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## Novi Boys Cross Country

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**By Jeff Theisen**  
NEWS SPORTS WRITER

Novi cross country had a big portion of last year's stars graduate from the state runner-up team.

But head coach Robert Smith isn't worried about rebuilding, he's just looking to keep a running tradition going.

"Our first goal is to get to state," Smith said. "Every time we've been to state, we've been in the top 10. It's a nice moniker to carry.

"I'm confident they will carry the torch, carry the tradition on."

Back from the state team is Josh Lumley and Aaron Croad. The two are expected to be leaders for the 2007 team as captains, along with co-captains Jacob Carless and Alfredo Cateriano.

"Our four captains have done a remarkable job of getting the team prepared for the season," Smith said. "One of our keys is to have the kids prepared for battle. We really work hard in the early season, and we couldn't do it without preparation."

Others looking to make an impact for the Wildcats include TJ Butler, Lukas Barnes, Mike Blaszczyk and Mike Place.

"We have a lot of veterans coming back that know what they are capable of doing," Smith said. "We have some juniors ... it's their turn, and they realize it. Those guys view themselves as the heir apparent."

Barnes also returns with state meet experience. He ran as a freshman with the team but suf-

fered a broken leg last year, cutting his season short.

"That was very frustrating for him," Smith said. "He's very hungry to get back to where he was."

Smith said the competition for the top varsity spots are all up for grabs. With 36 kids out for the team, plenty of jockeying is expected throughout the season.

"There are no established positions on the team," Smith said. "With hard work and dedication, anybody can be a top runner."

The biggest competition in the state happens to come from within Novi's own conference — Pinckney.

The Pirates won the state title two years and should be a top program again. But the KVC is again loaded. Milford has what some consider the second-best team in the state.

"Pinckney is definitely a force," Smith said. "The other teams in the league have all stepped it up. The league is looking really tough, but that's nothing new."

The Wildcats will find out where they stand immediately as Pinckney and Milford are two teams Novi will face right off the bat.

The Wildcats have been running practices for weeks. Smith is ready to find out how they stack up against another squad.

"I can't wait," Smith said. "We're ready to go."

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### **Novi Boys Cross Country**

The Wildcats started their season with a matchup against rival Northville on Aug. 23.

The Mustangs were able to pack it together in the top five and raced away with a 23-33 win.

Novi's top runner was Josh Lumley in second place with teammate Aaron Croad finishing in third with the same time of 17:42.

But Northville's Jack Dalton finished first in 17:34 with teammates Jon Zurek, Erik Peterson,

Frank Griffiths and Nitin Jacob finishing in fourth through seventh places.

Rounding out Novi's top five were Thomas Butler in eighth (18:16), Mike Blaszczyk in ninth (18:26) and Joe Schubring in 11th (19:04).

# KVC still the best in cross country

By MARVIN GOODWIN  
Of The Oakland Press

Opponents will say good-bye to the Kensington Valley Conference, which will merge with the 12-team Western Lakes Activities Association to form one superconference next season. The KVC, which has produced nine of the last 12 Division 1 or Class A state cross country champions, is likely to go out with bang with favored Pinckney, the two-time defending state champion, strong enough for a trifecta. But nothing is taken for granted in the toughest cross country conference in the state.

## Kensington Valley

Four schools from the KVC have won state championships in the past 12 years and MILFORD, having won state titles in 2003-04, is one of them. In fact, from 2001-04, Milford finished either first or second at the state meet. They were fifth last year and have enough strength to be among the leading teams this year. Senior Andrew McKeachle is a multiple state-qualifier in track and cross country and, with work, seniors Bob Feigley and Stephen Fuelling could break 16 minutes on a flat five-kilometer race. Sophomore Nick Burt was the team's No. 5 runner at the state meet last season and two other sophomores, Jimmy Hancock and Brian Chakeras, could also help, along with freshman Shawn Shove. They'll all contend for varsity spots.

"We have leadership up front and enthusiasm in the back," Milford coach Brian Salyers said. "Our goal is to create chemistry between the two and create a team. To mesh all those years and experiences together, that's our greatest challenge."

Challenges will also come from NOVI, which was Division 1 state runner-up last season and has a pair of state championships (1998-99) for its contribution to the KVC chronicles the past dozen seasons. However, the Wildcats, the defending Oakland County meet champion, were decimated by graduation.

"We lost 10 seniors from last year (and) five were seniors from our top seven," Novi coach Robert Smith said. "(But) I think we'll be up for the challenge. We're reloading. I never want to fall into the trap of 'we're rebuilding.'"

Senior Josh Lumley is the leading returnee and he'll have help from Aaron Croad and junior Lucas Barnes. All have state meet experience. Those who will have to step to the forefront include seniors Alfredo Cateriano, Bryant Ornes and Jim Brunner, juniors Jacob Carliss, Zack Rothermell and Shin Hieftje, and sophomore Mike Blaszczyk.

"These guys have really worked hard this summer and are impressing me with their level of fitness," Smith said, "and they're ready to race. Aaron (Croad) and Josh (Lumley) are set to race with anybody's front-runners and it's looking like the next wave of runners is ready to go with them."

They'll probably have company from LAKELAND, which has a pair of state championships (1996-97) in the past 12 years. The Eagles lost their top runner to graduation, "but I got everybody else back," said coach Randy Wilkins.

Senior co-captains Josh Clements and Derek Probstfeld are versatile athletes — Clements plays basketball and Probstfeld is a swimmer — and juniors Parker Shavely and Brent Jacoby are candidates for breakout seasons. Drake Mowers and Chris Sherlock have looked good in workouts, along with sophomores Stefan Morell and Brent Rolfe. "That's our main core," said Wilkins, who added senior Drew Noren as a big contributor if he stays healthy.

PINCKNEY, though, is a strong favorite for its third straight title. While many teams would be fortunate to have one runner to break 16 minutes for five kilometers, the Pirates return four such athletes. But even the Pirates know there's nothing taken for granted in the tough KVC.

## Oakland County's top 10 teams

1. Lake Orion — Dragons' depth keeps them ahead of pack
2. Milford — Year in and year out, Mavs are always contenders
3. Rochester Adams — Highlanders may have something going this season
4. Novi — Wildcats will survive heavy graduation losses
5. Birmingham Seaholm — Maples can run, but could use a solid No. 5 runner
6. Lakeland — A gathering of Eagles means trouble for the opposition
7. Cranbrook-Kingswood — Cranes have most parts in place for solid season
8. Brother Rice — Warriors could surprise themselves this season
9. Bloomfield Hills Lahser — Knights still keep themselves in the racing mix
10. Walled Lake Western — Steady improvement continues for Warriors

