Dave Foley of Cadillac High School is the 2015 recipient of the Kermit Ambrose Award. The Ambrose Award given out annually at the MITCA Cross Country Clinic is named after the founding father of MITCA in 1957. He held all the offices at one time, except that of the treasurer. Recipients of this award, and the Sweeney (track) Award, become members of the MITCA Hall of Fame. This award is in recognition of one’s outstanding service to the sport, school, association and community. It is given to someone who epitomizes all that a coach should be.

In over 27 years of coaching, Dave established Cadillac as one of the top running programs in the north. Dave’s biggest contribution to the sport is his love of running. That love and respect for his sport led him to be the Michigan Runner Magazine’s Editor for 14 years. Because of his remarkable writing skills, runners all over the state of Michigan were informed about workouts, upcoming events and human interest stories.

Congratulations, Dave Foley on receiving MITCA highest honor.

MITCA Remembers the passing of our fellow coaches

Bryan Westfield . . Ann Arbor Pioneer
Jim Nevil . . River Valley
William Ktraus . . Ludington
Rich Tompkins . . Fremont

Gleen Beier . . Plainwell
Warren Geason . . Roger City
Robert Stallcup . . Grand Blanc
Crystal Westfield-LaPointe Ann Arbor Pioneer

May the perpetual light shine......and may you Rest in Peace!
2015 MITCA Cross Country Coach of the Year Nominees 20015 *COY winners in bold*

**Men’s Cross Country Coach of the Year**

**Div. 1** –
*Andrew Martin*  Rockford
Chris Cronin  Northville
Robert Smith  Novi
Joseph Verellen  White Lake Lakeland

**Div. 2** –
*Cliff Somers*  Fremont
Steve Long  Otsego
Jim Bilsborrow  Coldwater
Bryan Heid  Corunna

**Div. 3** –
*Tim Simpson*  Lansing Catholic
Asa Kelly  Benzie Central
Phil Jones  Holland Black River
Rick Cahoon  Shepherd

**Div. 4** –
*Rick Bauer*  Saugatuck
Tony Shrum  Bear Lake-Onekama
Mike Kloss  Harbor Springs
Dave Jordon  Concord

**Women’s Cross Country Coach of the Year**

**Div. 1** –
*Jeff Devantier*  Birmingham Seaholm
Kristi Matuszewski  Brighton
Brian Salyers  Highland - Milford
Nancy Smith  Northville

**Div. 2** –
*Steve Long*  Otsego
Nick Hopkins  East Grand Rapids
Doug Jager  Grand Rapids Christian
Teresa Wright  Linden

**Div. 3** –
*Asa Kelly*  Benzie Central
Carey Hammel  Shepherd
Tim Simpson  Lansing Catholic
Gene Lebron  Ithaca

**Div. 4** –
*Mark Zitzelsberger*  Mt. Pleasant Sacred Heart
Emily Kloss  Harbor Springs
Angelina Bauer  Saugatuck
Dave King  Beal City
Michigan High School Coaches Association 2015 Coach of the Year:
Congratulations to:
Men’s Track and Field: **Richard Bauer / Saugatuck High School**
Women’s Track and Field: **Mike Snyder / Frankenmuth High School**
Men’s Cross Country: **Asa Kelly / Benzie Central High School**
Women’s Cross Country: **Dave King / Beal City High School**

U.S. Track & Field and Cross Country Coaches Association
2015 Michigan Coach of the Year: (new award last year)
Congratulations to:
**Cliff Somers / Fremont** Boys Cross Country Coach of the Year
**Jeff Devantier / Birmingham Seaholm** Girls Cross Country Coach of the Year

2015 Special Cross Country Clinic Awards
**Mary Rechul / Hartland**...Averill-Grant Award nominated by coach Gerald Bliznik
**Don Lukens / Traverse City Central**... Assistant COY nominated by coach John Lober

2016 Scholarship Winners: **Patsy Arpino Scholarship** (2 x@$500.00)
  **Jake Benjamin / Siena Heights** son of Tamara Benjamin from Middleville
  **Cassie Jager / Cornerstone** daughter of Doug and Deb Jager from Grand Rapids
**Kermit Ambrose Scholarship** (1 x@$500.00)
  **Emma Antel / Aquinas** daughter of Ray and Jennifer Antel from Wayland

*Forms for Special Awards and Scholarships are available at www.mitca.org*
*January 1, 2016 is the deadline for the Track & Field Clinic Awards*
2015 Ms. Cross Country ..
Maddy Trevisan .. Farmington

Maddy’s Accomplishments:
2 x Cross Country All State (12th 2014, 3rd 2015)
Regional Champion (2014, 2015)
4.0 GPA, AP Scholar with Honors
National Honor Society President
Student Council President
College plans: Running for the University of Michigan

2015 Mr. Cross Country ..
Isaac Harding . Rockford

Isaac’s Accomplishments:
2 x Cross Country All State (4th 2014, 1st 2015)
Regional Champion (2014, 2015)
3.96 GPA
College plans: Isaac is looking at the University of Michigan, Michigan State, and Grand Valley

