind Ritzenhein.

"Dathan did some great things and I never really had a problem with it," Moore said. "I really liked him. He's a good kid and he deserved everything he got."

So does Moore.

HIGH SCHOOLS

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SUNDAY DECEMBER 9 2001

Novi's Moore wins national title

■ Moore has career-best in winning Foot Locker cross country championship

By MARVIN GOODWIN
Of The Oakland Press

Tim Moore's final cross country race of the season turned out to be his best. Fighting back several challenges, Moore captured the Foot Locker National Cross Country Championship title Saturday in Orlando, Fla.

The Novi High School senior, who'll attend Notre Dame on an athletic scholarship next year, raced the five-kilometer course at Disney's Oak Trail Course at Shades of Green in a career-best 14 minutes, 50 seconds, edging Bobby Lockhart of Winchester, Va., by a second. Chris Solinsky of Stevens Point, Wis., was third in 14:52 as the trio made it one of the closest races in recent years.

Moore's victory marked the third straight year that a runner from Michigan has won the national title. Dathan Ritzenhein of Rockford, currently a freshman at the University of Colorado, won the previous two years.

The national championship race drew the top 32 high school runners in the nation who had advanced from four regional sites. All the leading runners were within a few seconds of each other and the title was up for grabs.

To be sure, Moore, who was eighth in last year's race, expected a tight race and he got it.

"It was close the whole way," he said. "It was a goal of mine to at least put myself into contention for the title.

"He (Lockhart) was ahead of me and with about 50 or 70 yards left I started sprinting as hard as I could and I barely got him. It was insane."

Indeed, it was the narrowest margin of victory for Moore this



Oakland Press file photo/CHARLIE CORTEZ

Novi senior Tim Moore will run for Notre Dame next season

season. He won the Michigan high school state title by some 25 seconds and won the Foot Locker Midwest Regional Nov. 24 in Kenosha, Wis., by seven seconds over Solinsky.

Moore said the morning heat and humidity bothered him, but he just put it out of his mind. He said he wanted to stay with the front pack at least halfway through the race, then make a move when he felt comfortable.

However, "I tried to make a few moves and it didn't work because all the competitors were tough and so it just came down to the very end," he said.

When he crossed the finish line, he was more relieved than excited, "I was just dead tired," he said, "but that's what it takes. All these guys are so great, you've got to kill yourself to win."

Tim Ross of Alto finished fifth.

Faces in the Crowd



Mina Harigae, MONTEREY, CALIF.

Golf

Mina, 12, beat Sydney Burlison, 12, of Salinas, 3-2 in the final round of match play to become the youngest player to win the California women's amateur championship. Last summer, at age 11, she was the youngest person to qualify for the Independent Insurance Agent Junior Classic national finals.

Roger Nekton, BRENTWOOD, N.H.

Water Polo

Nekton, 63, the boys' coach for 39 years at Phillips Exeter Academy, guided the Big Red to its fifth straight and his 20th New England championship, as Exeter extended its league win streak to 49 games. Nekton, also the boys' swimming coach for 39 years, has 10 New England titles in that sport.



Timothy Moore, NOVI, MICH.

Cross-country

Timothy, a senior at Novi High, won the Foot Locker national championship by running the 5K Oak Trail course in Orlando in 14:50. He finished the regular season 15-0 en route to the state title. He also anchored the 4 x 1-mile team that won the national high school championship last spring.

Katie Phillips, FORT WORTH, TEXAS

Field Hockey

Katie, a senior forward for Trinity Valley School, had two goals and an assist in a 3-2 victory over Casady School of Oklahoma City to lead the Trojans to the Southwest Preparatory Conference title. Katie, who set school career marks in goals, assists and points, will play next year at Virginia.



Ian Smart, NORTH BABYLON, N.Y.

Football

Smart, a junior running back at Long Island University-C.W. Post, was named the most valuable player in the Northeast-10 Conference after leading the Pioneers to an 11-1 record and the league crown. He finished the season with 33 touchdowns and 2,536 rushing yards, third best in NCAA history.

Brianne Basilone, WHEELING, W.VA.

Soccer

Brianne, a senior forward for Wheeling Park High who finished her career with 98 goals and 49 assists, led the Lady Patriots to the state championship in each of her four years. Brianne holds single-season school girls' records in goals, assists and points, with 35, 20 and 82, respectively.



TRIVIAL MATTERS

Sudden Impact

► HELPING HAND

Through last Saturday, Pacers point guard Jamaal Tinsley led NBA rookies with 9.1 assists per game. At that rate Tinsley would accumulate 746 assists this season, second most by a first-year player in league history. Who holds the NBA rookie record for most assists in a season?