## top 30 runners

1. Ted Howard, Birmingham Seaholm — Can he duplicate last year's sterling performances?
2. Alex Toloff, Novi Detroit Catholic Central — Gritty runner ready to elevate his game
3. Joey Grace, Bloomfield Hills Lahser — Took first at Corunna Invitational last week
4. Ryan Zolko, Lake Orion — Teammates could be gaining on all-state runner
5. Bob Feigley, Milford — Can carry a heavy load and fast pace
6. Mike Bender, Birmingham Seaholm — Has been solid contributor for three seasons
7. Stephen Fuelling, Milford — Team tradition helps keep him going
8. Tim Huwer, Rochester Adams — Ready to establish his own identity
9. Mike Murphy, Brother Rice — Could be surprise runner of Oakland County
10. Andrew McEachie, Milford — Has been varsity runner for ages
11. Nick Andersen, Cranbrook-Kingswood — Could really surge with team's development
12. Nathan Zolko, Lake Orion — Won't let teammates get too far ahead of him
13. Josh Lumley, Novi — Ready to step into front-runner's role
14. Daniel Suber, Cranbrook-Kingswood — Not afraid of a fast pace
15. Joe Banyai, Royal Oak — Still good, but injuries have arrested his development
16. Erik Ringo, South Lyon — Can he weather KVC's storms of good runners?
17. Josh Clements, Lakeland — Could be leader of the Eagles' pack
18. Mike Atchoo, Troy — Sophomore begins to show what he's made of this season
19. Jon Hordos, Troy Athens — More responsibility falls on his shoulders
20. Chas Irmén, Orchard Lake St. Mary's — Eaglets' fortunes may depend upon him
21. Kevan Williams, Southfield-Lathrup — Time for senior to make an impact
22. Kyle Roche, Walled Lake Central — Promising sophomore just needs to get stronger
23. Aaron Croad, Novi — If he really improves, could overtake his teammate
24. Jeff Kuhl, Clarkston — Can junior continue development from sophomore year?
25. Alex Townsend, Farmington — Probably Falcons' lone bright spot
26. Zavien Shrikian, Berkley — Needs more development to make an impact
27. John Verran, Holly — Bronchos fortunes depends on how long he lasts
28. Chris Schnaible, Walled Lake Western — Summer training will determine his season
29. Kyle Lawton, Lake Orion — Someone might be gaining on him
30. Parker Snavelly, Lakeland — Needs to be more consistent

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### Oakland Activities Association I

KE ORION showed signs of being a quality team with its 10thplace finish at the Division 1 state meet last season. But the Dragons still need seasoning according to coach Stan Ford.

"We have runners in place, but they're still very young," he said. "I'm operating with only one senior potentially in my top five."

That would be Kyle Lawton, who will be pressed to elevate his performances on the cross country course. Junior Ryan Ziolko is

a promising front-runner while Doug Mack is developing into a strong contributor. Both qualified for state in the 3,200-meter run in track last season. Sophomores Nathan Ziolk and Sean Bone should also help. About 42 runners are out for the squad but the Cougars must still find themselves as the season progresses. "I don't anticipate starting out as highly ranked as we might be," Fous said. "They still have to find their way. They're not set."

Defending league champion TROY ATHENS was hit hard by graduation, which does not bode well for the Red Hawks. "We have (only) two of our top 10 returning," Athens coach Mike Stallsmith said. Seniors Jon Hordos and Angelo Dimambro each are three-year varsity athletes and co-captains Matt Michalek and Mike Shaheen will add leadership and experience. Each broke 18 minutes for 5Ks last year. Senior Neil Romesburg should also contribute. Athens was a regional runner-up and placed 14th at state last year. Duplicating those efforts will be difficult. "We're more or less relying on surprises this year," Stallsmith said. "We'll try to defend as best as we can."

With six league championships in the last seven years, BLOOMFIELD HILLS LAHSER has been one of the area's top teams. The Knights won last year's final OAA I Jamboree but finished a close second to Athens in the final OAA I standings. But the Knights have enough armor to continue shining. Joey Grace, a two-time all-state runner, returns along with seniors Jordan Jones and Sean Bradley. Juniors Chris Pinter, Alex Craig and James Chaung will also contribute, along with sophomore Anthony Perrotta.

In the past six seasons, Lahser, which has won five straight regional titles, has placed second in the Division 2 state meet twice, third twice, and fourth and sixth place finishes at state. A seventh year of similar results is not out of the question. "This year we're actually a young team," Lahser coach Nick Stration said. "Joey has a lot of experience ... and our second, third, fourth, fifth, and even sixth guys are going to be in a pack. Hopefully we'll have five guys under 17 minutes."

CLARKSTON had minimal success in the conference last year, yet had a couple of standout runners. One has graduated. The other returns.

"We're going to depend heavily on Jeff Kuhl," coach Michael Taylor said of this returning state qualifier in track and cross country. "He's going to lead our team and should be our best runner."

"I'll have help from seniors Andrew Chafee and Larry Cassar, and perhaps freshman newcomer Christian Bonzheim, who can make the varsity squad. "We're going to have to be an improved team to be competitive in the OAA," Taylor said. "That's the way life is, and we have to deal with it. (But) one of the things that impressed me so far about my team is that there's an increased commitment and a willingness to work hard. We didn't gel last year and we're much more of a cohesive team this year."

STONE CREEK has a new coach in Jed Kramer but the same goal of being competitive in a strong conference. The Cougars lost their major contributors from the past two seasons to graduation, so seniors Drew Edwards, Justin Blaty and Mike Scareski are among those expected to take up their slack. Junior John Knapp will also help along with Kevin Whipple and Mark Hoyer, a state qualifier in the 800 in track. "The biggest challenge is a psychological one," Kramer said. "These kids have been kind of in back of the varsity pack, really believing they can be front-runners. I think we're starting to turn some corners but it'll take a couple races to see if they can stick with frontrunners."

ROCHESTER ADAMS, which finished in the middle of the pack in the league last season, may be ready for an upward surge. The Highlanders return senior Tim Huwer, who has been training well, and co-captains Kevin Liu and Brendan Sullivan. Juniors Mike Reimann and Alex Lindsay, a former hockey player, could also contribute, along with Cameron Alcalá and Drew Raftopoulos, a standout on the wrestling team. Senior Chris Buller has shown signs of improving.

ROCHESTER, an upper tier finisher in the league last year could be a little more competitive with senior Tim Gumz leading the returnees. Juniors Ken Laskowski, Daniel Ma and Brett Blakely will be among the leading runners for the Falcons, who'll work with about 25 boys on the squad. "Our goal is to be stronger at the end of the race and finish better," Falcons coach Larry Adams said.

BIRMINGHAM SEAHOLM is poised to have its best season in years but there are still holes to fill. "We lost a couple of consistent guys (from last year) and we're trying to scramble to get somebody for No. 5," Maples coach Derek DiGiovanni said.

Ted Howard is probably the area's leading runner and teammate Mike Bender is not too far behind him. Together they'll make a strong 1-2 punch among area teams. Junior Ben Lewis has big meet experience and sophomore Ryan Petry will make the varsity lineup. Senior Ryan Greene could fill that important No. 5 spot but the Maples have little margin for error. "We've got a whole host of majors who will kind of be battling for those spots," said DiGiovanni, who wants to join the area's elite teams. "We definitely have the potential (but) we have to try to get those guys to fight through the pain to make those improvements."

TROY has around 50 runners, but the Colts will get their major contributions from underclassmen, including sophomores Mike Atchoo and James Yau. Senior Dan Porto will also help but the Colts, who finished near the bottom of the standings last season, will still be in their growing stages. "We've got a lot of youth and it's something we're going to be building up toward," Troy coach Eric Prowse said.

**Oakland Activities Association II**

**WATERFORD KETTERING** hopes to climb up from its middle of the pack showing last season. "We've got this core group of runners who are all working hard together," Captains coach Anne Clifton said.

That includes Joel Billings, Brit Bush and Bryan Boyce, who will search for consistency as well as positions closer to the front. "I think they're all going to pull each other up," said Clifton, who'll have about 24 runners on the team.

**WEST BLOOMFIELD** had a losing dual meet record last year but the Lakers hope to reverse those results this season. Senior Geoff Gloneri is a four-year runner who showed marked improvement during track season. About 15 athletes are out for the team, according to coach Lee Averill, who said their attitude is good. "I'm hoping to be competitive," he said. "I've got some possibilities."