2015 MITCA Cross Country Dream Team
Girls Dream Team (All Class top 7)

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<thead>
<tr>
<th>Name</th>
<th>School</th>
<th>Time</th>
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<td>Madison Troy (10)</td>
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<tr>
<td>Jessi Larson (10)</td>
<td>Saline</td>
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<tr>
<td>Maddy Trevisan (12)</td>
<td>Farmington</td>
<td>17:31.7</td>
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<tr>
<td>Sielle Kearney (10)</td>
<td>Traverse City Central</td>
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<td>Holly Bullough (12)</td>
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<tr>
<td>Emma Wilson (12)</td>
<td>Romeo</td>
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<tr>
<td>Grace Cutler (12)</td>
<td>Royal Oak</td>
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Ms. Cross Country Maddy Trevisan... Farmington

MITCA Academic All-State Team Champions

Lower Peninsula
- Division 1 Boys Novi 3.985
- Division 1 Girls Salem 3.983
- Division 2 Boys Orchard Lake St. Mary’s 3.986
- Division 2 Girls Warren Regina 4.000
- Division 3 Boys Mason Co Central 3.956
- Division 3 Girls Lansing Catholic 3.984
- Division 4 Boys Kalamazoo Hackett 3.96
- Division 4 Girls Southfield Christian 3.97

Upper Peninsula
- Division 1 Boys Negaunee 3.95
- Division 1 Girls Sault Sainte Marie 3.993
- Division 2 Boys Ironwood L.L. Wright 3.9552
- Division 2 Girls No Entries
- Division 3 Boys Newberry 3.674
- Division 3 Girls Newberry 3.972

more academic awards at www.mitca.org
156 Michigan High School runners came to the Mt. Pleasant Comfort Inn to participate in the Team Michigan Trials. 51 senior boys and 32 senior girls were competing for a spot in the Michigan All Star Team, Team Michigan. The top 12 seniors will make up Team Michigan and represent our great state in the Mid-East Cross Country Championships November 21, 2015, at Indian Riffle Park, Kettering, Ohio.

Good Luck Senior Runners

Full results and meet information are available at http://michianatiming.com
2015 MITCA Cross Country Clinic

by the numbers

280 . . . number of members in attendance at the clinic.
204. . . members that pre-registered for this year’s clinic.
156. . . number of Michigan High School runners participation in the Michigan Team Trials competition.
120 . . . student athletes enjoyed pre-race remarks from Clint Verran
100 . . . percent of the coaches that enjoyed the clinic.
76. . . members that registered at the door.
73 . . . number of Future Michigan All-Stars running in the Futures Race at the Team Michigan Trials race.
51 . . . senior boys running in the Team Michigan Trials race.
50. . . new MITCA members at the clinic.
32 . . . senior girls running in the Team Michigan Trials race.
8 . . . new Coach of the Year award winners.
6. . . vendors in attendance.
4 . . . members receiving MHSCA Coaches of the Year honors.
3 . . .$500 scholarships given to MITCA members college students.
1 . . . new Ambrose Award winner. Dave Foley of Cadillac

2016 Track & Field Clinic: February 4, 5, 6
Causeway Bay 6820 S Cedar Street, Lansing, MI 48911-6907
Stay informed at mitca.org
## 2015 MITCA Cross Country Clinic Prediction Run 11/14/15

**Sponsored by Kevin Behmer and A2 Race Management**

**Comfort Inn Mt. Pleasant 5,000 m.**

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November 1, 2015

Dear MITCA Member,

As a MITCA member, I’m not sure you are aware of the legacy that Kermit Ambrose left on our organization and the running community. Kermit was the founding father of MITCA, President, Secretary, News Letter Editor and President Emeritus. Kermit passed away four years ago after a glorious 101 years. MITCA would not be the fine organization it is today if not for the service of Kermit Ambrose. The MITCA Executive Board would like to help honor and continue Kermit’s memory by establishing the Kermit Ambrose 101 Club and Kermit Ambrose Foundation. Kermit lived a 101 years, so we are seeking contributions of $101.00 to match his dedication to the MITCA origination. Your contributions will be used to help fund the Michigan teams competing at the Midwest Meet of Champions (track & field), the MidEast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Both championship meets and teams are underfunded and the Executive Board has made this a priority for the future. Kermit was instrumental in establishing these meets as a MITCA responsibility and it is only fitting that the support of this organization comes in his name. Your contributions are tax deductible and our identification numbers are listed below. Last year the Ambrose 101 Club raised $8,000.00.

If you return the form below with a $101.00 donation (by February 1, 2016) and are attending the Track and Field Clinic (Feb. 5, 6, 7 in Lansing) you will receive an Ambrose Chocolate Sundae at the Coach of the Year Banquet. This treat will only be available for members of the Kermit Ambrose 101 Club. When checking in at the clinic please stop at the Ambrose 101 Club table to pick up your chocolate sundae coupon.

Thank for your support,

Steven R. Porter State Non-Profit Identification Number : 705219
MITCA Public Relations Federal Identification Number : 38 2493122

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Kermit Ambrose 101 Club and Foundation Donation Form
Please make your check out to: MITCA, Ambrose 101 Club

name ___________________________ home phone _____________

address ___________________________ e-mail _____________________

city_____________ state______ zip code____________________

amount of donation _______________________

Please return this form to: Steven Porter
MITCA Public Relations
1250 Mooreville Rd.
Milan, MI 48160