- a. Tim Hardaway b. Mark Jackson
c. Magic Johnson d. Oscar Robertson

► FINE IMPORTS

Contrary to expectations, Spanish import Pau Gasol, and not last year's U.S. college player of the year, Shane Battier, has been the Grizzlies' top newcomer this season. At week's end Gasol, a forward, led Memphis—and all rookies—in scoring with 16.3 points per game, and he was also tops among NBA newcomers with 6.9 rebounds, making him a strong early candidate for Rookie of the Year. Who was the last player born outside the U.S. or its territories to win this award?

► THIS WEEK'S MATCHUP

Pair the NBA rookie with his college.

1. Brandon Armstrong a. Austin Peay
2. Carlos Arroyo b. DePaul
3. Trenton Hassell c. Florida International
4. Steven Hunter d. Pepperdine

► CALL TO ORDER

Place these players in order of their rookie scoring averages, from highest to lowest.

- a. Michael Finley b. Juwan Howard
c. Kerry Kittles d. Paul Pierce

ANSWERS

HELPING HAND: b. In 1987-88 Jackson had 868 assists for the Knicks to beat Cincinnati Royal Oscar Robertson's rookie record of 690 set in 1960-61.

FINE IMPORTS: The 1986 NBA Rookie of the Year, Patrick Ewing, was born in Kingston, Jamaica. The 1998 winner, Tim Duncan, was born in the U.S. territory of St. Croix, Virgin Islands.

THIS WEEK'S MATCHUP: 1. d; 2. c; 3. a; 4. b

CALL TO ORDER: 1. Howard (17.0 points per game); 2. Pierce (16.5); 3. Kittles (16.4); 4. Finley (15.0)

North Carolina goal. It was the first goal against the Tar Heels' keeper Michale Ueltschey in three tournament games.

The 43 shots were a U.N.C. record for an N.C.A.A. tournament game.

U.N.C. Women Defending Title

DALLAS, Dec. 8 (AP) — Santa Clara knows it has to beat the best of the best to win the N.C.A.A. women's soccer championship.

In Sunday's final, the Broncos will play No. 1 North Carolina, which has won 2 straight titles and 17 over all.

"We've got a chance Sunday to measure ourselves against the standard," Santa Clara Coach Jerry Smith said. "There is no question that North Carolina is the standard in women's

Alyssa Ramsey leads the Tar Heels with 15 goals and 18 assists; she finished sixth in the country in scoring.

Santa Clara's offense goes through Aly Wagner, the Broncos' leading scorer. She led the nation in assists and had two in the victory over Florida.

Wagner is "the real deal," U.N.C. Coach Anson Dorrance said. "I enjoy watching her play. She does some things with the ball that you don't normally see from a college player."

Veronica Zepeda scored twice for Santa Clara in its semifinal, including the winner in overtime. She entered that game as a substitute because of shin splints she has had all season.

Smith said he won't decide until game time whether Zepeda will start Sunday.

NEW YORK TIMES 12-9-01
CROSS-COUNTRY

California Girl Romps to a Record

By MARC BLOOM

LAKE BUENA VISTA, Fla., Dec. 8 — Running the fastest 5,000-meter cross-country race by an American schoolgirl, Amber Trotter of Redwood Valley, Calif., won the 23rd Foot Locker high school championship today by 41 seconds. Her time was 16 minutes 24 seconds.

Trotter, 17, a senior at Ukiah High School in Northern California, took the lead in the 3.1-mile race immediately. She passed the one-mile mark in 5:04 and two miles in 10:22. The field of 31 other girls trailed far behind her. Trotter completed an undefeated fall season and shattered the course record, 16:55.7, which was set last year.

"I didn't plan to go out that hard," Trotter said. "I was just running for the joy of it. I didn't expect a time like that. The last mile felt slow and painful."

Few girls better 17 minutes for 5,000 meters over cross-country terrain, which usually has heavy footing, turns and hills. The course used today had many turns, but while it was mostly flat, it had many mounds — the athletes called them bumps — which interrupted some runners' rhythm.

Trotter, who has no interest in running professionally and plans to attend Middlebury College in Vermont, outran the runner-up, Erika Odlaug of Deerfield High School, outside Chicago, by 250 meters.

"I could not try to run her pace," said Odlaug, a Colorado-bound senior who was previously undefeated with 12 course records in 13 races this fall. Odlaug's time was 17:05.

Another runner unbeaten entering the race, Natasha Roetter of Lexington High School, outside Boston, placed third in 17:06. "I could not even see Amber," said Roetter, who won her second Northeast Regional title Nov. 24 at Van Cortlandt Park in the Bronx. "I felt good for two miles, but then the heat got to me."

Trotter's performance was especially impressive because the temperature was about 80 degrees with high humidity. As the New York State champion, Molly Huddle of Notre Dame High School in Elmira, saw Trotter take off, she thought the heat would slow her and make her fade. Trotter slowed, but so did the others.