**WATERFORD MOTT** shared the league championship but will have to run hard to maintain its place. Seniors Max Bellemare and Kyle Evans are among returnees and junior Ryan Chute will also help. Sophomores Rob McConkey and Hayden Schaefer could also help along with a pair of promising freshmen, Scott Albauh and Ian Hackbarth. With a relatively small team of only about 13 runners, "it's going to be important for us to run as a pack," coach Ryan Robinson said. "If we don't keep that pack mentally, we're just going to drop off the vine."

**Catholic League**

**NOVI DETROIT CATHOLIC CENTRAL** may be still far removed from its 2001 Division 1 state championship but the Shamrocks are getting closer. Junior Alex Toloff should be one of the area's leading runners and he'll be joined by senior Zachary Oleski to form a solid 1-2 punch. Senior Dan Jonik should also help and coach Tony Magni will complete the varsity lineup from some 35 runners out for the team. "We had a few kids who ran varsity as sophomores last year and hopefully they step up as juniors," Magni said. "Our goal is obviously to do very well in the Catholic League, do well in regionals and see how we do in the state finals."

**BIRMINGHAM BROTHER RICE** failed to find its spot at the state meet last year, but coach Bob Stark will try to get the Warriors back. "Nobody has run in the state meet before," he said of this year's squad. "We're going to be all new people because we'll be young when we start."

Junior Sean Clifford and senior Sam Ellis each ran lots of miles this summer, Stark said, as well as Brendan Tamm and senior Matt Kravutske. Scott Scharo will also help. About 30 runners are out for the team, "the biggest we've had in a long time," Stark said.

One newcomer includes junior Mike Murphy, who will be in his first season of cross country after giving up soccer. If he transfers his talent in track — he was all-state in the 3,200-meter run (9:29) — to cross country, the Warriors will greatly benefit.

With 33 runners out for the team, **ORCHARD LAKE ST. MARY'S** has a good mixture of experience and youth. Senior captains Chas Irmen, who had a best of 16:29 last season, and Kevin Raftery (16:47), will be team leaders. But the Eaglets will need help from its younger group, with sophomores Alexander May (17:14), A.J. Wirth (18:12) and Shane Irmen (18:14) expected to help. Senior John Anton and newcomer Jacob Burt could also help. "The team's goal is to get five runners in the 16s," coach Mark LeFevre stated. "We are focused on getting back to the state championship and the kids know that this will require our maximum effort."

**Flint Metro League**

**FENTON's** reign as league champions could come to an end with a loss of four of its top seven runners to graduation. Linden appears to be the favorite to slip into the driver's seat, but **HOLLY** hopes to have a say in the final standings despite significant graduation losses. Even so, the Bronchos return senior John Verran, who'll have help from fellow seniors Kyle Lipischak and Nick Williams. Sophomores Camron Moussavi and Joe McGuire could help and freshman Brian Stohlman could crack the varsity lineup. "I'm hoping things can keep us hungry this season," coach Matt Weisdorfer said.

**OXFORD** will try to match its running ability with its mastery in the classroom. The team has a collective 3.6 grade point average according to coach Ray Sutherland, and includes senior captain Adam Heskitt, who scored a perfect 1,600 on his SAT. Ben Cole and Andy Stein are other team captains who will contribute while senior Mike Brendel and sophomore Eric Joergens should help. Matt Deighton and newcomer Chase Tucker, a junior, could add depth. As for the competition, who's concerned? "I always try to run our best race and worry about our times," Sutherland said. **ORTONVILLE BRANDON** returns Nicola Grupido, a state qualifier from last year, but the Blackhawks will need help to contend.

**Western Lakes**

**WALLED LAKE WESTERN's** experienced returnees could pay dividends at the end of the season. "We've got a pretty big

senior group," Warriors coach Mike Formanek said.

at includes Jon Rhodes, Brian Cheadle and Mark Mehringer, all veterans anxious to cap their high school careers with solid p mances. Junior Chris Schnaible, though, may be the team's top runner, according to Formanek.

Western finished around fifth in the league last year but could rise in the standings. "I'd say we're good to get back to where we were and maybe a spot or two higher," Formanek said. "If things really work out, we could look at a top three."

WALLED LAKE CENTRAL, which got the most out of only a handful of runners the past two seasons — the Vikings were fourth at the Division 1 state meet two years ago — have run out of veterans and will be forced back to square one. Sophomore Kyle Roche, though, could be the team's top runner. WALLED LAKE NORTHERN still will find it tough to negotiate a competitive conference.

#### The others

If it can fill a couple of vacancies, BLOOMFIELD HILLS CRANBROOK-KINGSWOOD could be one of the area's better teams. "We lost Nos. 3 and 7," said Cranes coach Greg Miller, who'll nevertheless have big time experience returning, headed by senior Nick Andersen, who won the Division 2 race at the Spartan Invitational last year. Fellow seniors Ben Broer and Andre Dompierre will help along with junior Daniel Suber. Jackson Sui and freshman Max Acheson will also contribute. The Cranes figure to make a great leap forward from their 16th place finish at last year's Division 2 state meet. "My top four are looking really good right now and you (just) hope that fifth man comes along," Miller said.

SOUTHFIELD CHRISTIAN returns its entire varsity lineup with hopes of making an impact at the Division 4 state meet. Juniors Nick Armes and Karl Anderson, senior Tim Koster, sophomore Matt Solt and freshman Victor Allen will be the leading runners. Allen was Oakland County middle school champ in the 3,200 run. "If we stay healthy we should challenge for the regional crown at Holly," Eagles coach Matt Yacoub stated.

With Issac Webb and Jarrod Hamilton, the Division 2 state 400-meter dash champion, returning for FERNDALE, the Eagles are favorites for another OAA III crown.





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— Staff writer Marvin Goodwin

## Novi cross-country team trains hard, battles for state slots

By CHRIS LAU  
FREE PRESS SPORTS WRITER

During the summer, Novi senior Aaron Croad and his co-captains, Joshua Lumley and Jacob Carless, led their cross-country teammates through three difficult months of training.

From June to early July, they did 6- to 9-mile runs Monday through Friday. They had a similar routine July through mid-August, except they added several speed miles to their workouts and mixed it up with various relay runs. And they went to cross-country camp near Petoskey in early August, where they ran more, bonded with teammates and learned about nutrition and injuries.

And that was just base preparation for formal team training, which started with a first practice on Aug. 13 and is, according to Croad, far more difficult than the summertime captains' practices.

"It pushes people to the limit," Croad said. "It separates the men from the boys."

Such is the training regimen for the Wildcats, one of the state's elite and storied cross-country programs.

Last year, they were a regional champion, the Oakland County champion, the academic state champion with a 3.97 grade-point average, and

the runner-up to Pinckney at the Division 1 state meet.

They have qualified for the state finals each of the past nine seasons, and finished in the top 10 each time. During that span, they've won two state titles (1998 and 1999) and finished second twice (2000 and last year).

But there are only two returnees from last year's team — Lumley and Croad — and coach Robert Smith is looking for a new batch of runners to step up.

In his 26 seasons as Novi's coach, Smith has established a tradition of internal competition. Only seven runners can represent a team at the state meet should it qualify. Smith has created a culture of younger runners striving to be there.

"We have a battle for seven slots and everyone knows that," Smith said. "They know if they slack off, they'll be left in the dust."

Croad once was one of those younger runners.

"When I was a freshman, I looked up to the seniors," Croad said. "I saw them and I said, 'I want to be there, too.' I saw their commitment to the team and that made me as committed as I am now."

Carless, who battled through injuries much of last year, is one of the many com-

peting for a top-seven spot. His explanation of what drives him to push himself is similar to many of his teammates — and is a depiction of Smith's culture.

"Seeing the alumni going to states," Carless said. "I see how much fun they have and how exciting that was and I'm like, 'I want to be there, too.'"

Barring injury, Lumley, who has run in the past two state meets, will again be at states, which is scheduled for Nov. 3 at the Michigan International Speedway in Brooklyn.

He's the Wildcats' top runner. His personal-best time of 16 minutes, 16 seconds was

24th best at the state meet last year.

After him, 32 other varsity runners — including 2005 state qualifiers Lukas Barnes and Michael Place — are vying for six state meet spots.

"We graduated a lot of people, but we still have guys in great shape," Lumley said. "We'll hopefully have, for lack of a better word, a bloodbath. We hope they push each other extremely hard to get those final spots. And that will push the entire team."

Contact CHRIS LAU at 248-351-3688 or [clau@freepress.com](mailto:clau@freepress.com).

### The Wildcats roster

**Seniors:** Jim Brunner, Aaron Croad, Henry He, Joshua Lumley, Bryant Ornes, Michael Place, Ruixiao Zuo.

**Juniors:** Lukas Barnes, Andrew Burkhardt, T.J. Butler, Jacob Carless, Andrew Gonthier, Jeremy Hieftje, Ryan Potocsky, Zachery Rothermel, Evan VanBuhler.

**Sophomores:** Kurt Berenguer, Mike Blaszcyk, Dan Egner, Geoffrey Glese, David Groechel, Alex Minghine, Mark Wagner, David Wheat.

**Freshmen:** Deepanshu Bhardwaj, Siyi Chen, Chase Conrad, Kuni Hotta, Garrett Murphy, Steve Pravado, Joe Schubring, Nirguna Thalla, Chris Vera-Burgos.

### KEY MEETS

**Tuesday:** At Pinckney, the defending state champs

**10/6:** Oakland County meet, at Kensington Metro Park in White Lake

**10/22:** Kensington Valley Conference meet, at Majestic at Lake Walden golf course in Hartland

**10/27:** Regionals

## Mr. The captains



**AARON CROAD, SENIOR**

Note: Ran at state meet in 2006.

Favorite class: History

Favorite food: Crab

Favorite other sport: Baseball

Favorite athlete: Derek Jeter

Dream job: New York Yankees television broadcaster

One thing most people don't know about me: "I'm afraid of roller coasters."

Prerace rituals: "For every meet, I go to bed really early the night before, I eat a bagel and oatmeal in the morning and then I change from my running socks to my spike socks."



**JOSHUA LUMLEY, SENIOR**

Note: Ran at state meet in 2005 and '06.

Favorite class: Math

Favorite food: Fruits

Favorite other sport: Soccer

Favorite athlete: Steve Yzerman

Dream job: Teacher/cross-country coach

One thing most people don't know about me: "I'm afraid of dogs."

Prerace rituals: "I always eat Cheerios."

SUNDAY, SEPT. 9, 2007



**JACOB CARLESS, JUNIOR**

Favorite class: Math and science

Favorite food: Lasagna

Favorite other sport: Basketball

Favorite athlete: Tom Brady

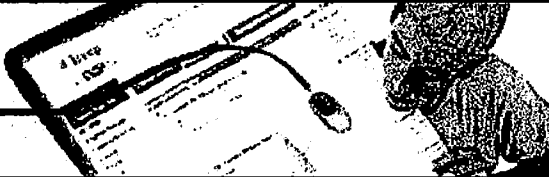
Dream job: Golf course manager

One thing most people don't know about me: "On the third day of cross-country freshman year, I ran into a parked bulldozer by accident."

Prerace rituals: "I have to have a Nature Valley peanut granola bar."

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# CHRIS LAU'S GAME OF THE WEEK

September 9, 2007

Matchup: Novi vs. Pinckney, boys cross-country

Time: 5 p.m. Tuesday at Hudson Mills Metropark in Dexter

**What to watch for:** The Wildcats, the reigning Division 1 state runners-up, get an early clash with the defending champs. Novi has been a top-10 finisher at states every year since 1998, but graduated five of its seven state runners from last year. This is a chance to see who may join Joshua Lumley and Aaron Croad as the team's top runners when the season enters crunch time.

Reach **CHRIS LAU** on his cell phone at 313-550-7474.

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# Novi cross-country team trains hard, battles for state slots

September 9, 2007

BY CHRIS LAU  
FREE PRESS SPORTS WRITER

During the summer, Novi senior Aaron Croad and his cocaptains, Joshua Lumley and Jacob Carless, led their cross-country teammates through three difficult months of training.

From June to early July, they did 6- to 9-mile runs Monday through Friday. They had a similar routine July through mid-August, except they added several speed miles to their workouts and mixed it up with various relay runs. And they went to cross-country camp near Petoskey in early August, where they ran more, bonded with teammates and learned about nutrition and injuries.

And that was just base preparation for formal team training, which started with a first practice on Aug. 13 and is, according to Croad, far more difficult than the summertime captains' practices.

"It pushes people to the limit," Croad said. "It separates the men from the boys."

Such is the training regimen for the Wildcats, one of the state's elite

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### PHOTOS

Click thumbnails to zoom

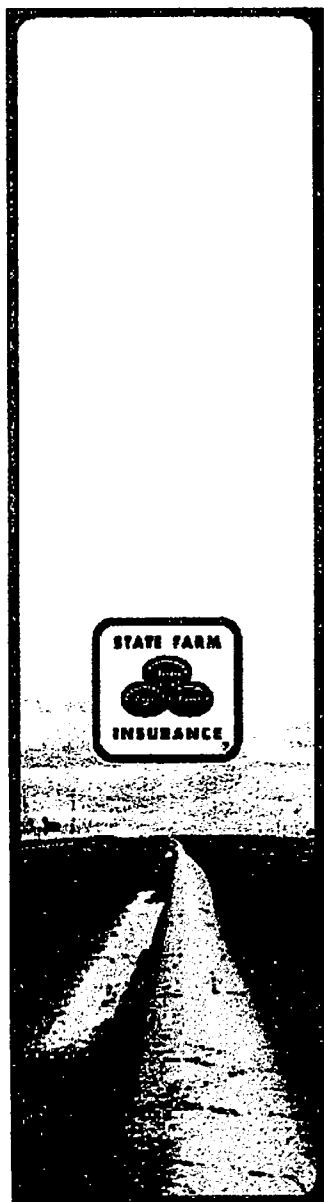


(DAVID KILKENNEY/Special to the Free Press)

The Novi High boys cross-country team heads out on a six-mile run during practice on Sept. 4. The Wildcats, who have qualified for the state finals each of the past nine seasons and finished in the top 10 every time, have high hopes for this season.

### ADDITIONAL INFORMATION

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and storied cross-country programs.

Last year, they were a regional champion, the Oakland County champion, the academic state champion with a 3.97 grade-point average, and the runner-up to Pinckney at the Division 1 state meet.

They have qualified for the state finals each of the past nine seasons, and finished in the top 10 each time. During that span, they've won two state titles (1998 and 1999) and finished second twice (2000 and last year).

But there are only two returnees from last year's team – Lumley and Croad – and coach Robert Smith is looking for a new batch of runners to step up.

In his 28 seasons as Novi's coach, Smith has established a tradition of internal competition. Only seven runners can represent a team at the state meet should it qualify. Smith has created a culture of younger runners striving to be there.

"We have a battle for seven slots and everyone knows that," Smith said. "They know if they slack off, they'll be left in the dust."

Croad once was one of those younger runners.