Huddle finished fourth in 17:20. Two other upstate New Yorkers, Tracy Brauksieck of Homer High School and the three-time Foot Locker finalist Laurel Burdick of Fayetteville-Manlius, placed 13th and 22nd. The New Jersey titlist, Lindsay Van Alstine, a junior at Hawthorne Christian, finished 27th.

Trotter placed seventh last year, then missed her track season because of an eating disorder she has publicly discussed. She said she was still struggling with the ailment. Trotter, 5 feet 7 inches and 110 pounds, appeared serene as she told reporters how she had trained 60 to 65 miles a week over the summer and nurtured a greenhouse. She said she planned to study environmental science at Middlebury, a Division III college known for its academic excellence.

The boys' race offered a contrast as Tim Moore of Michigan held off Bobby Lockhart of Virginia in a thrilling stretch run. Moore, a senior at Novi High School who is headed for Notre Dame, ran 14:51. Lockhart, a senior at Handley High School who is going on to Wisconsin, ran 14:52.

Moore and Lockhart had run through the first mile in a tight pack. The split was 4:40. By the second mile, through 9:32, the field thinned. Moore and Lockhart proceeded to duel, with the lead switching hands several times.

"I would throw in a surge and he would throw in a surge," Lockhart said. "We were killing each other."

When the two runners emerged for the homestretch, Moore had a slight edge and Lockhart pursued him. They fought stride for stride, but Moore prevailed. "I thought about this race for a long time, but I couldn't imagine winning it," Moore said.

Chris Solinsky, a junior from Wisconsin, placed third (14:53) and Nurani Shiekh of Salt Lake City, a native of Somalia who started running two years ago, took fourth (14:57). The Northeast Regional boys' winner, Peter Meindl of Orchard Park High School near Buffalo, placed eighth (15:05). The New York State titlist, Brian Dalpiaz, a junior at Sayville High School on Long Island, finished 13th (15:16).

second straight game. The 6-foot-10-inch forward had 23 in the Gators' 4-point victory over Michigan State on Wednesday night.

Florida (6-1) broke the game open with a 16-0 run over a five-minute stretch of the second half.

Haslem, who played only 11 minutes and took one shot in the opening half because of foul trouble, scored the first 7 points of the burst. His 3-point play put the Gators up by 65-54 with 10:30 to go.

Brett Nelson scored 17 points, and Haslem finished with 15 on 5-for-8 shooting for Florida, which won for the fifth straight time since losing to Arizona. The reserve Bonell Colas added 10 points.

South Florida (7-1) lost for the 24th straight time to a ranked team. ARIZONA 79, PURDUE 66: Luke Walton and Rick Anderson scored 17 points each, and Jason Gardner added 14 as No. 7 Arizona took command early in Anaheim, Calif.

Walton also had a career-high 13 rebounds, and Anderson had 9 as Arizona (5-1) had a 49-28 advantage.

The game at Anaheim Arena was the opener of the eighth Wooden Classic, named for the 90-year-old former U.C.L.A. coach who guided the Bruins to 10 N.C.A.A. championships in a 12-year span, ending with his retirement in 1975.

Willie Deane came off the bench to lead Purdue (5-3) with 19 points, and Darmetreis Kilgore and Joe Marshall added 11 each for the Bollermakers.

Maynard Lewis, who entered as Purdue's leading scorer with a 14.4-point average, was held to 6 points — all in the second half.

VIRGINIA 77, AUBURN 72: Roger Mason scored 18 points and No. 8 Virginia hit 11 straight free throws late to beat Auburn in the Arby's Hardwood Classic in Birmingham, Ala.

The Cavaliers (5-0) trailed by 72-70 late, but held the Tigers (4-3) scoreless in the final two minutes.

Virginia began pounding the ball inside in the second half, getting half of Auburn's lineup in foul trouble and dominating the boards, 42-25.

The Cavaliers got their most serious test after winning their first four games by an average of nearly 29 points. Mason made five straight free throws in the final three minutes and had 5 assists.

Chris Williams had 14 points, 7 rebounds and 4 assists. Travis Watson had 11 points and 10 rebounds.

KENTUCKY 79, NORTH CAROLINA 59: Tayshaun Prince scored 31 points and had 11 rebounds as No. 11 Kentucky beat visiting North Carolina in a matchup of college basketball's two winningest programs.

Kentucky (5-1) became the first school to win 1,800 games. The Wildcats won their fifth straight after falling to No. 25 Western Kentucky in the season opener.

Prince made 7 of 11 3-pointers, hitting six straight in the game's first eight minutes. He shot 11 of 22.

North Carolina (1-4) has 1,782 victories in school history.

Kris Lang scored 18 points on 8-of-14 shooting, and Jason Capel added 11 points and 12 rebounds for the Tar Heels.

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