"When I was a freshman, I looked up to the seniors," Croad said. "I saw them and I said, 'I want to be there, too.' I saw their commitment to the team and that made me as committed as I am now."

Carless, who battled through injuries much of last year, is one of the many competing for a top-seven spot. His explanation of what drives him to push himself is similar to many of his teammates – and is a depiction of Smith's culture.

"Seeing the alumni going to states," Carless said. "I see how much fun they have and how exciting that was and I'm like, 'I want to be there, too.'"

Barring injury, Lumley, who has run in the past two state meets, will again be at states, which is scheduled for Nov. 3 at the Michigan International Speedway in Brooklyn.

## The Wildcats roster

**Seniors:** Jim Brunner, Aaron Croad, Henry He, Joshua Lumley, Bryant Ornes, Michael Place, Ruixiao Zuo.

**Juniors:** Lukas Barnes, Andrew Burkhardt, T.J. Butler, Jacob Carless, Andrew Gonthier, Jeremy Hieftje, Ryan Potocsky, Zachery Rothermel, Evan VanBuhler.

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Key meets

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**10/22:** Kensington Valley Conference meet, at Majestic at Lake Walden golf course in Hartland

**10/27:** Regionals

## Meet the captains

Aaron Croad, senior

**Note:** Ran at state meet in 2006.

**Favorite class:** History

**Favorite food:** Crab

He's the Wildcats' top runner. His personal-best time of 16 minutes, 16 seconds was 24th best at the state meet last year.

After him, 32 other varsity runners – including 2005 state qualifiers Lukas Barnes and Michael Place – are vying for six state meet spots.

"We graduated a lot of people, but we still have guys in great shape," Lumley said. "We'll hopefully have, for lack of a better word, a bloodbath. We hope they push each other extremely hard to get those final spots. And that will push the entire team."

Contact **CHRIS LAU** at 248-351-3688 or [clau@freepress.com](mailto:clau@freepress.com).

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**Favorite other sport:** Baseball

**Favorite athlete:** Derek Jeter

**Dream job:** New York Yankees television broadcaster

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Joshua Lumley, senior

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**Favorite athlete:** Steve Yzerman

**Dream job:** Teacher/cross-country coach

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**Prerace rituals:** "I always eat Cheerios."

Jacob Carless, junior

**Favorite class:** Math and science

**Favorite food:** Lasagna



# Bringing the beast

SATURDAY SEPTEMBER 15 2007

## County teams fare well at Spartan Invite

By MARVIN GOODWIN  
Of The Oakland Press

**EAST LANSING** — With a little help from the “beast” and some inspired running from Erin LaFave, Oakland County teams had strong showings at the Spartan Invitational cross country meet Friday at Forest Akers Golf Course.

Rochester won the girls Elite Division and Bloomfield Hills Lahser added the girls Green Division title in an early-season confrontation of some of the state's top teams.

Not to be left out, Novi's boys won the Green Division crown as the Wildcats, decimated by graduation losses after its state runner-up finish last season, showed they can still run with the top teams.

Megan Goethals placed seventh in 18:30 to lead Rochester with Tiffany Abrahamian, in her first race since this summer, following in 12th. Mollie Pozolo (24th), Brook Handler (49th) and Kim Secord (54th), who clutched a mackerel-looking, four-foot long, cushion-like object, completed the Falcons' scoring.

“We call it the beast,” said Secord of the fishy object. “We found him in the garbage can and he's been the girls' mascot ever since.”

Secord was keeled over in discomfort as she crossed the finish line and needed help from her teammates.

“I have a really bad cold today,” said the senior, who brightened up when the Falcons were declared the winner. “I feel better, yeah,” she smiled. “I was surprised we won but it's really cool.”

Rochester scored 146 points, Traverse City Central was second with 154, Brighton was third (168) and Milford was sixth (242).

“I think it means we're on the right track,” said Rochester coach Larry Adams. “It was an early test for us to see if we can be competitive at the state level and we can be. But it's a long season.”

Katie Haines of Rockford won the Elite race in 18:04. Cally Macumber of Rochester Adams was third in 18:23 and Troy's Grace Green was fifth in 18:27. Milford's Emily Morgridge (22nd) and Brittini Hutton (23rd) led the Mavericks.

LaFave, still having problems with painful hip, toed the starting line and led virtually the entire Green Division race, finishing in 18:54. The two-time Division 2 state runner-up, who is hearing impaired, said she was running scared because animated coach

Nick Stration would frantically motion the next girl was coming on. LaFave actually lengthened her lead in the last mile.

“My hip is still bothering me,” she said through interpreter Melissa Gulvas, “(but) it was better than (last) Saturday. I feel good, and I'm happy I won.”

The Knights are banding together with solid efforts the past weeks. “I figured we could get a top three,” Stration said, “but I am surprised (with the victory).”

Mia Savagian (24th), Kayla Gawlik (27th), Jami Rodes (28th) and Joylisa Davis (66th) completed the scoring for the Knights, who won with 146 points. Williamston was second with 189, Forest Hills Northern had 224 and Novi, led by ninth-place finisher Elle Robinson, was fourth with 235.

In the boys Green Division, Josh Lumley (ninth) and Aaron Croad (14th) led the Wildcats, who had five finishers among the top 44. Troy's Mike Atchoo placed third in 16:19 and Rochester's Ken

Laskowski was sixth in 16:25.

In the boys Elite Division, Lahser's Joey Grace placed seventh in 16:03 and Milford's Stephan Fuelling was 15th in 16:16. Defending state champion Pinckney won with 104 points, Fremont was second with 124 and Saline was third with 127. Milford placed fifth with 212 points.

“I was close to breaking 16 (minutes), that was my goal,” said Grace, who is beginning to move up among the area's top runners. “But I was pretty dead at the end.”

In the White Division girls race, Megan Brackins placed eighth to lead Waterford Kettering to seventh place. Among the boys White Division, sophomore Alexander Katona placed 13th as the Captains finished 10th in team standings.

Ovid Elsie's Maverick Darling had the top time of the day, winning the White Division race in 15:16.

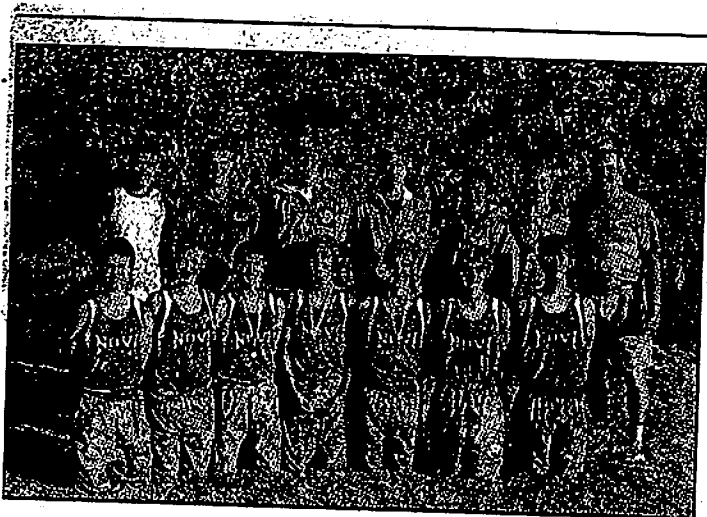
Contact Marvin Goodwin at  
marvin.goodwin@oakpress.com.

### Green Division

TEAMS — 1. Novi 127; 2. Northville 141; 3. Saginaw Heritage 194; 4. Portage Northern 205; 5. Livonia Churchill 260; 6. East Kentwood 267; 7. Wayland Union 281; 8. Rochester 322; 9. Eaton Rapids 363; 10. Chippewa Hills 383; 11. Clarkston 386; 12. Bedford 413; 13. St. John's 415; 14. Mattawan 425; 15. Shepherd 427.

INDIVIDUALS — 1. Jon Rock (Utica Eisenhower) 16:05, 2. Stephen Walker (H.H. Dow) 16:17, 3. Mike Atchoo (Troy) 16:19, 4. Shawn Stator (Portage Northern) 16:22, 5. Arthur Acevedo (Saginaw Heritage) 16:25, 6. Kon Laskowski (Rochester) 16:25, 7. Jeff MacMillan (Mattawan) 16:26, 8. James Yau (Troy) 16:34, 9. Josh Lumley (Novi) 16:37, 10. Tommy Valade (Bedford) 16:38, 11. Tyler Noble (Shepherd) 16:39, 12. Erik Peterson (Northville) 16:40, 13. Jon Manby (East Kentwood) 16:40, 14. Aaron Croad (Novi) 16:40, 15. Nick Kolbow (Northville) 16:41.

# Novi cross country wins Spartan Invite



Submitted photo

**The Novi boys cross country team show off their medals for winning the Spartan Invite.**

The Novi boys cross country team had an impressive week. The varsity team claimed the Spartan Invitational title, while the freshman and sophomores won the Walled Lake Western Invite.

The Spartan Invite features 44 teams from all over Michigan. The Wildcats won with 127

points, beating out Northville with 141.

"Many teams had runners up front, but none could match our depth and team pack," Novi head coach Robert Smith said. "This proved to be the difference as the Wildcats received their medals and trophies for their third consecutive appearance at the Spartan Invitational."

Josh Lumley finished first for the Wildcats in ninth place (16:37). Aaron Croad was next in 14th (16:40), followed by Lukas Barnes in 25th (16:53), TJ Butler in 35th (16:59) and Mike

Blaszczyk in 44th (17:09).

The top five Wildcats finished within 32 seconds of each other.

At Walled Lake Western, the Wildcats ran away with the meet, finishing with 39 points. Walled Lake Central was next with 74.

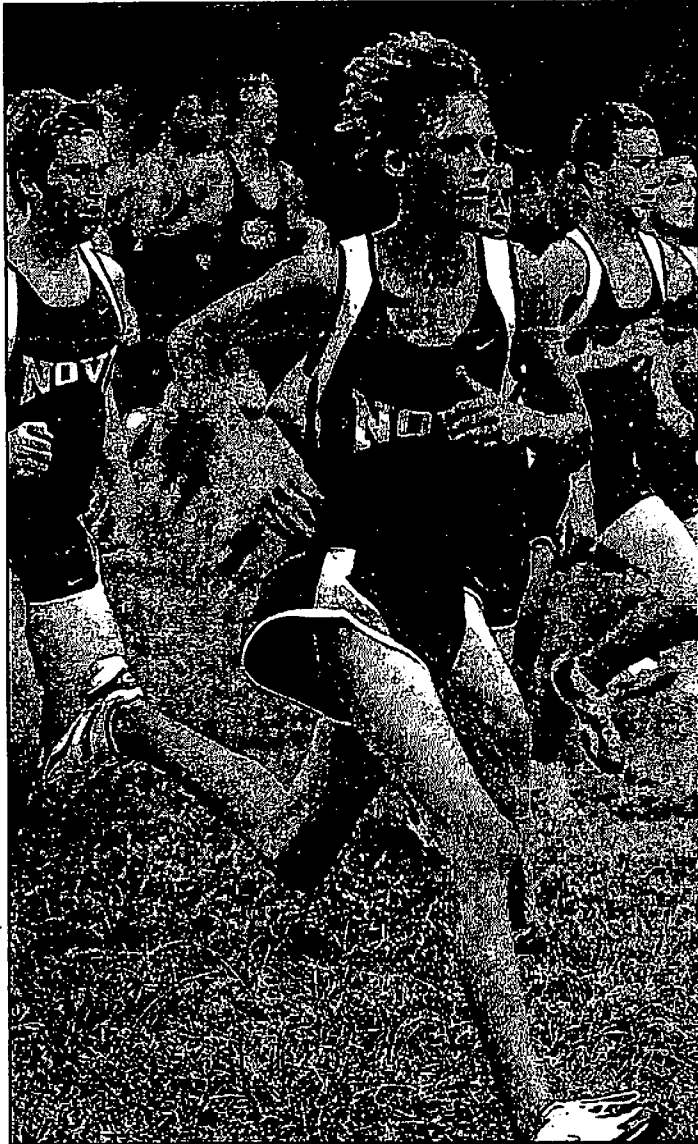
Joe Schubring finished fourth to lead the Wildcats. Dan Egner finished just behind him in fifth, followed by Geoffrey Giese in eighth, Chris Vera-Burgos in 11th and Mark Wagner in 12th.

The Wildcats also placed third in the junior/senior divisions, despite not having its top six runners, who ran the day before.

Thursday, September 20, 2007-NOVI NEWS

Leading the Wildcats were Mike Place, Zack Roethermel, Andrew Burkhardt, Ryan Potocsky and Jim Brunner.

Thursday, September 13, 2007-NOVI NEWS



The Novi cross country team begins a run at Cass Benton Park.

### Novi Boys Cross Country

The Novi boys cross country team fell to Milford 20-35 last Thursday at Cass Benton.

Josh Lumley finished in second place in 16:57 to lead the Wildcats.

But Milford placed five runners in the top seven to get the win.

Aaron Croad was next in for Novi (0-2), finishing in sixth place in 17:30. He was followed by Josh Butler in eighth (17:42), Carless in ninth (17:46) and Lucas Barnes in 10th (17:51).

"I thought we ran outstanding against Milford. They were fifth in the state last year and only graduated one boy," Novi head coach Robert Smith said. "We lost, but we did not lose by that much.

"We have some room to improve, and I think we're doing it."

Though the score looked lopsided, Novi placed eight runners in the top 13.

"We have to get our frontrunners up there just a little bit more," Smith said. "Josh is right there. He finished second."

## Novi finishes 4th at regional; Croad, Lumley advance to state

By Jeff Theisen  
SPORTS WRITER

An incredible run of nine straight top-10 finishes at state has come to an end for the Novi boys cross country team. They finished fourth at the regional, one spot out of an automatic state qualifier.

"We sure gave it our best shot," Novi head coach Robert Smith said. "We knew when we ran with Northville in August we had four teams fighting for three spots. A lot of streaks are broken. That really pains us.

"It's unfortunate, but I'm extremely proud of my guys. They didn't slack off at all this season. They knew they had a battle on their hands, and they put up a great fight."

Pinckney won the meet with 66 points. Catholic Central tied with Northville with 96 points, but the Shamrocks took second place with a better finish by its sixth runner. Novi finished with 115 points.

The top three teams advance to Saturday's state meet at Michigan International Speedway.

### STATE MEET

Who: Boys Division 1 race  
Where: Michigan International Speedway  
When: 3 p.m. Saturday

On the bright side, the Wildcats will still be represented at the final meet of the year.

### Two 'Cats state bound

Josh Lumley and Aaron Croad both finished in the top 20 to move on.

Lumley led the Novi runners with an eighth-place finish (16:15).

"He ran with the front pack right away, but he ran with composure," Smith said. "He wanted to guarantee himself a spot in the top 15. He ran a really nice first mile, but yet he was really aware of his race.

"In the middle of the race, he was still racing, where a lot of

See **STREAK, 4B**

## STREAK: Two Wildcats qualify for state finals

continued from front

runner fall asleep. He picked off a lot of runners. He ran a very, very smart, tactical race."

Croad just beat the state cut, finishing in 14th (16:27). Any runner in the top 15 who's team did not finish in the top three still advances to state.

"Aaron has a slightly different strategy in his racing," Smith said. "He took off a little bit slower, not meaning that he is a slower runner. He just didn't want to get in trouble early with oxygen debt problems.

Aaron is a very powerful runner. He has a lot of strength, and he uses that to his advantage. Through mile two, he was gaining on the whole field, including Josh."

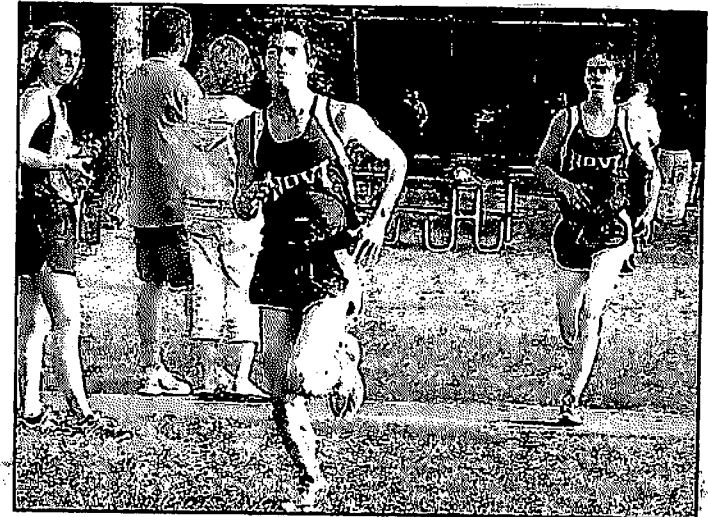
Croad was still outside of the top 15 with about a half mile to go, but he worked and willed his way into the 14th spot.

Division 1 runners will be the last race of the day, with the gun sounding at 3 p.m. Awards will begin at 3:45 p.m. Two Novi girls will also be at state. Their race begins at 2 p.m.

"We're not there for the honor," Smith said. "We're there to make a splash, and I sure hope they do that."

### All-State Streak

One streak can still be saved. The Wildcats have had an All-State runner for the past 10 years. Smith hopes Lumley and/or Croad can add their names to the Novi run-



Submitted photo

### Novi Wildcats run together in an earlier-season race against Brighton.

ners' list of accomplishments.

"Josh, seems to think that being All-State is within his grasp," Smith said. "He's going to have to race a little bit differently, and it's kind of a gamble.

"You don't want to have any regrets by running too conservative. It's better to crash and burn and at least take the chance than run conservative and just miss by a few seconds."

Smith said Croad's times are very comparable to Alex Prasad, a state runner from last year's team, who just missed All-State status.

### Regional times

Lumley and Croad led the

Wildcat charge.

Finishing out the top five were Lukas Barnes in 29th (16:58), TJ Butler in 32nd (17:03) and Mike Blasczyk in 33rd (17:04).

Smith described Saturday as bittersweet. He knew his team ran its best, but in a tough regional, the Wildcats came up just short.

"We made huge, huge improvements to get where we were on Saturday," Smith said. "This team really had no business running as fast as they did at the end of the year."

Jeff Theisen can be reached at [jtheisen@gannett.com](mailto:jtheisen@gannett.com) or at (248) 349-1700, ext. 104.

# Novi roundup: Swim wins KVC; cross country competes at State

## Novi Boys Cross Country

Novi boys cross country sent a pair of runners to the state meet Saturday in Jackson.

Josh Lumley finished 57th in 16:23.1.

"For the entire season, Josh assumed the role of our No. 1 runner," Novi head coach Robert Smith said. "I consider Josh "an old-school runner" in the fact that he took his running and his responsibilities with absolute conviction.

"Josh ran a 16:15 this year at

the regional meet to secure his place on the starting line at MIS and into the Novi Cross Country record books."

Aaron Croad finished in 16:37.6 to place 106th.

"Aaron Croad gave our Wildcats a potent 1-2 punch with his great times, fierce competitive nature, and outstanding tactical racing ability," Smith said. "Aaron could grind out a fantastic race on sheer guts and determination.

"Aaron is an athlete that I would encourage all young cross country runners to model themselves after."

# SPORTS 9

The Wildcat Roar

Josh Lumley takes a determined stride at the Mens Cross Country KVC meet in Hartland. Lumley qualified for and ran in the state meet, ranking 57th among over 250 at States, with a time of 16:15.

## A break after nine years running

*Poor regional meet organization shoots down hopes of state title for Mens Cross Country*

Mike Symanski

Staff writer

Scoring fourth in their region this year, Mens Cross Country didn't make States for the first time in nine years. But there was more than a difference of skill to the break in this winning streak.

"By all statistical analysis we were a top ten team," Head Coach Robert Smith said.

To qualify for States, teams competed in regional meets organized by the state, the top three teams in each region advancing.

But Smith said politics involved with the regional format played a large part in the team not advancing.

"Some regions are purposely aligned to give a free pass to certain areas to make sure certain teams are represented at the state meet," Smith said. "The best teams don't always qualify."

"No shows" are also not taken into account, making for an unequal number of teams per region and therefore giving teams in underrepresented regions less competition than others.

"The State could fix it with a simple phone call, but they choose not to," Smith said. "[We] and Northville had to travel three times the distance from a local region that was underrepresented."

Josh Lumley and Aaron Croad, both team captains, said the team's overall youthfulness held them back as well.

"We had a really young team and a tough region, but we did well considering," said Lumley.

Lumley and Croad, the team's only two senior runners this year, as opposed to last year's nine, both individually qualified for States at the regional meet.

Throughout the season Novi beat a total of 110 teams in head to head competition and lost to only five, all of which amounted to be top ten teams as well.

"Through adversity we're still one of the top teams," Smith said. "It's difficult to work so hard all season and get nothing, but the kids ran extremely well."

Mike Blaszczyk, Luke Barnes, Jacob Carless and T.J. Butler were mentioned by both Smith and Croad as strong younger runners who they expect to excel in the future.

"Politics and unfairness will still be there [next year], but we'll find a way to rise above it," Smith said. "All good things come to an end, but I don't think they've come to an end at Novi by any stretch."



photo courtesy of K. Burt

# ALL-AREA CROSS COUNTRY

NOVI NEWS-Thursday, December 6, 2007

## Fuelling the fire on the XC courses

### ■ Novi senior Lumley makes First Team

By Patrick Pinter and Jeff Theisen  
SPORTS WRITER

When you take a look at Milford senior Stephen Fuelling, he might not have the most intimidating presence. But when he hits the cross country course, his performance is enough to intimidate any competitor.

"He is a tall and lanky runner. He came in a fragile freshman and

from that point he grew seven inches, which is a challenge for a distance runner, and put himself in a position for success," said Milford head coach Brian Salyers. "He is quiet person, but a fierce competitor."

Fuelling capped off an impressive cross country career at Milford High School with a strong finish during his senior year. He earned a 14-place finish at the state competition, and he also took fourth at the regional meet.

"He has a sense of courage not many other athletes have," Salyers said. "For a coach to always have athletes on the same page with you is big. He knows exactly what

we are trying to do at Milford High School."

The Milford four-year varsity runner also took fourth at the Oakland County Championships. Along with making the All-KVC and All-State, Fuelling helped his team to a sixth-place overall finish at the state finals.

"Four seemed to be the number for Stephen this year," Salyers said. "He comes from a family of great athletes, and it has been very gratifying to watch a person like him have the season he did for us."



Stephen Fuelling

See ALL-AREA, 3B

### ■ ALL-AREA: Fuelling the fire

continued from front

#### First Team

Representing Novi on the All-Area First Team is senior Josh Lumley. He finished 57th overall in 16:23.7 at the state meet.

"For the entire season, Josh assumed the role of our No. 1 runner," Novi head coach Robert Smith said. "I consider Josh an 'old school runner' in the fact that he took his running and his responsibilities with absolute conviction."

Runners making the All-Area First Team included Northville's

Jon Zurek; Catholic Central's Zachary Oleski; Milford's Bob Feigley and Andrew McKeachie; Lakeland's Stefan Morell; and South Lyon's Erik Ringo.

#### Second Team

Novi state-runner Aaron Croad makes the All-Area Second Team. Croad placed 10th at the final meet of the year in 16:37.6.

Athletes to capture Second Team All-Area honors are Northville's Nick Kolbow, Erik Peterson and Jack Dalton; Catholic Central's Alex Toloff and Austin Zebrowski; Lakeland's Brent Jacoby; and

South Lyon's Brent Showerman.

#### Honorable Mention

Honorable Mention selection went to Novi's Mike Blaszczyk, Lukas Barnes, TJ Butler, Dan Egner, Jeremy Hieftje, Joe Schubring and Jacob Carless; Milford's Nate Huff and Nick Burt; Lakeland's Josh Clement and Parker Snavelly; and South Lyon's Robert Swain.

*The All-Area teams are submitted by coaches with final decisions being made by Jeff Theisen and Patrick Pinter.*

### All-Area Cross Country

Player of the Year: Stephen Fuelling, Milford senior

#### First Team

Jon Zurek, Northville senior  
Josh Lumley, Novi senior  
Bob Feigley, Milford senior  
Andrew McKeachie, Milford sr.  
Stefan Morell, Lakeland soph.  
Erik Ringo, South Lyon senior  
Zachary Oleski, CC senior

#### Second Team

Nick Kolbow, Northville senior  
Erik Peterson, Northville sr.  
Jack Dalton, Northville junior  
Alex Toloff, CC junior

Austin Zebrowski, CC freshman  
Aaron Croad, Novi senior  
Brent Jacoby, Lakeland junior  
Brent Showerman, S. Lyon sr.

#### Honorable Mention

Mike Blaszczyk, Novi soph.  
Lukas Barnes, Novi junior  
TJ Butler, Novi junior  
Dan Egner, Novi sophomore  
Jeremy Hieftje, Novi junior  
Joe Schubring, Novi freshman  
Jacob Carless, Novi junior  
Nate Huff, Milford  
Nick Burt, Milford  
Josh Clement, Lakeland  
Parker Snavelly, Lakeland  
Robert Swain, South Lyon  
John-Paul Zebrowski, CC fr.  
Scott Hoffman, CC junior

## LOCAL/HIGH SCHOOL

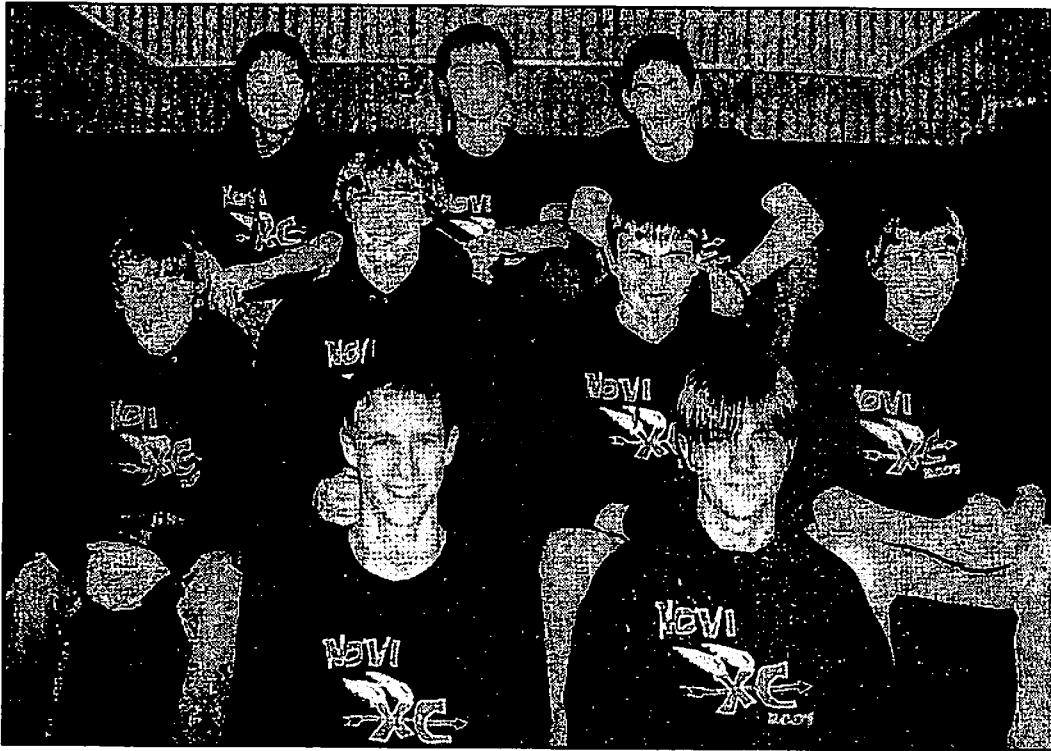


Photo contributed

National cross country finalists from the Novi area include, front row from left, Josh Lumley and Chris Vera-Burgos. Middle row from left are Geoffrey Giese, Dan Egner, Alex Minghine and Mike Blaszczyk. Back row from left are Zach Rothermel, Aaron Croad and Andrew Gonthier.

## Novi area runners compete in cross country nationals

### FROM STAFF REPORTS

Four Novi distance runners were among area athletes who competed at the Amateur Athletic Union (AAU) national championships recently in Virginia Beach, Va. Aaron Croad was the first Novi athlete to cross the finish line in the young men's division (17-19) as he clocked 16:45 for the five-kilometer course to place 20th in the nation.

Former Wildcat Scott Wagner, a student at the University of Michigan, finished 29th in 17:10 while Zach Rothermel was 42nd (17:33) and Andrew Gonthier 55th (18:36). Chris Vera-Burgos raced in the youth division (age 14) and

placed 15th in a field of 77 in 13:45 for the four-kilometer course.

To qualify, athletes had to finish in the top 20 in the state for their respective age groups. Rothermel, Gonthier and Vera-Burgos each ran personal bests to wrap up their season.

In the Junior Olympic national championships in Lawrence, Kan., sponsored by the USA Track and Field, five Novi athletics qualified for national competition. Athletes had to place in the top 25 at the state level and then in the top 20 in the regional, held in Springfield, Ohio.

Josh Lumley ran in the young men's division (ages

17-18). His time of 17:40 placed him 72nd in the nation among 173 athletes in the race.

Dan Egner, Mike Blaszczyk, Geoffrey Giese and Alex Minghine all ran in the intermediate age division. Egner finished in 63rd place with a time of 17:47. Blaszczyk came in 114th (18:20), Giese finished in 139th (18:46) and Minghine ran 18:48, placing him 143rd in the field of 231 competitors.

Egner and Giese ran for The Edge cross country team while Minghine and Blaszczyk were members of the Detroit Cheetahs. The Edge came in eighth in the nation and the Cheetahs were 12th. Lumley ran unattached.